NEEDS OF ADOLESCENCE

Adolescence is the period which you are in now. You learnt in year 7 that adolescence or puberty is the period between the age of 9-14 yrs. Recollect what you learnt in the previous grade. As some psychologists and educationists identify, this is a very stormy period and is known as the age of puberty. You are gradually marching towards adulthood. Your desires are changing due to the growth of your body.

Why is this period identified as a stormy period? Have your desires and feelings changed?

Recollect the things you were fond of during your childhood. What did you like best? Do you feel happy when you think of, the days you were cuddled on the lap of your mother or father and listened to bedtime stories, how much you loved to be fed by your mother, play with your brothers and sisters? Do you still love these? You may, but there are many other likes and dislikes, more needs and wants, more desires and feelings will be experienced by you. Sometimes you are puzzled about these natural changes. Sometimes you panic. Sometimes you wonder. Sometimes you are fascinated.

Activity 2.1
List out the qualities of your friends, you like and dislike.

<table>
<thead>
<tr>
<th>Qualities I dislike</th>
<th>Qualities I like</th>
</tr>
</thead>
<tbody>
<tr>
<td>insulting</td>
<td>accepting</td>
</tr>
<tr>
<td>refusing</td>
<td>appreciating</td>
</tr>
<tr>
<td>degrading</td>
<td></td>
</tr>
<tr>
<td>disreputing</td>
<td></td>
</tr>
<tr>
<td>discrediting</td>
<td></td>
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<td></td>
<td></td>
</tr>
</tbody>
</table>

When you start analysing the qualities, you begin to realize that your needs and wants, likes and dislikes have been changed from childhood. Though you expect the love, kindness, care of your parents and other members of the family, you will love to have more free time of your own, and you begin to trust your friends more and more.

Things you like best
Like to be independent
Like to possess things
Like to be appreciated and assessed
Like to gain experience
Like to be recognized
Fond of aesthetic activities
At this age you would have experienced that your parents discuss family problems with you. They consult you at certain issues. At these situations you build up some pride, self-esteem in you as you feel that you are no longer a child but someone, who can hold responsibilities. This is the period you feel that you are a responsible person recognised by the society.

In school, the teachers too, help you to build up self-esteem. Very often you would have experienced that grade eights are given responsibilities in the class, during various occasions. These experiences will lead you to understand how valuable you are to reach future as responsible citizens.

The opportunities you are provided to identify yourself, improve and display your hidden talents.

- The chances you get to display your leadership qualities.
- The trust and faith the teachers have in you.
- Recognition received by the students below your grade and above your grade.
- When classmates as well as school mates treat you as a responsible person, there are some of the situations, the school provides you to build up your self-esteem.

You should develop your skills likewise you build up your self-esteem. You should realise who you are and your duties and responsibilities as well.
Fill in the grid to identify the skills that could develop your self esteem.
(Please copy this grid in your note book)

<table>
<thead>
<tr>
<th>skill</th>
<th>examples</th>
</tr>
</thead>
<tbody>
<tr>
<td>Achievements of Physical skills</td>
<td>◆ sports skills ◆ correct postures ◆ physical fitness factors ◆ .............................</td>
</tr>
<tr>
<td>Mental skills</td>
<td>◆ new creations (inventions) ◆ memory ◆ ability to explain</td>
</tr>
<tr>
<td>Social skills</td>
<td>◆ abide by the rules and regulations ◆ build up good relationships ◆ equality ◆ respecting others</td>
</tr>
<tr>
<td>Aesthetic skills</td>
<td>◆ Appriciate and enjoy music ◆ dancing ◆ drawing ◆ writing</td>
</tr>
<tr>
<td>Ethical skills</td>
<td>◆ kindness ◆ help the needy ◆ ............................. ◆ .............................</td>
</tr>
<tr>
<td>Emotional balance</td>
<td>◆ patience ◆ ............................. ◆ .............................</td>
</tr>
</tbody>
</table>

Who contributes to build up your self esteem?

We have learnt at the beginning of this chapter that parents, adults and teachers are the best contributors. But there may be differences of opinions between you and the elders with regard to expectations. There may be clashes and it is up to you to act wisely in such situations. If you identify your duties and responsibilities it will lead you to a pleasant life.

When you deal with your parents and teachers, respect their expectations.
- Understand the expectations of your parents and teachers.
- Attempt to fulfil their expectations as much as possible.
- Discuss the problems with them.
- Welcome their guidance and counselling.
- Let them assist you with your creations and research.
- Do not forget that the elders are experienced enough to advise you to solve your problems.
- Learn to converse in a pleasant manner and address respectfully.

**Are there any others who would assist you to build up your self esteem?**

Peer groups may help or destroy your self esteem. Unhealthy relationships will hinder your self esteem. You should protect the esteem you have built. Your behaviour will ensure a positive attitude in others. characteristics of healthy associations.

- faithful friends will be attracted
- More people assist you and take advise from you.
- Shar with others
- Admire other’s good qualities
- Improve interpersonal relationships

Make your life meaningful and useful to you as well as to the people around you by being a self esteemed personality.