

## **Understanding Transition among the Teens - The Role of Society in Bridging Spaces of Communication**

**Dr. M.R. Thimmappa Gowda**

*Lecturer Department of History Government Arts, Commerce & Post graduate College (Autonomous) Hassan-573201 Karnataka state*

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**Abstract:** *This paper examines the issues concerning teenage children & addresses the preventive solutions to transitional period. Teenagers face several real concerns, between 13 and 19 years of age, as this is considered as the most uncomfortable growth stage of their lives. During this time, teens are exposed to some overwhelming external and internal struggles both physically & mentally. They are expected to cope with hormonal changes, puberty, social and parental forces, work and school pressures, and so on. Teens have an aversion to their opinion sharing on dating, gender intimacy, sex, drugs, alcohol etc with parents or siblings. They avoid talking on these issues considering them to be too susceptible to be shared. Several problems relating to these issues become larger than life & teens fall to prey to evil effects of these abuses. Several of them are caused by bad friendship & several are caused out of sheer curiosity. Hence spying, cross questioning, checking with friends or doubting their movements will hamper the attachment, leading to defiant behaviors such as lying, stealing, hiding and being disrespectful. Hence a good communication can foster a relationship of trust & respect, society knows that trust is the foundation of any relationship.*

**Keywords:** *teenage concerns, Understanding transition, bridging spaces of communication, role of society,*

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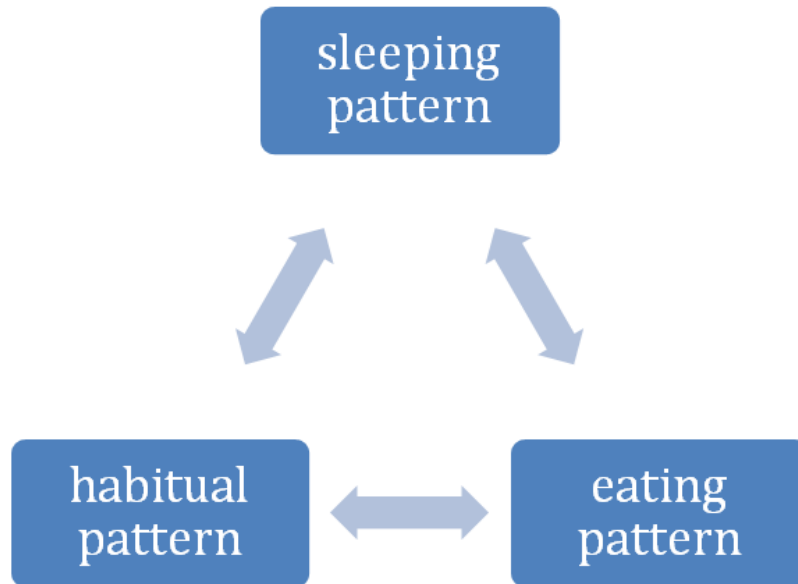
### **I. Introduction**

Many teens feel misconstrued by their parents & friends hence move towards fatal decisions.. It is essential that their outlook and opinion are corroborative and that the validation comes from their parents. Parents need to approach their children, who have been dealing with teenage growth issues, carefully and in a friendly manner to discuss the concern. The teenage concerns are identified by society & the society can support the teens throughout this period & this positive support can support the teens towards healthy growth. Several fatalities occur during this period as this is a period of experimentation & testing. The Teens are very curious as they want to experiment with almost everything they come across. Hence transferring knowledge about teenage pregnancy, teenage frustrations, teenage psychological disturbances, physical irritations, gender sensitive issues, etc is needed. The mutual respect on each other will also be supportive to improve relationships & bridge the space in relationship communication.

**The common teenage problems that teenagers face today are usually related to:**

- Self-Esteem and Body Image
- Stress
- Depression
- Cyber Addiction
- Drinking and Smoking
- Teen Pregnancy
- Underage Sex
- Defiant Behaviors
- Peer-Pressure and Competition

Youth face problems relating to family and health an early identification in their



Changes in sleeping pattern , eating pattern , habitual pattern are discernible hence have to be identified immediately.

Parent’s teachers and society come across some or the other behavioral changes in youth have to take immediate action to solve them.

**Parental identification of teenage concerns-** Parents come across behavioral change in

1. eating
2. studying
3. dressing
4. sleeping
5. talking
6. relationship management

**Dealing with teenage issues at school-** Teachers come across behavioral change in

1. Declining class attendance
2. Falling academic performance
3. Increasing dropout rate
4. Failing health & related issues
5. Poor class concentration

Society comes across behavioral change in

1.	aggressive behavior
2.	preferred isolation
3.	decline in normal activities
4.	declining relationship management
5.	doubting relationships
6.	inconsistency in decisions

**Teens reactions to parental criticism-** The facts that teens are highly sensitive & receptive during this period have to be understood by their parents, guardians as well as society as a whole. Parental preventive actions such as criticizing, / condemning, / reproofing their behaviour, their dress sense, their personal decisions or their companionship associations will immediately ignite dissatisfaction among teens which sometimes lead to fatal decisions such as suicide or self destruction. Therefore understanding transition is a vital factor in containing teen suicides. Their behavioral changes as seen through

1. Anger,
2. Confusion,
3. Jealousy,
4. Non-Compliant Attitudes,
5. Dislike towards their Parents or elders,

6. Secrecy
7. High Privacy etc.

are few examples of emotions or feelings they have. Defiant behaviors results from their inability to appropriately deal with the intensity of these emotions and aggravate common teenage problems

**Role of society** -Parents, guardians & society need to understand that teenage is an age of experimentation. Teens are very curious as they want to experiment with almost everything they come across. Hence transferring knowledge about teenage pregnancy, teenage frustrations, teenage psychological disturbances, physical irritations, gender sensitive issues, etc is needed. The mutual respect on each other will also be supportive to improve relationships & bridge the gap in relationship communication. This gives them self respect & self confidence the fact that the family is supporting me itself will boost self confidence. Hence parents & teens need to improve their relationships through mutual respect & approval. As it is evidenced parental criticism has been the imperative cause for teen suicide, parents need to keep their criticisms positive & affirmative. This also helps to build a stronger bond in the family. Even if a teen undergoes negative thoughts this kind of mutual understanding will resolve the issues.

A healthy relationship between the child and parents is the most essential during the teenage years. Communication is the key to developing a rapport, which results in the child feeling comfortable talking to their parents. Finding the correct balance between being a friend and a parent is important as this will help develop the required rapport.

**Physical concerns** - teens facing body image concerns like being too fat, too skinny, too tall or too short will benefitted from balanced approach towards parenting, which may stem from good rapport. Trust is the foundation of any relationship. Spying, cross questioning/checking with friends or doubting will hamper the bond, leading to defiant behaviors such as lying, stealing, hiding and being disrespectful. It is important to accept your teens as they are and to build trust in them. This will help them trust and accept themselves as well as those in their immediate environment.

The role of parents in understanding & identifying teenage issues will initiate from forming a right communication channel. This enhances the self confidence among the children & siblings as well. The teen can be made to share his experience of ragging, bullying, peer pressures, abusive behavior of friends etc with the family openly. A clear communication can make him share all his thought opening up with family will release half the mental tension & his hear becomes more light & disburdened. Teens have an aversion to their opinion sharing on dating, gender intimacy , sex , drugs , alcohol etc with parents or siblings. They avoid talking on these issues considering them to be too susceptible to be shared. Several problems relating to these issues become larger than life & teens fall to prey to evil effects of these abuses. Several of them are caused by bad friendship & several are caused out of sheer curiosity. Hence a good communication can foster a relationship of trust & respect.

Besides the professional help can be gained by families or Academic Institutions to give counseling support children who cannot open up with their parents / guardians / teachers can open up in front of these professional counselors. Teen students are to be informed in schools towards getting professional counseling support inside the school campus. As some schools & colleges have trained teacher counselors & higher educational Institutions have counseling cells inside the college premises hence it becomes easier to get help of the counselors.

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## **II. Conclusion**

Thus a healthy affiliation between the teen and parents, teen & society is the most essential factor during the teenage years. Good communication is the key to developing a understanding, which bridges the gap of communication. The mutual respect on each other will also be supportive to improve relationships & bridge the gap in relationship communication. This gives them self respect & self confidence the fact that the family is supporting me itself will boost self confidence. Hence parents & teens need to improve their relationships through mutual respect & approval. As it is evidenced parental criticism has been the imperative cause for teen suicide, parents need to keep their criticisms positive & affirmative. This also helps to build a stronger bond in the family. Even if a teen undergoes negative thoughts this kind of mutual understanding will resolve the issues. A balanced approach towards parenting, which may stem from good rapport, is required during teenage. Trust is

the foundation of any relationship. Spying, cross questioning/checking with friends or doubting will hamper the bond, leading to defiant behaviors such as lying, stealing, hiding and being disrespectful. Hence a society with good initiatives towards teen upbringing can support the overall health of the teens.

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