

Health problems among teens and young adults

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Health Problems among Teens and Young Adults Health Problems among Teens and Young Adults The population of single parents, especially mothers with children below 18 years is constantly rising. Many people including the teens and young adults lack jobs, particularly for minority populations.

Decisions on health behavior and lifestyle are examined during this time. In addition, this period is characterized by increase in tobacco smoking, teenage drinking, abuse of drugs and dangerous sexual behavior. Violence among young adults and increased levels of suicide also worry families and the community.

Social and environmental factors play important roles in the type of decisions made by teenagers (McKenzie & Pinger, 2015). Consequently, family support is very vital as it allows the concerned persons to make appropriate decisions. Teenagers and young adults are strongly accustomed to social associations with their peers. In case their peers cannot make healthy decisions or indulge in activities that are against the law like drug abuse, they will also tend to develop risk-taking behaviors. Specific attention is directed to the wellbeing of teenagers brought up in single-parent families. It has been discovered that such children do not fare well compared to those coming from families with both parents (Amato & Fowler, 2002). Researches have always indicated that such teenagers and young adults tend to experience health or academic problems. These might change their mindset and make them think of unhealthy decisions like taking alcohol or drugs to reduce the levels of stress.

Teenagers and young adults form and join groups for different reasons. For instance, some may decide to join the groups because they want to have a sense of family. They develop feelings that they are not receiving sufficient
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consideration at home. Moreover, children raised by single mothers might also search for a father figure from the groups (Sanchez-Jankowski, 2003). Negative behavior increases when the teens try to copy their peers in the group. For instance, when most of the members in the group are smokers, one would also be tempted to smoke in order to act in a similar manner. With time, this leads to addiction.

Teenagers tend to get involved in gang violence, drug trade, drug abuse, and other unlawful activities due to the social and economic status of the marginal population in United States (Vigil, 2003). This becomes dangerous to the health. For instance, drug abuse or smoking always comes with serious health problems. Such teenagers will not afford and access quality health care. Other issues affecting minority groups that limit their progress include lack of medical insurance, discrimination in the education sector, lack of provider awareness.

A person who is in-charge of improving the options for teens and young adults should consider establishing a sports club where they can spend most of their time while out of school (Pate, Trost, Levin & Dowda, 2000). The program will be accompanied by education sessions. To successfully implement this strategy, it would be necessary to incorporate other community members like political leaders and other non-governmental organizations interested in improving the welfare of teenagers. Incorporation of influential community members is necessary because they will provide the necessary financial support to ensure smooth implementation and operation of the program.

Through education, teenagers and young adults will be informed on the dangers associated with risk taking behaviors. Teenagers will be cautious

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when they have such important information. To ensure a successful program, teenagers will first be encouraged to join the program through registration. The process would help the organizers to follow their activities within the community. Other follow-up activities include a feedback system based on social media platforms that tracks the activities of the members. The members will be required to participate in various activities when they are not in school to keep them busy.

References

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