

# Dep discussion 1

Education



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Discussion Discussion During the three stages of adolescent the first stage which is the early stage of adolescent was the most important stage in my personal development. During this stage like every other teenager who is between the age of 12 and 14 years of age I was even experiencing changes in my physical state such as changes in my height as well as body weight and sex related elements (Kids Growth, 2015). Due to these changes I started questioning about the changes and these questions were mostly asked by me to my close friends who were even experiencing the same changes. They were the ones who helped me in learning about sexual matters and my attraction towards the opposite gender and why these feelings were taking place. At this point in life I started idealizing and listening to rock music and from that time onwards I developed a taste for rock music and to date rock music has not only become the main music choice, it has even defined the way I dress and act. My interest in rock music even defined my personality which is quite aggressive in nature. Another part of development in this age was my relationship with my parents. At this age I used to believe that my parents are quite old fashioned and things are not as they perceive and due to this we used to have a conflict. My parents did not reject me and rather accepted my state of mind and confusion that I was facing and they helped me through that time period and became my close friends instead of being authoritarian. The major difference between development in young adulthood and adolescent is that during adolescent individuals are more focused on their physical development, but during young adulthood individuals start being concerned about their future career and what kind of a future they want to experience. Furthermore, during young adulthood social bonds become stronger and those individuals who

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become friends during this age lasts for a longer period of time and may even last throughout the life of an individual.

#### References

Kids Growth,. (2015). Stages of Adolescent Development. Retrieved 31 January 2015, from Source: <http://www.kidsgrowth.com/resources/articledetail.cfm?id=1140>