

The influence of adolescence on adolescent behavior

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Abstract

People in different stage would have different behavior, thoughts and different problems need to be faced. One of the problems that many schools and parents are facing is students' behavior in Adolescence. People in adolescence sometimes does something make a bad impact. Like drinking, smoking, and fighting. Also, some students would become introvert. The purpose of this study is to explore the influence of puberty on students' behavior. The study seeks to answer the research question, what are the obstacles to people in Adolescence? The goal is to help the student be conscious of their own adolescence and possess a healthy mind.

Review of Literature

.Adolescence typically describes the years between ages 13 and 19 and can be considered the transitional stage from childhood to adulthood. For many students in adolescence would often ask themselves, why did I do that, what's going on with me? Through the Maslow's Hierarchy of Needs, it classifies needs into five categories: physiological needs, safety needs, social needs, respect needs, and self-fulfillment needs. Maslow proposes that, generally, if a certain level of needs is relatively satisfied, it will develop to a higher level. Thus, some students in puberty would satisfy their own social needs, respect needs, and self-fulfillment because they already achieve their physiological needs and safety needs, but low-level needs still exist, only to reduce the proportion of the impact on behavior. By the way, the five basic human needs are often unconscious in ordinary people.

Firstly, to social needs, it's also called attribution and the need for love. Refer that Individuals are eager to get family, group and friends' care, which is the need of friendship, trust, warmth, and love. Social needs need physical and security needs are more subtle and elusive. It includes:

(1) Social desire. Hope to maintain friendship and loyal partnership with colleagues, hope to get mutual love, etc.

(2) Sense of belonging. Hope to belong, become a member of the group, help each other when personal difficulties arise, hope that familiar friends can pour out their hearts, and even complain.

Secondly, respect needs can be divided into three categories: self-esteem, other-esteem and power desire, including self-respect, self-evaluation, and respect for others. The need for respect can also be divided as follows:

(1) The desire for strength, achievement, adaptability and world-oriented self-confidence, as well as independence and freedom;

(2) Desire fame and prestige. Prestige is the respect, appreciation, attention or appreciation of others.

Thirdly, if a person wants to achieve their safety needs, it requires the completion of work that is commensurate with one's abilities, the fullest use of one's potential abilities, and becoming the desired person. People who need self-realization seem to be doing their best to make themselves perfect. Self-actualization means fully, actively, selflessly, and concentrating on experiencing life.

While people are satisfying their needs, they would feel contradictions and role confusion. These roles come from different people's expectation. Therefore, sometimes they would lose their selves and confuse about what I really want and who am I suppose to be. While thinking about these questions, they would become introvert.

Another psychologist, Erik Erikson (1902), American psychiatrist, famous developmental psychologist, and psychoanalyst. He put forward the theory of social and psychological development of personality, divided psychological development into eight stages, pointed out the special social and psychological tasks in each stage, and thought that there was a special contradiction in each stage, and the smooth solution of contradiction was the prerequisite for the healthy development of personality.

In Erikson's psycho-social development theory, adolescence is the eighth stage. He proposed that in this stage, The main task of adolescence is to establish a new sense of identity or image of oneself in others, as well as the emotional position he occupies in the social collective. The crisis in this process is identity and role confusion. In other words, their newly-forming identities were at odds with other person's expectations of what role they should play therefore hence the confusion.

In another hand, people in adolescence always want to prove themselves that they have grown up. Then they would fight, drink or fall in love to prove themselves. Also, they might quarrel with parents, disrelish parents' verbosity.

Adolescence is also a period which people in psychological weaning. Psychological weaning proposed by L.S.Hollingworth. In this process, they have their own ideas about the environment and the things around them. They begin to try to do things by themselves and begin to rebel against the demands of adults. This is the normal behavior of children in adolescence. It is also the "psychological weaning period" of children.

Existing research divides the development of psychological weaning of adolescents into four main stages: social development concerns, resistance, life concerns and reverse concerns.

In the first stage, the individual began to realize the encouragement of the guardian to himself, and gradually began to try to accomplish certain tasks by himself, thereby obtaining outside guidance and help.

In the second stage, when completing certain things, the individual will have certain resistance mentality, believing that the guardian's intervention is out of "distrust, support or coercion of authority", and dissatisfied with the guardian's restrictions on his own behavior.

In the third stage, in the stage of independent development, the guardian still keeps paying attention to the individual's life and provides important material and

emotional support, which makes it difficult for the young individual to completely abandon the guardian's concern.

In the fourth stage, individual adolescents find that guardians also need their attention, understanding, and support. This kind of mutual parent-child attachment makes it more difficult for teenagers to separate themselves from their guardians, thus hindering their independent development to a certain extent.

After this researching, we can know that it is normal that people in Adolescence be introvert or rebel. It is a very challenge period to form a new-self to them. However, it is extremely important to lead them in the right way to find their new-self.

RQ: What are the obstacles to people in Adolescence?

Method

In order to continue to study the research question, I would choose to use survey research. The sample would be 13 to 19 years old. Because Adolescence appears between 13 to 19 years old. In the meantime, the sample will be chosen in a different group of people.

For my study, there would be at least 15 questions. And the first few questions need to make sure whether this person in Adolescence or not. Then the following question would focus on my research question.

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