

# L20 - Adolescence

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## Keywords

Adulthood	Nocturnal emission	Mood swings	Systematic
Sexual growth	Ejaculation	Fluently	Fallacies
Maturation	Semen	Slang	Misconceptions
Puberty	Menarche	Contrary	Tussle
Menstruation	Sex education	Inference	Exercise
Need to put their foot down	Congenial	Ideology	Rebellion
Crush	Conform	Confide	Peer pressure

## In-text Questions

### In-text Questions 20.1

1. Select the most appropriate answer.
  - i. Adolescence is the period between childhood and adulthood.
    - a. birth and childhood.
    - b. childhood and adulthood. ✓
    - c. adulthood and old age.
    - d. childhood and old age.
  - ii. Adolescence begins and ends between: 11 and 18 years of age.
    - a. 11 and 18 years of age. ✓
    - b. 12 and 16 years of age.

c. 13 and 18 years of age.

d. 15 and 18 years of age.

iii. The first sign of puberty amongst girls is onset of menstruation.

a. growth of pubic hair

b. appearance of breast-bud

c. onset of menstruation ✓

d. nocturnal emission

iv. The first sign of puberty amongst the boys is: nocturnal emission.

a. facial hair growth

b. nocturnal emission ✓

c. breaking of voice

d. appearance of pubic hair

2. From the following list (✓) mark those changes that take place in boys/ girls/both during adolescence.

	Boys	Girls
1. More fatty tissues and rounded contours		✓
2. Slender shoulders and broader hips		✓
3. Broader and stronger shoulders and slender hips	✓	
4. Dark, curly hair on the body	✓	
5. Squeaky and mature husky voice	✓	
6. Onset of menarche		✓

	Boys	Girls
7. Growth in arms and legs	✓	✓
8. Growth in height	✓	✓

## In-text Questions 20.2

I. Select the most appropriate answer. Give a reason for your selection.

i. Early maturing girls feel conscious and odd.

- a. good and confident
- b. conscious and odd ✓**
- c. conscious and confident

Because: The early maturing girls feel very conscious and odd about their bodies because they think why is it happening to them?

Since they look grown up, adults expect them to behave more responsibly.

ii. Which of the following do not get attention from the boys?

- a. Late maturing girls ✓**
- b. Early maturing girls
- c. Both the above

Because: Late maturing girls do not look mature and are treated as a child.

iii. Amongst boys, the chosen leaders are: Early maturing boys.

- a. Late maturing boys
- b. Early maturing boys ✓**
- c. any one of the two

Because: Early maturing boys are more confident, have greater physical strength and well developed bodies.

- iv. Adolescents usually **do not** rely on them for information about sex:  
grand parents.
- a. peers
  - b. printed material
  - c. grand parents ✓

Because: they feel awkward asking such questions to a grand parent. Also, due to huge generation gap, grand parent may not be able to guide as per current circumstances.

### In-text Questions 20.3

1. Complete the statements in column A by matching them with those in column B.

Column A	Column B
a. When parents allow freedom and take interest in adolescent's activities	i. Adolescent becomes dependent.
b. When parents are very strict and authoritative.	ii. Adolescent becomes independent
c. When parents leave adolescents on their own	iii. Adolescent becomes independent and responsible.
	iv. Adolescent becomes confident but indifferent.

a – iii (When parents allow freedom and take interest in adolescent's activities, adolescent becomes independent and responsible).

b – i (When parents are very strict and authoritative, Adolescent becomes dependent.)

c – iv (When parents leave adolescents on their own, Adolescent becomes confident but indifferent.)

2. List at least two examples, other than those given in your study material for each of the following.

- i. Peer culture
- ii. Harmful peer pressure
- iii. Positive peer influence

Sl No.	i) Peer culture	ii) Harmful peer pressure	iii) Positive peer influence
1	wearing torn and faded jeans	smoking and drinking	Trying to do better in exams
2	blindly following fashion	bunking work/school	Encouraging each other to learn new skills

## In-text Questions 20.4

1. Give two important characteristics of an adolescent's language.

Answer: The two important characteristics of an adolescent's language are:

- i. Slang (for example- dude, yeat etc)
- ii. short-forms (for example – lol, J4F)

2. List two important features of adolescent's thinking.

Answer: the adolescent's thinking becomes more mature and systematic.  
Hence, an adolescent can:

- i. Do abstract thinking.
  - ii. Imagine situations and events.
  - iii. Able to think contrary to fact ideas.
  - iv. Find possible alternative solutions to a problem.
3. Enumerate any three developmental tasks of an adolescent.

Answer: The three developmental tasks of an adolescent are:

- i. Accepting one's physique or body and using it effectively.
  - ii. Achieving new and more mature relationships with age-mates of both sexes.
  - iii. Preparing for a career.
4. Mention two emotional and two social characteristics of adolescents.

Answer: The two emotional and two social characteristics of adolescents are:

SI No.	Emotional	Social
1	Mood swings	Like to be with the peer group.
2	Irritability	Comform to the group norms like dress, talk behave similar to peers.

## In-text Questions 20.5

1. Given below is a list of characteristics, select the ones you will associate with adolescence.
  - a. feeling of being 'on stage' ✓
  - b. ego-centrism
  - c. stranger anxiety

- d. peer group culture ✓
- e. crushes ✓
- f. concrete thinking
- g. idealism ✓
- h. rebellion ✓
- i. work ethics
- j. generation gap ✓
- k. sibling rivalry
- l. abstract thinking ✓
- m. mood swings ✓
- n. mature thinking
- o. easily influenced ✓

2. Select the most suitable answer from the four given choices at the end of each statement.

- i. Eating disorders in adolescents relate to Undereating, overeating and vomiting.

- a. Undereating, overeating and vomiting ✓
- b. shrinking of stomach due to growth spurt
- c. peer pressure
- d. mood swings

- ii. The suicidal tendency in adolescents develops because of loneliness.

- a. eating disorders
- b. peer pressure
- c. biological problems
- d. Loneliness ✓

iii. Adolescents require education on reproductive health because they need to prepare for marriage and family life.

- a. they are growing fast
- b. they need to accept their physique as it is
- c. they need to achieve male/female sex roles
- d. they need to prepare for marriage and family life. ✓

iv. Adolescents feel rebellious towards authority because they feel adults do not understand them.

- a. adults do not trust them
- b. adults do not understand them ✓
- c. there is peer pressure
- d. they have grown up.

3. List two damages to health and two economic damages one can suffer due to early marriage.

Si No.	Damage to Health	Economic Damage
1	Pregnancy at an early age can cause damage to reproductive tract due to difficult child birth	Early marriages lead to large families. Money wont be sufficient to give quality life for all family members.
2	Babies born to adolescent mothers are generally under weight, and hence, are more likely to die at birth or in infancy.	Women cannot complete their studies and hence cant do any job and earn money.

## Terminal Questions



1. Explain the term 'adolescence' in your own words.

Answer: The period following the onset of puberty during which a young person develops from a child into an adult is called adolescence.

- A boy or girl enters adolescence as a child and emerges as a man or woman.
- They are expected to be ready to assume an adult role in the society.
- For everybody, the years 11 to 18 are the most eventful.
- During these years there is rapid physical and sexual growth and maturation.

2. Tabulate the physical changes that take place in girls and boys during adolescence.

Answer: the physical changes that take place in girls and boys during adolescence are:

Sl No.	Physical Attribute	Girls	Boys
1	Height	Gain about 8cms in height.	Grow about 20 cms in height.
2	Fat/Muscles	Develop more fatty and subcutaneous tissue giving rise to rounded contours.	Develop a lot of muscles.
3	Shoulders/hips	The shoulders are slender while hips become broader and rounded	Develop broader and stronger shoulders while their hips remain slender.
4	Hair	Hair growth in the arm-pits and pubic area.	<ul style="list-style-type: none"> <li>• Hair on the body becomes darker and curlier.</li> <li>• Hair appears in the arm pits and pubic area.</li> <li>• Facial hair appears at side of the mouth, lips, cheeks and then the sides of the face.</li> </ul>

SI No.	Physical Attribute	Girls	Boys
5	Voice	Voice becomes more shrill and adult like	<ul style="list-style-type: none"> <li>• The voice breaks, i.e., becomes squeaky and matures.</li> <li>• Adam's apple becomes prominent.</li> </ul>
6	Sex organs	Appearance of the breast-bud.	Increase in the size of the penis.
7	Puberty	Onset of menarche or first menstrual cycle. First few cycles may be irregular and sometimes painful.	First nocturnal emission occurs nearly a year after the penis starts growing.

3. Discuss the effect of early and late maturation on adolescents.

Answer: The effect of early and late maturation on adolescents:

	Girls	Boys
<b>Early Maturation</b>	<ul style="list-style-type: none"> <li>• Early maturing girls feel very conscious and odd about their bodies.</li> <li>• Since they look grown up, adults expect them to behave more responsibly.</li> </ul>	<ul style="list-style-type: none"> <li>• Early maturing boys are more confident.</li> <li>• Because of their greater physical strength and well developed bodies they are chosen leaders.</li> <li>• Adult expectations from them are high.</li> </ul>
<b>Late Maturation</b>	<ul style="list-style-type: none"> <li>• Late maturing girls look younger.</li> <li>• Adults do not expect them to behave more responsibly. Therefore they are more relaxed.</li> <li>• However, they do not get attention from boys.</li> </ul>	<ul style="list-style-type: none"> <li>• Late maturing boys feel inferior because of lack of physical growth.</li> <li>• They keep thinking whether they will ever become big and strong like their friends.</li> </ul>

4. What role can the parents play in imparting sex-education to their children?

Answer: The parents' role in imparting sex-education to their children is: The parents:

- Need to talk to adolescents and explain to them the physical changes that take place in the body.
- Must develop a wholesome relationship with their wards such that they do not feel any hesitation in asking questions.
- Should not hesitate in giving the right answer to the question asked.

5. Discuss the various ways by which the parents discipline their children during adolescence. Which technique according to you is the best?

Answer: The various ways by which the parents discipline their children during adolescence are:

- i. Democaratic: Parents who give more freedom to the adolescent as he or she grows and at the same time take interest and responsibility for adolescent's decisions, encourage the adolescent to become more independent and responsible.
- ii. Authoritative: Parents who are very strict and who play the role of an authority figure, i.e., who do not let the adolescent take any decision on her own, seriously hamper the adolescent's ability to be independent.
- iii. Indifferent: If parents are indifferent, i.e., who leave the adolescents with their problems and do not interact with them, have children who grow up with indifferent attitudes.

Democratic technique is good because, Parents who encourage the adolescent to participate in family matters, value their opinion and take more interest in their activities, have children who are more confident.

6. Discuss the role played by the peer group during adolescence.

Answer: During adolescence, the peer group becomes more important because of the following reasons:

- i. Peers help adolescents understand that everybody is going through the same conflicts and problems.
- ii. They help to learn how to interact with members of the opposite sex.
- iii. They can reinforce values and right behaviour. if the peer group lays a lot of stress on studies, the adolescent would also study hard to be a part of her/his group.

- iv. They can teach harmful habits also. Hence, parents and teachers should help such that adolescents don't fall in the wrong company.
7. "Good school environment and trained teachers are most important for motivating adolescents to do well in schools". Do you agree with this statement? Support your answer with examples.

Answer: School is a major institution, other than the family, which is responsible for teaching a number of social as well as academic skills to the adolescents.

- If the school discipline is not very harsh and the student's point of view is respected, the adolescent will enjoy academic work.
  - When the teachers are properly trained, warm and enthusiastic and recognize the hidden talents of the students, they make adolescents feel very good about themselves.
  - The school can play a very important role in bridging the "generation gap" between the parents and the adolescents.
8. What are the characteristics of the cognitive development during adolescence? Discuss.

Answer: The characteristics of the cognitive development during adolescence are:

an adolescent can:

- i. Do abstract thinking.
- ii. Imagine situations and events.
- iii. Able to think contrary to fact ideas.
- iv. Find possible alternative solutions to a problem.
- v. able to understand similies, abstract jokes with meaning which have to be inferred.

9. Enumerate the important developmental tasks of adolescence.

Answer: The important developmental tasks of adolescence are:

- a. Accepting one's physique or body and using it effectively.
- b. Achieving new and more mature relationships with age-mates of both sexes.
- c. Achieving a masculine or feminine social sex role, i.e., ability to become a responsible male or female adult member of society.
- d. Achieving emotional independence from parents and other adults.
- e. Achieving a set of values, i.e., an ideology.
- f. Preparing for a career.
- g. Prepare for marriage and family life.

10. List the typical characteristics as well as problems of adolescence.

Answer: The **typical characteristics** of adolescence are:

- i. Pre-occupation with their looks and their bodies.
- ii. Love to follow the peer group culture.
- iii. Experience crushes
- iv. Experience feelings of rebellion
- v. Experience extreme mood swings
- vi. Easily influenced by what the others tell them

The typical **problems** of adolescence are:

- i. Eating Disorders
- ii. Suicidal tendencies

- iii. Peer Pressure
- iv. Personal problems
- v. Social problems
- vi. Biological Problems
- vii. Teenage pregnancy

## Previous Year Questions

1. Explain the common problems of adolescents that parents should be alert to identify them. 6

Answer: The common problems of adolescents are listed in the following table. Parents, teachers and other responsible adults must help them to understand that Life is precious and loving oneself is very important.

Sl No.	Problem	Description
1.	<b>Eating Disorders</b>	<ul style="list-style-type: none"> <li>Adolescents eat very less or more depending on attention they are getting.</li> <li>Sensitive adolescent vomit under stress or criticism.</li> </ul>
2.	<b>Suicidal tendencies</b>	<ul style="list-style-type: none"> <li>When they feel lonely, to get the attention of people, they may try suicide attempts.</li> <li>It is very important to tell them that Life is precious, and we are complete by ourselves whether someone recognises or not.</li> </ul>
3.	<b>Peer Pressure</b>	<ul style="list-style-type: none"> <li>Under peers' influence, adolescents may get into bad habits like smoking, drinking alcohol, and use of drugs.</li> <li>Parents and teachers must provide information and support to avoid such temptations.</li> </ul>

SI No.	Problem	Description
4.	<b>Personal problems</b>	They worry about their looks.
5.	<b>Social problems</b>	They avoid family and other social gatherings as they experience generation gap and feel judged.
6.	<b>Biological Problems</b>	<ul style="list-style-type: none"> <li>• Menstruation, nocturnal ejection, and other body processes are new to them and they feel overwhelmed!</li> <li>• With counselling and support they can understand that they are all normal processes of the body just like digestion or respiration.</li> </ul>
7.	<b>Teenage pregnancy</b>	Early marriage system of India and lack of sex education may result in teen pregnancies which are harmful in many ways.

2. What do you understand by 'peer culture'? 1

Answer: All adolescents feel it is very important to talk, walk, speak, dress and generally behave like their peer group does. This is often called the **"peer culture"**. Example: wearing of one earring by the boys and cutting hair too close or growing them too long.

3. Discuss the role of school and teachers in the life of an adolescent. 4

Answer: The role of school and teachers in the life of an adolescent:

- They learn a number of social as well as academic skills in school.
- They enjoy school work if their opinion is also valued and school discipline is not very rigid.
- Trained teachers can find out what each student is good at and encourage them in that field.



- Encouraging the students in their field of interest and answering their doubts encourages them to become self-confident and motivated.
- The school can bridge the “generation gap” between the parents and the adolescents.
- Peers in school can reinforce positive attitudes and thought processes.

4. Differentiate between the influence of very strict and very indifferent parenting style adopted by parents. 2

Answer:

Strict Parenting	Indifferent Parenting
Parents who are very strict and who play the role of an authority figure, i.e., who do not let the adolescent take any decision on her own, seriously hamper the adolescent’s ability to be independent.	If parents are indifferent, i.e., who leave the adolescents with their problems and do not interact with them, have children who grow up with indifferent attitudes.

5. What is the legal age of marriage in India for boys and girls? Write *three* consequences of teenage pregnancy. 4

Answer: The legal age of marriage in india, for boys is 21 years and for girls is 18 years. Marriage before this age is illegal.

The three consequences of teenage pregnancy are:

- Damage to the health of women.
- Lack of good employment opportunities for women due to stopping academic education at an early age.
- Producing many children and having huge financial burdens.

6. Mention *four* characteristics of sixteen-year old girls. 4

Answer: The *four* characteristics of sixteen-year old girls are:

- i. Conscious about looks, hair, skin and what others will think about her beauty.
- ii. Mood swings on small matters like friend missing a call.
- iii. Anxiety about future, growing up, further education, changes in physical body etc.
- iv. Attraction towards opposite sex and having many crushes.

7. What is the first sign of puberty in girls? 1

Answer: The first sign of puberty in girls is onset of menarche (menstruation).

8. What is the role of peer group in the development of adolescents? 4

Answer: During adolescence, the peer group becomes more important because of the following reasons:

- i. Peers help adolescents understand that everybody is going through the same conflicts and problems.
- ii. They help to learn how to interact with members of the opposite sex.
- iii. They can reinforce values and right behaviour. If the peer group lays a lot of stress on studies, the adolescent would also study hard to be a part of her/his group.
- iv. They can teach harmful habits also. Hence, parents and teachers should help such that adolescents don't fall in the wrong company.

9. Explain any four typical characteristics of adolescents with the help of an example each. [4]

Answer: The four typical characteristics of adolescents are:

SI No.	Characteristic	Example
1.	Pre-occupation with their looks and their bodies.	Anxiety about: <ul style="list-style-type: none"> <li>• Developing pimples</li> <li>• Getting/not getting a beard</li> </ul>
2.	Love to follow the peer group culture.	<ul style="list-style-type: none"> <li>• Using slang such as dude, bro, yeat</li> <li>• Wearing earring in one ear</li> </ul>
3.	Experience crushes	Feelings of love towards opposite sex classmate, teacher or movie/cricket etc actor/actress
4.	Experience feelings of rebellion They also take a lot of pleasure in doing things which the parents disapprove	<ul style="list-style-type: none"> <li>• Wearing different kinds of clothes</li> <li>• Having tattoos on their bodies</li> <li>• Listening to loud music.</li> </ul>

10. Describe any two parenting styles. What is their impact on the personality of adolescents? [4]

Answer: The various ways by which the parents discipline their children during adolescence are:

- i. Democaratic: Parents who give more freedom to the adolescent as he or she grows and at the same time take interest and responsibility for adolescent's decisions, encourage the adolescent to become more independent and responsible.
- ii. Authoritative: Parents who are very strict and who play the role of an authority figure, i.e., who do not let the adolescent take any decision on her own, seriously hamper the adolescent's ability to be independent.
- iii. Indifferent: If parents are indifferent, i.e., who leave the adolescents with their problems and do not interact with them, have children who grow up with indifferent attitudes.

Democratic technique is good because, Parents who encourage the adolescent to participate in family matters, value their opinion and take more interest in their activities, have children who are more confident.

11. As a parent, how will you develop self-confidence in your child? 1

Answer: Parents who encourage the adolescent to participate in family matters, value their opinion and take more interest in their activities, have children who are more confident.

12. Why does a peer group become very important for adolescents in decision making processes ? Explain 4

Answer: During adolescence, the peer group becomes more important because of the following reasons:

- i. Peers help adolescents understand that everybody is going through the same conflicts and problems.
- ii. They help to learn how to interact with members of the opposite sex.
- iii. They can reinforce values and right behaviour. If the peer group lays a lot of stress on studies, the adolescent would also study hard to be a part of her/his group.
- iv. They can teach harmful habits also. Hence, parents and teachers should help such that adolescents don't fall in the wrong company.

13. During adolescence, some children develop disorders in their behaviour. Explain any *four* such behaviours. 4

Answer: The common problems of adolescents are listed in the following table. Parents, teachers and other responsible adults must help them to understand that Life is precious and loving oneself is very important.

Sl No.	Problem	Description
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SI No.	Problem	Description
1.	<b>Eating Disorders</b>	<ul style="list-style-type: none"> <li>Adolescents eat very less or more depending on attention they are getting.</li> <li>Sensitive adolescents vomit under stress or criticism.</li> </ul>
2.	<b>Suicidal tendencies</b>	<ul style="list-style-type: none"> <li>When they feel lonely, to get the attention of people, they may try suicide attempts.</li> <li>It is very important to tell them that Life is precious, and we are complete by ourselves whether someone recognizes or not.</li> </ul>
3.	<b>Peer Pressure</b>	<ul style="list-style-type: none"> <li>Under peers' influence, adolescents may get into bad habits like smoking, drinking alcohol, and use of drugs.</li> <li>Parents and teachers must provide information and support to avoid such temptations.</li> </ul>
4.	<b>Personal problems</b>	They worry about their looks.

14. Mention any **two** changes that occur during puberty in boys. 1

Answer: Two changes that occur during puberty in boys are:

- i. Develop a lot of muscles, enabling them to do heavy physical work.
- ii. The voice breaks, i.e., becomes squeaky and matures. This happens because the larynx enlarges and vocal cord lengthens.

Mention any **eight** behavioural disorders that adolescents may develop when  
15. not supported. 4

Answer: The typical **problems** of adolescence are:

- i. Eating Disorders

- ii. Suicidal tendencies
- iii. Peer Pressure
- iv. Personal problems
- v. Social problems
- vi. Biological Problems
- vii. Teenage pregnancy