



# KMC 1093

## Personality Development

### UNIT THREE – Adolescent Personality Development

By:  
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- » Adolescent personality development
- » Adolescent identity, self concept and self esteem
- » Theoretical perspectives:
  - > Erik Erikson
  - > James Marcia
- » Critical psychological difficulties for adolescent
  - > Depression
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- » Relationship during teen years
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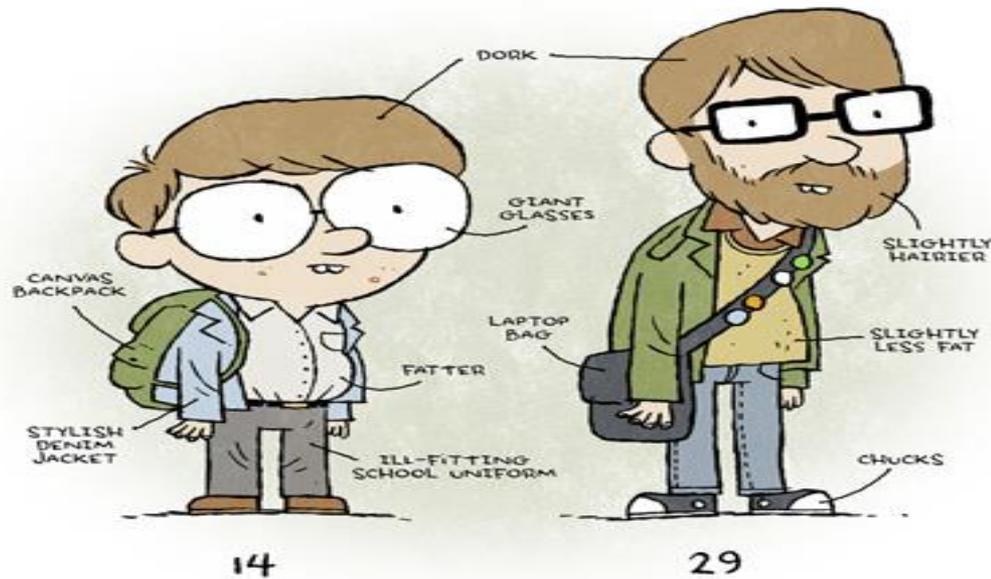
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- » Discuss on adolescent personality development, adolescent identity, self concept and self esteem
- » Discuss about theoretical perspectives
- » Discuss about the critical psychological difficulties for adolescent as well as the relationship during teen years
- » Discuss about the social world of adolescent
- » Discuss about juvenile delinquency and its major impact on adolescent development
- » Discuss about other issues during adolescence stage

# Learning Unit Objectives >

» “ adolescence is the epilogue of childhood and the prologue to maturity”



- » Each teenager is an individual with a unique personality and special interests, likes and dislikes.
- » In general, there is a series of developmental tasks that everyone faces during the adolescent years.

## Adolescent Personality Development >

A teenager's development can be divided into **three stages**;

1. Early adolescence (12-14 years)
2. Middle adolescence (14 -17 years)
3. Late adolescence (17 – 19 years)

Adolescent Personality Development >

# Early Adolescence (12-14 years)



## Movement Toward Independence

- > Struggle with **sense of identity**
- > Moodiness
- > Improved abilities to use speech to express oneself
- > More likely to express feelings by action than by words
- > **Close friendships gain importance**
- > Less affection shown to parents, with occasional rudeness
- > Realization that parents are not perfect; identification of their faults
- > Search for new people to love in addition to parents
- > Tendency to return to childish behavior, fought off by excessive activity
- > **Peer group influences interests and clothing styles**



## Career Interests

- » Greater ability to work (need to look at cultural differences)

## Sexuality

- » Same-sex friends and group activities
- » Shyness and modesty
- » Show-off qualities
- » Greater interest in privacy
- » Experimentation with body
- » Worries about being normal



## Ethics And Self-direction

- » Rule and limit testing
- » Occasional **experimentation** with cigarettes, drugs and alcohol
- » Capacity for abstract thought

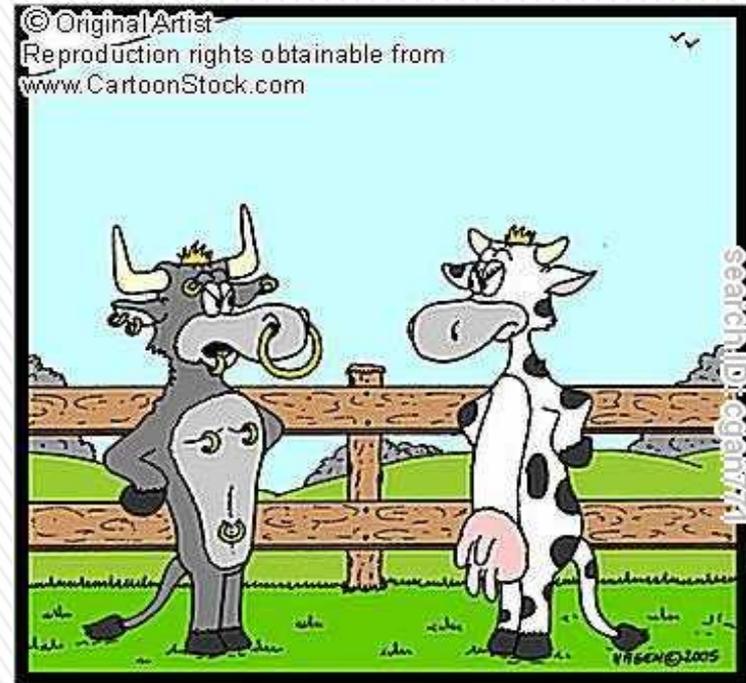


"No, it isn't a 'buy one get one free offer'.  
You're just seeing double!"



## Movement Toward Independence

- » Self-involvement, alternating between unrealistically high expectations and poor self-concept
- » Complaints that parents interfere with independence
- » **Extremely concerned with appearance and with one's body**
- » Feelings of strangeness about one's self and body
- » Lowered opinion of parents, withdrawal of emotions from them
- » Effort to make new friends
- » Strong emphasis on the peer group with the group identity of selectivity, superiority and competitiveness
- » Periods of sadness as the psychological loss of parents takes place
- » Examination of inner experiences, which may include writing a diary



Now don't complain Mum:  
You started it by giving me my first nose-ring...

# Middle Adolescence (14-17 years)



## Career Interests

- » Intellectual interests gain importance
- » Some sexual and aggressive energies directed into creative and career interests

## Sexuality

- » Concerns about sexual attractiveness
- » Frequently changing relationships
- » Movement towards heterosexuality with fears of homosexuality
- » Kindness and fears shown towards opposite sex
- » Feeling of love and passion



## Ethics And Self-direction

- » Development of ideals and selection of role models
- » More consistent evidence of principles
- » Greater capacity for **setting goals**
- » Interest in moral reasoning



## Movement Toward Independence

- » **More firm in identity development**
- » Ability to delay enjoyment
- » Ability to think ideas thoroughly
- » Ability to express feelings in words
- » More developed sense of humor
- » Stable interests
- » Greater emotional stability
- » Ability to make independent decisions
- » Ability to compromise
- » Pride in one's work
- » Self-reliance
- » Greater concern for others

Late Adolescence (17-19 years)



## **Career Interests**

- » Higher level of **concern for the future**
- » Thoughts about one's role in life

## **Sexuality**

- » Concerned with **serious relationships**
- » Clear sexual identity
- » Capacities for tender and sensual love

## **Ethics And Direction**

- » Capable of useful insight
- » Stress on personal dignity and self-esteem
- » **Ability to set goals and follow through**
- » Acceptance of social institutions and cultural traditions
- » Self-regulation of self-esteem



- » During adolescence, *self consciousness* takes center stage!
- » Teens focus on wondering “Who am I?” and “Where do I belong in the world?”



Adolescence Identity



- > Teens begin to become like adults *intellectually*
  - + Realize the importance of establishing self in society, and shaping their individuality
- > Teens become more like adults *physically*
  - + Dramatic changes during puberty make teens acutely aware of their own bodies

WHY?

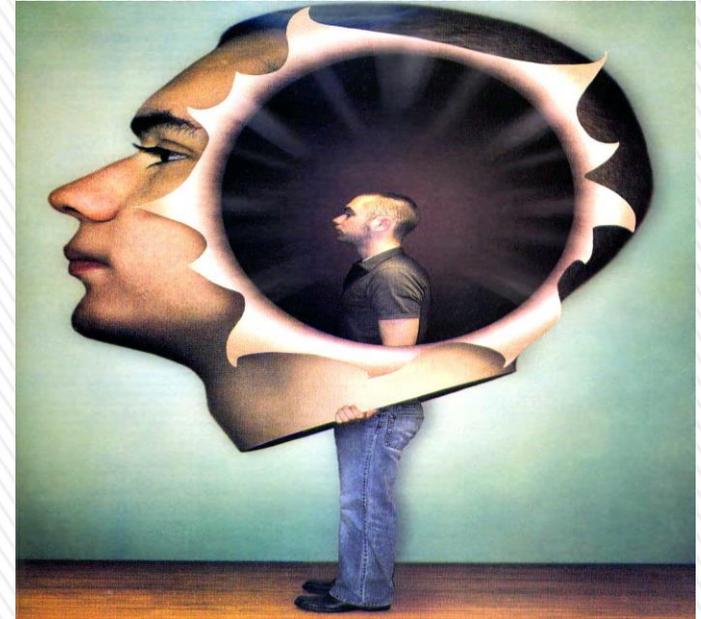


- Forming an identity presents a particular challenge for members of ethnic and racial backgrounds because of contradictory societal values
  - “Society should be color blind, race and ethnic background should not affect opportunity or achievement”
  - *Cultural assimilation model* holds that individual cultural identities should be assimilated into a unified culture (“melting pot model”).

## Identity, Race & Ethnicity



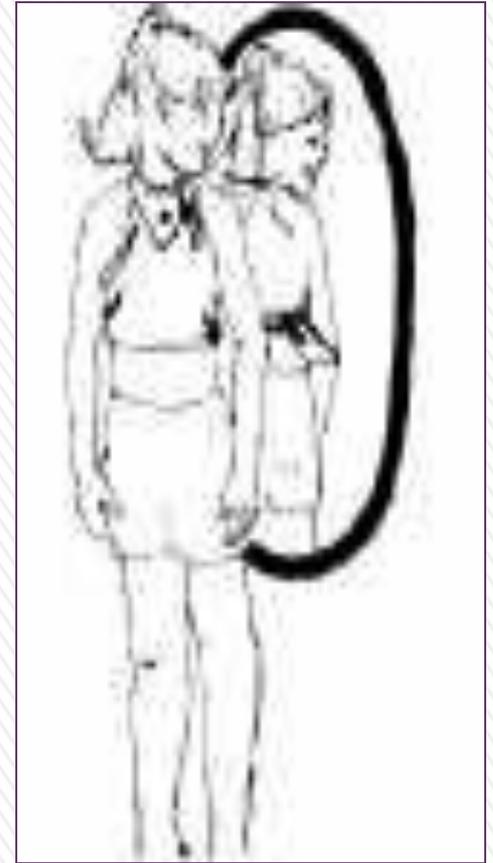
- Self concept broadens during adolescence to include both one's own assessment of who you are and also includes others' views.
  - The view of self becomes more organized and coherent.
  - Adolescents can look at themselves in terms of traits and can see multiple aspects of themselves (*which can be confusing at first*).
  - Material, spiritual and social self.



## Self Concept: Refining Self Perceptions



- » Self esteem: reflect a person's overall evaluation or appraisal of his or her own worth. Self-esteem encompasses beliefs (for example, "I am competent" or "I am incompetent")
- » During adolescence, teens become increasingly accurate in understanding who they are (they develop their *self concept*)
- » The increase in self-concept does not mean that *self esteem* is high



## Self Esteem: Evaluating One Self



1. Gender
2. SES (socio Economic status)
3. Race
4. Body image
5. Age
6. Ethgender

Factors That Influence Self Esteem



» 1. Gender:

- > especially in early adolescence, girls have lower self-esteem

» 2. Socioeconomic Status:

- > leads to high self-esteem (especially in late adolescence when one can buy things of value)



## » 3. Race:

- > although this finding is now being questioned:
  - + Traditional research says that prejudice is incorporated into minority adolescents' self-concepts
  - + Recent research indicates that African-American adolescents now have same levels of self-esteem as Caucasians (in fact, strong racial identity is related to higher self-esteem levels).



## » 4. Body image:

- > Especially true for teenagers but also important for younger children, body image is evaluated within the context of media images from television, movies, and advertising that often portray girls as thin, beautiful, and with perfect complexion.
- > Boys are portrayed as muscular, very good looking, and tall. Girls who are overweight and boys who are thin or short often have low self-esteem because they compare themselves against these cultural and narrow standards.



## » 5.Age:

- > Self-esteem tends to grow steadily until middle school when the transition of moving from the familiar environment of elementary school to a new setting confronts children with new demands. Self-esteem either continues to grow after this period or begins to decrease.



## » 6.Ethgender

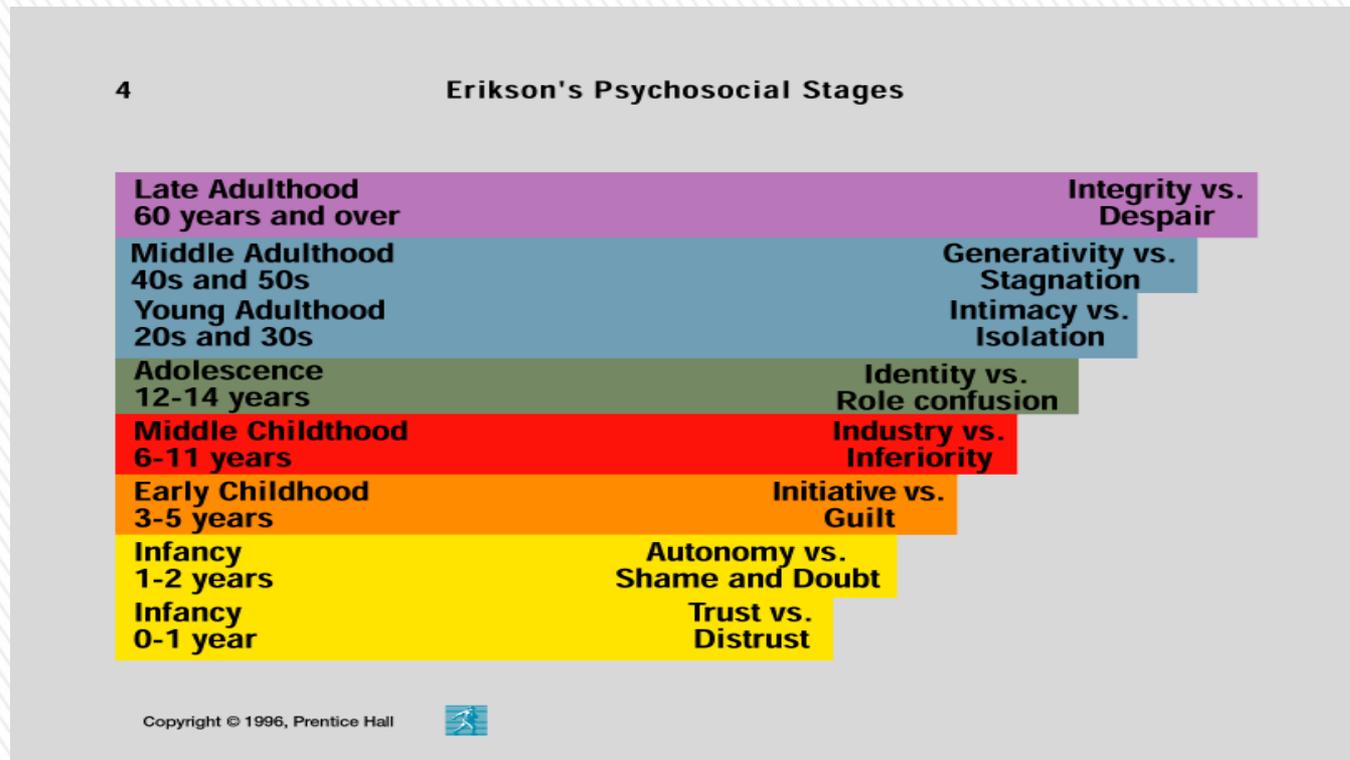
- > Some developmental psychologists have considered the joint influence of race and gender (“ethgender”)
- > Using the combination of race and gender together (“ethgender”) findings indicate that:
  - + African-American and Hispanic males had highest self-esteem.
  - + Asian and Native American females had lowest levels.



**» Think of yourself, what are the factors that influence your self esteem?**



## » 1. Erikson's Psychosocial Stages



Theoretical Perspectives



- » Erik Erikson asserted that adolescents may encounter substantial psychological difficulties in their search for identity (“the adolescent identity crisis”)
- » Erikson's stage is **IDENTITY-VERSUS-IDENTITY-CONFUSION STAGE**, *where adolescents seek to determine what is unique and distinctive about themselves*



- Adolescence is the stage at which must meet and resolve the crisis of basic **ego identity** (the self image formed during adolescence that integrates the ideas of what we are and what we want to be).
- If this process is resolved satisfactorily, the result is a consistent and congruent.

Forming An Identity During The Teen Years:  
Crisis Or Change?



- Adolescents experiment with different roles and ideologies, trying to determine the most compatible .
  - Erikson suggested that adolescence was a transition between childhood and adulthood, a necessary psychological suspension to give the person time and energy to play different roles and lives with different self images.



- » People who emerge from this stage with a strong sense of self identity are equipped to face adulthood with confidence.
- » Those who experience an identity crisis(the failure to achieve ego identity during adolescence) will exhibit a confusion of roles and do not seem to know who or what they are , where they belong, or where they want to go as well as may withdraw from the normal life sequence.



- » Erikson noted the potentially strong impact of **peer groups** on the development of ego identity in adolescence.
- » He argued that excessive association with fanatical groups or obsessive with icons of popular culture could restrict the developing ego.
- » The basic strength that should develop during adolescence is fidelity, which emerges from a cohesive ego identity. Fidelity encompasses sincerity, genuine and sense of duty in the relationship with other people.



- » **His approach to identity development** is an update to Erikson.
- » **IDENTITY** : self-structure an internal, self-constructed, dynamic organization of drives,abilities, beliefs, and individual history

## 2. James Marcia's approach



## » Development of identity may involve:

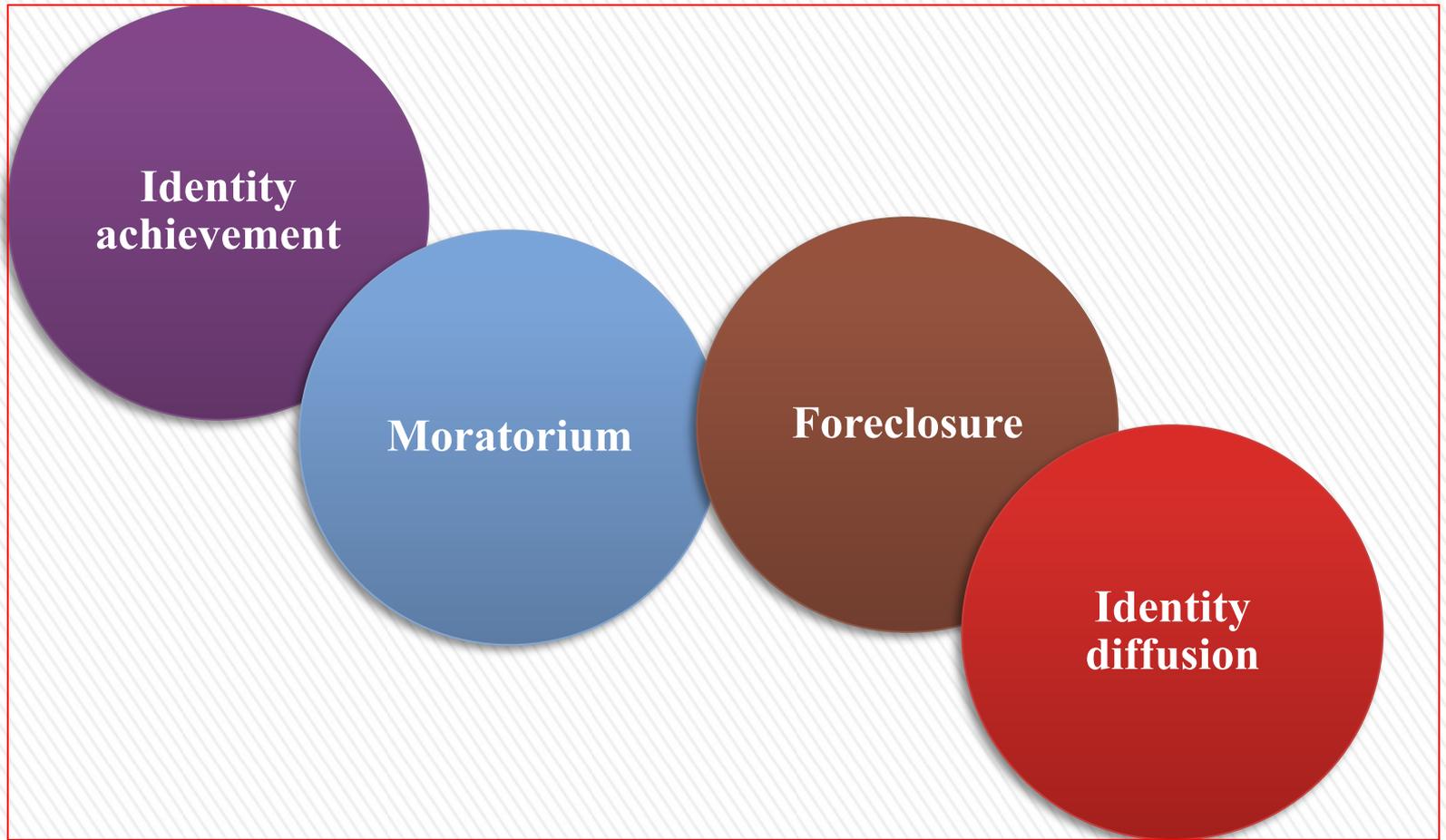
### > Crisis

- + a period of identity development in which an adolescent consciously chooses between various alternatives and makes decisions

### > Commitment

- + Adherence to a path of action





Marcia's 4 Categories Of Adolescent  
Identity :



## Marcia's 4 Categories Of Adolescent Identity :

|   |  |
|---|--|
| <b>Identity achievement:</b><br><br>•crisis leading to commitment | Individuals who after a period of exploration emerge with firm identity commitments.<br>Made personal choices after thought and struggle over major life issues.   |
| <b>Moratorium:</b><br><br>•crisis, but no commitment yet          | The active period of exploration when Individuals examine alternatives in an attempt to arrive at a choice.<br>Exploring and struggling with decision  |
| <b>Foreclosure:</b><br><br>•commitment without crisis             | These individuals have adopted the identities prescribed by parents or other authority figures without ever exploring options or experiencing an identity crisis.<br>Accepting another's plan for one's life |
| <b>Identity diffusion:</b><br><br>•no crisis, no commitment       | Individuals who have little sense of commitment and are not actively seeking to make decisions<br>Avoidance of decisions   |

**Status****Achievement****Foreclosure****Moratorium****Diffusion****Crisis****Yes****No****Yes****No****Commitment****Yes****Yes****No****No**

- » Your adolescent personality development...
- » What is unique about your adolescent years?

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Depression



Suicide

Critical Psychological  
Difficulties For Adolescents





## » DEPRESSION:

- > Some research suggests that about 20-35% of boys, and 25-40% of girls report experiencing depressed moods.
- > Although many adolescents experience depressed moods, only a small number experience a *major depression*, a full-blown psychological disorder in which depression is severe and lingers for long periods.
  - + Roughly 3% of teens



» Depression has several causes, including biological, environmental, and social factors:

- Genetic predisposition
- Death of loved one
- Depressed parent
- Unpopular
- Few close friends
- Experiencing rejection



» **Girls have higher incidences of depression than boys but the reason is not clear.**

- > Are there more stresses on the female gender role?
- > Is this the results of girls' tendencies to react to stress by turning inward, thus experiencing helplessness and hopelessness?



## » SUICIDE

- > Adolescent suicide rates have tripled in the last 30 years - it is the 3rd most common cause of death for teenagers
- > The current rate is one teenage suicide every 90 minutes.
- > More girls attempt suicide than boys but more boys succeed.
- > Males tend to use more violent methods.
- > There are estimates of as many as 200 *attempts* for every successful suicide.



## » Factors of suicide:

- > Stress
- > Depression
- > Family conflicts
- > History of abuse and/or neglect
- > Drug and alcohol abuse



CHANGSHA, China - Seorang gadis berusia 24 tahun gagal untuk membunuh diri dari sebuah bangunan selepas anggota-anggota polis berjaya menggagalkan rancangannya untuk terjun dari tingkat 32 di sini pada Isnin lalu.

Tangan, kaki dan paha gadis tersebut yang memakai seluar panjang ditarik masuk ke dalam sebuah tingkap di tingkat 32 bangunan itu oleh beberapa anggota polis. Insiden yang berlaku lebih tiga jam itu bermula selepas gadis itu bertinggung di atas simen yang terdapat di atas sebuah tingkap.

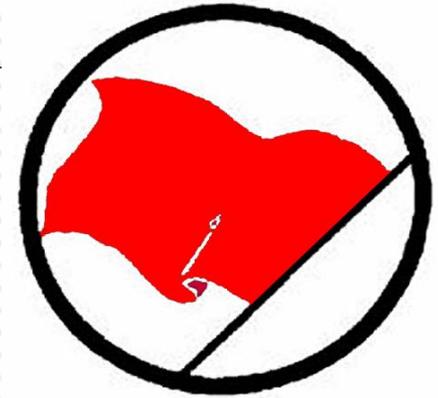
Gadis itu mahu membunuh diri kerana dia tidak mempunyai pekerjaan dan kekasih manakala anggota keluarganya kerap menengkingnya. - Agensi

Some suicides appear to be caused by exposure to the suicide of others...

» CLUSTER SUICIDE in which one suicide leads to attempts by others to kill themselves



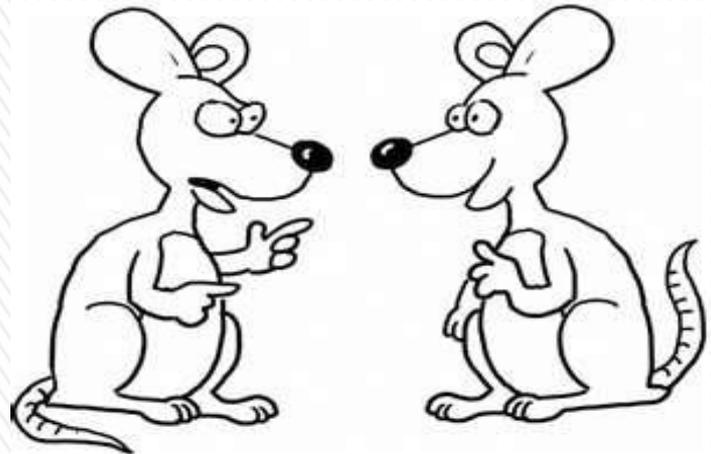
- » **Direct or indirect talk**
  - > “I wish I were dead”
- » **School difficulties**
  - > missed classes, drop in grades
- » **Writing a will**
- » **Changes in eating habits**
- » **General depression**
  - > Sleep habits, lack of energy, u
- » **Dramatic behavior changes**
- » **Preoccupation with death**
  - > Art, music, conversation



Signs For Suicide Possibility

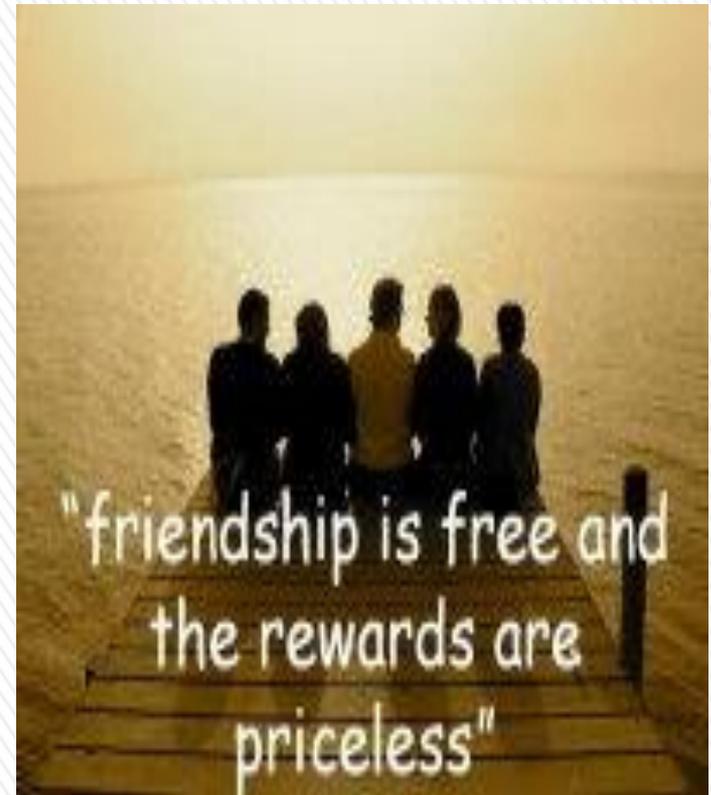
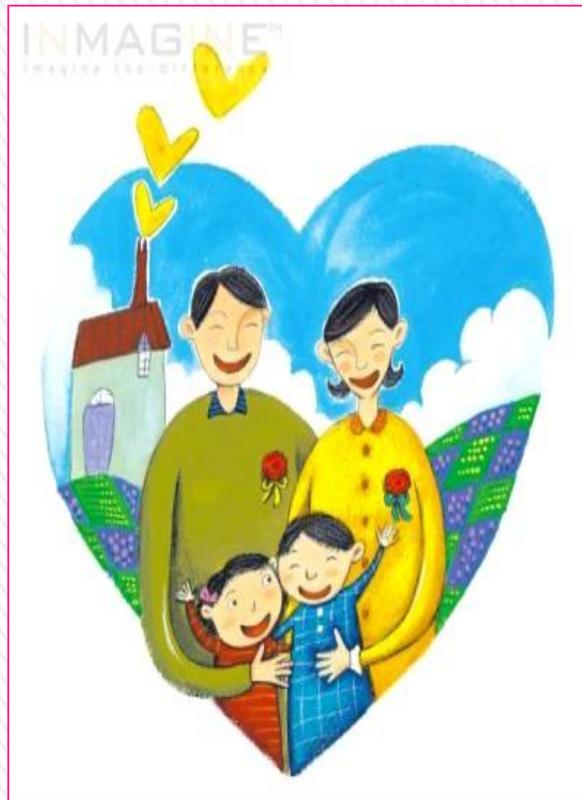


- » Talk to the person, listen without judging, be supportive!
- » Evaluate the situation—do not leave the person alone if serious danger exists.



Deterring Adolescent Suicide





## Relationships During the Teen Years: Family and Friends



- » Family relationships change when adolescents begin to question, and sometimes rebel, against their parents' views.
- » Reason: shift in roles (especially the quest for adulthood and autonomy by people)



## 1. Family Relationship



- » Adolescents are seeking AUTONOMY - *independence and a sense of control over their lives.*
- > The increase in autonomy usually occurs gradually throughout adolescence and changes the parent-child relationship from an irregular to a more balanced one (for power and influence).



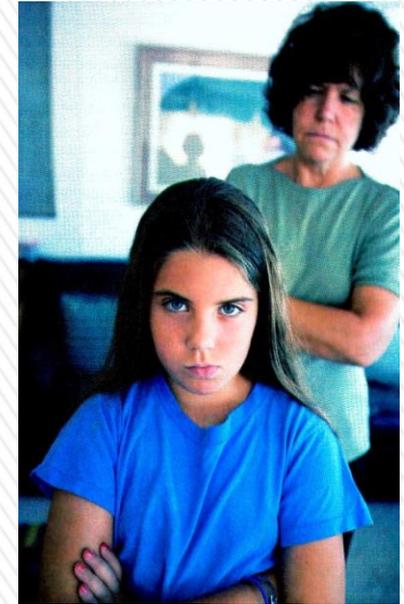
- The degree of autonomy achieved varies with families and with cultural expectations
  - ❑ Western societies tend to value individualism
  - ❑ Asian cultures value collectivism
    - ✓ desire for autonomy less pronounced.
    - ✓ Also more feelings of obligation & duty toward family...

The Quest for Autonomy  
& the Effects of Culture





- In matters of personal taste differences are often great.
- Adolescents' argumentativeness and new assertiveness can initially cause conflict in the family but are usually resolved by the end of this stage
  - Parents even come to see their teens arguments as reasonable and realize teens can be trusted with more freedom



Parent & Teen Relationships  
Do Experience Conflict...



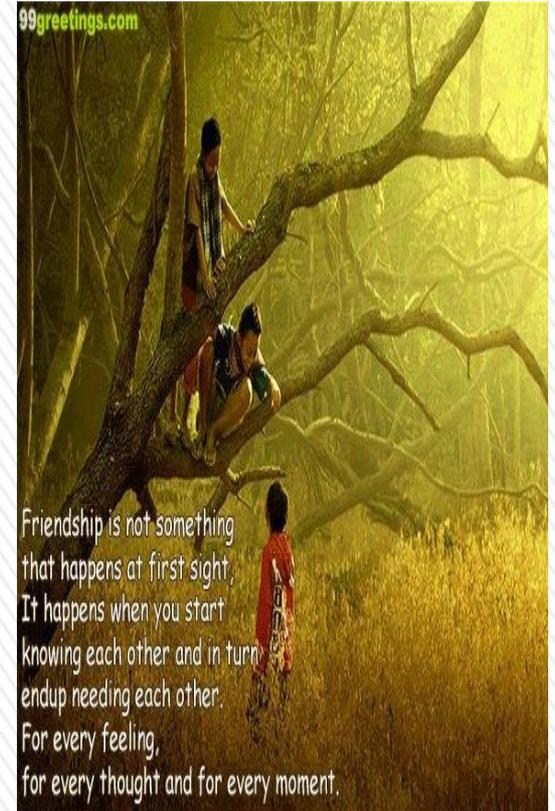
» Peer relationships are more critical to adolescents than any other time of life.

» **1. SOCIAL COMPARISON:**

*comparing & evaluating opinions, abilities & physical changes of others.*

» **2. REFERENCE GROUP:**

*a group of people with whom one compares oneself.*



## 2. Relationships with peers: The importance of belonging



If two hearts are meant to be friends,  
No matter how long it takes,  
How far they go,  
How tough it seems,  
Fate will bring them together,  
to share FRIENDSHIP for EVER.



» Adolescents are usually part of some identifiable group.

### **3. CLIQUES :**

2 to 12 people who have frequent interaction;

### **4. CROWDS :**

larger groups where people share some characteristic but often don't interact with each other.





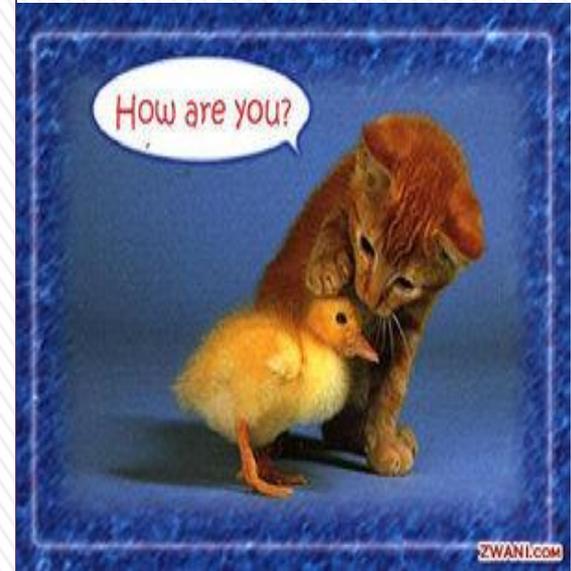
## 1. Gender Relations

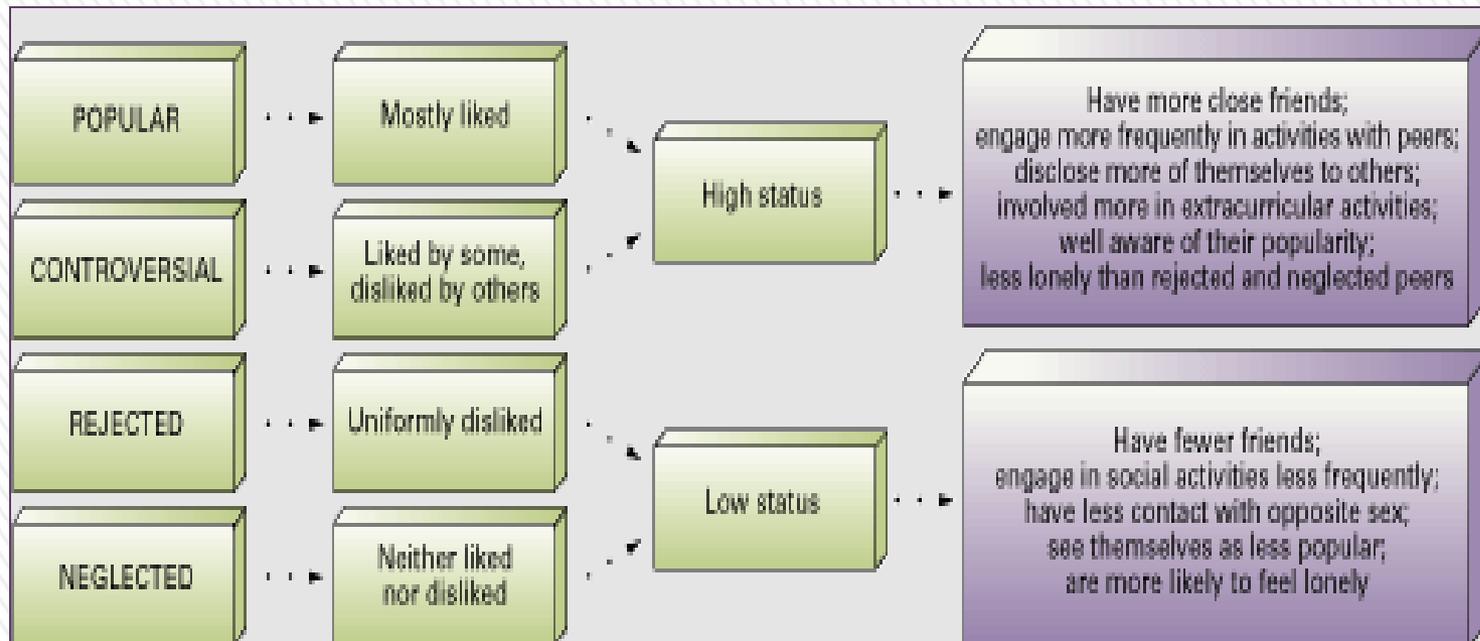
- » Gender relations change during the period of adolescence.
- » **SEX CLEAVAGE** is characteristic of early adolescence where girls play *with girls*, boys with boys.
- » With puberty, there is hormonal and social pressure to interact and eventually most adolescents are in mixed-sex cliques.
- » At the end of adolescence, cliques become less powerful and male-female relationships become the focus.

Another aspect of social and personality development during the adolescent years



- 2. Popularity and rejection: central focuses of adolescent lives.**
- » Complex social world during the teen years!
  - » Categorization can effect social and personality development!
  - **High status Categories:**
    - Popular adolescents:** who are most liked.
    - Controversial adolescents:** who are like by some and disliked by others.
  - **Low status categories:**
    - **Rejected adolescents** : actively disliked & peers may react to them in an obviously -ve manner.
    - **Neglected adolescents:** those receiving little attention from peers in either +ve @ -ve interactions





A teen's popularity can fall into one of four categories, depending on the opinions of his or her peers. Popularity is related to differences in status, behavior and adjustment.

## The Social World of Adolescence

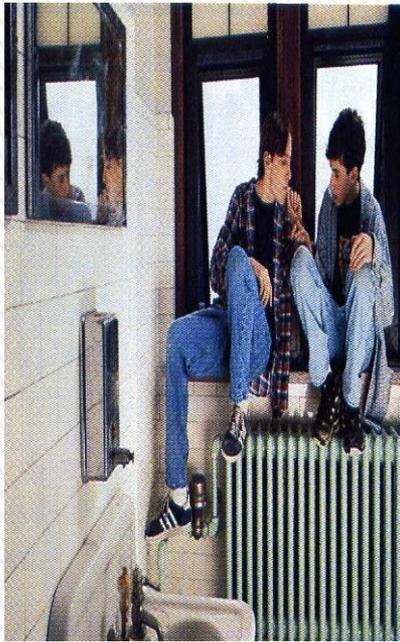


## » 3. Peer pressure

» Some teens are highly susceptible to peer pressure.

- > PEER PRESSURE is the influence of one's peers to conform to their behavior and attitudes.
- > In essence, susceptibility to peer pressure does not rise in adolescence; in fact conformity decreases as adolescents increase their own autonomy.





- When making decisions, adolescents turn to those whom they consider to be "experts" in that field or problem area.
  - ❖ Social decisions (what to wear, who to date, etc. ) they depend on peers
  - ❖ Non social matters (job/college info, etc.) they are more likely to ask an experienced adult
  - ❖ Ultimately, however, teens learn to conform less to both peers and adults as they develop increasing autonomy over their lives.





- Juvenile delinquency (especially violent crime behavior) rates are rising.
- Adolescents (along with young adults) are more likely to commit crimes than any other age group.



## Juvenile Delinquency in the Teen Years



## » UNDERSOCIALIZED DELINQUENTS

- > are raised with little parental supervision or discipline or with harsh, uncaring parental supervision
- > they have not been appropriately socialized & not taught standards of conduct to regulate behavior
  - + They tend to be relatively aggressive and violent early in life; rejected by peers; likely to have ADHD; and are usually less intelligent than average.
  - + May also have psychological disorders.

**cont...Why do teens become involved in criminal activity?**



## » SOCIALIZED DELINQUENTS

>adolescent who know and subscribe to the norms of society, and who are fairly normal psychologically.

- +Adhere to social norms

- +Most engaged in petty crimes & stop at adulthood

- +They are usually influenced by a group & their criminal behavior is usually committed with a group.





u10952540 fotosearch.com

1. Dating

2. Sexual Behavior

3. Teen Pregnancy



# Major Impacts on Adolescent Development



» **By the age of 16, more than 90% of teens have had at least 1 date**

> Dating serves developmental **functions!**

+ **Learning how to establish intimacy**

+ **Learning how to engage in entertainment**

+ **Contributes to an identity in progress!**

+ **prestige**

> Cultural influences effect dating patterns, especially if the concept of dating is unfamiliar to the parents (often more control, attempts to maintain cultural patterns)



## 1- Dating





## » Sexual Relation

- > **Masturbation**
- > The maturation of sexual organs during the teen years creates a whole new world of relationship issues and possibilities for teens
- > Research shows that teens think about sex a substantial amount of time each day
- > For most adolescents, their initiation into sexuality begins with masturbation (self stimulation)
- > Since masturbation often produces feelings of shame and guilt. These feelings of guilt can impact development though! (a negative introduction to normal, healthy behavior)
- > **Sexual Intercourse**
- > About 50% of adolescents begin intercourse between 15 & 18 years

# 2- Sexual Relation & Sexual Orientation





- **Sexual Orientation:**

- + Sexual orientation questions also may occur at adolescence

- 1. Heterosexuality**

- + sexual attraction and behavior directed at someone of the opposite sex (The most frequent pattern )

- 2. Homosexuality**

- + sexual attraction to members of one's own sex



### 3. Bisexuality

+ Sexual attraction & behavior with members of either sex

### 4. Gender Identity

+ The gender a person believes he or she is psychologically.





## Determination of sexual orientation

- > Factors are not clear but;
  - + Genetic & biological factors are important
  - + Differences in brain structure
  - + Family & peer environment play a role
  - + Complex interplay of genetics, physiological, psychological & environmental factors
  - + Many adolescent homosexuals are in risk for depression & suicide.



- » Teen pregnancy is now an epidemic: every minute of the day an adolescent in the U.S. **(Malaysia??)** gives birth!
- » Teen pregnancy can be **devastating** to both mother and child (father too, but less so!)
  - > Mothers often have to quit school and become stuck in low paying jobs or welfare (“cycle of poverty-and-pregnancy”)
  - > Children usually have poor health, poor school performance, and are more likely to repeat the pattern themselves



## 3- Teen Pregnancy



- > Key factors in preventing/breaking the poverty-pregnancy cycle are:
  - completing high school
  - postponing future births and have secure socioeconomic status
  - (require education, supportive family, and increase in social programs )



- What are the other issues OR challenges faced by adolescents nowadays that leads to depression/ suicide?

Discussion



## Adolescent

- |   |   |   |
|---|---|---|
| <ul style="list-style-type: none"><li>•School concerns (poor grades, underachievement, disinterest)</li><li>•Vocational concerns</li><li>•Behavioral concerns (acting out, aggression, violence)</li><li>•Social concerns (lack of friends, bullying, negative peer influence, withdrawal from family)</li><li>•Dangerous behaviors (drunk driving, failure to use safety belts or helmets)</li></ul> | <ul style="list-style-type: none"><li>•Emotional concerns (depression, anxiety, confusion about sexual orientation, low self-esteem, threat of suicide, attempted suicide)</li><li>•Difficulty in managing anger</li><li>•Early sexual activity, inappropriate sexual behavior, pregnancy, sexually transmitted diseases, HIV/AIDS, hepatitis</li><li>•Substance abuse (alcohol, drugs, inhalants, tobacco, steroids)</li></ul> | <ul style="list-style-type: none"><li>•Excessive risk-taking</li><li>•Medical concerns (hypertension, scoliosis, menstrual problems, acne)</li><li>•Weight and height concerns, (body image, poor nutrition, obesity, eating disorders lack of regular physical activity)</li><li>•Chronic illness</li><li>•Transitional challenges for adolescent with special health care needs</li></ul> |
|---|---|---|

# ISSUES DURING ADOLESCENCE



## Family

- |   |  |  |
|---|--|--|
| <ul style="list-style-type: none"><li>•Parents or other family members with serious problems (depressed, mentally ill, abusive, uninvolved, overly critical, overprotective, incarcerated)</li><li>•Severe marital problems</li><li>•Domestic violence (verbal, physical, emotional, or sexual abuse)</li><li>•Frequently absent parent</li></ul> | <ul style="list-style-type: none"><li>•Rotating “parents” (parents’ male or female partners)</li><li>•Family health problems (illness, siblings or parents with chronic illness or disability)</li><li>•Substance use (alcohol, drugs, inhalants, tobacco)</li><li>•Financial insecurity</li><li>•Homelessness</li></ul> | <ul style="list-style-type: none"><li>•Family transitions (move, divorce, remarriage, incarceration, death)</li><li>•Lack of knowledge about adolescent development</li><li>•Lack of parental self-esteem and self-efficacy</li><li>•Poor family communication</li><li>•Social isolation and lack of support</li><li>•Neglect or rejection of adolescent</li><li>•Lack of health insurance</li></ul> |
|---|--|--|

## Community

- Poverty
- Inadequate housing
- Environmental or occupational hazards
- Unsafe neighborhoods
- Discrimination and prejudice
- Community violence, gangs
- Lack of protective legislation (alcohol, tobacco, gun control; mandated safety belt/helmet use; graduated driver's license)

- Inadequate outreach to uninsured/underinsured adolescents; failure to facilitate enrollment in health insurance programs and access to care
- Isolation in a rural community
- Lack of community/school/public health partnerships
- Few opportunities for vocational training and employment
- Inadequate or unsafe schools

- Lack of social, educational, cultural, and recreational opportunities
- Lack of access to immunizations and other health services
- Inadequate public services (lighting, transportation, garbage removal)
- Inadequate fluoride in drinking water
- Lack of supervised programs before and after school
- Lack of programs for families with special needs

| Adolescent  | Family   | Community   |
|---|--|---|
| <ul style="list-style-type: none"> <li>•Has good physical health and nutrition</li> <li>• Maintains an appropriate weight</li> <li>• Develops a positive body image</li> <li>•Develops healthy habits and personal responsibility for health</li> <li>•Receives regular oral health care</li> <li>•Participates in physical activity regularly</li> <li>•Has a positive attitude</li> </ul> | <ul style="list-style-type: none"> <li>•Meets adolescent’s basic needs (food, shelter, clothing, safety, health care)</li> <li>•Provides strong, nurturing family</li> <li>•Provides value system and role models</li> <li>•Understands and accepts changes in feelings and moods during adolescence</li> <li>•Supports activities that enhance adolescent’s self-image</li> </ul> | <ul style="list-style-type: none"> <li>•Provides quality educational and vocational opportunities for all adolescents and families</li> <li>•Provides activities for adolescents (recreational, sports, educational, social, cultural)</li> <li>•Promotes physical activity (provides safe areas for recreation)</li> <li>•Provides support for families</li> </ul> |

## STRENGTHS DURING ADOLESCENCE



» What are the characteristics of successful adolescents?

Discussion



- » The development of adolescents is characterized by continuity and discontinuity.
  - > **Physically**, adolescents are still influenced by their inherited genes, but now the inheritance interacts with new social conditions with family, peers, school, dating, and friendships.
  - > **Socially**, an adolescent has already spent years interacting with parents, friends, and teachers. Now, though, new experiences arise and relationships take on a different form, especially concerning dating and intimacy.
  - > **Cognitive** development of adolescents involves thought processes that are more abstract and idealistic.

## Summary



- » University of Idaho (nd). Adolescent Social Development: Personality
- » Adolescent Friendly School Initiative(2007).Life Skills-an Introduction
- » American Academy of Child Psychiatry materials.

## References



The End..

