

# Causes of teenage rebellion essay sample

[Life, Adolescence](#)



### A. Discovering their identities

Teenagers are at a point in their lives when they are trying to figure out who they are as a person, their likes/dislikes and what they will be doing for the rest of their lives. They use this time to test and try out many identities until they find one they are most comfortable with.

**B. Independence**  
These years are a constant struggle between dependence and independence. Rebellious teens want to have total independence and prove to you that they can do things themselves. At the same time, they are overwhelmed and still desire parental protection.

**C. Hormonal changes**  
As teenagers bodies are changing, hormone fluctuations can bring about all sorts of mood changes.

There are many causes of teenage rebellion but some causes that are all linked to one another are experiences in their changing bodies, hormonal changes, and relating to the opposite sex differently. Once children hit the age of about 13 or 14, and they become teenagers, their bodies start to experience change. For some this can be a very difficult time. Girls will start gaining inches around the hip and breast areas. Some girls gain more inches than others and that can cause insecurity. At this age girls generally start having their periods. Though as we get older we realize it's not that big of a deal, and we'd much rather have our period than not, at this age it's embarrassing if you're the only one of your friends with a period. Boys will also experience body changes. Their voices will begin to deepen, and though it doesn't sound that bad, during the changing time period their voices will tend to "crack" randomly. That can be hard to deal with. They will also begin

to grow a bunch of hair in a bunch of places. Some will grow more than others.

That tends to make some feel alienated because they are not maturing at the same rate as their friends. All these changes in bodies can easily cause a teenager to be rebellious. In their minds you, the parent, do not know what they are going through. Couple that with them being embarrassed to talk about it, and you have the recipe for a rebellious child. With all these body changes teenagers also experience their first hormonal changes. Several different things happen with this. Acne is a big one for many male and female teens. Some do not have it as bad as others, and then some don't have it at all. Besides acne, changes with hormones cause other "feelings" in teenagers. Friendships will tend to turn into something more and they tend to think about the opposite sex in a more romantic way. With all of these hormonal changes, teens think about their friends of the opposite sex differently.

Girls try to look good for all the boys because they want to be noticed and awed over. If they do not get the result they are looking for they tend to get angry at themselves, because they think they are not good enough, and at the boy because they think he is too dumb to realize they are pretty. This causes a lot of friendships to end, and more romantic relationships to begin. So in conclusion, even though changes in teen's bodies, changes with teen's hormones, and teen's thinking of the opposite sex differently are all related to one another, they are all three causes of teenage rebellion. Teens all seem to want to rebel, but if you talk them through this and let them know

you do understand what they are going through, maybe they won't be quite so quick to rebel against you. D. Peer pressure

Some forms of rebellion can begin with pressure from peers to join in various destructive behaviors. Teens usually don't know how to deal with all those changes. Most of them react under those pressures by rebelling against their parents. However, it is not parents who are putting pressure on them. It is the change. That is why parents are at a loss as to the cause of the rebellion. To know how to handle rebellious teens, parents must understand the changes their teens are going through. By acknowledging that rebellious teens are actually just reacting to changes that scare and confuse them, parents will realize that it is time to make adjustments in their parenting style. Their child is no longer that sweet, obedient, innocent little one. He's in the past now. What's standing in front of them is a person who is no longer a child, but not yet an adult. Recognizing that the teenager is in a transition stage is crucial for knowing how to deal with him correctly. For example, start giving him some freedom and privacy.

Those are basic privileges that each individual adult is entitled to. Since your teen is on his way to becoming one, then it is incumbent upon you to start giving him some of those. It is essential for his growth. Teenagers are especially sensitive, and their self-esteem as tough as china. Throwing some praises their way for some positive behavior shown will go a long way. Trusting them with some responsibilities will also boost their self-confidence. Adolescence is a time for building up your teen; it's not for bringing him down. He may be clumsy; he may not know what to do; but mistakes are to

be expected at such a period in his life. The parents' job, whenever their teenager falls, is to pick him and dust him off and send him once again on that road to adulthood. Parents can not do the growing up for the teen. That is up to him. Parents must understand their role in all that, which is support. Finally, parents must respect their teens as they want to be respected by them.

Breaking this rule can result to very rebellious and disrespectful behavior from teenagers. Rebellious teens who talk back and say disrespectful things to their parents are just picking up on the behavior of their parents. By entering their bedrooms and going through their stuff, you are disrespecting them. Teenagers are entitled to some privacy. Talking about them in their presence is another form of disrespect. Parents must set a good example for their teenagers by treating them with respect. This will in turn teach them to show respect too. Teen years are intense, but why do us kids start to drink, and if a teenagers starts to drink how can you tell? Teens usually start to drink because of peer pressure. The best way to resist the peer pressure is to know the facts about alcohol effects. Sometimes teens want to see what its like, or try to forget their loneliness and insecurity. Teenagers also use alcohol to run from problems at home or at school. Teenagers who drink are more likely to how poor judgment and loose control over their anger. Alcohol can also cause loss of self control resulting in hurt feelings, unplanned sex, unwanted pregnancy, and even date rape. Teenagers mostly show signs of alcohol abuse at school. Teenagers who abuse alcohol will begin to show low performance in class. Teenagers who drink also have a high risk of dropping out.

Alcohol also does many things to the mind and body. For teenagers alcohol has a massive effect on the mental and psychological state of mind. Since teenagers minds are still developing when they abuse alcohol it could cause them to blackout or hallucinations. Alcohol also causes depression, stress, and low self-esteem. A teenager who abuses alcohol later in life could have memory problems or even loss of mental abilities. Also when teenagers abuse alcohol have high risk of physical problems. When teenagers drink large amounts of alcohol in a short amount of time they could stop breathing and cause death which is called alcohol poisoning.

#### E. Too Strict

Parents that are extremely strict are one of the main causes of rebellion. Most all teens, sometime in their life, feel like their parents have them on a leash when the teen's parents will not give the teen permission to do something they want to do. Parents are only being strict to shield their child from bad situations and influences ; where as, the teen never sees it that way. Every teen wants to find identity and freedom. Parents are trying to keep their teenager from growing up too quickly. Teens can not understand why their parents will not let them go to parties and hang out with the more popular teenagers. This causes teens to rebel because of the anger they feel emotionally towards their parents for not letting them do what they want to do or being too strict.

#### F. Lack of Attention

A child may feel as though their parents have no interest in them, if they don't take time out to communicate with their child. Everyone wants to feel important sometime or another. Allow your child to be part of certain

decisions to be made around the house is a big step. This will allow you to see how they think about certain things. It also teaches the child what it means to be responsible and make important decisions.