

EMOTIONAL DEVELOPMENT OF ADOLESCENCE AND ROLE OF PARENTS

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Abstract: The adolescence is a period which runs between childhood and adulthood and is sometimes called the period of teenage. It is the period which begins with puberty and ends with the general cessation of the physical growth. It emerges from later childhood stage and merges into adulthood. Emotional development is the ability of an individual to recognize, express and manage feelings at different stages of life and to have empathy for feelings of others. Emotions play quite significant role in guiding and directing behaviour of a person. Adolescence is marked by heightened emotionality. It is very difficult for an adolescent to exercise control over his emotions because it fluctuates very frequently and quickly during this stage. Parents and the elder members of the family play an important role in bringing balanced emotional development of children. Adolescence is the most important and significant period of human life. A major part of the country's population ranges between the ages 13 to 21 years. The country's success in various field of life depends on the proper guidance of these adolescents. Keeping this in view, the present study has been contemplated in order to preserve, cure and prevent incidences of maladjustment.

Index Terms: *adolescence, emotional development, parents*

1. INTRODUCTION:

The adolescence is a period of intensive growth and change in nearly all aspects of child's physical, mental, social and emotional life. It is a transitional period of life and child experiences a number of changes in this period which runs between childhood and adulthood and is sometimes called the period of teenage. It is markedly a period of growth, development and the individual goes through a continuous process of revolutionary changes under the impact of new physiological and social conditions. The growth achieved, the experiences gained, responsibilities felt and the relationships developed at this stage destine the complete future of an individual. They go through, and are expected to cope with hormonal changes, puberty, social and parental forces, work and school pressures, and so on which many teens feel misunderstood. It is vital that their feelings and thoughts are validated and that the validation comes from the parents and teachers.

The period of adolescence is considered as crucial and significant period of an individual's life. Psychologically, adolescence is the age when the individual becomes integrated into the society of the adults. It is the stage when the child no longer feels that he is below the level of his elders but rather an equal with them, at least in rights. This integration into the adult society has many aspects, more or less linked with puberty. It also includes profound intellectual changes. These intellectual transformations, typical of an adolescent's thinking, enable him to achieve his integration into the social relationships of the adults. This is the most general characteristic of this period of development. It is the period which begins with puberty and ends with the general cessation of the physical growth. It emerges from later childhood stage and merges into adulthood. It is difficult to assign definite years to it because they differ from country to country and culture to culture.

Adolescence is the most important and significant period of human life. A major part of the country's population ranges between the ages 13 to 21 years. The study the emotional development of adolescence is very important in order to preserve, cure and prevent incidences of maladjustment. Keeping this in view, the present study has been contemplated with the following objectives:

2. OBJECTIVES OF THE STUDY:

- i) To study the emotional development of adolescence period.
- ii) To study the role of parents in emotional development of adolescence period.

3. METHODOLOGY:

The methodology of this paper is descriptive and required informations are collected from different secondary sources like books, research articles, different government documents etc.

4. EMOTIONAL DEVELOPMENT OF ADOLESCENCE PERIOD:

Emotional development is the ability of an individual to recognize, express and manage feelings at different stages of life and to have empathy for feelings of others. The development of these emotions which include both positive and negative emotions is largely influenced by relationships with parents, siblings and peers. It is one of the major aspects of the human growth and development. Emotions in the organism are a dynamic internal adjustment that operates for the satisfaction and welfare of the individual. Emotional development is not easily defined, nor can it be evaluated solely using external behavioural measures. It incorporates physiology, behavioural expressions, cognitive and attitudinal components (the way feelings become intermingled with perceptions thoughts and values) and the development of control and coping mechanisms. Basically human beings are creatures of feelings or emotions. Our emotions control our behaviour. Emotions play quite significant role in guiding and directing behaviour of a person. Every instinct is followed by some emotion and in this way; various emotions play an important role in the personality of an individual. Emotions like love, anger, fear etc. play a great role in the development of a child's personality.

Adolescence is marked by heightened emotionality. Heightened emotionally is evident from nail biting, tension, conflicts, quarrels with parents, sibling and class mates etc. It is very difficult for an adolescent to exercise control over his emotions. The sudden functioning of sexual glands and tremendous increase in physical energy makes him restless. Moreover adolescents are not consistent in their emotions. Emotions during this stage fluctuate very frequently and quickly. It makes them moody. Sometimes they are very happy and at another time they are extremely sad and all this happens in a very short time. So, there is too much uncertainty in the nature of their emotional states. Adolescents have mood swings in the early years. They cry and laugh easily; they are moody and irritable because they do not understand about all the changes that are taking place in their bodies. But as the years pass the hormonal activity within them settles down. With this their vulnerability also disappears.

A balanced personality is one, which is emotionally adjusted. Emotionally guided personality is not sound in nature and disciplined in manner. An individual is emotionally adjusted if he is able to express his emotions in a proper way at a proper time. It requires one's balanced emotional development and the proper training in the outlet of emotions. A satisfactory state of personal and emotional adjustment may be exists when an individual's physical and psychological needs can be satisfied by socially acceptable patterns of behaviour. The term emotional adjustment mostly refers to the degree of capacity by which an individual tries to cope with inner tensions, needs, conflicts, frustration and is simultaneously able to bring coordination between his inner demands and those imposed by the outer world. Adolescents are always believed to be the most important asset of the society and every possible effort should be made to provide equal opportunities for their development so that they become responsible citizens of tomorrow.

5. ROLE OF PARENTS IN EMOTIONAL DEVELOPMENT OF ADOLESCENCE PERIOD:

Home atmosphere plays an important role in bringing balanced emotional development of children. Parents and the elder members of the family should produce better examples of emotional expression before their children. They should try to develop healthy attitude towards their children and in no way spoil them by their own modes of behaviour. Where the cordial atmosphere prevailed at home develops positive emotions among the children and the conflicts, fights and tensions in family relationships give birth to negative emotions. During this period, the adolescents want independence from their parents and yet they are dependent on them for their needs. They do not like to be told "Do this" and "Don't do this". Parents still want to control them while the adolescents want freedom and this leads to a tussle between the parents and adolescents. Here, the parents have to decide how much control they should exercise on their adolescent children, how much freedom is to be given, in which area they can let the adolescent have his/her say and in which they need to put their foot down. In short, the parents have to work out a congenial and workable disciplinary technique.

Parents, who encourage the adolescent to participate in family matters, value their opinion and take more interest in their activities, have children who are more confident. We can say

that the parent-adolescent relationship should be based on mutual respect and love. It is necessary for the parents to have the ability to redirect the emotions of the adolescents in proper manner. Similarly, adolescent must be able to control and suppress their emotions in socially acceptable way. It has been observed that most of the adolescents are anxious of facing difficult situations in life and accept problems of life in a negative way. Parents should encourage the adolescents to restore the self-confidence and point out some of their plus points. They may also suggest means and methods of achieving success.

The adolescents who are also the basic pillars of the educational system of India needs to be provided all kind of support from the family, college, society and the nation, to establish a strong community bond desirable for the progress of human kind. However, whatever is needed is an understanding of the adjustment problems of them and then does our best to help them in difficulties. Therefore it is an urgent necessity to provide some means and talks, some precautionary measures in advance so that the society have well adjusted personalities out of these adolescents.

6. CONCLUSION:

A well-adjusted individual is an asset to himself and boon to the society whereas a maladjusted personality brings misfortune to one's self and discomfort to others. Maladjustment is a product of faulty upbringing and uncongenial environment at home, college and other places of social contact. Therefore, proper care should be taken to provide healthy environment of the adolescents by the parents, teachers and other responsible members of the society. It is necessary to provide adequate care and love to them and arrange for the satisfaction of their needs and actualization of potentialities. The sound mental health of these adolescents is one of the first requisite conditions for balance emotional development. It is important to provide opportunities and give necessary assistance to the student for the satisfaction of basic needs. The degree of one's adjustment is directly proportional to his feeling of satisfaction with regard to his varying needs. Therefore, the student should not suffer from physical, mental, social and emotional starvation. The progress of a country depends on the maximum exploitation of its human resources. The country's success in various field of life depends on the proper guidance of the adolescents because it contributes a major population of the country.

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