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Factors of building personality in adolescents

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Abstract

This scientific research provides information about the features of physical, emotional and social factors in adolescents and discusses the manifestation of physical features and the effects of internal glandular secretions in physical changes, and the speediness in the physical growth due to high glandular secretions. In physical factors, the structure of sex organs, sexual arousal and the growth of genitals.

The article provides information regarding the importance of sleep and food for physical growth and as well as the number of sleep hours and food calories for adolescents. According to recent studies, the brain growth completes in adolescents which has been mentioned in the article, and in another part of the article, growth manifestation of stimulators, features of stimulators, and effective factors of stimulation have been mentioned as well. In the last part of the article, features of social factors and the effects of family, school and media on them have also been considered.

Keywords: Adolescents, glands, growth, physical, psychological, sex organs, adulthood

1. Introductions

Some changes that occur are worth mentioning throughout the lives of everyone, one of them is the occurrence of being adult or getting sexual arousal. Most changes in body in one's life appear during the adolescence; such as the process of adulthood, during which the child organisms gradually get similar to adults. This process is full of many physical and psychological problems.

The occurrence of other physical changes in one's body are not visible. Indeed, these changes only affect the sentiments and deeds of the adolescents and build the basis of one's future personality.

In adolescents, the functions of internal glands such as hypophysis, thyroid, and gonadal increase, due to the increasing functions, human physical growth also increase and thus quick movement comes into existence in the physical structure of humans. Along with the physical growth, emotional and social growth also take place and transfer humans from the childhood period into the period of adolescence.

2. Objectives

- Researching all-sided growth of adolescents
- Introducing personality building factors of the adolescents to teachers and families, so they can realize them
- Drawing the attention of teachers to the demands of each phase of life

3. Discussion

3.1 Recognizing Physical Growth in adolescents

In human beings, most physical changes take place during the youth of human beings. However, these quick changes are not the same in all adolescents, indeed, it is associated with ethnic, physical, genetic, and food variety of people and in this phase of life, the body strength changes very quickly which casts impact on their psychological condition. (5: 29)

In 1977, Kanger said that adolescence and puberty starts with biological factors and grows under cultural effects.

Adolescence is a term that is used for the time between childhood and manhood and starts with the development of genital organs and continues until the second decade of life and generally, this period starts at the ages 12 to 13 and continues to the ages of 18-17.

Aristotle had determined the limit between adolescents and 21 year-olds. He said that during this phase, the young develop skills in order to choose something logically and supervise it, the young do not supervise their work just for popularity or enjoyment as the children choose something temporarily and then ignore and quit doing it. (6:107)

A psychological researcher has named the age of (12-18) as an unrelaxed age because one is neither a child nor completely adult and thus he/she is not self-confident at all.

3.2 The quality of height and weight in adolescents

Girls in comparison to boys grow quickly, girls' weight increases when they are around 12 and boys' weight increases when they are around 14. Girls 98% final growth completes when they reach the age of 17 while the boys complete the mentioned growth in the age of 18. Scientific studies have shown that height and weight of children of the present time have increased in comparison with the previous children of 60 -70 years ago. Right now, in the United States of America, a boy's height reaches 55.1 centimeter and in some others it reaches 65.1 centimeter.

The findings of research conducted on the young shows that in comparison with the children of hundred years ago, the children of the present time who are 16 years-old, have 6.3 – 8.8 centimeter increase in their height, and a healthy girl has an increase of (2.5-3.1) centimeter in her height in comparison with her mother. (11:184 – 185)

3.3 Sex Organs Growth in Adolescents

In adolescents, with the start of puberty, sudden physical growth is accompanied with primary and secondary changes. The first change is associated with sex organs which includes the secretion of sperm in boys and production and growth of breast buds in girls which are called the distinct structures of primary reproductive organs. In secondary characteristics include the functions of organism and structure characteristics that is the growth of breasts in girls and change of voice and hair in boys.

In London, Tenure Studies have shown that during the adolescence, the growth of genitals in boys begins in age of 12 and growth of breasts in girls begins at the age of 11. The width and length of genital organs also change at the ages of 14 and 16. This phase takes three years until the puberty completes. In some boys, this phase lasts 1.8 years and in some others, it lasts 4.7 years. (11:113, 13: 167)

The stimulation and growth of reproductive organs and preparation for reproducing a child is worth discussion. These changes occur through the hormones which are secreted from three of the internal glands of secretions namely, Hypothalamus, adrenal (the smallest) and gonadal (place of sperm and testicles).

From the first part, Hypothalamus glands secrete a collection of hormones called Gonadotropin which directly affect and strengthen the reproductive organs, and as a result, they start producing sperm and an ovum.

The highest glands, adrenal secrete hormones in the skin which stimulates the reproductive organs. (2: 87)

3.4 The effect of glands on the growth of adolescents

If the secretions of Hypophysis glands lessen, reproductive glands get smaller, the breasts do not grow and it causes decrease in the milk production. In case of a lot of secretions, face, nose, hands and feet bones lengthen too

much and causes the sexual inability in adolescents. The secretions of Hypophysis gland also has effect on the height of adolescents. (3: 276)

The first monthly period of girls occur at the age of 13 and the sexual growth lasts until the age of 16. The sexual glands of boys are called testicles and the sexual glands of girls are called ovary and have an important effect on physical and spiritual growth. (9: 39)

Three important structures are responsible for adulthood. Hypothalamus is a part of brain, Hypothalamus and sexual glands (testicles and Ovaries), Hypothalamus produces the chemical materials which stimulate the sexual glands, after that, sexual glands produce the hormones which bring about bodily changes during the phase of adulthood and they cause the changes at the time of adulthood. (9:35)

3.5 Brain Completion in Adolescents

Brain specialists have concluded that brains do not completely grow until the phase of adulthood, therefore, brain cells are unable to have an impact on sentimental, physical and brain abilities. (10:84)

Cerebrum is located in the central part of the nervous system and is composed of two hemispheres and each hemisphere is divided into four lobes.

During the phase of the youth, three lobes from the mentioned four lobes are the frontal lobe, middle lobe and shaggy lobe. Decisions, judgment and nervous messages are observed in the middle lobe and the said lobe grows completely at the age of 20. (12: 288)

3.6 Adolescents needs for sleep and food

Studies have shown that girls at the ages of 10-15, need 25% extra calories and boys at the ages of 10-19 who are very strong, need 90% extra calories. Thus, a male adolescent needs 2500-3000 calories a day and a girl needs around 2200 calories a day.

The body of every adolescent must gain 1200-1500 mg calcium which are found sufficiently in milk and dairies, girls also need 15 mg iron, some vitamins and proteins for their rapid growth which are found in green vegetables, fruit and cereals. (12: 218-219)

In sleeplessness, the sympathetic part of the brain is stimulated which as a result, disorganizes the amount of the usual activity of the thyroid and adrenal glands. If adolescents do not get enough sleep, they will develop the disease of heart arteries. In addition to it, sleeplessness and not getting enough sleep cause weight loss, and high blood pressure. Experiments have shown if women sleep for less than 3-5 hours and men sleep for less than 4-5 hours, they will have 15 percent higher death rate. Getting enough sleep is really necessary for good health. The adolescents at the ages of around 13-20 must sleep for 9-10 hours during 24 hours as it has a useful impact on their psychological condition. (1: 362-363)

3.7 Emotional Growth of Adolescents

At the beginning of twentieth century, based on research and observations on a number of adolescents, Stanley Hall concluded that the phase of adolescents is a phase in which a person is very emotional in his behavior and attitude and this emotional warning is considered to be one of their characteristics. (1:7)

The emotional growth is shown by following characteristics

- 3.7.1** The sentiments and emotions of adolescents become violent and difficult.
- 3.7.2** Adolescents are quickly affected by the emotional movements which is the result of the imbalance in the secretions of the internal glands and change in their movements according to the environment. On one hand, an adolescent wants to show childish movements and acts and on the other hand, cannot adapt themselves with the present environment. When their behavior and actions come under the criticism, they feel unrelaxed, shed tears secretly or in public and get depressed. Whenever they want to talk to their peers or are told to read an article, they feel unrelaxed and bored.
- 3.7.3** When an adolescent hesitates to show his/her emotions to people, and cannot express himself due to the fear from the criticism of people, he/she starts deep thinking about his concerns and goes away from people. If the hopes and daily demands of adolescents do not meet their expectations, they get disappointed.
- 3.7.4** As the adolescents do not yet have the required experience for their adulthood, they do not have experience for expressing their sentiments and emotional reactions. For example, they cannot and do not know how to express their love to the opposite sex.
- 3.7.5** How adolescents seem to other people, particularly to the people of the opposite sex, and this situation occurs when an adolescent becomes considerably important to people who do not know him/her or when he is told to play a role among them. (7:49)

3.8 Effective factors on emotions of Adolescents

The sentiments of adolescents can be affected from various factors, the important ones are mentioned below:

3.8.1 Physiological Change

Internal and external physiological Changes are vivid changes of adolescents and the phase of adulthood caused by secretions. The symptoms of these changes can be clearly seen in the face and body of adolescents which either make them happy or concerned and this situation affects their sentiments.

3.8.2 Talent and brain Activities

In the last phase of adolescence, the growth of soberness decreases and various mental talents get better than each other and the perception toward the environment, which causes his/her emotional reactions, changes a lot.

3.8.3 Sexual Shared Life

Until the ages of Seven to twelve, girls separate from boys, but later at the phase of adolescence, they fall in love with each other. Adolescents suffer after the first phase of introduction with the opposite sex which damages the brain activities and also, the expansions of sexual demands affect the reactions of the sentiments and emotions of adolescents.

3.9.4 Family Relationship

The emotional growth of adolescents gets affected based on the quality of family relationships. Any type of violence

between the parents affects their emotions and the repetition of conflicts damages their growth. (4: 472:473).

3.9 Effective factors in the social life of adolescents

Social life of adolescents is effected by family, school and media. These effective factors are mentioned below:

A. Family Effect on Family Life of Adolescents

The adolescents, who live a life of extreme love under the supervision of parents, will encounter some problems. When an adolescent cannot manage to do something, he/she feels unable. If parents allowed them to live an independent life, they would never encounter such problems.

The experiment of Fitzsimons shows that effective factors that encounter a child with problems in his/her youth are mentioned below:

- Extreme attention of parents when they want something
- Being supported by parents when a child makes a mistake
- Praising him/her in front of others

A good family leaves their children alone with their peers at the time of training them and also, they should provide for their children, so they can live in natural environment and completely enjoy every phase of their lives.

An adolescent tries to make his social relationship free from family bans and expand his/her relationship with peers, friends and other people of the community and thus the relationship enters a new phase and gradually develops. (4:564-565) If the opinions of adolescents are praised, friendly environment can be created between the adolescents and their parents. Adolescents want to do things by themselves and we are not supposed to interfere in them, however, adolescents need help and cooperation of others in some activities which gives psychological strength to them. According to the opinion of Paizah, adolescence refers to the age when one enters the society of adults and learns from them. In this phase of age, adolescents know themselves well and therefore this phase is called self-understanding and phase of second life.

The research of Bloxma shows that the economic position of a family has a clear impact on youth. In this area, there is a clear difference between wealthy and poor, and educated and uneducated families, and this impact lasts until the end of life.

B. The effect of school on social life of adolescents

The school environment area is wider than the family environment area, as one can face meet other members of the community besides family members. School prepares conditions for adolescents to join their peers for the future.

In school, adolescents establish friendly relationship with some of their classmates, but may hate some of their classmates. In addition, they compare their studies with the studies of other classmates. They get accustomed with social activities and also knows the way of life, and learns how to live a life. They want to have good relationship with a number of teachers for social development while hate some of them. These relationship are established in various ways on the basis of teacher's personality and duty. The education level of a teacher is a good guide to solving the problems of adolescents. The teacher who gets angry at young students while teaching, actually finishes his/her love that the students have for him/her and it creates distance between the teacher and students.

Later, if the teacher tries as hard as possible to solve this problem, the distance between the teacher and students does not finish. Teachers are supposed to help adolescents in this phase of their life. The research of Anderson and Brioar show that necessary characteristics of teachers in social relationship are: (1. Interest with his/her profession and enjoying, 2. Love with the students and participation in their activities, 3. keeping in direct contact with students.) (4: 566-567).

C. The effect of Media on the Growth of Adolescents

Now in every corner of the world, social media such as radio, television, internet, computer, newspaper, magazines, and cinema play an important role in the intellectual, ethical, and psychological growth of adolescents and they have affected adolescents. In the present, youth adopt characteristics under the effects of social media reports considering their societies. In the previous societies, the young did not consider clothes highly important, but now they do not wear any type of clothes, they chose the color and style by themselves and do not buy something chosen by someone else, these are the impacts of social media.

Studies have shown, despite of positive impacts, cinema and television movies can cause misguidance. Violence, murders, crime, bloodshed, emotional stimulation and other scenes can create evil intentions in adolescents. (9:92).

4. Recommendations

1. Understanding physical, emotional and social factors of adolescents
2. Guiding adolescents in choosing friends
3. Establishing good relationship with someone rather than threatening them
4. Responding on time to the hopes and wishes of adolescents
5. Paving the way for jobs and recreation inside and outside the house for adolescents.

5. Conclusion

The term 'adolescence', the factors of manifestation of this phase and also the visible symptoms such as sexual growth, increase in weight, increase in height, brain completion, hair growth on specific parts of the body, change in voice, growth of the breasts, ovum and sperm production and etc. are the characteristics of this phase.

Getting sufficient sleep and high calories food for the growth of adolescents and the importance of brain growth features and also the phase of adolescence, the effect of secreting glands has a role in their bodily and sexual growth. Biological changes are caused by the growth of internal glands which effects their characteristics and also, the differences in the physical growth of girls and boys and sexual maturity are considered to be the clear characteristics of the physical growth in adolescents.

Besides the physical growth of adolescents, emotional forms and the symptoms of effective factors of emotions are also seen. The expansion of social relationships of an adolescent, the behavior of parents, school, mass media, cinema, and television movies have a major effect in making adolescents social.

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