Spiritual Development

Religious beliefs also become more abstract and principled during the adolescent years. Specifically, adolescents' beliefs become more oriented toward spiritual and ideological matters and less oriented toward rituals, practice, and the strict observance of religious customs. Compared to children, adolescents place more emphasis on the internal aspects of religion and less on external manifestations.

Generally, the stated importance of participation in organized religion declines somewhat during the adolescent years. More high school students than postsecondary school young people attend religious services regularly, and, not surprisingly, the younger the adolescents, the more likely they are to view religion as being important to them. Among older adolescents, the importance of organized religion declines more among college students than among those not in college. Late adolescence appears to be a time when individuals reexamine and reevaluate many of the beliefs and values of their childhood. Consistent with developmental changes in value autonomy, the religious beliefs of young people are likely to become more personalized and less bound to the traditional religious practices they may have been exposed to when they were younger. As adolescents mature and form an identity, they may either reject their family's traditional beliefs or they may decide to conform to those beliefs (Neuman, 2011).

Greater levels of religiosity and spirituality are associated with fewer high-risk behaviors and more health-promoting behaviors (Michaelson, Pickett, Robinson, et al, 2014). Nurses play an important role for teens by providing an opportunity to discuss issues regarding spirituality.

Psychosocial Development

Identity Development (Erikson)

The task of **identity** formation is to develop a stable, coherent picture of oneself that includes integrating one's past and present experiences with a sense of where one is headed in the future. Throughout childhood, individuals have been going through the process of identification as they concentrate on various parts of the