The Change in Lifestyle During Adolescence and Teenage by Raj

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Adolescence and teenage are two crucial stages of development and growth which have maximum impact on childrenâ€™s personality, thinking and understanding. Both these stages are vital for any child because it determines their course of future and career choice they probably will make in times to come. During these biological developments youngsters tend to experience myriad changes and undergo phenomenal morphing. Their behavior, attitude towards family and friends and understanding of the outside world change dramatically. For adolescents and teens it is a time when rapid changes come in them physically and emotionally.

This is a sign of growth and a symbol of maturity. Children start taking their own decisions gradually, though not all are the perfect ones but itâ€™s a start for each and every one of them. The upheaval in their thinking brings drastic changes in any family and attitude of family members too changes with it. Such kind of shifts in comprehension, thinking and understanding are inevitable in every household where growing children are present. The numerous changes which show up during such phases of growth also bring various problems with it too. They get self-conscious and start choosing what kind of lifestyle they should have in future. Parents always make their children learn the importance of education, discipline and comprehension; they do learn all these facts of life slowly with time.

Lifestyle of children makes an enormous impact on their life no matter how much they learn or get counseled by parents and teachers. Children start making their choices about the clothes they would like to wear, the kind of food they will eat and many other demands too spur up within no time. Food and clothing represent a personâ€™s personality and understanding. There is a rapid growth in their height and weight along with secondary sexual characteristics. Adolescents during these growth spurts tend to sleep longer than usual and often feel clumsy about their undimensional growth. There are numerous cases where many teens and adolescents develop eating disorders, especially among girls (only few cases) because they get extremely conscious about themselves. Anorexia nervosa (starvation) and bulimia (over-eating and vomiting) are two very common diseases which happen to adolescents.

Their attitude and behavior towards the opposite gender dramatically changes as both sexes get attracted towards each other which is a natural phenomenon. As parents of developing teens they shouldnâ€™t demotivate them in any way so that teens will resent their situation. Physical activities should be encouraged and honest as well as loyalty should brew up as they grow into adults. During this period adolescents tend to withdraw themselves from relatives and they donâ€™t like any kind of interference with their life. They require their own personal space which should be respected by parents. Grooming habits become a sore for parents in such times as they take more than the usual time to get ready for any gathering or family function. The reason is that they try to take control of their fast growing body which grows rapidly, thus parents need to be patient with them. Therefore lifestyle is also an important issue when a talk about adolescents comes up. Parents need to extra caring during these times because their growth is of vital importance for them.

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