



ADOLESCENT'S HEALTH

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Abstract

Adolescence, these years from puberty to adulthood. The period following the onset of puberty during which a young person develops from a child into an adult. Adolescence (from Latin adolescere, meaning "to grow up") is a transitional stage of physical and psychological human development that generally occurs. Two important issues influence how adolescent health will be approached in the coming decade. First, the adolescent population is becoming more ethnically diverse, with rapid increases in the numbers of Hispanic and Asian American youth. The growing ethnic diversity will require cultural responsiveness to health care needs and sharpened attention to disparate health and academic outcomes, which are correlated with poverty, especially among adolescents from minority racial and ethnic groups. The second emerging issue is the increased focus on the use of positive youth development interventions for preventing adolescent health risk behaviors. Youth development interventions can be briefly defined as the intentional process of providing all youth with the support, relationships, experiences, resources, and opportunities needed to become successful and competent adults. There is growing empirical evidence that well-designed youth development interventions can lead to positive outcomes. A healthy body cannot be built with burgers and fries. Healthy food and exercise is the fuel needed to fight disease and keep people strong and active. Good nutrition is an important part of leading a healthy lifestyle. Combined with physical activity, balanced diet can help to reach and maintain a healthy weight and reduce the risk of chronic diseases (like heart disease and cancer). Eating a well-balanced diet can reduce the risk of various diseases and help to keep a healthy weight. It's important to eat a good diet to have healthy future. A healthy diet is the basis for a well-functioning body. Research shows that healthy diet and regular exercise have an impact on our quality life with good physique. Healthy food eating is considered as one of the most important concept of our everyday living. Without which we can't expect the life to exist. Healthy and balanced nutrition is important for adolescent's health. So with the knowledge of nutrition adolescents can lead a happy and prosperous Life.

Keywords: Improve The Healthy Development, Health, Safety, And Well-Being of Adolescents And Young Adults.

INTRODUCTION

Adolescence can be a time of both disorientation and discovery. The transitional period can bring up issues of independence and self-identity; many adolescents and their peers face tough choices regarding schoolwork, sexuality, drugs, alcohol, and social life. Adolescence (from Latin adolescere, meaning "to grow up") is a transitional stage of physical and psychological human development that generally occurs during the period from puberty to legal adulthood (age of majority). WHO identifies adolescence as the period in human growth and development that occurs after childhood and before adulthood, from ages 10 to 19. The adolescent stage can be challenging for kids and parents. Psychologists have come to recognize that adolescence is a unique period of human development. There has been a vast amount of material written about adolescence, yet the behavior of adolescents has too often been ignored as a subject of scientific inquiry. Some adults are frustrated in their attempt to understand much of the behavior of adolescents. The criminal justice system has had its hands full with the increase in juvenile crimes. Young adolescents who are going through some very unique changes in their development are committing these crimes. The factors involved are critical in the influence and the shape of adolescent life. Adolescence is the most difficult and confusing phase of life.

INTRISTING ASPECTS OF ADOLESCENCE

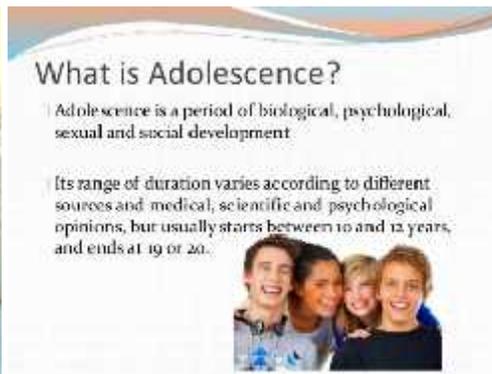
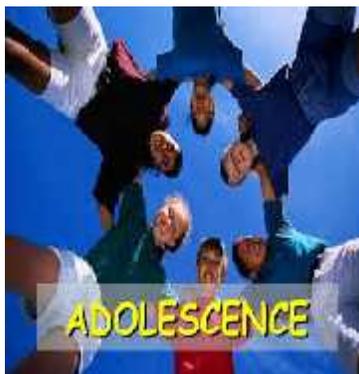
Adolescence is a long period in a person's life when they are making the transition from childhood to adulthood. Physical and biological changes that occur during adolescence are a rapid growth in height and weight, changes in body proportions and form, and attainment of sexual maturity. Hormonal changes during this time are associated with height. Adolescence is a transitional stage of physical and psychological human development, occurring during the period from puberty to legal adulthood. Also, the habit you develop from when you are young or the habits you observe can reflect onto you during adolescence. Adolescence is the transitional period between puberty and adulthood. Teenagers experience many changes and challenges that can make adolescence a stressful time. Adolescence is a stage of one's life that will not last forever. When adolescence comes to mind many people think of rebellion, parties, drugs, sex, hanging out with friends, having "good times", and having fun. Many people wish that they could be adolescence forever.

DISCOMFORTS

Depression in Adolescence is common due to Changes in Physical Appearance. One of the reasons for depression may be physical body changes that occur during adolescence. Depression is a major problem with our adolescents and the number of incidences is growing. Teenagers go through some of the biggest changes in their lives including attending high school and being forced to deal with being little in a school again. They go through major hormonal changes while their bodies develop and grow. Their daily life is full of increased pressure from peers and parents. These are major decisions and changes that they have never experienced before. These can cause some serious repercussions. There are many common changes that occur during adolescence, such as voice changes, hair growth, and bar mitzvah's. For one thing, an adolescent is in a period of development in which he/she characteristically is seeking autonomy and selfhood. In part of this development, a child in adolescence also is gathering information on what society expects of him/her, and what he/she expects of society. Other than trying to find one's self, an adolescent is pressured into learning new sex roles, as the child moves into puberty and becomes sexually active. Puberty is the start of some dramatic physical changes. Puberty is the rapid physical maturation that involves hormonal and bodily changes that occur primarily during early adolescence. Physical changes by themselves are hard to deal with. The worst part about physical changes in adolescence is comparing one's self to others and the feeling of not being good enough. Adolescence is the time period for the most physical changes in body proportions, primary characteristics, and secondary sexual characteristics. These changes effect how a young adult will go though and succeed in life. Among both children and adolescents, depressive disorders confer an increased risk for illness.

THE CAUSE AND EFFECTS OF TEEN STRESS

With the beginning stages of stress, teenagers start to feel overly self-conscious. Stress is brought out more in teens when parents are constantly pressuring their children for answers to questions dealing with life. Then teens put pressure on themselves thinking about who to hang out with and how to set priorities. In today's life, teens are more often to try drugs. Stress occurs when our body reacts to change. Family is the most important thing yet it's still stressing. Stress is a normal thing that teens go through; but too much will have negative results. Stress is an integral part of life. Stress is known to cause various psychiatric disorders involving anxiety and depression, including posttraumatic stress disorder, major depression, generalized anxiety, and multiple personality disorders. In the first stage of stress, alarm, the body mobilizes its "fight or flight" defenses, either to resist or to protest. Stress causes mental or physical tension or strain. In a sense, stress causes a restrictive hold on the body and mind, which causes a person to act in ways that are out of the norm for them. Cognitive effects include difficulty with decision-making, concentration, and memory processes. Stress can be caused by many factors, including poor diet, lack of sleep, rigorous schedules, etc. A great deal of worker stress is caused by stressors in the environment of the work organization. Adolescents are faced with many difficult life decisions which, when coupled with their lack of self-knowledge, cause identity crises. Adolescents are sometimes confused about how they feel, and thus, they tend to act out in either passive or outrageous ways such as dyeing their hair in different colors or even strange ways of wearing pants. Adolescence are in a stage full of uncertainties; therefore, teenagers feel the need to find something that they can cling to which would make them feel like they belong somewhere or to something in the society. As a result, adolescents often find ways to conform by forming a small clique or crowd. Besides forming a clique or a crowd, they may look to other alternatives which would influence the paths of life that they want to take. Example of such alternatives could be celebrities, teachers, relatives or maybe other role models in society. Fashion is a big role in Adolescent's lives. At one time or another, most adolescent choose to go along with group expectations. From the peer group, adolescents receive feedback about their abilities. Family preparation for adolescence health supervision, Health professionals can help adolescents and families prepare for health supervision visits. This preparation supports a partnership in which the health professional and the adolescent and family share responsibility.



STAY HEALTHY, STAY HAPPY WITH MOUTHWATERING RECIPES.



HOME MADE GOOD NUTRITIOUS FOOD CAN MAKE WONDERS IN ADOLESCENT'S LIVES. HEALTH IS WEALTH.

Health professionals should remind adolescents and families of their strengths during the health supervision visit. Strengths and issues for the adolescent, family, and community are interrelated and interdependent.

Healthy Adolescent - Has good physical health and nutrition , Maintains an appropriate weight Develops a positive body image Develops healthy habits and personal responsibility for health Receives regular oral health care Participates in physical activity regularly Has a positive attitude Develops anger management skills Engages in safe, ageappropriate experimentation Has confidants and develops capacity for intimacy Exhibits social competence Experiences hope, joy,



success, love Has high self-esteem and expects personal success Learns stress management skills Demonstrates appropriate level of independence Develops individual identity Respects rights and needs of others Establishes educational and vocational goals.

Family support- Meets adolescent's basic needs (food, shelter, clothing, safety, health care) Provides strong, nurturing family Provides value system and role models Understands and accepts changes in feelings and moods during adolescence Supports activities that enhance adolescent's self-image Spends individual time with adolescent Praises adolescent's efforts and achievements Affirms adolescent's feeling of being loved Encourages adolescent's development of close friendships Recognizes changing roles of parent(s), adolescent, family Serves nutritious family meals on a regular basis Provides sexuality education at home Encourages adolescent's increasing independence, responsibility, and need for privacy Develops balance between support, acceptance, and appropriate limits Supports adolescent's educational and vocational goals.

Support from Community- Provides quality educational and vocational opportunities for all adolescents and families Provides activities for adolescents (recreational, sports, educational, social, cultural) Promotes physical activity (provides safe areas for recreation) Provides support for families with special needs Provides comprehensive health education and services Provides integrated systems of accessible adolescent health care Provides outreach to uninsured and underinsured adolescents and facilitates enrollment in health insurance programs and access to care Recognizes autonomy of adolescents (legal rights, confidential care) Provides an environment free of hazards Passes and enforces legislation to protect adolescents (alcohol, tobacco, gun control; mandated safety belt/helmet use; graduated driver's license) Ensures that neighborhoods are safe Provides affordable housing and public transportation Fluoridates drinking water Promotes positive ethnic/cultural environment The behavioral patterns established during these developmental periods help determine young people's current health status and their risk for developing chronic diseases in adulthood.

Although adolescence and young adulthood are generally healthy times of life, several important public health and social problems either peak or start during these years. Examples include:

- Homicide
- Suicide
- Motor vehicle crashes, including those caused by drinking and driving
- Substance use and abuse
- Smoking
- Sexually transmitted infections, including human immunodeficiency virus (HIV)
- Teen and unplanned pregnancies
- Homelessness

Because they are in developmental transition, adolescents and young adults are particularly sensitive to environmental—that is, contextual or surrounding—influences. Environmental factors, including family, peer group, school, neighborhood, policies, and societal cues, can either support or challenge young people's health or well-being. Addressing the positive development of young people facilitates their adoption of healthy behaviors and helps to ensure a healthy and productive future adult population.

UNDERSTANDING ADOLESCENT HEALTH

The leading causes of illness and death among adolescents and young adults are largely preventable. Health outcomes for adolescents and young adults are grounded in their social environments and are frequently mediated by their behaviors. Behaviors of young people are influenced at the individual, peer, family, school, community, and societal levels.

As illustrated by the following examples of research findings, health outcomes are linked to multiple environmental factors.

Family

- Adolescents who perceive that they have good communication and are bonded with an adult are less likely to engage in risky behaviors.
- Parents who provide supervision and are involved with their adolescents' activities are promoting a safe environment in which to explore opportunities.
- The children of families living in poverty are more likely to have health conditions and poorer health status, as well as less access to and utilization of health care.
- School
- Academic success and achievement are strong predictors of overall adult health outcomes. Proficient academic skills are associated with lower rates of risky behaviors and higher rates of healthy behaviors. High school graduation



leads to lower rates of health problems and risk for incarceration, as well as enhanced financial stability during adulthood.

- The school social environment affects students' attendance, academic achievement, and behavior. A safe and healthy school environment promotes student engagement and protects against risky behaviors and dropping out.

EMERGING ISSUES IN ADOLESCENT HEALTH

Two important issues influence how adolescent health will be approached in the coming decade. First, the adolescent population is becoming more ethnically diverse, with rapid increases in the numbers of youth. The growing ethnic diversity will require cultural responsiveness to health care needs and sharpened attention to disparate health and academic outcomes, which are correlated with poverty, especially among adolescents from minority racial and ethnic groups.

The second emerging issue is the increased focus on the use of positive youth development interventions for preventing adolescent health risk behaviors. Youth development interventions can be briefly defined as the intentional process of providing all youth with the support, relationships, experiences, resources, and opportunities needed to become successful and competent adults. There is growing empirical evidence that well-designed youth development interventions can lead to positive outcomes. Ongoing, rigorous evaluation will determine what works, why it works, and how successful interventions can be applied.

CONCLUSION

In order to improve the healthy development of Nation, health, safety, and well-being of adolescents and young adults, war front care and attention should be given to the younger adults in all aspects. Adolescents have bright future, since they are in more numbers. That will help for the national health promotion and development.

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