

REMEDIES TO THE PROBLEMS OF **ADOLESCENCE**

- 1. The guardians, principals, teachers should fulfill their valid needs in family and school respectively.**
- 2. The remedies to the problems of biological needs are sex education, arrangement of creative tasks and favourable environment.**
- 3. Adolescence want freedom but parents want to control them; the only remedy to this problem is that they should be treated with love, sympathy and cooperation. Adolescents should be given the freedom to their own way, but according to social norms.**
- 4. To solve the problem of adjustment the adolescents should be told about distinction between good and bad, the proper and improper and this distinction should not be made out by words but by deeds.**
- 5. Adolescents faces the problem of self respect and status. In order to evade this situation that adolescents are treated friendly and no such thing should be done which may hurt their self respect. It is also necessary that the guardians make them participate in domestic decisions and teachers in school decisions.**

- 6. The best remedy to solve the problem of anxiety for future is to provide them individual, educational and vocational guidance.**
- 7. Adolescents lacks moral development, the remedy is construction of favourable environment and freedom of selection of ideals and values and still if an adolescent choose to follow immorality then second remedy is to control but control should be based on love and logic.**