

# Report on psychological adolescence

[Science](#), [Biology](#)



## Introduction

Nancy J. Cobb in the book, 'continuity, change and diversity' focuses on adolescence and the biological as well as psychological changes from childhood to adulthood. Everybody in life undergoes this life before attaining adulthood, it is associated with rebelling and peer pressure. In boys, it is normally expected to start at the age of 13-19 while in girls it may start at an early age of 9-19. During this period, some of the issues that may arise are self-independent, sexuality, in this book, Nancy discusses about Neuroendocrine System, and these are biological changes that regulate hormones that bring changes during puberty. Some of the hormone that is involved is Progesterone, Androgen, Estrogen, and Testosterone.

Progesterone hormones are a hormone responsible for gestation in a woman. During puberty a woman starts producing progesterone hormone and this are some of biological changes that a girl might experience during adolescence (Nancy, 2010 p. 56). Some of the physical changes are development of breast and growth of pubic hair, while in boys pubic hair develops first, then enlargement of penis, under arm hair starts to grow and change in voice. During this period, there is rapid growth in both the sexes that is because of multiplication in cells, boys experience a rapid growth for two years while girls it is prolonged. The vaginal, ovary, and the uterus develop in size while there is an increment in production of sex hormone with the follicle stimulating hormones and luteinizing hormone helps in production of ova and egg. In boys, these two hormones are responsible in production of male sex hormone. In boys there voice man's up, shoulder broadens, and hips widen while in ladies there voice weakens hips widen

while there is growth of arms hair Psychological changes (Nancy, 2010 p. 120). In adolescence, the relationship between the teens with their parents starts to form a boundary. Where the parents try to pull back there sons and daughter while in the other hand the boys and girls are stepping a part and finding it hard to relate with their parents. Conflicts starts forming because of peer influence. They start forming a bond with their peers that ends up either being a positive bond or a negative one. Researchers have also shown that in some cases puberty affects the self-esteem of a person either positive or negative. However, the timing might also change; in some cases, it appears to occur early while in other cases it occurs late. In a situation where a teenager attains adolescence early, he or she might undergo psychological effects from his or her classmate, or even his friends. And if the opposite happens he or she can face psychological mocking from his or her friends. In our society, people are used to ready meat or fast food. This food is made calories, excess fat, sugar, and salt. This increases the chances of one growing big or overweight. Sleep is another key component in our life today. It is recommended that one should sleep a minimum of 6 hour and a maximum of eight hour; this has been affected by some of the activities associated with teenagers. This is a key contributor to the health of our well-being. Lack of sleep can cause memory loss or it can lead to one falling prey to diabetes. Lack of sleep can lead to rise in level of stress, which means that you can end up losing you self-control. Research has shown that the middle age group has recorded a low access to health by this particular age group as compared to others. 49% of American teenagers do not have medical insurance cover despite the government and other private organization

aiding in. Everybody in life undergoes this life before attaining adulthood, it is associated with rebelling and peer pressure. These are the leaders of tomorrow and we cannot assume them. In the seventh edition of Nancy it is clear so of the problems associated with teenager which affects us in one way or another either economic or social. They are part of the society and they have a collective part to play. This particular age group has been neglect right from the top to the family level. Nancy ask a question who adolescence? They are not considered as kids because that they know, they are not considered adult, then who they are (Nancy, 2010 p. 156). They make up 14% of the US population and it is one of the most visible groups perhaps because of their indecent acts associated with adolescence. They portray who we are and what they have been impacted from the day of birth.

That is what that needs to be changed not adolescence. Adolescence needs psychological help before adolescence and after adolescence so as they can be guided through in and out of adolescence. In addition they need mentorship to avoid temptations associated with adolescence. This is not only for the help of the adolescence but also reviving our good morals that GOD expects from us and our daily code of conduct.

## **Works cited**

Nancy J. Cobb US Adolescence: Continuity, Change, and Diversity, 2010

Jersild, Arthur T. The Psychology of Adolescence. New York: Macmillan, 1963

Santrock, John W. Adolescence. Boston: McGraw-Hill, 1998.