

# Psychology study

adjective

/bɪ'heɪvjə,rɪzəm/ - [be'hav·iər·ɪsm]

# behaviorism

*school of psychology that focuses on observable and measurable behavior*

what are other  
words for  
behavioristic?



behaviouristic, behaviorist,  
behaviourist, behavioral,  
behavioural



## Teenager problems

### 4. Substance Use and Abuse

Teenagers are vulnerable and can be easily swayed to the wrong side. Substance abuse is one of the biggest problems that parents of adolescents around the world have to deal with.

- Peer pressure is one of the significant factors that drive adolescents to take up smoking and drinking or to do drugs.
- The tendency to take risk encourages most teens to try smoking or drinking even before they are of legal age.
- What may start as a 'thrill', can become a habit if it remains unchecked.
- If there is somebody who smokes or drinks at home, they can become your teen's role models.
- Poor self-esteem and the need to be 'cool' can push adolescents to smoke or drink.

- Easy access to substances like cigarettes, alcohol, drugs, and anabolic steroids may increase the temptation to try illicit substances.



**Solution:**

- Keep an eye on your child’s behavior. Look for erratic behavior and change in his or her appetite, sleep patterns, and moods.
- Do not spy on them or accuse them of any wrongdoing. Encourage them to talk and be honest. Tell them what your concerns are and discuss the problem with them.
- If your child is not willing to talk to you, 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 confrontational and threaten the kid.
- If necessary, get your adolescent the appropriate treatment.

**5. Educational challenges**

High school is not all about fashion, friends, and parties. Kids also have a lot of educational activities on their plate.

- Pressure to perform academically and obtain college admission can be stressful and make your teenager moody.
- Juggling school work, extra-curricular activities (must for college admissions) and chores at home can be tiring.
- Distractions at school can result in poor academic performance, which will add to the pressure.



**Solution:**

- Support your kid’s aspirations for college education as what they need is the encouragement to do well.
- You could cut down their household chores to enable them to focus on their school projects when needed.
- Nutrition and exercise can help them get the strength and endurance they need to get through the hectic high school period.

- If you feel your child is getting overwhelmed with his daily activities, cut down on a few tasks because adolescents still don't have the lung capacity of an adult and get tired sooner than a grown-up person.

## 6. Health problems

Adolescents are vulnerable emotionally and physically. Without proper nutrition and healthcare, they are susceptible to illnesses. According to a 2015 WHO report, 1.3 million adolescents died in 2015, a majority of who had preventable diseases.

- Teenagers have a hectic schedule as they hop from one activity to another with little time to eat or rest properly. Unhealthy eating habits prevent them from getting the nutrition they need.
- Consciousness about their body can lead to eating disorders, especially in girls. Adolescent girls who worry about their weight and appearance can develop disorders like anorexia or bulimia. Stress can also lead to loss of appetite and sleeplessness in young children.
- Unhealthy eating habits and a less active lifestyle could also lead to obesity – this is often the case when your child consumes a lot of empty calories through fast food and sodas.



### **Solution:**

Parental guidance can help abate health problems in adolescence to maintain a healthy lifestyle. Lead by example and encourage your children to eat healthy food, exercise right and sleep on time.

- Ensure they get nutrition through their meals. Give them a balanced diet.
- Be there for them emotionally and physically as this will help them deal with any possible disorders.

## 7. Psychological problems

Research has revealed that around 50% of mental health disorders that adults have, begin at the age of 14. In fact, one-third of adolescent deaths are suicides triggered by depression (1). If your child is overly moody and is not eating or sleeping at all, it is imperative you get professional help for them.

- Teenagers may have self-esteem or confidence issues. The feelings of inferiority or superiority often arise from their appearance, and acceptance of their body – skin color, beauty, and figure.

- Poor performance in academics and low IQ can also demotivate them. They develop the ‘I’m not good enough’ attitude towards life.
- Depression is one of the common psychological problems associated with adolescence.
- The stress and pressure of adolescence can create anxiety related issues, while mood swings can lead to conduct disorder or oppositional defiant disorder.
- Eating disorders are also psychosomatic as they start with the adolescent having a poor self-image and the need to change the way they look by any means.



### **Solution:**

While moodiness and temper tantrums are normal in teenage girls and boys, they may not always be what they seem. Identifying symptoms of psychological problems in adolescence is not easy and needs the eye of an expert.

- Most of the time, talking about the problems and maintaining a healthy lifestyle can prevent the onset of depression.
- If your child is overly moody and cynical, it is time to intervene and seek professional help if necessary.
- Sometimes, your teenage girl or boy may be unhappy only at home, and doing fine outside. Talk to the child’s teachers and friends to know if they are moody and disoriented at school as well. If they are, then it is a cause for concern.
- Do not brush away their feelings, as that can make things worse.
- Encourage them to communicate with you. For this, you need to talk to them. If you think your child would not take it easy, talk to him in the car where the chances of confrontation are fewer as you are not face-to-face.

### **8. Social problems – dating and relationships**

Attraction to the opposite sex begins during puberty. Adolescence is the time when their sexual or reproductive organs start developing. At such a vulnerable time, it is but natural for kids to feel awkward in social situations.

- Teenagers want to have an identity of their own. They tend to look up to role models at home or outside.
- Adolescents also start thinking about what is ‘right’ and ‘wrong’ and question your take on certain things.

- They need time to understand and get comfortable with their sexuality. Girls and boys start experiencing ‘weird’ feelings towards the other sex and may not know what to do about it.
- This is the time they start dating. Your adolescent may not be comfortable talking to you about it and may go with little information or misinformation they have about it.
- Competition is another important aspect of a teenager’s social life. Your child may compete with her peers in about anything and everything. Their spirit of competition speaks a lot about their perception of self – whether they have a positive self-esteem or a negative one.
- Sexual feelings and thoughts of sex may seem wrong to an adolescent, because of which they may feel guilty.
- Their social circle expands during this time as they seem occupied interacting with friends on social media sites, through their phone and outside.



### **Solution:**

Here is how you can deal with social problems of adolescence –

- Dating, romance, and sex are delicate issues that your teenager may not be comfortable talking about. Don't make it more awkward for your child. Be confident and rational when discussing the subject.
- Your child may seem to spend more time outside than with you. Accept that your adolescents are discovering a whole new world. Just let them know you are there when they need you.
- Sharing your dating and social life experiences in school can put them at ease sometimes.

To be continued ....

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