

Emotional development in adolescents

Psychology



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Emotional Development in Adolescents Emotional Development in Adolescents Emotional development in adolescents is frequently distinguished by rapidly changing emotions (Heron, 1992). Besides navigating fresh and uncharted territory, adolescents growing up in today's world are subjected to enhanced demands on their mental, emotional and physical resources. Social relationships/associations outside the household have exponentially augmented with the arrival of electronic social networking, for instance Twitter and Facebook (Oswalt, 2012). Academic standards also have become more severe. Sports, as well as other recreational activities, are more competitive. Whereas adolescents are learning to deal with these challenges of life, it should be anticipated that they will depict a diverse range of emotions/feelings, and might go through changing emotions at through the day or week (Heron, 1992).

An example of this is how a teenager might behave while he/she is around an opposite sex teenager (Oswalt, 2012). At this age, people start developing feelings of intimacy towards the opposite sex. When teens of the opposite sex come together, the way they talk, pause and carry out themselves, in general, is different with the way teens of the same sex will behave. They feel that if they are accepted, especially with teens of the opposite sex, then they will be alright. For instance, when a teenage boy or girl goes out for a date, they tend to shower, put on their best clothes, spray the best cologne, as well as arrive on time, all in the name of approval. This is a feeling provoked by their hormones (Oswalt, 2012). This act can be considered as an emotional competence. This refers to being able to portray inner feelings. Teens feel that they need approval in order to live well.

Approval from other teenagers is an act which portrays emotional

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competence.

References

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Oswalt, A. (2012). Adolescent emotional development. Retrieved from http://www.sevencounties.org/poc/view_doc.php?type=doc&id=41159&cn=1310