

# Handling Psychological Changes Occurring During Transformation From Childhood to Adolescence

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**Abstract** - We must take responsibility for our thoughts because as we grow older we have to bear liability. Also, since our thoughts demand our actions and it leads to our destiny. Understanding and moving along with one's family situations and issues related to financial problems and stress is important. Circumstances such as close person accidental death, we have to realize the importance one's life has. We have to seek one religion and follow the way of life that it propagates. As this is the age of invisible linkage called the internet with social networking sites one need to understand that responsibility goes with the freedom hence, we ought to stay accountable to parents in everything we do outside their supervision. Present civilization teaches us not only knowledge and voluntary social activities but also dangerous things like addictions to several evil inclinations one must understand. Keeping an aim and running towards the aim is important. We know every child is born innocent, but why some students are traveling the wrong path like terrorism, criminals and becoming dangerous people to the nation. It is not their mistake but it is the problem of the society that leads them as before-mentioned. To handle these matters one needs to have a strong philosophy, meditation, having very big dreams and run towards attaining it with solid commitments, and spiritual Growth.

**Keywords** – Psychological change, childhood.

## I. INTRODUCTION

Adolescence is an age group of great transition physically, mentally, philosophically, psychologically, socially and spiritually. During this transition the teen may be subjected to lot of pressure from parents and society. Also, this can be age group of self-exploration, Identity formation and self-identification. An adolescent may be subjected to many situations which may affect them from depression to bad food habits to deviation from spirituality and wrong career formation and the list goes on. Hence, this paper deals with the problems faced during the adolescent age and effective handling of psychological changes and challenges during transformation from childhood and adolescence.

### Depression in adolescents

One of the most frequent Psychological Stresses a Student observes is Depression. Depression in today's adolescents is quite common because of several circumstances. It is the most noiseless killer in this generation. It is very hard for an outsider to trace the issue by sight. It seems so normal but its intensity is only known to the person who experiences it. What causes this unidentifiable Disease? Reasons are maybe he/she is subjected to verbal abuse or Social rejection, hatred, ragging, bullying, physical, emotional, sexual abuse or any other thing that had an immense effect on his self esteem. Also he comes from a family history of depression, suicides. Issues such as Stress, grief, pressure

(or) Health Problems for long times. Being a person of Low self esteem, sensitive to personal criticism and negative minded can also seed depression.

People with depression can be identified easily by noticing their Sadness, hopelessness, moodiness or if they are facing troubles in concentration and decision making. Such people will indulge in Self destructive activities. Feel immense Sleeplessness. Tries Missing the school. Always feel lack of energy. Unexpected Weight loss or weight gain can also be a cause of depression.

There are psychological therapy for depression and also can be cured by medications. Practicing Psychologist's can effectively handle this problem. You may also Practice small exercises to overcome depression by Writing your thoughts on paper, practicing Positive self talk's, following Spirituality, trying to Coping at work, Improving time of sleep, by Changes in eating habits, Regular Physical exercises or Physical Games, Controlling Stress and Motivating yourself.

### Adolescents and social media

Social media is one of the most influential things in twenty first century. Sadly many youth's have become pray for such social networks. Participating in these online social networks without proper knowledge and maturity can also keep an end to your future and life.

Social media may be helpful for us by bonding people; it can also by some extent help to get out of loneliness. It makes Communications easy and Affordable. But on the other hand due to over usage it makes unwitting Time loss, the Friendships built here are unrealistic associations, Anxiety to attract others attention by frequent posts, results in silencing/Stop Listening to your inner voice, it is also one reason for Depression, Reduces concentration in Academics, may lead to Cyber bullying, and Increase in Cyber crimes because due to these social networks Identity and Privacy in threat.

This is the age of vast socialization unlike 10 years ago. We all know due to rapid growth of the world in the field of information technology the effect of social media is immense. Today's adolescents have many opportunities to get the information. But the disastrous fact is that the type of information and the attitude this internet generation is cultivation in each child and adolescent. We all know that the psychology of adolescents is very sensitive that it gets absorbed very easily whatever it is subjected to. Due to its sharp property they are perfect receivers of good and equally bad. As all of us are aware that bad has immense pull than good during the immature state, this has become a threat to our children and adolescents. In last five years number of pre-adolescents and adolescence possessing accounts in social media is immensely increasing. Social media is an unnoticed addiction influencing vast number of adolescents. This usage also indulges Depression called social media depression due to over addiction. Studies stated that more than twenty two percent of preadolescents logon to their favorite social media site more than ten times a day. Seventy five percentages own a cell phone and fifty four percent use them to text in social media sites. As adolescent brains are highly sensitive and the kind of privacy social media provides help many adolescents to take up wrong path without actually aware of what it leads to. The major problem is parents are not aware of what their children do out of their sight in social media. This problem has arisen due to large generation gap in span of last five years. Peer pressure also has an influence on this social media usage.

To come out this addiction Educationalists should include the Moral lessons on usage of internet and social media from children and adolescent syllabus onward. Counseling should be done to each and every adolescent individually their usage of internet and social media.

### **Humility, Arrogance and their role in generation of ego in Adolescents**

Adolescence is an age of career development and dreaming about their career. During this age the student aspires and sets ambitions and always thinks about achieving them. In the past adolescents used to dream and start preparing to work hard in achieving them. They are not worried about

failures and try to work hard to achieve their goals. Today because of internet and other social media networks adolescents are able to see the end results and achievements made by their role models rather concentration on the difficulties faced by them in order to achieve those milestone. Adolescent today misunderstand success as a sense of grand and bold attitude instead of thinking about the difficulties faced by them to achieve their present status. These growing adults who are not worried about process but rather interested in the result will lack many ingredients required to achieve success in their lives such as humility or humble nature and maintaining Pseudo status and worry about them more than others they are not ready to work hard but rather spends more time speaking about the greatness of themselves or about their role models. When the realistic competition come these unnatural competitors who do not care the process involved in achieving the success when faced by failures will generate ego on the successful peers who respect work more than result. As empty vessels make much noise these comfort dreamers won't work to achieve their and will always stay inconsistent.

To make these adolescents work more teachers and parents need to make them understand that hard work is more important and the result is not. Teach them the struggles faced by their role models in achieving their ambition, giving attention to their work than their results. By following these we can make adolescents work hard today than calculating the result in advance.

### **Effect of bad food habits on adolescent psychology**

Food habits during adolescent period go mostly out of parental observation. This is the age when the child tries to eat anything they see outside. Because of Bad food habits like overeating or addictions to Fast food, snacks, excess fat and cholesterol food, oil foods. Also Sitting ideal and no physical exercise because of television and computer and electrical devices may lead to the greatest health hazard called "Obesity". Obesity may lead to Diabetes, Heart attacks or Related Diseases, and also may cause Serious Health Problems in future. Not just health problems it may make others consider you as an element of humor or for bullying, you may also experience uncommon impression between your colleagues or friends. This may lead to Depression which we have studied, Feeling shy and guilt among peers, cultivate Inferiority complex inside you. Obesity can be avoided or controlled by maintaining Balanced Diet, Changes in Lifestyle, Physical Exercise and Morning Walks, Meditation and Yoga, Drinking More Water, Making you free from Stress and Pressures.

**Obesity** as we have studied is an alarming problem. In India one out of every twenty is suffering from morbid obesity. A Recent study done by Royal Society of public health has stated that content based labeling can save a lot

of prospective victims out of this problem. The study states that education and publicity on the calories contained in each food can save nearly sixty percent of consumers. Hence, Education on obesity and propagation of its impacts on one's health can save a lot of future Victims. Education on Food and its impact has to be featured in our syllabus and parents should teach the adolescents about its future problems.

### **Psychology of Spirituality**

Most Easiest and Effective way of controlling Psychology in this world is by following "Spirituality". This is truth, it makes some highly worth full advantages like it Provides Confidence, can Teach you the Right Path, makes you be Free from Evil Inclinations/habits, will Teaches Interpersonal Relationships, provides Trust in Difficult Situations, indulges necessary Fear and Discipline, helps you Being Focused and Concentrated.

### **Psychology of Spirituality**

We feel someone speaking himself on the road as a psychologically imbalanced person. Studies proved that they are the most psychologically strongest people. The reason is that self talk can cultivate and boost your Inner Confidence Levels, it will Help to evaluate Good and Bad Helps in Decision Making, relieves you from External Pressures, makes you Less Affected by Expectations of parents, you will surely be driven By Conscience, Uncompromising fact that you may get Unique Ideas, Undoubted fact that you can live a happy and Satisfactory Life irrespective of what others think about you.

### **Money and its effect on the Psychology of Adolescents**

According to a recent study done by a leading multinational bank, "Eighty three percent of Adolescents don't know how to manage money", Money is the most important resource to live in the present world. Financial teaching should be done to each and every child. To start teaching financial management first of all you should understand whether your child is a spender or a saver. The only distinction psychologically found between the two is the gratification on has. A spender has immediate gratification and uses the money to purchase what they need but a saver thinks before making decision on gratification. Financial management has the maximum impact on one's future hence teaching and counseling a child for saving the money is a basic need of each and every growing adolescent. Parents should make adolescents understand the value of money. This will help them psychologically to be far from luxurious spending also keeps them away from addictions of all types in future. Since money is the fuel running the present world. A future of a prospective saver is secure and protected. But the future of a spender is always in risk. Hence money has immense effect on psychology of adolescents.

### **Respecting Elders helps you live longer**

Respecting Elders is not just a good habit it is a medicine to make you live long studies conducted by a leading research university has proved that respecting elders and always fearing to their words can Stimulate your Brain Nerve cells which Produces new Cells and can also Elongate the life of existing Nerve cells which can provide you Long Life for Brain, Blessing from parents and Positive thinking.

### **Effect of social service on the psychology of adolescents**

Social service also has a mysterious Psychological Impact. Voluntary Social services Donating Money or Clothes, Helping in the times of Disasters, Donating Blood for the most needy, visiting and teaching Poor Children, these voluntary habits induce Positive Thinking, makes you understand others Problems and Concerns, above all it will provide you immeasurable Satisfaction and Happiness.

### **Broken Family's and its effects on Child's Psychology**

For parents divorce may be a positive solution for their problem but for the child it is not, broken family has an effect on the society in the form of their child. Separated father and mother create a long time problem on their child, Recently Supreme Court of India advised a case related to alienated parents; Justice Kurian Joseph has reviewed the case and advised the parents that their separation will have a long time psychological impact on the Child.

He told, "After all, the child needs both father and mother, We only want to remind both father and mother that they may fight endlessly, but the one person who is sandwiched, disturbed, pained, shocked, and if not spoiled, is their daughter, If the future of the daughter is kept in mind by both the father and the mother, they will think of dissociating themselves from all other differences between them,".

During Adolescence transformation children need their parents a lot. In general children from broken families face problems like Over Independence, low concentration and non typical mental growth, lower educational prospectus, behavioral problems, security, high possibility of committing crime, may cultivate inferiority complex and Isolation from the society above all loses trust and faith on their parents.

### **Over Controlling parents create Dependent personality disorder in their children during adolescence**

Parents should note that children are not Puppets they should understand that Children too has their own Desires and Psychology. By forcing Children to work according to their wish parents are unintentionally dumping a lot of pressure on them. Scientists say that today's kids are too dependent on their parents. Children today are subjected to lot of

expectations from their parents and society. They are running tirelessly to reach the goals of their parents. While we remember the fact that competition brings the best in the student we should not forget that it has equal bad impact on their Psychology and career. because of heavy competition in all field and mad demand for recognition the student are trained and taught to get the best score, medal, certificate etc., due to which the perseverance and meaningful indulgence in the work is lagging. We notice that Freedom for the student to choose their subject of interest is lost in this race. Therefore by which are we creating incompetent Citizens for the future of the country? Anuradha Shyam from the Hindu Group wrote in her article that, "In our frenzy to win medals and certificates, have we forgotten the real purpose of taking part in anything", she points out that "Medals tarnish over time. The ink on the certificates fades. The real glitter is the journey itself. The adventure of discovering one's strength and weakness. The beauty in the highest of human values. To what end are we educating our children? Perhaps, we should take a moment and reflect on what the real value of "Success" is.

### Leave Children Follow their Conscience

Hence, parents of today should encourage students in the direction of their Interest and conscience, by motivating students and Standing with them in times of failures by trusting and Being confident on them. While Adolescents should communicate with their parents about their problems and make them understand, Come out of fear and stick to their Subject of Interest. Understand that you are responsible for your Mind and Future.

## II. CONCLUSION

Hence, to handle psychology effectively during the adolescent transformation from unthinking childhood one needs to have a strong philosophy, good food habits, physical exercise, meditation, Self talks and listening to your inner voice, by respecting elders, participating in voluntary social service, should follow one's conscience, should possess very big dreams and run towards attaining them with solid and Uncompromising commitments, and continuous spiritual Growth.

Above all these noted the greatest psychological medicine is "a SMILE" so keep Smiling and spread them around your surroundings. It builds relationships and throws away from anger and jealousy. Always be Positive always and Confident to face any situation or threat with truth and openness which provides you confidence and makes you a generous gentleman or gentle women.

*As long as you live keep smiling because it brightens everybody's day.*

*-Vin Scully*

*"KEEP SMILING HAPPEN WHAT MAY"*

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Hence, KEEP SMILING Always

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