

Adolescence

Psychology



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Adolescence In the Article, the focuses on the issue about self-esteem during the adolescence period. The writer begins the article with the description of different high-esteem families and low-esteem families. The writer further mentions that low-esteem in families can affect the relationships in a family thereby breeding violent family members. The writer discusses these so that he can indicate how family esteems can influence the self-esteem of an adolescent (Shpancer).

The writer then goes ahead to explain the key self-esteem drop at the stage of adolescence. This is the most fascinating part of the article. The initial drop of self-esteem in the adolescence occurs in the age bracket of 9-13. At this stage, childhood is history and this creates loss of a contentment of being defined or treated like a kid. In this progression, several mechanisms of self-definition at present considered " childish" may be forfeited for the future's sake of development and acting maturely. The next drop of self-esteem in the adolescence occurs in the age bracket of 18-23. When the youthful person is faced with the reality of self-rule and feels besieged and weakened by the upcoming shock, feeling not ready for confront and on occasion behaving this way, it is natural for them to suffer disappointment, and to penalize themselves, thereby their self-esteem lessening in the progression (Shpancer).

However, the part touching on the self-esteem drop has some loophole despite being entertaining. For instance, in the first drop the author says that the there is loss of a contentment of being defined or treated like a kid. This may be untrue in some cases because different families have different ways of helping their children as they get into adolescence. For example, some families will treat their adolescence children in the manner they used to do

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while others will assume some maturity in their kids hence will give them some form of restricted freedom (Shpancer).

The author further mentions that self-esteem is more specifically two vocabularies compounded into a solo word. The separation of the two terms shows the clear meaning of the word. From this, the author states that Self-esteem depends on how an individual recognizes and assess their definition of self. Moreover, the author mentions that if an adolescent identify themselves with a part of life the adolescent becomes so dependent on this part of life that when it does not exist then their self-esteem is lowered. This last bit about dependency, in my view, may in some situations be false because not all adolescents cannot cope with changes; some are flexible while others are not (Shpancer). This section of the article was not appealing to me.

Finally, the writer mentions the response that an adolescent can take when they have an unpleasant experience. At this condition, an adolescent can make an impulsive decision guided by disappointment, errors and harsh self-evaluation. The author provides an instance of the actions that the adolescent take in moments of anger. The author, however, gives advice on the ways through which a parent can handle such an adolescent. For instance, the author advises the parent that incase the adolescent is evaluating themselves harshly the best way to help them is by advising them to uphold optimistic self-esteem since it defines them broadly and evaluates them (Shpancer). However, in my judgment this may not be highly effective because some adolescents need both advises and counseling.

Work Cited

Shpancer, Noam. " Adolescence and Self-Esteem | Psychology Today."
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