

TEENAGE PROBLEMS

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Abstract: *The article analyzes the factors of mental development, its main features and the formation of a new level of self-awareness during adolescence. Adolescents can be described as a unique socio-psychological and demographic group, with specific norms, attitudes, and specific forms of behavior that make up a specific adolescent subculture. The complex world of a teenager, which is not always clear to adults, requires daily support and adjustment. Therefore, when working with adolescents, it is often necessary to offer them help in learning new norms and rules, so that it will take a long and tiring journey to avoid correcting mistakes later. Knowledge of sensitive and critical periods in the development of mental abilities and functions allows a better understanding of the course of human development and timely diagnosis and correction of delays.*

Keywords: *Adolescence, psychology, abilities, mental processes, parenting.*

Adolescence is a difficult and at the same time an important stage in a person's life. Childhood is ending, the child is preparing to enter adulthood as an equal participant. It is obvious that the teenager has not yet reached real puberty physically or psychologically, but, nevertheless, strives to be on an equal footing with adults. The whole period This is due to great psychological difficulties both for the child himself and for the adults around him [2;67].

The scientific literature shows the characteristics of adolescents very well and fully, there are many works devoted to the study of the basic patterns of formation of a teenager's personality and behavioral characteristics, emotional-volitional, intellectual and mental abilities. But even in this case, the surrounding adults are not familiar with age-related problems, which makes this period - adolescence-difficult.

➤ Psychologist S. Hall called this period the "period of storms and attacks", when many changes occur in personal development, and personal instability can be considered as a key feature. There is a discrepancy in the character and behavior of a developing child [5; 162]. A.Freud notes the peculiarities of adolescents:

➤ first of all, teenagers are selfish, consider themselves the "center of the universe" and at the same time are capable of self-sacrifice and self-sacrifice;

➤ secondly, they enter into a passionate love relationship, but they can end it as soon as it begins;

➤ thirdly, they quickly become involved in the life of society and at the same time master the passion for loneliness;

Fourth, they blindly obey the leader and immediately rebel against any authority. Sometimes their behavior towards other people is rude and arrogant, at the same time they themselves are very vulnerable. Their mood varies from optimistic to pessimistic; sometimes they work with enthusiasm, and sometimes they become very sluggish and slow [5;164].

The main difficulties during osmoregulation are associated with the physiological restructuring of the body. Adolescence is considered the period of development of children from 11-12 to 15-16 years old; at the same time, the boundaries of the period "float": in some children, physiological changes occur at 11 years old, in others - much later, at 13 years old. The peculiarity of the physiological development of adolescents is not only rapid, intensive, but also uneven development of body organs and a psychohigantic state, i.e. it can lead to changes[4;27]. Physiological development depends primarily on the functioning of the endocrine system, the pituitary gland and thyroid gland play an important role in this process. They activate growth hormones and sex hormones, causing severe physical and physiological changes. In girls, the main growth begins on average two years earlier than in boys, and occurs at the age of 11-12 years; in boys, the growth change occurs at the age of 13, but the individual rate of physiological maturation also plays an important role.

Changes in height and weight are accompanied by changes in body proportions. A characteristic feature of adolescent growth is the disproportionate development of various organs: first the head, arms and legs to "adult" sizes, and then the feet-it grows on the arms (arms and legs) and, at the latest, on the trunk. The intensive growth of the skeleton reaches 4-7 cm per year, and the imbalance leads to some adolescent angles [4;28].

Body growth outpaces the development of muscles and blood vessels. The cardiovascular system cannot cope with the load, does not provide blood supply to all organs, doctors note signs of heart disease: palpitations, increased blood pressure, headache, dizziness. Adolescents are characterized by changes in vascular and muscle tone, which lead to abrupt and frequent changes in physical condition, increased emotional excitability and reactivity.

Another difficulty lies in the fact that a teenager is forced to adapt to physical and physiological changes in his body, to experience a "hormonal storm". As an American schoolboy correctly noted: "at the age of 14, my body was torn apart" [3;89]. Often, a teenager is acutely worried about the "ugliness" of his appearance, angularity, awkwardness and awkwardness of his movements.

In adolescence, secondary sexual characteristics appear, a form is formed according to the female (girls) and male (boys) types. Such changes lead to the appearance of a new image of your physical self. Adolescents develop a subjective attitude towards themselves as adults, the desire to live in an adult environment as a full participant in this life. A teenager feels his expanded opportunities, he needs active participation in public life, acceptance of responsible responsibilities, greater independence, and empowerment. They increased self-esteem, awareness of themselves as a person who should not be underestimated [1;15].

The central neoplasm of adolescence is considered to be a "sense of greatness." A teenager demands equality, strives to defend his tastes, views, position and opinion, strives for independence, protects his interests from interference and control from parents, teachers and other adults. If a teenager cannot find understanding among adults, if an adult does not provide independence and tries to control all aspects of his life, teenagers adopt the "attributes of adulthood": unkind words, drunkenness, smoking. Limiting the independence

and initiative of adolescents by adults generates strong resistance, creates obstacles and conflicts in communicating with adults.

But adolescence is characterized not only by the appearance of an adult feeling. Unlike primary school age, in adolescence there is self-doubt, awareness of one's material and social incompatibility, which leads to the actualization of negative emotions-aggression, anxiety, frustration, irritability, etc. The emotional life of teenagers today is also influenced by factors related to the peculiarities of modern life: a rapid change in the social and physical environment, an increase in the pace of life, socio-ecological unrest, changing social values. Teenagers react to this with a feeling of helplessness, longing, and disappointment. At the same time, in most cases, adults are less concerned about the problems of youth, do not express a clear position, do not express their attitude and assessments, do not make sufficiently clear requirements. The lack of support from adults forms a teenager's insecurity, fear of the future, infantilism and mental emptiness. Teenagers can be sure that adults will not help them.

The main value at this age is the system of relationships with peers, adults, imitation of a perceived or subconsciously striving "ideal", striving for the future (underestimation of the present). Defending his independence, a teenager is formed and develops on the basis of reflection of self-awareness, the image of the "I", the ratio of the real and ideal "I". On the basis of the intellectualization of mental processes, their qualitative change occurs along an increasing arbitrary, indirect line. So, the main neoplasm of adolescence is social consciousness, self-awareness, which has penetrated inside. The development of thinking is not limited only to internal personality changes, thanks to which a deeper understanding of other people becomes possible. The development of self-awareness as a central neoplasm of adolescence becomes possible and completely depends on the cultural content of the environment.

So, summing up the above, we can say that adolescence, being a transitional period, causes certain difficulties not only for teenagers themselves, but also for adults around them. In a very short period of time, from about 11-12 to 15-16 years old, a person turns from childhood into an adult. Difficulties in adolescence are inevitable. But the severity and traumatism of this period depends on the previous age periods, on the ability of people around them to understand, accept a mature personality, provide timely help and support, and build correct and harmonious relationships.

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