CHANCHAL MANN ATI RANDOM

Teenage is perhaps the age of new found independence, of uncontrollable energy and yes the age of making impulsive decisions. One has to fight peer pressure, deal with behavioral changes and in all this take sensible and sound decisions. Many a times one does things, reacts to a statement without giving them a second thought. Our chanchal mann sees sudden mood swings. One moment things which seem to be wrong and unethical become worth trying the next moment. A little goading, a little prodding does the job and one is game for trying something “new”

But here is the irony. Everything has its pros and cons and so is the case with these mood swings.

Lets us together embark on a journey where we will try to understand the problems faced by teenagers courtesy their “chanchal mann”

* Sorry, I can’t focus: This is one of the major problems faced due to a deviating mind. As a result, our mind tends to divert from what one is doing currently. If Cheryl Cole comes into mind when one comes across the word parachute and Eminem starts playing in the mind when teacher refers to apple, then beware you too are facing this problem!
* Oh! I forgot that: A common scenario in every household, a mother tells her 14 year old son to bring sujji from the market but uh-oh, he brings maida!! Well, this situation occurs involuntarily. Teenagers are subjected to a lot of pressure nowadays. So when all these things play in the tender mind of a young bud at once, then it’s quite natural and justified to forget things.
* Extreme emotions: A slap from mother and the young lady is seen crying inconsolably and the very next moment a loud roar of laughter can be heard. What seems as a cool hairstyle one moment becomes a weird hairdo the very next moment. A normal person would think that this young girl is mentally unstable. But it is not the mind but the hormones which should be blamed. This display of extreme emotions and changing likes and dislikes is common during teenage because under the surface their personality is slowly developing. All one has to learn to control these emotions.

But there is some good as well. The decisions taken during this phase of life shape our future. Teenagers go through bullying, peer pressure and as if all this isn’t enough, they are forced into the mad scholarly race to the top. Indeed, they have too much to cope up with! So, in this fast paced world, a light, and happy and chanchal mann is able to see the silver lining of the darkest cloud. It keeps jumping and running like a little kid and never lets the sadness reside in it and thus defeats even the greatest and darkest sorrows with its high spirits.

Akriti Dhasmana and Kavya Aggarwal

Class- IX-B

Amity International School, Sector-6,Vasundhara