



ODINIL VOCATIONAL TRAINING CENTER
ENGLISH TRAINING AREA

ADOLESCENCE

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GROUP MEMBERS

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INTRODUCTION

The idea that adolescence is a qualitatively different phase of childhood and adulthood has its origin as early as antiquity. The socio-political basis of this differentiation only emerged, however, with the transformation of social structures that occurred at the end of the nineteenth century that allowed young people (adolescents) to be removed from the labor market to attend school and other educational institutions.

Linked to this idea of adolescence as a phase of training for work, the terms "shortened adolescence" and "extended adolescence" were proposed, which describe the different opportunities for training and education that have people who enter the labor market sooner or later.

DEFINITION

Adolescence is the period of transition between childhood and adulthood, characterized by the impulses of physical, mental, emotional, sexual and social development and by the efforts of the individual to achieve the goals related to the cultural expectations of the society in which he lives.

The concept of adolescence, as we understand it today, is very recent. The way the adolescent today is seen and recognized is a very recent phenomenon. A few decades ago, this period was lived in a hurried way, so that the young person would soon become an adult and do adult things, such as work, get married and have children.

HISTORY

The word adolescence comes from the Latin *adolescere*, which means to grow up. However, this term only came to be used as a stage of human development in 1904, by the American psychologist Stanley Hall (1846-1924). In the nineteenth and twentieth centuries, various social, cultural and political events made possible the establishment of adolescence as a distinct period of human development. Until the eighteenth century, adolescence was confused with childhood.

Puberty was not regarded as a characteristic of entry into adolescence. In Jesuit schools, boys aged 13 to 15 were called children or teenagers. The difference between childhood and adolescence had more to do with the dependence or independence of the individual, than with puberty.

In Ancient Greece, young people were subjected to training, the purpose of which was to promote civic and military virtues. At the age of 16, they could speak in the assemblies, and were entered in the city's public records at the age of 18, marking the age of civil majority.

In this period, puberty was a phase of preparation for the tasks of adult life, both children and young people practiced gymnastics for physical and moral development. The girls did sports exercises to become good mothers of families, getting married between the ages of 15 or 16. Young men were prepared for activities such as war or politics, some of them devoted themselves to philosophy, especially those from wealthier families.

At the beginning of the Roman Empire, the education of the youngest was in charge of the parents, this being of a very practical character, in order to form a farmer, citizen or warrior. After the second century BC, the wealthiest families began to host in their homes a Greek master to educate their children, while those who did not have the same possibility sent their children to schools.

In the Middle Ages, the individual lived in feudal communities, which constituted themselves as a very familiar environment, where everyone knew each other. Gender and profession roles were passed down through the community. Children and adolescents were considered miniature adults, needing only to grow in physical and mental aspects.

In the Modern Age, a new role was established for the State, which began to interfere, more frequently, in social issues, in the ways of acting of the family, community, religious and educational groups. The school became an institution for instruction and education, so that children and adolescents began to be educated in separate and closed places, under the authority of "specialist" adults, who served people from 10 to 25 years old, with no separation into classes determined by age groups.

In the nineteenth century, there were already very populous cities, where most people no longer knew each other. It is a period marked by the strengthening of the National States, the redefinition of the social roles of women and children, the accelerated advance of industrialization and technology, and the organization of workers.

The twentieth century was a period in which was marked changes in the role of adolescence.

After the Second World War, youth came to be seen with greater importance. Nowadays, youth is seen as something that must be preserved and prolonged as much as possible. Youth has become a consumer market for numerous products and services, which are created especially and exclusively for teenagers. Often the media are used to manipulate teenagers.

In the United States, during the 1950s, a phenomenon called "misguided youth" or "rebel without a cause" emerged, representing a disordered and rebellious view of the adolescent. The 1960s inaugurated a new style of mobilization and social contestation, contributing to the understanding of adolescence as a new form of culture. Young people began to deny some of society's prevailing cultural patterns, turning youth into a group, with a focus on contestation. The counterculture presents itself as a phenomenon characterized aesthetically by long hair, colorful clothes, mysticism, a type of music and drugs, signifying a new way of thinking, living, acting and relating to the world and people.

At the turn of the twenty-first century the expression "young wave" appears to denominate the large number of individuals who are in this age group, due to the explosion of the birth rate that occurred in the early 1980s. These young people were faced with an adverse economic scenario, difficulties to arrange and keep their jobs, increased social problems, especially urban ones, changes in social values, lack of perspectives, decreased influence and control traditionally exercised by the family, church and community.

The conception of adolescence, as today, seems to be related to the democratization of education and the emergence of labor laws.

Young people make up the majority of the Angolan population and the largest and fastest growing proportional layer of the population in Africa. The combination of the age groups of 0–14 years of age and 15–24 years of age represents an extremely young population, corresponding to about 65% of the resident population.

CAUSES AND CONSEQUENCES

For most children, adolescence is a period of good physical health. The most common problems during adolescence are related:

- To growth and development.
- To school.
- Childhood illnesses that continue into adolescence.
- A mental health disorders.
- The consequences of risky or unlawful behavior (including injury, legal consequences, pregnancy, substance abuse disorders, and infectious diseases).

The main causes of death and disability among adolescents are:

- Motor vehicle accidents and other unintentional injuries (accidents).
- Injury or death (homicide) resulting from interpersonal violence
- Suicide

During this stage of development, adolescents begin to go through the transition between childhood and adulthood. Issues related to independence, identity, sexuality and relationships define this stage of development. Mental health problems, such as mood disorders, anxiety disorders, and other disorders (such as schizophrenia), may develop or become evident for the first time during adolescence. Suicide is the leading cause of death in this age group. In addition, the COVID-19 pandemic and the global response to it,

including changes to daily routines and school schedules, have affected the mental health of many adolescents.

Eating disorders, such as anorexia nervosa and bulimia nervosa, develop most often during adolescence and are more common in girls. Many unhealthy behaviors that begin during adolescence, such as poor diet, obesity, smoking, substance abuse, and violence, can give rise to immediate health problems, long-term disorders, or poor health conditions with advancing age.

Adolescence is a phase in life marked by physical, psychic and social transformations. In this period, the young man is testing possibilities. It is the moment when one naturally moves away from the family and joins the group of "equals".

At this stage they are vulnerable to behaviors that can weaken their health. When coming into contact with drugs in this period of greater vulnerability, one also exposes oneself to many risks. The damages caused by the use of alcohol and drugs can be acute (intoxication or overdose) or chronic, producing more lasting or even irreversible changes.

All psychoactive substances used in an abusive way produce an increased risk of accidents and violence, and adolescents are more vulnerable, by making self-preservation care more fragile, which is already weakened in this period of life.

According to data from the United Nations (UN), alcohol is the largest risk factor for death among adolescents between 15 and 19 years of age, surpassing drug use. About 14,000 deaths of children and young people under the age of 19 in the Americas were attributed to alcohol in 2010.

Alcohol is the most commonly used drug in this age group and can cause severe acute intoxications, seizures and hepatitis.

The use of marijuana can produce the motivational syndrome, characterized by passivity, apathy, lack of goals, ambition, interests and communication, which can lead to a drop in school performance, increase anxiety and, consequently, increase its use. During intoxications by hallucinogenic drugs, delusional and hallucinatory conditions increase the risk of accidents and can trigger psychotic conditions.

Drug use, smoking, and alcohol abuse can trigger fertility problems for adolescent males. Risky behavior, with drug use and excess alcohol, also increases the risk of contracting sexually transmitted diseases, which in turn can affect semen quality.

Smoking, even passive, can alter the volume of semen and impair its quality. Chronic use of marijuana and hallucinogenic drugs can also alter semen quality, which can lead to decreased sperm quantity and motility.

THE DIFFERENT STAGES OF ADOLESCENCE

As a rule, adolescence is divided into three phases:

- Early adolescence (ten to 12 years)
- Middle adolescence (13 to 16 years)
- Late adolescence (over 17)

CONCLUSION

In short, we have seen that adolescence is the period of transition between childhood and adulthood, characterized by the impulses of physical, mental, emotional, sexual and social development and by the efforts of the individual to achieve the goals related to the cultural expectations of the society in which he lives.

We also note a little bit of history, causes and consequences and without forgetting its different phases.

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