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[Life](#), [Childhood](#)



Sami Alonizi AES165-01/13SP 4th of March 13 The Challenges We faced Moving from Adolescence to Adulthood. Adolescence is a normal stage of human life, not a crisis; it is alienation from childhood to adulthood or maturity. This stage accompanies of rapid growth and change of the body. Teenager needs to cope with a range of physical changes and social pressures, such as the decisions on the quality of life, relationships with others, values and beliefs. Adolescence is not only a physical term, and it does not mean the period of sexual maturity life. Adolescence means the period of life between childhood and maturity in a particular community and also is the period of life in which the person does not have a childhood privileges. Such as, relying too much on parents, protection or lack of punishments. The adolescent challenges arise from biological changes, physical and psychological that occurs at this stage. For example, physically feel the rapid growth in the members of his body may cause him concern and confusion, and results in a sense of apathy, laziness and complacency. Psychologically, he may begin feel independent and self-reliance from his parental authority. At the same time, he cannot be away from parents because they are a source of security, tranquility and the source of the financial side of him. This discrepancy between the need for independence and living in freedom and the need to rely on parents may cause late adolescence behaviors. Moreover, The parents should understanding the nature of the stage and how to deal with adolescent behaviors. These challenges make the adolescent bewildered among the community of adults and children. For example, if he acted like a child, adult will mocked him, and if he acted as a man, he will criticize by men. However, this will lead to the

upset of the psychological balance teenager, and it will increase in this phase. In my view, we can divide adolescence into three overlapping periods. The first phase is called early adolescence, it often starting from the age of 11 to 13 years. Moreover, This stage is where the growth spurts physically. The second phase is called Middle adolescence, and usually it start from the age of 14 to 18 years. This phase is when the young man tries to adjust physical growth and sexual maturity. The third phase, which is usually begin after high school is called, the late adolescence, and it may start from the age of 19 to 21 years. At this phase the young man looking for stability in his views and set up his private life. In conclusion, there are many challenges and problems undergone by adolescents, which must be taken into account and provide possibilities for a teenager to live and practice their life in a safe manner.