

TEENAGE PROBLEMS AND WAYS TO SOLVE THEM

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Annotation: Adolescence is probably the most hectic stage of life that people can live without considering the amount of things they want to experience and the risks it can sometimes cause. Also, the first conflicts arise when the teenager has to make a decision for himself. That's why people who are close to teenagers are upset, because at this stage, various problems can arise. This article also covers the problems in the lives of teenagers.

Keywords: adolescent psychology, adolescence, hormonal changes, disagreements, fears, loneliness, parental conflict,

Adolescence is a period of transition from childhood to adulthood, characterized by physiological and psychological characteristics. At this stage, children's physical and mental development accelerates, their interest in various things in life increases, their desire for innovation increases, their character is formed, their spiritual world is enriched, and conflicts escalate. Adolescence is a period of puberty, which is also characterized by the emergence of new sensations, sensations and complex issues related to sexual life. At this age, the development of adolescence begins to change dramatically. These changes are physiological and psychological. Teenagers try to behave like adults. They try to show their abilities, skills and potential to a certain extent to their peers and teachers. This can be easily seen by simple observation.

Adolescence is a serious test for both the child and the parents. Teenagers often struggle with their parents as they try to gain more independence and control in adulthood. This is a natural stage of a growing teenager, but it is during this period that parents face disrespect. As your teen's behavior becomes increasingly problematic, it's important to address the difficult situation before it ends under

your control. Take a look at the common problems faced by modern teens and how parents can help them.

Any words will provoke a teenager in anger and rage. Differences in variability and mood indicate that they have a daily problem of adolescents. The teenagers scream and immediately scream, heat their feet and run to another room. And these emotional reactions can be very spontaneous and stormy. Often they mean age and hormonal changes, a young child is experiencing. However, such behavior seriously complicates the relationship with him and prevents an unreliable relationship. Try to change your teen's tactics. For example, morality and councils symbolize it instead. This will allow you to avoid unnecessary conflicts in the family.

Before tackling the problems of adolescence, you need to understand the "growth" of whimsy and hysteria in your legs. Of course, the main reason is due to physiological changes or remodeling of the body. It's a real hormonal storm, it's all mood swings, mindless tears and increased teen aggression. It starts about 6-7 grades. During this period, the first adolescent problems appear: acne, voice distortion, disproportionate body development. This storm occurs at the age of 16-18 years during the biological transition from child to adult. But it's not just hormones that should blame teenagers' hardships. Most problems are compounded by psychological factors: parental misunderstandings, rejection by peers, difficulties in socialization. Conditional, adolescent problems can be divided into three major groups: emotional experience, physiological complexes, and communication problems.

Sometimes parents wonder why a child, who was calm and calm yesterday, would be so nervous, disobedient, and rude. Granted, teens can be troublesome at times, but don't be surprised if things change. After all, your child is going through a difficult adolescence. Hormonal changes occur during this time and are reflected in the child's behavior. He is emotional, nervous, and sometimes seems unhappy. Adolescents often suffer from unrequited love, disagreements with parents or

peers, fear of the future, and loneliness. It is true that not all children have such problems during adolescence, but changes in the body from time to time manifest themselves. At such an important time, we have to be patient with our teenagers. First and foremost, it's important to build friendships and communicate more. So make time for your child and have more family gatherings. As you watch school in the morning, you can express your interest in her life while having breakfast together. It's a good idea to ask about her hobbies, interests, acquaintances, and conflicts. You always have to be aware of everything.

Not surprisingly, every parent raising a child has heard a lot about their child's adolescence. You may be worried about any of the events that have been heard, but if you have accurate information about this period, there is nothing to worry about.

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