

Adolescence



**ASSIGN
BUSTER**

Growth Characteristics in Children and Adolescents Details: al Affiliation:

Growth Characteristics in Children and Adolescents

Describe self-understanding, and list at least three ways adolescents are different from children in their self-understanding.

Self-understanding basically refers to the ability of the individual to comprehend and discern the behavioral conducts with regards to the immediate environment; that is, the cognitive representation of the self with complete awareness of own actions. It is the descriptive mechanics of the self in totality, with ideas, belief and attitudes, all included within the realms of own competent judgment and/or construction of the self/own personality.

Adolescents differ from children in their self-understanding in that:

While children learn from the reactions of others, more so the family members, internalizing the expected standards in the very process, adolescents show higher-order reasoning about the self and its qualities, with peer relations taking precedence away from familial relations in terms of assessing personal competence. They, more often than children use social comparative mechanics while evaluating themselves

The physical aspects of the self increasingly become less and less important as the psychological aspects take over with more important inner reflections and introspections.

With more understanding of the self-understanding, they are more likely than children to note and appropriately respond to contextual or situational changes

Structural changes in the brain during adolescence

Several areas of the brain undergo transformative realignment during the transition to adolescence. Among the notable structural changes in the brain

<https://assignbuster.com/adolescence-essay-samples/>

during this period include a decrease in gray matter in the prefrontal regions of the brain. These anatomical changes referred to in the medical field as synaptic pruning, kicks off the elimination of unused connections between neurons; a process believably underpins the improvements in basic cognitive abilities and logical reasoning.

Another important change in the brain during adolescence is the increased dopaminergic activity in pathways that connect the limbic system. Basically, the dopamine receptors become densely distributed within the prefrontal cortex; regions where emotions are processed and rewards and punishments experienced. Dopamine plays a critical role in the judgment of experiences, thus the explanation for sensation-seeking through experimentation.

Finally, there is the increase of white matter in the very same prefrontal cortex of the brain during adolescence via a process known as myelination; the process through which nerve fibers become sheathed in myelin for more efficient neural connectivity within the region. This is an important adjustment for higher-order cognitive functions such as weighing of risks, advanced planning among other complicated decisions.

The differences that exist between friendships in childhood and friendships in adolescence

To begin with, children basically interact/play with friends within the vicinity of their environment and/those chosen to them by those around them, mostly their parents. To be specific, such friends are usually close relatives or those from the neighbouring families. Such fiends are generally playmates, with no strings for long-term attachments; they [children] view friendship as an event of the present and not as a meaningful relationship that may overlap into the future. Further more or less tend to initiate play

with children of the same age bracket and gender, having the same interests in the plays they engage in. In contrast, friendships in adolescents are based quite differently from the generally constructed relationships during childhood. Adolescents are more symmetrical in their friendships, and often times share and/or exchange knowledge in the very same process. Unlike children, adolescent friendships develop towards more intimate and meaningful relationships that may extend into the future.