

Copyright 2013 by the American Psychological Association or one of its allied publishers. This article is intended solely for the personal use of the individual user and is not to be disseminated broadly.

Keywords:

adolescents
adolescent development

Abstract:

This article presents a review of the literature on adolescent development, focusing on the role of the family and the impact of cultural factors on adolescent development.

Adolescent Development: A Review of the Literature

Adolescence is a period of rapid physical, cognitive, and emotional development. It is a time when the body is changing, the mind is maturing, and the emotions are becoming more complex. The family plays a central role in the adolescent's development, providing a source of support, guidance, and protection. The family also shapes the adolescent's values, beliefs, and attitudes. Cultural factors, such as religion, ethnicity, and social class, also influence the adolescent's development. This article reviews the literature on adolescent development, focusing on the role of the family and the impact of cultural factors. The review is organized into three sections: physical development, cognitive development, and emotional development. Each section discusses the current state of knowledge and identifies areas for future research.

The first section discusses physical development. It reviews the literature on the physical changes that occur during adolescence, such as growth, maturation, and the onset of puberty. It also discusses the impact of these changes on the adolescent's self-image and social interactions. The second section discusses cognitive development. It reviews the literature on the changes in the adolescent's thinking, reasoning, and problem-solving abilities. It also discusses the impact of these changes on the adolescent's academic performance and social interactions.

The third section discusses emotional development. It reviews the literature on the changes in the adolescent's emotions, such as the development of self-identity, the experience of mood swings, and the development of romantic relationships. It also discusses the impact of these changes on the adolescent's social interactions and mental health. The article concludes by discussing the implications of the research for the family and for society.