



DEALING WITH ADOLESCENTS - PARENTS' ROLE

CASE STUDY/INSIGHT

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Adolescence is a crucial phase of life between the childhood and adulthood. It is a transition period from childhood to adult ranging between the ages of 13 to 19. It is an important stage of human development and this period lays as the foundation for the future. This is the period during which there are significant changes and growths in physical, behavioural, psychological, cognitive and reproductive health. Adolescents during this stage are often energetic, thoughtful, and fun-loving. However this is the period where lot of confusions, dilemmas and conflict between parents and children occur. Adolescence is the period which requires attention and understanding of children's behaviours and emotions.

Physically during adolescence, boys tend to become taller, develop facial hair, acne and change in tones of voice. Girls tend to become taller, develop acne, and undergo physical, physiological and psychological changes. All these are accompanied by changes in hormonal levels which tend to make adolescence period a crucial one. During this stage, kids become increasingly cautious of their physique, compare themselves with their peers, and give more importance in grooming themselves. Due to the hormonal play, kids will have infatuation towards the opposite gender, which is absolutely normal. Adolescents will give more importance to their friends than parents and this may cause rebels at home. Kids may tend to change their physical identities by trying different looks like changing hairstyles, dress styles, etc. according to the trend in vogue.

Dealing with such growing and changing kids has been a tougher task for parents. The difference in mentality of parents and adolescents brings in clashes and unpleasant relationships among them. Parents should learn to deal with their adolescent kids and their psychology. They should educate themselves about the adolescence, the changes, hormonal effects and psychology of kids during this stage.

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To avoid conflicts with their children, parents should develop a friendly approach with kids. Parents should understand that mood swings and consequent behaviour are normal during adolescence and learn to cope up with them. When parents become friends to their children, children will start sharing their daily school happenings, feelings and emotions. By doing so, children will share a close relationship with the parents. Adolescents may be unhappy about their parent's expectations on them. However when parents have appropriate expectations like good grades and behaviour and convey it to teens in a friendly way, they will understand and follow it. Parents should know their children's friends and the various activities into which they are involved.

For a healthy, well balanced growth of teens during adolescence, it is important for the parents to understand that changes during adolescence are normal and also help their children cope up with the changes. Kids during this stage will expect to be independent.



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So, the parents can give their kids independence in the right way and tell them what are good and what are risky for them in a way they would understand. Also, informing children about adolescence, adolescent health, hormonal change and its various impacts on body and mind scientifically will help children understand the reality of adolescence. In short, both children and parents have to undergo adolescence together to deal with it. Tackling the issues related with adolescence and tuning up teens in the right way, will make them grow up into healthy, strong and responsible adults for the society.

