

## **ADOLESCENCE CONFLICTS IN BALANCING INNER AND OUTER EXPERIENCE**

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### Abstract:

In the technical world the problem of inner experience among adolescents is one of the most important pains of health specialists in all over the world. It has been widely seen that a large number of adolescents practice mental health and emotional problems, which commonly carried over into their next stage i.e. adulthood and build serious problems for adjustment in society. The present study attempt to explore the adolescence inner conflicts emotion, desires, feelings, ambitions and ideas. Outer experience i.e. behavioural conflicts by applying empirical research methodology on adolescence. Adolescence is a period in life during which major physical, psychological and social changes happen. As they encounter these changes, adolescents have numerous questions and worries about what is happening to their bodies. In several places, adolescents are incapable to share their questions and anxieties, and to seek responses from experienced and caring adults.

Key words: Inner experience, outer experience, adolescence, emotion, society, changes

### Introduction

Adolescence, the change between childhood and adulthood, is a stressful period of life considered by obvious physical, mental, emotional, social and behavioural changes. According to the Oxford English Dictionary, the original 1482 definition of adolescence referred to a period between childhood and adulthood that extended between ages 14 and 25 years. It has been identified in the huge number of adolescent's joy and sorrow, success and failure, health and sickness, wealth and poverty. It is very hard to find a person who has not experienced in these and also very rarely seen, the family does not have problem. There is no evidence to prove when the problem may arise. The truth is problem may arise at any stage of life. According to the review of literature on looking to mental health, adolescence marks the emergence of gender differences in depression—with girls higher than boys—that persist for decades (Hankin et al. 2007). Efforts to explain this trend have focused primarily on

social psychological phenomena, including gender differences in self-concept, management of daily stressors, experiences of puberty, and the rigidity and enforcement of societal standards of appearance and behaviour (Martin 1996, Rosenfield et al. 2000). A particularly insightful sociological approach to adolescent depression, regardless of gender, concerns how it is interpreted by others. For example, depression can be strongly stigmatized in social groups when it is perceived as mental illness as opposed to a health problem, leading depressed youth to be isolated from others just when they need more support (Martin et al. 2007). Indeed, social responses to adolescent distress influence whether it can have long-term effects on other areas of life, including education (McLeod & Fettes 2007). Thus, socialized perspectives on depression and other psychological constructs reveal insight into the complex dance between self and other that characterizes adolescence.

**Physical development:** Fast and vivid physical development and growth mark adolescence, including development of sexual physiognomies. Noticeable morphological changes in practically all organs and systems of the body are answerable for the accelerated growth and the changes in outlines and sexual organs. In case of boys, active acceleration in growth of coarse genital hair and facial hair usually precede other signs of puberty such as voice changes. In girls, development of breasts, broadening of hips and rapid climb in height typically begins concerning to and a 0.5 years before start.

**Emotional development:** Adolescents ought to cope up, not solely with changes in their physical look, however additionally with associated emotional changes and rising and compelling sex urges. Bodily changes cause emotional stress and strain yet as abrupt and fast mood swings. obtaining showing emotion troubled by externally little and insignificant matters could be a common characteristic of this cohort. It needs development of a way of balance and self-imposition of limits on expression of one's desires and wishes. AN inability to precise their desires typically leads a young adult to fantasize and daydream that helps them to a minimum of part fulfil their wishes.

**Hormonal changes** area unit probably to construct in feelings pertaining irritability, restlessness, anger and attraction to the alternative sex ends up in a want to combine freely and move with one another. However, in reality, this might not forever be optimistic because of the social restrictions on collaboration with female and alternative desires during this amount as an example education and employment, etc. much it becomes required for adolescents.

From a psychosocial viewpoint, Erikson views adolescence as a amount of identity formation and role diffusion. A disjointed sense of self and values can lead to the shortage of a way of identity. In essence, adolescence represents a second separation from adult caretakers, with the primary having happened once the youth earned the motor and psychological feature ability to maneuver far from the parents' constant watch. Adolescence marks the amount wherever youth area unit biologically, though not oft psychosocially, capable of living on

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their own. Adolescents have an imperative to be compelled to belong. They imitate each other, (Adams and Gullota, 1989). They are doing the similar things, speak an equivalent means, hold same approaches, dress in the same vogue, and keep same interests. This has been found very true among women (Jensen, 1985). The coevals will place severe pressure on the adolescent, to compete, to smoke, drink, take drugs, and have interaction in sexual events. Nonconformity from cluster norms is evaluated and may cause rejection.

When modifications manifest itself within their body they realize it's onerous to regulate that ends up in a difficulty and that makes change in the society. Technical advancements play a significant role in adolescence life and also the changes within the socio-economic and political scenario within the society rework the adult's roles and responsibility. To cope up with the changes in their physical look, emotional changes adolescence area unit able to sticking out them within the social media that makes them acquainted and additionally that influenced them within the cluster extremely and additionally that leads them into wrong directions. Even these days we will establish the generation gap between folks and youngsters. They're not interested to share their emotions or sorrow with their folks.

Adolescence is additionally noticeable by development of the flexibility of abstract assuming that allows them to think and assess consistently and spot the question inconsistencies between rules and behavior. folks yet as service suppliers typically overlook this development, one among the essential reasons for the popularly known 'generation gap'. Socially, adolescence consists in shifts from dependence to independence, social responses to physical maturity, the management of physiological property, the acquisition of skills and changes in peer groupings. the necessity to be a vicinity of a gang or an outsized cluster is substituted by a partiality for maintaining fewer, a lot of stable and binding relationships.

The challenges of adolescence need children to question the most cause that has provided them with their identity throughout childhood, that is, their folks. This questioning inclines to create it troublesome for the adolescent to attraction on family support, for fogeys cannot help but reply to their sudden attitudinal and behavioral changes, not to indication the dramatic physical changes in their children. At puberty, there is a noticeable conflict when mother and son increasingly interrupt each other, resulting in interaction becoming more contentious (Steinberg, 1983).

A broadening social world for adolescent's means, they slowly spend more time with other teenagers, classmates and friends. They get together frequently during the weekends to watch TV, talk about all kinds of things; diet, fashion, sports, who is going out with whom, health problems, confusions about sex. Their main anxieties are personal and instant, but big moral subjects such as, nuclear testing, saving the seals, and meaning of life are treated seriously too. They join the peace movement, student force groups, knowing they are contributing toward a cause.

## Conclusion

Parents should boost the progressive qualities that they identify in their teenager's behaviour and openly prove respect and praise their qualities. In most circumstances, the higher degrees of conflict with parents during adolescence are not analytical of a serious rift in parent-teenager relationships. Even when feelings run very high, both parents and adolescents bang that the complete quality of their relationships leftovers strong, with a foundation of shared values and a significant amount of mutual affection, respect, and family vow. On those days people had a chance to get awareness through grandparents due to the joint family system. At present we can see most of the families are small family due to the emergence of technology and increase of financial need, children are brought up with the help of caretaker. So they are in lack of parental love and affection and unable to express their feeling with them. So adolescence need awareness about the changes in their physic and should educate them how to cope up with it. It is essential to save our generations.

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