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ADOLESCENT DEVELOPMENT: NEEDS, DESIRES, REQUIREMENTS

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Abstract: *Since adolescence, the human being seeks to know himself. From an early age, the child-adolescent should be advised to decide what he wants to achieve in life. A good start is always a gain in life. At 14 years old, it is normal for a teenager to be responsible on what has to done. Parents should advise them that the future should not be left in the hands of dreams and hopes. Parents should teach teenagers to have a sense of responsibility, to be responsible for their own value, to discover their desires and beliefs. Teenagers should be advised by the family and by the teachers at school, to give their best to know the values of life and seek answers in themselves. Also, teenagers should be advised not to be controlled by others, believe in their own feelings, and be brave to change things for the better when they think they can do this. The teenager has the ability to rebuild himself, to build his way and to create his opportunities. Also, each adolescent must decide three major aspects of his life. These are: what profession to choose, what place to have in society, who he chooses to be his life partner for being happy together.*

Keywords: *adolescence, identity crises, changes, desires*

1. INTRODUCTION

„«Adolescence» is a psycho social-biological stage of development that corresponds to changes in many areas which accompany the transition from childhood to adult hood. The working definition of adolescence we use is the stage of life that starts with puberty and ends at the time when the person has attained a reasonable degree of independence from his parents. Once in high school or its equivalent, the vast majority of teenagers have al ready undergone the biological changes of puberty”.[1]

The period of transition from childhood to adulthood is between 10 and 14 years. This is called pre-adolescence. Even this is the time

when the first impulses and feelings are manifested; the teenagers are guided by family almost in everything they do. In preadolescence, they try to impose their views, but some of them fail because, often the family believes that a teenager has not the capacity to 14, 15 years to decide for him. Unfortunately, this attitude displayed by the family is not good because it can reduce or even destroy the dreams and desires of a teenager, and its ability to get what he wants in life.

The preadolescent discovers the pleasure of playing with words and situations therefore should be allowed to discover his creative spirit.

Adolescence itself occurs around age 16, 17. Now occur the main physical changes, and

the young cannot deny his evolution because of changes of the body.

During the transition from childhood to adolescence and then adulthood, a young live many identity crises. It is a very difficult task to overcome the struggle with his own conscience, to gear away from family and meet new stage of his existence.

Teenagers vary both, in terms of their identity and in terms of choice of existence. At 18, a young should choose his path in life, should choose a college or another. At this age, the biggest changes happen.

2. EXISTENTIAL COORDINATES FOR AN ADOLESCENT

2.1 Make an inventory of qualities and defects! Around the age of 14, when teenagers start to realize the values of life, they want to establish their existence. This is the age when teenagers are isolated from family and friends because they want to understand better the mysteries of the world and they will set their own priorities. Relations with others can be left out.

Parents and teachers should actively participate in this phase of discovery of adolescents, should be with them, support them and understand them without violating the right to privacy of their thoughts and feelings.

However adolescence is a difficult stage in the life of a teenager who is just of the beginning to understand how the world works and how it is the natural order of the events.

Therefore, teenagers are sensitive and they go through a period of testing, so they can be easily touched by the negative things. Adults should behave well with teenagers, they must explain how life works and what dangers are, but without exaggerating explaining the consequences to which we all are exposed at any time.

Teenagers should be warned by family and teachers how to react to hazards and how to prevent them. There are several types of hazards. Some can be avoided by us, others are independent of our power. At 16, teenagers feel inferior to others. Sometimes they feel helpless, they feel worthless.

„A very good test that adolescents should do it would be to take a piece of paper on which to split into two. In the first column on the left, they should write their defects, and in the second column on the right, the qualities.

In the left column, teens must pass all the things they do not like at them. They must be very careful not to omit anything. When they have completed the list, they should tick the most annoying defect, in their opinion. After that, they have to check the list again, carefully. This time, they should tick the things they could do to change the most annoying defect. For example, if the most annoying defect is the shyness, a teenager must be honest and write what could help him to not be shy.

In the left column, they must write all strengths: qualities, talents and abilities that others admire at them. Teenagers should write about their physical attributes, about strong character traits, about personality traits, achievements, talents, areas that they know, skills, attributes which he can offer as a student at the school, as colleague, as son/daughter, nephew/ niece; inclined to a certain profession (technical or intellectual inclinations), artistic or musical talent (painting or decorative art, singing, playing an instrument), hobbies and sports (skiing, dancing, crocheting, football). It is possible that this project cannot be achieved at the first attempt.

However, in this way, the teenager will be motivated to measure its potential so he will develop a sense of personal worth and he will have more confidence. A teenager must understand since 14 years, he is unique in this world and no one else is identical with him, because he has unlimited potential”.[2]

The hardest fight for a teenager has, is to control his thoughts. So unconsciously, the teenager will feel worthless. That is why, it would be necessary for a teenager «to be set» to think positively. Researchers recommended for adolescents to have, some quotes or passages inspired by books. It's a big psychological difference between saying or thinking, and reading a passage from a book.

2.2 There is someone or something that can always protect us? „Teenagers may be



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strongly affected by natural disasters or man-made, such as earthquakes, health emergencies, terrorist attacks or acts of war. Even indirect contact with such events through media can test their ability to cope. Teenagers are generally more aware of world events and become more interested as children. They are able to imagine frightening situations in more detail and can be very or extremely upset by images of destruction. Teenagers are already dealing with many physical, social and emotional specific to their age. As they struggle to develop their own identity and values, they tend to put things in question, or to adopt attitudes that range from cynicism to idealism.

Disasters can undermine their belief that the world is a safe place their trust in their parents or some institutions or even their certainty that life has meaning and that a better society is possible.

It is normal for teens worry, be sad or confused or afraid when disasters, terrorism or war make the headlines. They need adults around them pay attention to their emotions and their reactions" [3].

When teenagers are worried or sad, they should be allowed to exceed this short stage. Adults should ensure the teenagers of their unconditional support. They should tell them they are not alone and that always are protected from family, school, security organs of the country to which they belong.

But it is possible that parents are not entitled to help children in everything they need. Therefore there are institutions dealing with human security and they should develop programs in schools for children-teenagers to know that they can appeal to people with specialized training to help them when they need it. Teenagers feel safe when they know the concrete measures taken by the authorities in case of disasters. Even if no one wants to

live a natural disaster or a terrorist act, it is necessary that teenagers know that this risk exists and that they can always rely on authorities.

It is possible that at 14, 16, 17, adolescents joke about these disasters. It is normal for them to overcome the emotional shock through a joke. Also, it is normal that some teenagers scare and respond with verbal violence. Then, adults should divert the conversation to deep feelings and tell them that fear is normal and adults also are afraid, but we all need to be calm and rational, especially in these extreme situations.

It is mandatory that at school and at home, teens discuss with teachers and family about current issues in the world. If teenagers discuss global juncture, they will better understand the events and the context in which they happened. Psychological preparation is very important for all of us, but especially for fragile souls. Family and school routine helps a lot in keeping calm and rational thought. Adults should keep a relaxing atmosphere and be always ready to discuss with teens about their fears and questions.

3. CONCLUSIONS

Always teenagers have resources and they feel full of energy. Therefore, it would be great for parents to enable them to participate in sports which they wish or to participate in various campaigns to collect or to help people in need.

Teenagers have a great capacity to adapt. Therefore, they should be encouraged to follow one direction or another, because, surely, they are able to accomplish many things they did not know that they can do. Adults need to advise teenagers to be honest with them-selves and not to exaggerate their defects or infirmities.

Certainly, we all are destined to be good and useful. It is true that the most difficult task that has to fulfill an adult is to act as a real adult in front of teenagers. Teens need landmarks, the pillars of strength, strong examples to be able to develop in harmony and trust. Clearly, adults did not solve and answer to every problem or question, but they are bound to be able to meet the needs of teenagers in one way or another.

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