

Adolescence and Emotional Development

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ABSTRACT

If there is any one of the most strange and complex stages of human development, it is adolescence. Whose period starts from 12 years and continues till 18 years, the changes taking place in it provide important contribution in the formation of the personality of the child. Adolescence has been considered as the spring period of human life. This is also called the unique period of life. In other words, this stage is also called the transition period between childhood and adulthood, that is, the child is neither considered a child nor an adult in this stage. Mr. Harlock has called adolescence a time of storm. In this period of change, parents, guardians, teachers and other people who are interested in the present and future welfare and interest of the child and want the progress of the society, all of them have to give serious consideration to the healthy development of the adolescent, because the adolescent is Presents the power of the present and the hope of the future. In which stage the speed of development of boys and girls is high, in this stage the development of various body parts of boys and girls, such as development of brain, development of bones, length, thickness, change in voice, development of internal organs and other development also take place at a very fast pace. The most delicate stage of life, in this stage, the adolescent's mind explodes, they cannot control their mind, they are very excited at the same time, and at the same time they appear discouraged, in this most important stage of life. The responsibility of taking care of adolescent girls rests on the shoulders of parents, guardians and teachers. If the sentiments are controlled and given the right direction, then the future generation of the country will move towards a good path and if its and flow cannot be controlled, then the future of the country will be in danger. Emotions become sensitive in adolescence as it has been said earlier that adolescence is like an unripe mango. They do not know the difference between good and bad because they are not mature. Teenagers actively participate in every work, like to lead the society, like to be independent, do not believe in stereotypes and try to give a new direction to the society. He makes someone from the society his hero and starts following his footsteps. Therefore, adolescence is the most important stage in all the four stages of life, from where life starts in the true sense, it is this stage that determines the direction and condition of life. At this stage if the child is brought up properly, then the teenager does not have any problem and difficulty in reaching his destination and he gives a new identity to his society and the same if the teenager deviates from his path and chooses the wrong path. If this is the case, then human life becomes like hell, so every parent, teacher, guardian becomes responsible that the care and upbringing of boys and girls of 12 to 18 years of age should be done very carefully and thoughtfully so that the future of those children and the country May the future be bright.

Keywords: adolescence, spring period, transition period, emotions.

INTRODUCTION

Emotion has an important place in human life. Some or the other Samveda definitely works behind all the actions of man. Emotions help in the physical, mental and social development of the child and sometimes also frustrate its development. Every human being experiences many emotions in his daily life like happiness-sadness, anger, jealousy, hatred, jealousy, smiling, laughing. All these emotions are experienced by some kind of excitement. In a subway situation, individuals are forced to perform a variety of actions, such as when a person is scared, feels happy, or gets angry when something goes against their will. Physical changes happen. These feelings are known as emotion. In the state of emotion, there is no consideration of right and wrong in a human being. Passion is not always harmful. Emotion excites the power of life so that it does the work more efficiently. Psychologists have tried to define emotion according to:-

According to Woodworth:- Emotion is the excited state of a person.

According to Ras:- Emotion is that state of consciousness in which the primacy of the emotional element prevails.

Types of Emotion:

Mainly 14 types of emotions have been described. Each emotion is related to basic tendencies. The 14 emotions are as follows – fear, anger, hatred, affection, compassion, sadness, sensuality, self-inferiority, self-esteem, hunger, possessiveness, pleasure, etc. All these people are also divided into two parts, one which comes with birth and the other which is acquired after birth. Like fear, anger, surprise, anger, love, these are innate. But visual love fall yadi which is emotion develops gradually as a person develops socially, he is motivated towards different things at different times. In this way, all the ways through which human beings get happiness and satisfaction are called happy emotions and the emotions through which we feel unhappiness are called sad emotions.

Emotional Development in Adolescence:

Every stage of human life has its own distinct identity. Some main signs are seen in the arrival of the stage, due to which the identification of that stage is done easily. The arrival of adolescence is identified with changes in the development of emotions in boys and girls. At the beginning of this stage, the emotions are excited and gradually they become severe and by the end of this stage, they seem to be almost stable. We can see the emotional development in adolescence in this way:-

Predominance of daydreaming: Adolescents and adolescent girls live life in fantasy life. They are full of daydreams. In this state, they express their emotions only through day dreams.

Hero worship: - The feeling of hero worship is strongly seen in adolescence. In this stage, teenagers consider teenagers as characters of cinema, story, novel, history or any person as their ideal. He starts living life according to that ideal person and likes to be and do like him. He accepts the ideal person as his everything and likes to live life according to him.

Kama Bhavana: - In adolescence, Kama Bhavana is at its peak. At this age, adolescents are attracted to adolescents and adolescents are attracted to adolescents. Repressed sexual feelings in infancy become furious at this age. Due to which both get attracted towards each other and love affair and love affair starts increasing in both.

Different emotions: In adolescence, emotions are expressed according to the circumstances. Sometimes they become very excited and sometimes they appear disappointed.

Crime tendency:- In this stage the children are not fully matured but the children consider themselves to be perfect, in this stage their condition is like that of an unripe mango, neither fully ripe nor fully unripe. But the children do not accept this, due to which he gets very disappointed, his wishes are not fulfilled. In this situation, he starts taking steps towards crime.

Inquisitive nature: - In this condition boys again become inquisitive about girls. Now here also he is not happy to get the answer of what is there, instead he is satisfied with a detailed description of why and what kind of thing. Due to this trend, the tendency of searching spirit awakens in him. He works in everything inspired by the spirit of scientific discovery and investigation

Antagonistic mental states :- Antagonistic mood is visible in boys and girls in adolescence. In a particular presentation, he appears very happy, then on another occasion, in the same situation, he appears sad. He behaves like this when he is under emotional stress. The show of tension in the constitution results in indifference, despair, rebellion and crime.

Sense of independence: - In this stage, there is the predominance of independence in boys and girls. Now here, by not accepting the customs, superstitions, ideals of his society, he tries to live an independent life and starts opposing the social customs. Now he likes to move forward by breaking the shackles of the society and likes to live an independent life. For this he rebels against his parents and relatives.

Predominance of emotion:- Living an emotional life is the hallmark of adolescence. Kindness, love, sympathy, co-operation tendencies are now strongly seen in every adolescent girl.

Kama Pravritti:- After the end of childhood, as teenagers step into adolescence, their lust and sex instincts start taking a toll. Heterosexual attraction is seen in boys and girls. In this stage, adolescent girls start dressing up to attract each other. Due to the desire of sexual activity in this stage, the behavior of restless teenagers, chewing the fingernails, taking the pencil in the mouth, repeatedly wrapping their lapel with the fingers, etc. are seen.

Development of religious feeling:- By reaching this stage, the consciousness of religion is seen in the minds of boys and girls. Boys start believing in God after being influenced by the girl in one way or the other and start worshipping her.

Development of the feeling of social service:- While coming to this stage, the feeling of doing something towards the society arises in the mind of the children. For this purpose, he behaves cooperatively with the people of the society. He likes to serve the people, he likes to represent the society. He actively participates in every work of the society and starts serving the society.

Development of criminal tendency:- In this stage, there is a lot of desire to get children and when there is any obstacle, disappointment, or failure in fulfilling his need, then there is a development of criminal tendency in him. From this stage people step into the world of crime. If boys and girls are not taken care of properly at this stage, then they can become professional criminals.

CONCLUSION

In conclusion or it can be said that adolescence is a very important time of life, which is addressed as the spring period of life and the junction of childhood and adulthood, which is very sensitive, useful, important, socially useful stage. Is. Adolescence is neither a time of complete immaturity nor complete maturity. It is like a raw pitcher. The potter-like parents, teachers, guardians want to mold this child-like raw pot into whatever shape this clay pot gets molded in the same structure. All that is needed is the right direction, guidance and supervision. This is the stage where the condition and direction of the children are determined. And the children who get contempt, hatred, disappointment, insult in this condition, those children create a different history which the society does not like at all. Therefore, in the present time, it is necessary that proper guidance should be provided to all the boys and girls who are living in this stage, who build the future, on whose shoulders the future of the country rests, on whose development the whole world shines. Will reach the stars, help them control their passion and give them a beautiful future.

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