

ADOLESCENCE

UNIT-II

The main headings are given in the **BLUE** color
Main Subheadings are given in the **YELLOW** color
Subheadings are given in the **Green** color

CHARACTERISTICS OF ADOLESCENCE

1) Adolescence is an important period

- Adolescence is important because of both the immediate and long-term effects and mental
- Rapid and important physical and mental development
- This gives rise to the need for mental adjustments, new attitudes, values, and interest

2) Adolescence is a transitional period

- Put away childish things and must also learn new patterns of behavior and attitude
- What happened earlier has its mark and will influence these new patterns of behavior and attitude
- Individuals' status is vague and then is confusion about the roles an individual is expected to play

3) Adolescence is a period of change

- The rate of change in attitude and behavior during adolescence parallels the rate of physical change
- Five universal change occurs during adolescence
 - ★ Heightened emotionality
 - ★ Rapid changes accompany sexual maturation
 - ★ Changes in body, interest, roles in the social group
 - ★ Interest and behavior patterns change
 - ★ Most adolescents are ambivalent about changes

4) Adolescence is a problematic age

- First, throughout childhood, these problems were met and solved by parents and teachers
- Second, as they want to feel independent, they demand the right to cope with their own problems, rebuffing attempts on the part of parents and teachers to help

5) Adolescence is a time of the search for identity

- Early, conformity is important, gradually, they begin to crave identity and no longer satisfied to be like their peers.
- One of the ways is to use status symbols such as cars, clothes, and readily observable material possessions.

6) Adolescence is a dreaded age

- Acceptance of cultural stereotypes of teenagers as sloppy, unrealistic, individuals inclined toward destructiveness, and antisocial behavior.

7) Adolescence is a time of unrealism

- They see themselves and others as they would like them to be rather than they are
- Unrealistic aspirations for themselves, families, friends
- With the increased ability to think rationally, and personal and social experience, they will start to think in a realistic way

8) Adolescence is the threshold of adulthood

- Anxious to shed the stereotype of teenagers and to create the impression that they are near-adults
- Dressing and acting like adults

DEVELOPMENTAL TASKS OF ADOLESCENCE

- The developmental tasks of adolescence are focused on overcoming childish attitudes and behavior patterns and preparing for adulthood
- Major changes occur in child's habitual attitudes and patterns of behavior
- The necessity for mastering developmental tasks in a short time is the reason for stress that plagues many adolescents
- It is difficult for adolescents to accept their physique
- Acceptance of the adult-approved sex role
- Achieving emotional independence
- They are economically dependent until they choose an occupation
- Most adolescents want to be accepted by their peers
- Preparation for marriage becomes one of the most important developmental tasks of the adolescent years
- They receive little preparation for the sexual aspects of marriage and even less preparation for the duties and responsibilities of family life

PHYSICAL CHANGES DURING ADOLESCENCE

Body changes during adolescence

Internal changes

Height- Girls' average height at 17-18, boys'- a year or later than girls. Immunized will be taller than those not immunized.

Weight- distributed to overall areas of the body

Body proportions- trunk broadens and lengthens, limbs no longer seem too long

Sex organs- reach their mature size, but not mature in function

Secondary sex characteristics- mature level of development by late adolescence

Internal changes

Digestive systems- Stomach becomes longer and less tubular

Circulatory system- long capacity of girls almost mature, boys reach this several years later.

Respiratory system- The lung capacity of girls is almost at a mature level at age 17, boys reach this level 17 years later

Endocrine system- a temporary imbalance of the whole endocrine system in early adolescence. The sex glands develop rapidly and become functional, mature size until late adolescence

Body tissues- tissues other than bone, continue to develop after the bones have reached their mature size

Variations in Physical changes

- There are individual differences in physical changes
- Boys' muscles grow larger than girls' muscles after puberty boys surpass girls in strength
- Late matures tend to have slightly broader shoulders than early mature
- The leg of early-maturing boys and girls tend to be stocky, for late mature slender

Effects of Physical changes

- Motivated to use their newly acquired strength, they overcome any achievements
- Strength follows growth in muscle size

Concerns about physical changes

- The failure to experience body catharsis is one of the causes of unfavorable self-concepts and lack of self-esteem during adolescence

- Clothing and beauty aids can be used to hide the physical feature of the adolescent dislikes
- Concerns about normality will persist until the physical changes on the surface of the body have been completed
- Boys do not experience a form of physical discomfort like girls do
- Acne and other skin eruptions are a source of concern to both boys and girls, with an increase in the severity of acne, there is an increase in concern
- Careful selection of clothing helps to create the illusion that they are more slender than they actually are

EMOTIONALITY DURING ADOLESCENCE

- Period of storm and stress- a time of heightened emotional tension
- Emotionality can be attributed mainly to the social pressure and new conditions for which they received little preparation
- Most of them experience emotional instability from time to time
- Emotions are often intense, uncontrolled, and seemingly irrational

Emotional patterns in adolescence

- Being treated 'unfairly' is more likely to make the adolescence angry
- Instead, temper tantrums, and express anger by sulking, refusing to speak, and loudly criticizing those who angered them

Emotional maturity

- Achieved emotional maturity at the end of adolescence
- They do not blow up emotionally when others are present but wait for a convenient time and place to let off emotional steam in a socially acceptable manner.
- Emotionally mature adolescents are stable in their emotional responses and they do not swing from one emotion or mood to other

SOCIAL CHANGES DURING ADOLESCENCE

One of the most difficult developmental tasks of adolescence is a social adjustment. The adjustment made to members of the opposite sex that never existed before

Increased peer-group influence

- Peer groups have a greater influence on adolescent attitudes, speech, interests, appearance, and behavior
- They do the same as their peer group do regardless of how they feel about these matters
- In the society of peers, they find support for their efforts, friends who can accept them and upon whom they can depend

- They search for identity, large relationships narrow down to personal and close relationships

Changes in social behavior

- Heterosexual relationships shift from disliking members of the opposite sex to preferring the companionship of their sex
- As a result of broader opportunities for social participation, social insight improves among older adolescents, as a result, they can judge better, make better adjustments, and less quarrel
- They gain self-confidence
- They become more 'choosy' in the selection of associates and friends

New social groupings

- The gangs of childhood gradually breakup at puberty and during early adolescence as individuals interest changes
- The adolescent usually has two or three close friends
- They may find themselves limited to a few friends

New values in the selection of friends

- Adolescents want friends whose interests and values are similar to theirs, who understand them and make them feel secure
- Someone to be trusted, someone to talk to, someone who is dependable
- Adolescents are interested only in friends of their sex, and interest in the opposite sex is increasingly stronger as adolescence progresses.

New values in social acceptance

- ★ Adolescents are judged by the same standards by which they judge others
- ★ Acceptance depends upon a constellation of traits and behavior patterns- the acceptance syndrome
- ★ There is a group of traits that make others dislike and reject the alienation syndrome

New values in the Selection of leaders

- Adolescents want leaders of superior ability, who will be admired and respected by others
- Leaders should have certain qualities good physique, excellent health, energy, eagerness, attractiveness, well-groomed, above-average intelligence, academic achievement
- Leaders are more responsible, more extroverted, more energetic, more resourceful, able to take the initiative emotionally stable, and well-adjusted

INTEREST IN ADOLESCENCE

- Interest depends upon their sex, intelligence, environment, opportunity for developing interest, peers' interest, status in a social group, innate abilities, and interest of their families.
- With experience, most adolescents acquire a different and more mature sense of values
- The most important interest are recreational interests, social interest, personal interest, educational interest, vocational interest, religious interest and interest in status symbols

Recreational interests

- In early adolescence, there is a carry-over of some of the play activities of the early years and the introduction of new and more mature forms of recreation.
- Childish play forms disappear
- Recreations of adolescents require participants, who don't have friends and would prefer the solitary form of recreation

Games and sports

- Gaming can provide adolescents with a way to socialize with peers, develop problem-solving skills, and engage in a fun and entertaining activities.
- Sports, on the other hand, can provide adolescents with opportunities to develop physical fitness, teamwork skills, and a sense of sportsmanship.

Relaxing

- Relaxation is important for adolescents as it can help reduce stress and anxiety, improve mental health, and increase overall well-being.

Traveling

- Traveling can be a great way for adolescents to learn about the world, gain new experiences, and develop a sense of independence.
- it is important for adolescents to travel

Hobbies

- Hobbies can be a great way for adolescents to explore their interests, develop new skills, and improve their mental health and well-being.

Dancing

- Dancing can be a fun and rewarding activity that offers many benefits for adolescents, including improved physical fitness, self-expression, socialization, mental health, and cultural appreciation.

Reading

- Reading is a valuable hobby for adolescents that can have many benefits for their academic and personal development, including improved literacy, vocabulary expansion, critical thinking skills, empathy development, stress relief, and improved cognitive function.

Movies

- Movies can be a fun and engaging form of entertainment that can offer potential benefits for adolescents, including entertainment, cultural awareness, emotional development, critical thinking skills, and academic learning.
- Parents and guardians should exercise discretion when selecting movies for their adolescents and encourage a balanced approach to entertainment and activities.

Radio and records

- Radio and records can still be a source of entertainment and enjoyment for adolescents, offering potential benefits such as exposure to different music genres, historical and cultural context, personal expression, socialization, and learning opportunities.

Television

- television can be a source of entertainment and learning for adolescents, but excessive or inappropriate television viewing can have negative effects on their physical and mental health.
- Parents and guardians should monitor their adolescents' television viewing habits and encourage a balanced approach to entertainment and

Daydreaming

- Daydreaming can be a normal and healthy part of adolescent development, but it is important for adolescents to maintain a balance between imaginative thinking and practical action in order to achieve their goals and succeed in their social and academic pursuits.

Social interest

- Interest depends on the party on opportunities and their popularity with a member of the peer group
- Family's socio-economic status plays a role
- Unpopular adolescents have limited social interest

Common social interest

Parties

- Parties are a common social activity among adolescents, particularly during high school and college years.
- Parties provide opportunities for socializing, meeting new people, and experiencing new things.

Drinking

- some adolescents may experiment with alcohol in social settings, others may engage in more frequent and heavy drinking, which can lead to a range of negative outcomes.

Drugs

- Adolescents may experiment with drugs for a variety of reasons, such as peer pressure, curiosity, boredom, and a desire to escape problems or negative emotions.

Conversations

- Conservation is an important aspect of environmental awareness and responsibility, and it is important for adolescents to understand and engage in conservation practices in order to help protect the planet for future generations.

Helping others

- Helping others is an important aspect of social and emotional development in adolescents, and it can have significant benefits for both the individual and the community.
- Adolescents who engage in helping behaviors tend to have higher levels of empathy, social connectedness, and overall well-being.

World affairs

- World affairs can play an important role in the development of adolescents' social and political awareness, and it is important for adolescents to be informed and engaged in global issues that affect their communities and the world at large.

Criticism and reform

- Criticism and reform are important aspects of social and political engagement in adolescents.
- they can play an important role in promoting social justice and positive change in their communities and beyond.

Personal interest

- Personal interest is partially determined by social acceptance
- Social acceptance is influenced by appearance, material possessions, independence, money

Interest in appearance- Clothes, personal adornment, grooming, attractive and sex-appropriate physical features.

- Social acceptance, popularity, mate selection, and career are affected by individual physical attractiveness

Interest in clothes- Clothing meets the approval of the peer group

- This interest heightened when they reached the end of their schooling

Interest in achievements- achievement leads to personal satisfaction as well as social recognition

- Adjustments must be in the areas, that are important to their peer group

Interest in independence- Develops in early adolescence and reaches its peak in late adolescence

- Clash with parents and other adults happen

Interest in Money- Money is the key to independence

- When adolescents have money, they can enjoy the independence

Educational interest

- As adolescents want to be popular with their peers, they avoid the impression that they are topper/brainy

- Vocational interest plays a main role in older adolescents' attitudes toward education
- Will be interested in courses that they feel, will be useful for their chosen career

Factors influencing attitudes toward education

Peer attitude

- Peer attitude is an important aspect of social development in adolescents, and it can have a significant impact on their well-being and behavior.
- Adolescents are often highly influenced by their peers, and they may adopt attitudes, values, and behaviors that are consistent with those of their peer group.

Parental attitudes & Grades

- Parental attitudes toward grades can have a significant impact on adolescents' academic achievement and well-being.
- Research suggests that parental expectations and attitudes toward grades can influence adolescents' motivation, effort, and academic performance.

The relevance or practical value of various course

- The relevance or practical value of various courses can vary depending on a number of factors, such as an individual's career aspirations, personal interests, and societal needs.
- However, there are some general benefits that many courses can offer, regardless of specific career paths or interests.

Attitude toward teachers, administrators, and academic and disciplinary policies

- Attitudes toward teachers, administrators, and academic and disciplinary policies can have a significant impact on adolescents' academic achievement, behavior, and well-being.

Success in extracurricular activities

- Success in extracurricular activities can bring a wide range of benefits to adolescents, including the development of skills and competencies, improved self-esteem and confidence, and opportunities to build social connections and networks.

Degree of social acceptance

- Acceptance is a critical aspect of adolescents' social and emotional development.
- Adolescents seek acceptance and approval from peers, family members, teachers, and others in their social networks, and this acceptance can have a significant impact on their sense of self-worth, confidence, and emotional well-being.

Vocational interests

- Boys are usually concerned more about their occupation than the girls
- Want a job with higher prestige even if the payment was less
- Boys hope to achieve higher social status through their occupation
- Girls prefer occupations with greater security and less demand on their time
- By late adolescents, interest in a career becomes a greater concern
- Near-adults begin to select jobs, based on their abilities and of time and money required for training for these lines of work

- The older adolescent is concerned about the autonomy, authority, and security the occupation will give

Religious interests

- Adolescents of today are totally interested in religion and feel that it plays an important role in their lives
- They start to question their religious concepts and beliefs- it is called the period of religious doubt
- Childhood concepts of religion are reconstructed
- This is the period of religious awakening

Interest in status symbols

- Status symbols serve four important function
 - ★ They show off a higher economic status than their peers
 - ★ Achievement is valued in the group
 - ★ They are accepted in the group if they have an appearance or actions similar to their members
 - ★ Has near-adult status in the society
- They consider smoking and drinking to be a status symbol and fall for them and leads to drug addiction

CHANGES IN MORALITY

They are expected to replace specific moral concepts of childhood with general moral principles and formulate moral codes which will act as guides for behavior

According to Piaget, they have reached the Formal operational stage of cognitive ability
According to Kohlberg, the third stage of moral development, Post Conventional Morality

The fundamental changes in Morality

- Moral becomes progressively more abstract and less concerned
- Justice emerges as a dominant moral force
- Moral judgments become increasingly cognitive
- Moral judgment becomes less egocentric
- Moral judgment creates psychological tension

They develop concepts into moral codes as a guideline for behavior

Changes in Moral concepts

Two conditions make the replacement of moral concepts with generalized concepts

- The lack of guidance in learning how to generalize specific concepts

- The kind of discipline that they are subjected to at home and school

Building a Moral code

- They supplement their moral codes with knowledge derived from parents, teachers, friends, religion, and their own experience
- Building a moral code is difficult for adolescence because of inconsistencies in standards of right and wrong they encounter in daily life
- They feel contradictions between their moral codes and the environmental function

Inner control of behavior

- Adolescents must now assume responsibility for control over their behavior
- The only effective way people of any age can control their behavior is through the development of conscience- an inner force that makes external control unnecessary
- Behavior controlled by guilt is thus inner-controlled, while controlled by shame is outer-controlled

SEX INTEREST AND SEX BEHAVIOR DURING ADOLESCENCE

- Social pressure plays a main role in adolescent's interest and curiosity about sex
- Because of their growing interest, boys and girls seek more information about it
- By the end of adolescence, they have enough information about sex to satisfy their curiosity
- Girls especially curious about birth control
- Boys are curious about venereal diseases, enjoyment of sex, sexual intercourse, birth control, and the consequences of sex

Development of heterosexuality

- The first developmental task relating to sex is forming new and more mature relationships with members of the opposite sex
- Begin to have a new attitude towards the members of the opposite sex, and activities in which they involved
- Heterosexuality follows a predictable pattern
- Development of pattern of behavior and attitude relating to relationships between members of the opposite sex

New patterns of heterosexuality

- Adolescents follow a pattern of development in their heterosexual behavior similar to the traditional pattern
- Have a negative attitude toward marriage, due to unfavorable parent-child relationships or negative perceptions of marriage, based on their parent's marriage.

- Dating starts earlier today than in past generations and it quickly develops into a going steady relationship
- Dating serves many purposes in the lives of today's adolescents

The common reason for dating during adolescence

Recreation

- Recreation can be a common reason for dating among adolescents.
- Dating allows adolescents to socialize and engage in activities with others who share similar interests.
- Many adolescents enjoy recreational activities such as going to the movies, attending sporting events or simply hanging out with friends.
- Dating can provide an opportunity to participate in these activities with a romantic partner.

Socialization

- Socialization is another common reason for dating among adolescents.
- Adolescence is a time when young people are beginning to develop their own identities and become more independent from their families.
- Dating can provide an opportunity for adolescents to explore and experiment with different social roles and relationships.

Status

- Status can be another reason for dating among adolescents, particularly in social contexts where popularity and social standing are highly valued.
- Adolescents may seek out romantic relationships with individuals who are considered popular or socially desirable to increase their own status or social standing.

Courtship

- Courtship can also be a reason for dating among adolescents.
- Courtship refers to the traditional dating practices of pursuing romantic relationships to find a spouse or life partner.
- In some cultures or religious communities, courtship may be strongly emphasized as the primary way to find a suitable partner for marriage.

Mate selection

- Mate selection can be a reason for dating among adolescents, particularly as they approach the end of high school and begin to think about their plans.
- Adolescents may seek out romantic relationships with individuals who share similar values, interests, and life goals to find a compatible partner for a long-term relationship or marriage.

A new attitude toward sexual behavior

There has been a growing shift in recent years toward a more open and accepting attitude toward sexual behavior, particularly among young people. Adolescents today are more likely to view sex

as a natural and healthy part of human relationships, and to feel empowered to make informed and responsible decisions about their sexual activity.

FAMILY RELATIONSHIPS DURING ADOLESCENCE

Family relationships during adolescence can be complex and challenging, as adolescents begin to assert their independence and develop their own identities separate from their families.

Adolescents may experience conflicts with their parents or caregivers, as they push back against rules and expectations and seek greater autonomy and freedom.

Improvements in family relationships

- Improving family relationships during adolescence can be a valuable investment in an individual's overall well-being and success.
- Positive family relationships during this stage can lead to improved mental health, higher academic achievement, and greater success in future relationships and career paths.

Common causes of family friction during adolescence

Standard behavior

- Standard behavior or rules can be a common cause of friction between adolescents and their families.
- Adolescents are seeking greater independence and autonomy, while parents and caregivers often prioritize safety and responsibility.
- This can lead to conflicts over issues such as curfews, driving privileges, and social activities.

Methods of discipline

- Discipline can be a common cause of family friction in adolescents, as parents and caregivers may have different ideas about how to discipline their adolescent children.
- Some common methods of discipline, such as grounding, taking away privileges, or physical punishment, can be particularly contentious and may lead to conflicts within families.

Relationships with siblings

- Relationships with siblings can be a common cause of family friction in adolescents, as siblings often have complex and dynamic relationships that can be fraught with tension and conflict.
- Siblings may compete for attention and resources or may have different personalities or interests that clash with one another.

Feeling victimized

- Feeling victimized can be a common cause of family friction in adolescents, as adolescents may feel that they are being unfairly treated or targeted by their parents or other family members.

- This can lead to feelings of anger, resentment, and mistrust, and can create a cycle of conflict and tension within the family.

Hypercritical attitudes

- Hypercritical attitudes can be a common cause of family friction in adolescents, as adolescents may feel that they are constantly being judged or criticized by their parents or other family members.
- This can lead to feelings of low self-esteem, resentment, and mistrust, and can create a cycle of conflict and tension within the family.

Family size

- Family size can be a cause of family friction in adolescents, as larger families may face unique challenges related to resources, space, and attention.
- Adolescents may feel that they are not receiving enough attention or resources from their parents or other family members, or may feel that their needs and interests are being overshadowed by those of their siblings.

Immature behavior

- Immature behavior can be a cause of family friction in adolescents, as adolescents may engage in behaviors that are inappropriate, disrespectful, or disruptive to their families.
- This can lead to conflict and tension within the family and can create a cycle of negative interactions and behaviors.

Rebellion against relatives

- Rebellion against relatives can be a cause of family friction in adolescents, as adolescents may feel a need to assert their independence and autonomy, and may push back against the expectations and rules of their family members.
- This can create conflict and tension within the family and can strain relationships between adolescents and their relatives.

Latchkey problems

- Latchkey problems can be a cause of family friction in adolescents, as the responsibilities and challenges of being a latchkey child can create stress and tension within the family.
- Latchkey children are those who are left at home without adult supervision, often due to their parents' work schedules or other commitments.

Sex differences in family relationships

- Boys and girls may experience and respond to family dynamics in different ways.

However, it's important to note that every individual is unique, and not all boys or girls will have the same experiences or responses.

- Some research suggests that girls may be more likely to seek emotional support and closeness with their family members, while boys may be more likely to seek independence and autonomy.
- Girls may also be more likely to experience conflict and tension with their mothers, while boys may be more likely to experience conflict and tension with their fathers

- Families can work to understand and support the needs and perspectives of each family member, regardless of sex or gender.

PERSONALITY CHANGES DURING ADOLESCENCE

- By early adolescence, both boys and girls are well aware of their good and bad traits
- They are also well aware of the role personality plays in social relationships.
- First, the personality pattern, established during childhood, has begun to stabilize and take the form it will maintain with few modifications during the remaining years of life.
- Second, many of the conditions that are responsible for molding the personality pattern are not within the adolescent's control since they are a product of the environment in which the adolescent lives.
- When a high value is placed on social acceptance, adolescents who are not popular will feel inadequate.
- The feeling of adequacy will be greatly increased if older adolescents go steady or get married earlier than other members of the peer group or if they earn money which enables them to have the autonomy and status symbols that their peers are unable to have.

Consequences of attempts to improve personality

- There can be both positive and negative consequences of attempts to improve personality in adolescents.
- On one hand, striving for self-improvement and personal growth can lead to increased self-esteem, confidence, and overall well-being.
- Adolescents who engage in activities like therapy, mindfulness, or self-reflection may develop greater self-awareness and emotional intelligence, which can help them navigate challenges and relationships healthily and productively.
- Adolescents who are overly focused on self-improvement may experience feelings of inadequacy or self-criticism, and may struggle with self-acceptance and self-compassion.
- Adolescents who are overly concerned with self-improvement may also become preoccupied with their thoughts and behaviors, which can lead to social isolation or relationship difficulties.
- It's important for adolescents to strike a balance between self-improvement and self-acceptance, and to approach personal growth from a place of self-compassion and self-awareness.

HAZARDS OF ADOLESCENCE

Physical hazards

- Mortality as a result of illness is far less common during adolescence
- Suicide or attempts at suicide are becoming increasing

Psychological hazards

- Adolescence is a time of significant psychological growth and development
- but it can also be a time of increased risk for various psychological hazards.
- increased risk of developing mental health disorders such as depression, anxiety, and eating disorders.
- Adolescents may experiment with drugs and alcohol as they seek to establish their independence and explore new experiences.
- Adolescents may be influenced by their peers to engage in risky behaviors, such as substance abuse or delinquent activities

Social behavior

- Social behavior in adolescents can vary greatly depending on individual characteristics, cultural background, and social context.
- Adolescents may form close friendships with peers and engage in social activities together,
- Adolescents may begin to explore romantic relationships during this time.

Sexual behavior

- Sexual behavior in adolescents can be a complex and sensitive topic.
- It's important for parents, educators, and mental health professionals to provide accurate and comprehensive education about sexual behavior and to support healthy sexual development in adolescents.

Moral behavior

- Moral behavior in adolescents can be influenced by a variety of factors, including family values, cultural norms, and personal beliefs.

Family relationships

- Family relationships can be a significant aspect of adolescent development, as families provide emotional support, guidance, and socialization during this time.

Effects of immaturity

- During this time, adolescents experience a range of physical, emotional, and cognitive changes. Immaturity can be a common characteristic of adolescence and can have a variety of effects on an adolescent's life.

HAPPINESS IN ADOLESCENCE

In adolescence, happiness may be associated with:

Positive relationships with peers and family members: Adolescents who have supportive relationships with their peers and family members tend to be happier than those who feel isolated or rejected.

Achievement and success: Adolescents may feel a sense of happiness and pride when they achieve academic or extracurricular goals.

Self-esteem and self-confidence: Adolescents who have a positive self-image and feel confident in their abilities tend to be happier than those who struggle with self-doubt.

Physical health and well-being: Adolescents who take care of their physical health through exercise, healthy eating, and sufficient sleep tend to be happier than those who neglect their health.

Positive outlook and resilience: Adolescents who can maintain a positive outlook and cope effectively with challenges tend to be happier than those who become overwhelmed by stress or adversity.

It's important to note that happiness is a complex and multifaceted experience that can vary greatly from person to person.

Adolescents may find happiness in different activities, relationships, and experiences, and what makes one adolescent happy may not have the same effect on another.
