

Changes and challenges that occur to teenagers during adolescent

[Life](#), [Childhood](#)



Adolescence is the period of transition between childhoods to adulthood. It is a period when rapid physiological changes and demands for new social roles take place. The adolescents, due to these changes often face a number of crises and dilemmas. Adolescence is considered to start with the onset of puberty, which is as a period of transformation from a stage of reproductive immaturity to a stage of full reproductive competence. This period in the life span of a person makes them assume the ability for reproduction and signs of puberty in them. Many teens in this period of development not only bring physical change but psychological changes that make the child a qualitatively different person. These changes affect the personality and adjustment in later life. It is the period when the child moves from dependency to autonomy with demanding significant adjustment to the physical and social changes which distinguish childhood behaviour from adult behaviour. They grow very fast, and at the same time, face the pressure as they are asked to conduct themselves maturely. They are in a state where they cannot understand whether they are adults or still children. When they undergo this stage, they pose many challenges and its full of excitement. At the same time they demand adjustment on many fronts. Understanding the nature of adolescence and the challenges and major tasks faced by adolescents, the influences that shape them and some of the important problems faced by adolescents; is a fundamental duty of a guardian to help them survive the hardships they undergo in this vital stage of life. So this experience and growth from the stage of a young child dependent on parents and mostly teachers who does so many things to help

them cope with this hard stage of life; looking into the problems they face and how they can help them endure those problems.