

# Puberty



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Puberty: Over the past many years, it has been observed that the age of puberty for both sexes is declining for both sexes, while the rate of psychological and intellectual development is also on a fall. This poses a great opportunity of research all over the globe because this puberty tendency of affecting both sexes at earlier ages has myriad implications for the society. (Roberts, 2005) mentions that girls as young as seven are reaching puberty in the western world presently. Much research is done on this topic as yet, but not many credible facts are presented regarding the reasons of this trend. The societal impact of the decreasing age of puberty for both sexes is absolute and guaranteed. Social awkwardness occurs naturally if a teen girl develops breasts before the rest of her girl friends her age, or if a teen boy develops hoarse voice earlier than the other boys his age. This could affect their self-esteem as well, thus presenting a social impact. The article “ Childhood Sexuality: An Interpersonal –Intrapsychic Integration” by Singer presents two implications on the society by early sexual maturation. First, childhood sexuality lays the foundations for adult sexual pleasures. This means that if a teen girl or a teen boy reaches the age of puberty earlier than the accepted age, this would lead to an earlier advance to adult sexual relationships that can heavily impact the society in a somewhat negative manner. In fact, it can even imbalance the society in a way that would be seriously distressing for the parents of children who sexually mature earlier than necessary. Second, as the level of psychological development is also decreasing with the decreasing age of puberty, the child can get over-stimulated even on brief display of public affection. This occurs in part due to their immature ego because they naturally have not had enough time for the proper development of their self-regulatory and

defensive senses owing to earlier age of puberty. References: Roberts, M. (2005, May 15). Why puberty now begins at seven. BBC NEWS. Retrieved from <http://www.doctorsolve.com/blog/2010/09/the-decreasing-age-of-puberty.html>