

ADOLESCENCE – THE MOST DIFFICULT PERIOD OF LIFE

According to Kilpatrick “ Adolescence is the most difficult period of life.” It can be explained with the help of following points –

- 1. In this period, there is highest development of child delinquency and use of narcotics and drugs.**
- 2. Due to lack of adjustment number of mental diseases is highest in adolescents comparison to other stages.**
- 3. There is vast range of changes in emotions and intensions of adolescence. Their behaviour is indifferent so, it is not easy to understand them.**
- 4. Adolescents experiences struggle in values, ideals and emotions which results in dilemma.**
- 5. Adolescents behaviour found to be in both stages childhood and adult but he is nither regarded regarded as child nor adult.**

- 6. The physical development is highest at this stage which results in anger, irritation, sadness, anxiety, fear etc.**
- 7. Family life is difficult because he want to be independent but not supposed to do so and have to obey elders.**
- 8. There are highest changes in emotions such as feelings, thoughts and interests which were never observed before.**
- 9. There is likely to increase in bad habits like indiscipline, rudeness, shouting, hungerness, unhygienic etc**