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PUBERTY: NO ESCAPE, BUT WE HAVE SOLUTIONS

“Young people have many wishes and want to take them into action immediately. They cannot resist their bodily wishes, especially when they are defeated. They are very diverse, their wishes are transient, they shine like a hunger and thirst for a sick person. They're passionate, they're grumpy and angry. They lose their instincts and become slaves of their passions. They cannot stand the smallest obstacle in front of their wishes. They are generous and kind; because they have not known evil. They trust and establish a bond quickly because they are not deceived. There are high goals and dreams. When young people are wrong, they are very wrong. They also overdo in love and hate. They think they know everything, they resist to the end of their mistakes.”

These words, as if they were spoken by a specialist psychologist today, were told by Aristotle in 335 BC. At the same time, Aristotle states that the youth of that day is more “rude” and more “disrespectful” than the former. When we think about this, we can say that the parents of each age, or adult individuals, see the developing new generation as different, but according to the characteristics of adolescents, they do not change even after 2300 years.

Undoubtedly they all come to our eyes with the scene that they were first born. Although we expect them to be our baby forever, we face to face with several conflicts. And mostly we do not know how to deal with. Adolescence is a developmental phase which young person try to prove that he/she is not a part of mom anymore, and also a phase which parents are accepting their babies as an individual. Therefore it is compelling both for parents and young people, as it is unique.

The way of completing the first childhood period to integrate with the parents, to do together, to learn and to feel together can make some connotations about how the adolescence process will be experienced. Depending on how these goals have been completed, we can say that there are two ways ahead of the adolescent, keeping in mind the fluctuations and transitions between the two options. Adolescent, completing the development of the new identity with courage and with the support of the family, or anxiety because of the behavior of the family against different behaviors, loneliness, can not share their problems and many important things will be aware of the latest parents. Of course, such factors as genetic factors, parental attitudes, and environmental factors also make up the salt of these processes and determine the severity of the events.

Adolescence is a difficult period in which the fluctuations between the ages of 11 and 21 are intense. In this period, while the family has difficulty in understanding the adolescent, the adolescent thinks that he / she cannot fully experience the sense of understanding. The child in adolescence has entered a

different period in physical, sexual, social and emotional terms. Because of the processes in these development areas, the adolescent feels different and often has difficulty identifying itself.

How does the adolescent feel, how does he/she behave?

- In general, instability in the emotion of adolescents is seen. The day before, the adolescent, who was very happy and energetic, could be went his/her shell the next day and exhausted. Emotions may vary even momentarily.
- In this period, adolescents experience their emotions very full and enthusiastic. Both her voice and accentuations and her gestures express her feelings more than the previous period.
- He drew more intense imagination than other periods and from time to time he moved away from reality. These dreams may include future plans, but there are often dreams of the opposite sex.
- The adolescent may be willing to stay alone from time to time. An adolescent who is taken to his room and says that he wants to be alone should not be worried because of a serious problem. The adolescent may be alone and feel the need to account for what he or she experiences.
- Adolescent may feel tired, and therefore they are reluctant to work. Body energy is almost like being spent on growth.
- Adolescent may suffer due to the bodily changes he / she experiences and may wish to save himself / herself and not to inform the environment of these changes.
- The curiosity of experimenting with new things has increased.
- During this period, friends are very important. For this reason, adolescents should be careful about the choice of friends and the family should be sensitive.
- During this period, the adolescent needs to be noticed and appreciated. The adolescent who cannot resolve this need in the family can meet this need in different groups of friends.
- He may need to eat more to provide energy to his adolescent growing body. The criticism of the family during this period may cause an eating disorder in the later years.
- On the contrary, if the adolescent wants to like and admire the growing body of his / her peers, he / she may try to appear very weak, eat little, eat after eating or do excessive sports.

What are the causes of adolescent mental distress?

Confidence - distrust is one of the most important dynamics underlying the conflicts of adolescence. There are cases such as favor- disfavor and failure to succeed. In fact, the adolescent's self-knowledge and self-expression is something he most wants. The process of adapting to changing situations in this process is another issue that an adolescent has to deal with.

In this period, depression increases. The problem of self-confidence, problems related to the opposite sex, school and family problems can cause this. Depressive mood is usually short lived and no intervention is required. The adolescent feels sad and bad; however, he may continue his daily life. Apart from these, adolescents may experience anger outbursts from time to time. You should wait until it calms down at such times.

So, what can we do as a family?

We can accept you anyways! While children tend to spend less time with their families during adolescence, they need parents who are active and aware. Family attitudes, including love and acceptance, are a positive guide for adolescents. Family approaches in this period are considered very important because if children can solve their conflicts with their families in a healthy way, they will maintain healthy relationships in adulthood.

We know the characteristics of adolescence! It is very meaningful for children to know the development needs of their parents and to find ways of effective communication. The more the parents know their child and become more familiar with the characteristics of this period, the less will be the parent-adolescent conflicts.

We can communicate effectively! It is known that children who have good communication with their parents and whose needs are met develop positive perception of self. Don't wait for her to tell you how her day is, and then you share something.

We can make mutual decisions as parents! In a decision to be made, or in a matter to be discussed, the parents have made the same decision before the child, or at least a compromised exit will allow for a faster course.

We can keep our boundaries! Children who are in adolescence also require borders, although they exhibit otherwise. It is useful to clearly determine your rules without overreacting. However, when determining the rules, appropriate updates and necessary stretching should be taken into consideration. Therefore, within the loving and acceptable home environment, the limits appropriate to your family values should continue in adolescence.

We can ignore little things! Children may display reactive behaviors in response to warnings. At these times, you can ask yourself if the situation is worth meeting with your child. It may be helpful to remind yourself that this period and your child's behavior is temporary and that your child is growing.

We can be a model to solve our own conflicts! Your child's conflict resolution skills in this period will enable him to create a framework for a successful life. It should not be forgotten that even though children are in their adolescence, they learn their personal characteristics as well as the people around them. The discourses that will cause a contradiction between what you say and what you are doing will damage the relationship of trust. Young people learn what they see and not what they say. How you solve your conflict with your child will guide your child.

You're very valuable here! Children in adolescence want to experience the feeling of value and understanding, especially because they are trying to find their ego. If they feel these feelings and live in the family environment, they do not need to search for these feelings in different environments or environments.

We can try talking without giving advice! With the adolescence, the advices lose their function and lose their influence. For long-term solutions, problem solutions should be included in the adolescent period, suggestions should be listened and the functionality of these suggestions should be discussed together. Taking a step in the decision-making and implementation phase may cause your relationship to deteriorate.

No moral of a fable! While talking with children, it is necessary to avoid teaching. Children in this period need to listen to them rather than your advice, to care about their ideas and to find common solutions with mutual communication. If you seem to know the answer to each question, it will also interfere with your communication with your child. You should also adjust the direction and dose of the criticism regarding the mistakes made. The criticism should be related to the error made and should be voiced when they are alone. Instead of criticizing your child's weak points, it may be useful to try to recognize their strengths together.

We know how much you love your friends! For adolescents, friends are of great importance. That is why parents should pay attention to their children in making evaluations and comments about their friends. As families, you first want to know the friends of your children and if you think that there are attitudes and behaviors that you think are wrong, you can try to make your child realize this.

We can leave the field! You can try to develop common interests to strengthen your communication with your adolescents. You can give him the opportunity to know his own time and space. Respecting the need to be alone without taking these times personally will increase your confidence and communication.

You can get help! Although the development periods are well known and the necessary attitudes and behaviors are provided for you, the adolescence may continue to be conflicting and tense. Sometimes it is good for adolescents to tell such times to someone from outside and to have a different perspective. Therefore, it may be useful to obtain support from an expert if there are ongoing conflicting relationships.

As the American writer Toni Morrison said, the word 'grown up' does not mean anything to a mother. Child is child. It grows longer, but it doesn't grow up. To be grown up, to be adolescent, to be young, not to know what to do, or to ignore nothing, to prepare and impersonate women / men roles in society, to experience different experiences, to make mistakes and to return from mistakes...Someone will not change the fact that they are our children. But to see, understand and accept what has grown up will be how we live all these processes and how we remember and return.

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