

## Developmental Challenges, Psychosocial Problems, And Risk-Taking Behavior Among Adolescents and Their Psychological Solution

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### ABSTRACT

The present article discusses numerous obstacles and their psychological solutions faced by adolescents. The end of adolescence and the beginning of adulthood differs from country to country. In India, one-fifth of the total population constitutes 21.4 percent of the people who are adolescents (10-19 years). In the Indian social system, the adolescence period comes under Brahmacharya (education). Adolescence has been considered as a "period of great risk to healthy development" and can be a time of equally disorientation as well as innovation. In which they are troubled through physical as well as chemical changes and do not differentiate how to escape their misconstruction. Today adolescents are the utmost digitally associated generation in history. Though, worries about possible destruction that might arise from this constant association to devices as well as social media increase among educators, mental health professionals, as well as in parents. However, this article explains for both children and parents the phase of Adolescence is not an easy time. The only method to deal with wants and problems at this age is to know about them and be ready to face them. Hence Adolescence is the evolution stage from childhood to adulthood and a risk period when teenagers might grow unhealthy habits that develop into problems in their adult life. Behavioral problems of adolescence, are relatively also common, during this time.

**Keywords:** *Adolescents, Sexual Development, Physical changes, Behavioural changes, Risky behavior, Psychological Solution*

Globally millions of adolescents' health is illiteracy, lack of knowledge and social restrictions are neglected. The era of speedy physical, as well as psychological development beginning from the arrival of puberty to whole growth and development, is considered as "Adolescence" which means "to emerge" or "to attain identity". All adolescents' liveliness completes numerous physical, hormonal, psychological, behavioral as well as social developmental changes. The "World Health Organization (WHO) defines 'adolescence' as age spanning 10 to 19 yrs., "youth" as those in 15-24 yrs. age group and these two overlapping age groups as "young people" covering the age group of 10-24 yrs." An individual between 10 to 19 years of age defines as

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## Developmental Challenges, Psychosocial Problems, And Risk-Taking Behavior Among Adolescents and Their Psychological Solution

“adolescent” by World Health Organization (WHO). Thus, Adolescence is defined by the WHO as “the age group of 10-19 years”.

In Psychology, According to Stang J et al (2012) Adolescence is further divided into

- Early adolescence (11-14 years),
- Middle adolescence (15-17 years), and
- Late adolescence (18-21 years).

Abraham Maslow, Sigmund Freud, Erickson, Jean Piaget, and Lawrence Kohlberg are some professionals who deliberate the stages of child development systematically (Brittain & Hunt, 2005). While the second stage in decades of life has various physical as well as psychological changes in the stage of Adolescence (World Health Organization, 2009); it is the stage where a child moves from childhood into adulthood (McAteer et al., 2017).

The beginning of adulthood and the end of adolescence differs by country and by function. Furthermore, even within a single nation-state or culture, there can be diverse ages at which an individual is deliberated (chronologically and legally) mature sufficiently for society to assign them with positive privileges and duties. Such highlights comprise driving a vehicle, having legal sexual relations, attending in the armed forces, purchasing and drinking alcohol, voting, finishing certain levels of education, and marriage. Adolescence is usually attended by better freedom permitted by the parents or legal guardians, comprising less command as linked to preadolescence. Cited by Pravitha. Adolescence has frequently been interpreted as a challenging period in life, comprising of the storm as well as stress. It has been characterized as a "period of great risk to healthy development" (Takanishi, 1993, P. 86). Likewise, Adolescence is the intermediate stage of development between childhood and adulthood, demonstrating the period during which a person experiences a multiplicity of biological as well as emotional variations. Hall (1904).symbolised this period as “Storm and Stress” and states “conflict at this developmental stage is normal”.In India, one-fifth of the total population constitutes 21.4 percent of the people who are adolescents (10-19 years). Ahmad et al. (2014).

In the Indian social system, the adolescence period comes under Brahmacharya (education). This is the chief *ashram* (stage of life) of development stages. In this stage, the child acquires the basic skills concerning his/her future character as a liable adult. Programs have been launched in India, to discourse all the difficulties confronted in the adolescent period, but still, adolescents are in front of problems.

Thus, succeeding the onset of puberty through which young being grows from a child into an adult is the period of Adolescence. It defines the adolescent ages between 13 and 19 and can be measured in the in-between phase from childhood to adulthood. On the other hand, the physical, as well as psychological changes that arise in adolescence, can start earlier, during the preteen or "teen" years (ages 9 through 12). Adolescence can be a time of equally disorientation as well as innovation. So, each stage of development is valued for children; all children acquire a new chore to complete the stage of development so they can transfer to the next stage of development. Development constantly progresses with steady time as well as runs exclusively for each individual.

## **Developmental Challenges, Psychosocial Problems, And Risk-Taking Behavior Among Adolescents and Their Psychological Solution**

### ***Puberty and Sexual Development among Adolescence***

Following closely the accelerated growth, the pituitary gland leads the adrenal cortex as well as the gonads into more activity. Before this time, a virtually equal amount of androgenic (male) and estrogenic (female) hormones are produced for both sexes by the adrenal cortex in the direction of the anterior pituitary gland. An increased amount of hormonal production differentiates the sexes; the males produce more androgens, the females more estrogens.

Therefore, Sex Hormones are substances secreted by the gonads for reproductive functions and determination of secondary sex characteristics; e.g. testosterone in males and estrogenic in females. There follows in each sex a series of physical changes whose appearance is highly predictable and whose sequence is unalterable. Testosterone is the male sex hormone responsible for the development of the male secondary sexual characteristics as they become sexually mature, the dawn of these changes is reflected in boys by the beginning of the enlargement of the testes. After the initial enlargement of the testes, there occurs pubic hair, axillary hair, voice changes, and beard in that order. Whereas in the female body, this role is played by estrogen. Moreover, the genital and sex-appropriate tissues become more sensitive to these sex-specific hormones. In girls, the enlargement of the breast is followed by the growth of pubic hair, the menarche, and axillary hair.

Consequently, in nature adolescence is both biological and social. The establishment of adolescence is noticeable by biological changes in both the gender that is in girls and boys. As a problem of fact, it takes place in girls commonly during the age of nine to twelve years, and in boys between eleven and fourteen years of age. During this period, and following shortly thereafter, the secondary sexual characteristics appear. In girls, there is typically rounding out of the hips, breast development, the appearance of pubic hair, and menstruation. In boys, some of the secondary sexual characteristics that mark the beginning of adolescence are the appearance of pubic hair, facial hair, and change of voice. These changes are biologically induced. So due to these changes adolescents, frequently face several calamities and dilemmas. As Adolescence is also a period when pleasing heterosexual changes are enabled or delayed when the career is intended and philosophies of life are prepared. It is a well-known statement that law-breaking rates rise during the period of adolescence, suicides become progressively established, that drug and alcohol addiction may have their beginning, and that much general happiness exists.

### ***Distinctive Adolescent Behaviour Problems in both Boys and Girls***

In addition, Boys differ in terms of tending to suppress their feelings and not talk about them. In reality, a lot of adolescent boys look at discouraging their emotions as a symbol of weakness. They are more likely to start drugs and drinking than girls, which is why parents need to be extra careful towards the male child. Carelessness or recklessness is however another trait those teenage boys have, which draws them to speeding and indulge in risky activities.

Moreover, Adolescent girls are showing several stress elements that put them the risk of rising anxiety problems, eating disorders as well as substance abuse. They are exposed emotionally and physically and can be inclined by the inner stressors like hormonal changes and outside stressors like academic pressure as well as peer pressure.

## **Developmental Challenges, Psychosocial Problems, And Risk-Taking Behavior Among Adolescents and Their Psychological Solution**

Adolescent development follows through;

- Physical
- Cognitive
- Linguistic and
- Socio-emotional.

Hence, Adolescent ages are troubled through physical as well as chemical changes. This makes misperception and insecurity in the concentrations of adolescents. Moreover, throughout this phase, adolescents initiate reviewing their part in the world and family. All these elements composed could outcome in aggressive outbreaks among adolescents, who do not distinguish how to escape their misunderstanding. There also are other elements that source aggression during adolescence.

### ***Physical changes and problems***

Physical changes that take place in both girls and boys are differing to some extent. For girls in the beginning development of full breasts can be seen as awkward in themselves. Girls may start to feel conscious about changes in their figure as well as for the appearance of the first menstruation periods leads to Adolescent girls are vulnerable to crying.

While in boys the most noticeable change that takes place during adolescence are the changes of voice as well as the appearance of facial hair. Moreover, in both girls and boys the growth of pubic hair, the odour of the body, and muscle gain lead to unnecessary body weight, and acne is the major problem during the stage of adolescence.

### **Solution**

The best way to benefit the adolescent become done the period is to make them attentive to these physical changes, facilitate them to stay healthy and fit through a nutritious diet and exercise, give details that it is normal for the human body to change as every adolescent goes through these changes, and aid them to adapt these changes and recognize the change and help them accept it.

### ***Socio-Emotional changes and problems***

Adolescents are not only physically but also emotionally affects due to Hormonal changes. They feel a lot of confusion about their character as well as are unable to resolve their personality between their responsibilities as growing adults and their desires as children. Feelings of superiority or inferiority may arise also. They tend to sense overly emotions and blame it on the hormones; just about whatever and all can make them joyful, happy, and angry or annoyed. Mood swings are common among both genders. Bodily changes are also a consequence of self-consciousness. Children who hit puberty early may even feel bizarre. At the same time when a sexual feeling arises, these feelings, as well as thoughts about sex, can initiate a sense of guilt among Adolescents.

### **Solution**

Parent Share their own experiences of puberty or let them talk to the adolescents that they have also gone through the same. Listen to them without judging and avoid giving them advice when they are not ready for it, boost them to exercise as physical activity reliefs, and keep the serotonin (creates good feelings and happiness) levels up. Thus, it will help and emphasize to the child that it is normal.

## **Developmental Challenges, Psychosocial Problems, And Risk-Taking Behavior Among Adolescents and Their Psychological Solution**

### ***Behavioral changes and problems***

Generally, Adolescence is the stage where once children cultivate as well as use their freedom. Major developmental change in the brain marks adolescents irritable, fatigued, and hard to deal with it. Irresistible emotions can lead to impulsive behavior, which can be risky to any child as well as others. Moreover, the changes in hormones lead adolescents can even impulse to get into physical hostilities. They want to change hairstyle, dress, listen to loud music that parents may not admire. They may lie to avoid hostility with parents or out of fear, so lying is also one of the common behavioral concerns of adolescents. Furthermore, they want to try new things and take risks causing careless behavior, At times peer pressure in a definite way or change behaviors that are rigid to break.

### **Solution**

For the parents or the caregiver behavioral problems of the child can make life problematic. First of all, it is remembered that adolescents are at a very sensitive stage, at this phase they may not take parents' disapproval well but at the same time, parental involvement is also important if they see the child falling into bad company. The child is not sovereign in dealing with their emotions and needs parental support to some extent. So inspire and help the child to be true to themselves and not to please others. If parents need to aid the child with behavioral issues, it is important to gain the child's trust, listen, and talk what the child has to say, and do not criticize or condemn them, as it could get worse the child's behavior. Thus, proper care of parents towards the child is mandatory. However, it is thought that behavioral changes are completely normal at the temporary stage.

### **Developmental Responsibilities for Adolescents**

- Accomplishing pledge of financial liberation.
- With age mates of both sexes attaining new as well as more established relations.
- Choosing as well as getting ready for occupation.
- Get ready for matrimony as well as personal life.
- Increasing logical abilities as well as thoughts essential for community competency.
- Accomplishing and desiring socially responsible behavior.
- Attaining a male or female societal part.
- Acquiescent one's body and using the physique efficiently
- Attaining emotional freedom of parents as well as other adults.

Many psychological approaches can aid mental health professionals to treat adolescent problems so the difficulties will not get poorer. Globally 10–20% of children, as well as adolescents, experience mental health problems the World Health Organization (WHO, 2017). It is assessed that 50% of all mental disorders are recognized by the age of 14 and 75% by the age of 18 (Kessler et al., 2007; Kim-Cohen et al., 2003). Generalized anxiety disorder and depression are the most common disorders in children and adolescents (Mental Health Foundation, 2018; Stansfeld et al., 2016).

### ***Difficulties of Adolescents***

An age in which all the lifestyles, as well as behavior like high-risk behavior, substance abuse, and eating habits, cultivate that have a lifelong impact on Adolescence. Adolescents suffer from numerous forms of difficulties or dysfunctions as well as struggles during this period which eventually damage usual psychosocial development and provoke psychosocial dysfunction. The intermediate age of Adolescence can take up questions of liberation and

## **Developmental Challenges, Psychosocial Problems, And Risk-Taking Behavior Among Adolescents and Their Psychological Solution**

self-identity; several adolescents and their peers face hard selections concerning study, sexuality, drugs, alcohol, as well as social life. Peer groups, romantic interests, and external appearance tend to increase in meaning for some time throughout a teen's journey in the direction of adulthood.

Therefore, Adolescence has often been interpreted as a challenging period in life, comprising of the storm as well as stress. Several adolescents involve in risk behaviors with negative health as well as behavior outcomes such as drug abuse, unwanted pregnancy, or sexually transmitted disease. Other issues covered are:

- (1) Child abuse;
- (2) Substance abuse (tobacco, alcohol, and drugs)
- (3) Delinquency (truancy, theft, violence, and correlates of delinquency)
- (4) Sexually transmitted diseases and
- (5) Suicide

The common teenage problems that teenagers face today are usually related to *psychosocial problems*, which refer to the difficulties faced by adolescents in different areas of personal and social functioning.

### ***Health problems***

Deprived of suitable nutrition and healthcare, physically and emotionally adolescents are susceptible to illnesses. Moreover, stress can also prime to loss of hunger as an adolescent has a busy plan by tiny period to eat or relax accurately and sometimes unhealthy eating ways also lead to sleeplessness as well as obesity and eating disorders, particularly in adolescent girls who are concerned about their weight as well as the look can develop disorders like anorexia or bulimia.

### **Solution**

To keep a healthy lifestyle in adolescence parental assistance can benefit to decline health problems as caregiver guide and encourage children to eat healthy food, exercise regularly and take proper sleep on time, get nutritious diet through their meals this will help to deal with any possible disorders.

### ***Psychological problems***

For the period of adolescence, the utmost common mental health disorders perceived are anxiety, stress, mood disorders, social phobias, and panic disorders. The feelings of superiority or inferiority frequently rise from their appearance as well as approval of their body skin color, beauty, and figure. The other issues are self-esteem or confidence, eating disorders, self-image, and the requirement to change the way they look by any means.

### **Solution**

In adolescence recognizing signs of psychological problems is a difficult task and requires the eye of an expert. Furthermost, talking to the child about the problems as well as maintaining a healthy lifestyle can stop the onset of the crisis. Thus, to interfere and try to find and provide professional aid is essential.

### ***Educational problems or challenges***

A lot of educational activities, as well as pressure to achieve academically and acquire further admission, can be stressful to children and adolescents and make them tiring and

## **Developmental Challenges, Psychosocial Problems, And Risk-Taking Behavior Among Adolescents and Their Psychological Solution**

moody. Distractions at home as well as in school can also consequence in poor academic performance, which will increase the pressure.

### **Solution**

Support with the child's objectives for education as what he/ she needs is the encouragement to do well. Nutritious diet and exercise can also aid them to get the power and stamina they need to get through the hectic school schedule.

### ***Drastic Changes in Appearance***

One of the strong changes in the appearance of both girls and boys is a particular elegance of dressing carries branded clothes; their hairstyle Girls may start using makeup, whereas boys may change their hairstyles. There is a close association between Physical appearance and eating way. In this phase the adolescent is eating too much or too little, starving herself, exercising more than needed, vomiting everything she eats, or constantly worrying especially girls that she become fat or ugly, it can specify serious problems like eating disorders, depression, and anxiety disorders

### **Solution**

In its place of refusing their selections completely, attempt to point out finely that the 'look' doesn't give the impression of being so calm as well as give them healthier options they may like.

### ***Internet Use and Games***

"Adolescents are defined as those between 13 and 19 years of age. We chose the mean age of 13 as our lower limit as nearly all social media services require users to be at least 13 years of age to access and use their services" (Childnet International, 2018). The wide usage of numerous diverse social media platforms plays a mostly large part in their survives for adolescents (Ofcom, 2018). Between the ages of 16 and 24 Adolescents are very extreme with the habit of social media. Adolescents' are much more independent and mobile and are often out of the direct control of adults. The extreme use of social media could source harms self-esteem as well as contentment in the real life of Adolescents. Social media also creates adolescents have mental health propensities, such as being at risk of feeling anxiety, depression, as well as suicidal ideation (Child Mind Institute, 2017). With the usage of digital media, the destructive effects also seem along with the positive properties, (Reid Chassiakos et al., 2016). In reality, adolescents must have a mobile phone, or the Use of Social Media and Communication Devices is not bad to some extent, On the other hand, the usage of these devices can turn into an addiction and distress the lifestyle and attitude of the child.

### **Solution**

To deal with this problem parents must make limits for the child to spent time on texting as well as calling with their friends or use of social media when they are at home. Not providing a cellular phone or closure of social media is not a moral awareness. It may go wrong and lead the child to thieve, smack, and be insincere. Another way to deal with this difficulty is to have an open arrangement and Monitor how they use the Internet keep a tab on their browsing history if probable so that as a parent you don't have to check on them behind their back.

## **Developmental Challenges, Psychosocial Problems, And Risk-Taking Behavior Among Adolescents and Their Psychological Solution**

### ***Addiction to cyberspace***

The method we individual interrelate with each other has reformed by the beginning of social media It has exaggerated adolescent lives to the utmost. Adolescents may appear to use hours on the phone, texting, talking, or simply playing and are happy to browse the internet for hours and it badly affects the academic performance of the child. Cyberspace also cuts short their physical activities, causing an unhealthy lifestyle.

### **Solution**

As he or she uses a lot of time in front of the computer does not mean the child is addicted to the internet. They could be performed more useful things on the system other than surfing the net. So, parents do not assume that the child is addicted to the internet. Direct them to a child as parents so practice parental controls have some cyber guidelines as well as limits for every person at home. Limit the usage of the mobile phone to a few hours a day so that the child did not become internet-addicted

### ***Sex, Sexual Behaviour and Sexual health: unintended pregnancy and STIs***

It is not surprised before to touch the legal age mostly 15 or 16-year-old adolescent has started to drink socially and sexually active or indulge in alcohol, drugs, and sex. A mode of stating adolescents' common need to involve in risk behavior may be Sex (White and Deblassie, 1992). Adolescence is the stage when adolescents are familiar with sexual development or relationship. During this phase, the enlargement of secondary sexual characteristics gives an increase to new feelings and drives them to Adolescence experiment with their bodies. Devoid of appropriate assistance, adolescents may become sexually energetic before they are prepared. This could outcome in unwanted pregnancies which is the biggest risk among adolescent girls face. Insecure sex can also central to sexually transmitted diseases like HIV. According to Kakkad et al., (2015) in adolescents before marriage Sexual behavior befalls are common. Students practice extra contraception more than college students with sex education delivered more established by students than college students (Kakkad et al., 2015). To prevent pregnancy and sexually transmitted infections some teenagers use condoms or birth control pills (Lawrence et al., 2015). It is assessed that 25-50% of adolescents involve in threat behaviors by negative health as well as behavior consequences such as drug abuse, undesirable pregnancy, or sexually transmitted disease (Weissberg, Caplan, and Harwood, 1991).

### **Solution**

The hormonal fluctuations in adolescents may make them act impulsively, to stop sexual behavior, early pregnancies, as well as sexually transmitted infections (STIs) in adolescents attentiveness, is the only method to secure the child. As a parent is to confirm that the children know the significance as well as the consequences of unprotected sex and how it can impact their life. Like the child, they may previously be knowledgeable about sexual health and reproduction at school so the caregiver must have 'the talk' with the child about sexual health.

### ***Substance Use and Abuse***

One of the biggest problems that parents around the world have to deal with is Substance abuse among adolescents as most teens attempt smoking or drinking even before they are of legal age, they are more vulnerable and can be easily influenced to the wrong side sometimes by Peer pressure is also one of the significant factors that drive adolescents to take up smoking and drinking or to do drugs. Hence one of the serious health problems of



## **Developmental Challenges, Psychosocial Problems, And Risk-Taking Behavior Among Adolescents and Their Psychological Solution**

the adolescent is substance use such as drugs, smoking, and alcohol use. Alcohol consumption, as well as drug usage, comprises Substance abuse. From ages 14 to 16 years Alcohol use in adolescent school environments ranges is lesser than in the university environment (Kakkad et al., 2015). Before pleasing in sexual activities adolescents be likely to ingest or consume alcohol as well as drugs (Lawrence et al., 2015).

### **Solution**

As a parent or caregiver keep a close eye on the child's or adolescent behavior, change in their appetite, sleep patterns, and moods. Inspire them to discourse and be honest. If the child is not willing to talk the doctors can ask confidential questions to know if they are abusing any substances. Avoid going as far as a drug test, as that may come across as hostile and threaten the child. If needed, acquire the adolescent the suitable treatment.

### ***Smoking Behaviour***

According to Lawrence et al., 2015,) between 13 and 17 years of age range teenagers are involved in smoking. Generally, adolescents who have smoking behavior track their peers' behaviors and then initiate to sense the effects of smoking (Robalino, 2016). Usually, adolescents who have high economic status compared to adolescents with low or medium economic status are involved in smoke or smoking (Koch-Institut, 2018).

### **Solution**

Do not directly respond as well as panic however at the same time do not favor these activities, as a parent guides them firstly. Due to violence or cruelty at home or due to parent's divorce or sheer peer pressure Children could take to alcohol early. One of the most effective techniques to stop alcohol or drug abuse is to talk about it to the child peacefully and describe why they shouldn't be indulging in drugs, alcohol, or sex early in their life. Specialists also say that adolescents, which eat dinner habitually with their parents, play a part in after-school activities and are not permitted to walk around late at night, have a considerably lower risk of becoming indulged in drugs, alcohol, or sex early in their life.

### ***Social problems: dating and relationships***

Adolescence is the phase when sexual or reproductive organs start developing among children. During puberty, the attraction to the opposite sex initiates, and Girls and boys fright experiencing 'weird' feelings towards the other sex and may not distinguish what to do about it. Sexual feelings, as well as thoughts of sex, may appear wrong to an adolescent, because of which they may feel guilty.

### **Solution**

Dating, romance, and sex are delicate problems that the adolescent may not be comfortable talking about with the elders. Don't make it more stubborn for the child. Be self-assured and sensible when deliberating the subject.

### ***Lying or Hiding Facts***

The distress of being judged and punished may force the adolescent to lie, which could become a compulsive habit if not compressed. It is also disturbing for parents to find that their child has lied to them, or has not shown everything.

## **Developmental Challenges, Psychosocial Problems, And Risk-Taking Behavior Among Adolescents and Their Psychological Solution**

### **Solution**

As parent Avoid being judgmental Explain to the child, to tell the truth, inspire them to form the trait of Honesty, allows them to express anything and everything without reluctance.

### ***Self-Harm***

Without trying to end life an individual behavior is referred to as a way of self-injury. It is distinct to the wish to exterminate oneself to be capable to end his life with a purpose for misery about his life (Lawrence et al., 2015). Between the ages of 12 and 17 Adolescents experience self-harm as well as hurting themselves. Adolescents Girls feel pain more self-harm likened to Adolescents boys. The rate of incidence of self-harm is greater for adolescents who are alive with stepfamilies likened to adolescents who have depression. It displays that the environment is further dominant on adolescent stress levels than other factors (Lawrence et al., 2015).

### ***Eating Behaviour***

In adolescents' Maladaptive eating behavior is seen through the development of the problem of obesity, with three factors from high to low, namely eating habits, physical inactivity, and genetic obesity (Kakkad et al., 2015).

### ***Bullying***

The behavior of teasing, frightening, spreading rumors, as well as hurting others physically is considered as the behavior of Bullying While behavior using a cell phone or the internet by commenting, sending pictures, or pretending to be someone else to hurt or threaten others (Lawrence et al., 2015).

### ***Delinquency***

Among adolescents second common problem behavior is delinquency; it has been defined as a distinctive progressive stage for many adolescents (DiLalla & Gottesman, 1989).

### ***Theft***

Corresponding to truancy as well as vandalism, today theft is a typical problem for teens. It is assumed that peer pressures, poverty as well as a lack of respect for property rights contribute to high rates of stealing among adolescents (Baruah, 1989).

### ***Adjustment Problems of Adolescents***

The physical, as well as psychological characteristics of adolescents and the nature of developmental tasks, are predictable to make frequent pretense certain challenges and problems for adjustment. Adolescents face problems related to their home, school, and society.

Thus, it can be said that there is a rise in reporting of throughout the transition, numerous problems such as depression, suicidal thoughts, and substance use occur (Dubow et al. 1990).

### ***Suicide Behaviour***

The third foremost reason for the decease of adolescents between the ages of fifteen and twenty-four is Suicide. (U. S. Bureau of the Census, 1992). According to (WHO, 2014) more than 800 thousand individuals die from suicide each year at the age of 15 to 29 years.

## Developmental Challenges, Psychosocial Problems, And Risk-Taking Behavior Among Adolescents and Their Psychological Solution

Originally Adolescents have suicidal thoughts from themselves, or the thoughts originated from individuals who have been oppressed or cyberbullied, sensed depression, or sensed anxiety (Child Mind Institute, 2017; Hinduja & Patchin, 2019). Other factors that foundation suicides comprise deprived academic performance, economic problems, unproductive transition process, social as well as cultural pressure, social media, and the internet (Universities UK, 2018).

### *Aggression and violence*

In adolescent boys, aggression is especially seen they may fall into the corrupt company and can get into fights at school and be drawn to turns of violence, harm, use a firearm or a weapon too. As they develop muscles, grow tall, and change in voice they could start bullying others which is a key problem among adolescent boys than girls.

### *Psychosocial Problems in Adolescents*

Throughout adolescence, Psychological as well as social problems, are more common mainly concerning behavior and school matters, than at any other time during childhood. When misbehavior turns severe and repeated, adolescents should be assessed for a psychosocial disorder by a mental health professional. Specifically, depression, anxiety, and eating disorders are common during adolescence. Adolescents who have anxiety or mood disorders may have physical symptoms such as fatigue or chronic fatigue, dizziness, headache, and abdominal or chest pain.

### *Risky behavior in adolescents*

Adolescent behaviors which can central to self-harm or physical as well as psychological damage are deliberated as risky teenage or adolescents behaviors. A close eye on the child can benefit the caregiver to control the concern before it setbacks out of proportion.

### *Aggression*

Anger is common among adolescents it is needed to recognize that anger is a normal human emotion, However, if the child doesn't channel properly their anger it can become aggression and consequence in violence, which can be dangerous to the child themselves and others also.



### *Sources for Aggression in Adolescence*

- **Peer Pressure:** Adolescents desire to be recognized as well as come to be a member of a group. If this does not occur, it can basis of pain and anger, leading to aggressive behavior among adolescents.
- **Addiction and Abuse:** A lot of adolescents try drugs as well as alcohol. Though, when they become habituated or start abusing alcohol and drug frequently, it can lead to aggressive behavior.
- **Abuse:** The different causes for aggressive behavior among adolescents are physical or sexual abuse which makes them feel angry, insufficient, and embarrassed. As they are incapable to convey any person about the exploitation, it displays in the form of Aggression.

## **Developmental Challenges, Psychosocial Problems, And Risk-Taking Behavior Among Adolescents and Their Psychological Solution**

- **Traumatic Event:** On-going fights as well as discord in the family, particularly among parents, death or illness of a loved one, divorce or extreme sibling as well as peer provocation is extremely stressful and can cause such behavior lead to aggression in adolescents.

However, Home rules, behavioral contracts, family counseling, counseling, relaxation techniques, medication as Keys to Adolescent Aggression to cope and control aggression as a parent or caregiver.

### **Home Rules**

Parents construct a set of house guidelines and make the rules clear to the adolescents that have to track whether they like it or not. Also, let it be clear to the adolescents know that they will have to accept the consequences if the rules are ruined.

### **Behavioral Contracts**

Parents are suggested to write down positive behaviors that expect as well as the reward they will earn for those behaviors, do not offer material things as rewards to the child, and set up behavioral contracts with the adolescents, which strengthens them to take responsibility for their behavior as well as to conduct.

### **Family Counselling**

It could be a noble idea to encompass the whole family in counseling. Conversation with one another or family members as well as being directed by professional and trained therapists can be helpful. These can resolve conflicts and relationship problems that are triggering aggressive behavior in adolescents.

### **Counseling**

Precedes the adolescent for individual counseling. Speaking to a skilled and approved professional is suggested. This can make the adolescent take concern for their behavior and also determine the problems with their relationships.

### **Relaxation Techniques**

To cope with the stress parents should teach relaxation techniques to the adolescents to use when they acquire anger and stress. If he/she is troubled with homework or experiences extreme peer pressure, this will be quite useful.

### **Medication**

If a psychiatric or neurological problem is identified like epilepsy or depression, parents help their child by taking the right prescription medication by trained professionals that can reduce aggression among adolescents.

### **Solution:**

Avoid the turn-on to be louder than the teen and 'win' the argument, as Parents a lot respond to an annoyed, shouting adolescent by shouting back does not always make the wanted outcomes. The child becomes even more aggressive when you as parental authority try to dominate him /her.

## **Developmental Challenges, Psychosocial Problems, And Risk-Taking Behavior Among Adolescents and Their Psychological Solution**

### ***Challenges in Parenting***

Since parents are the main socializing mediators of children. So, towards adolescent difficulties, Parental attitudes are significant their approaches towards specific problems may impact adolescent children.

To supervise their children Parents, have greater duty however due to cultural hurdles they disregard the conversation about physical and physiological changes, the result this, growing children acquire knowledge about sexuality as well as secondary sex characteristics from their peer groups or other wrong sources leads to abnormal social behavior among children and adolescents. Most of the children's psychiatric disorders were unrevealed as for parents' unawareness and inattention.

Home, as well as school environments, are the main component which is affected mainly Adolescence. Thus, Schools show a dynamic character in the development of an adolescent, as they devote much time appearing in school, attaining in additional events, and finalizing educational work at home. School signifies an institution that pays to the overall educational as well as socialization processes, acute in the personality development of an adolescent Greenbaum (1974).

### ***Tips for parents to deal with adolescent's behavior***

Dealing with adolescents is not rocket science. No matter how moral a parent is and how great the relationship with the children is parents are likely to face obstructions while dealing with adolescents as confronting is not an easy task with teenager issues. Behavior complications are common in adolescents because they go through hormonal changes these changes happen to the neural pathways in their brain and the ongoing growth of their body so it is normal for adolescents to be moody.

### **Trust**

Trust/ Building Trust is the most significant element for making any relationship.

### **Empathize**

Empathize is another important element to deal with adolescents Parents Put themselves as a place of adolescents and recognize their perspective. When Parents redirect their feelings, the child feels agreed and are eager to share their emotional state, thoughts as well as opinions freely.

### **Respect them**

When parents treat their children with respect, the child will respond with the same respect towards parents. Parents should respect their child's personalities, ideas, opinions, and emotions. Do not depreciate them in front of others and their friends or even in private, and most importantly, do not underestimate or criticize their ideas or opinions as that can make them insecure as adults

### **Offer help**

It is significant to let their child tell that as a parent you are willing to support them as they should want. The maximum number of adolescents can take care of themselves and may not need or ask for parental help.

## Developmental Challenges, Psychosocial Problems, And Risk-Taking Behavior Among Adolescents and Their Psychological Solution

### Show them you care

As a parent presenting that you care for your child. Express to them how much you love them and do-little things to make them happy. Display you are concerned about what they are intent on (even if you have to fake it a little). This will support keeping communication channels open for when they need to talk to you.

### CONCLUSION

The study concluded that Adolescence is the period of change between childhoods to adulthood that shows a key role concerning the foundation of prosocial /antisocial adults. It is fundamentally an era of physical as well as physiological change. The changes that take place in the young girls at about ten or eleven and boys at twelve or thirteen begin a period of rapid growth in height and weight. Thus, optimal development in adolescence is influenced by the successful accomplishment of the developmental tasks in infancy and childhood.

Today adolescents are the utmost digitally associated generation in history. Though, worries about possible destruction that might arise from this constant association to devices as well as social media thrive among educators, mental health professionals, as well as in parents. These worries are fired by media reports that connect the attraction of social media to drug addiction, claiming that it is declining young minds as well as separating children from the “real” world.

For children or parents, the phase of Adolescence is not an easy time for both. The only method to deal with wants and problems at this age is to know about them and be ready to face them. However, Parent-adolescent conflicts that source insecure as well as unstable feelings have a linear relationship with pubertal maturity. Considerate and dealing with these conflicts positively could benefit the child to be a more responsible and social being. Hence Adolescence is the evolution stage from childhood to adulthood and the age of change, a risk period when teenagers might grow unhealthy habits that develop into problems in their adult life. Behavioral problems of adolescence are relatively also common, during this time.

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