

Abstract

Original Article

Physical and Psychosocial Effects of the Changes in Adolescence Period

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Abstract

The changes in this period, give people, a new body, a new personality and a new identity. A healthy way of passing this period will positively affect individuals' perspectives on life. Therefore, in this period knowing what the changes taking place are and a right approach will provide the successful shaping adolescents who already live a difficult period. Adolescence is a dynamic period in which individuals physical and psychosocial developments take place. The person becomes an adult with sexual, physical and psychological development and cognitive and social changes. After these changes the adolescents appear as an adult but lack the capability of thinking and acting like an adult. Particularly; adolescents try to inspire the physical changes and tries to be independent. After completion of this process the adolescent has a new body, a new character and a new identity. He has expectations from himself, family and the population. He needs to have social acceptance, independence, and has demand for love and respect from the family and the population, for self-respect, has desire for success, and a strong and beautiful body. In case of lack of meeting of these needs or failure of the adolescent to adapt to these changes may cause emergence of negative health behaviors. The negative behaviors developed in this period may cause preventable mortalities and morbidities. Among psychosocial and biological problems of youth; unhealthy and unbalanced dietary habits rank in the first few. Unsecure sexual life, alcohol and substance abuse, smoking, violence, guns, driving, unhealthy diets are important causes of morbidities. In this age group, motor vehicle accidents, injuries and suicides are important mortality causes. Passing this period in a healthy way will affect the way of perceiving future life positively. That's why knowing the possible changes in this period and behaving accordingly is essential.

Key words: Adolescent; Adolescent Development; Adolescent Psychology