

PUBERTY

UNIT-I

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

CHARACTERISTICS OF PUBERTY

It is a unique and distinctive period which never happens again

1) Puberty is an overlapping period

Closing of childhood and beginning of adolescence, until people are sexually mature, they are 'Pubercent'

2) Puberty is a short period

2 or fewer years are rapidly mature

3 to 4 years are slow to mature

3) Puberty stages

Prepubescent- Secondary sexual character begins, developing reproductive organs, but not fully developed

Pubescent- Cells are produced in the sex organ, nocturnal emission

Postpubercent- Begin to function in a mature manner

4) Puberty is a time of rapid growth

It is called a Puberty growth spurt. These changes lead to confusion, feeling of inadequacy, and unfavourable behaviour.

5) Puberty is a Negative phase

Anti-attitude towards life, losing some good qualities

6) Puberty occurs at variable age

For different people, different period

CRITERIA OF PUBERTY

Urine, X-ray of bone development, nocturnal emission, menarche

CAUSES OF PUBERTY

In past, it was a mystery. The hypothalamus send a signal to the pituitary gland through the gonadotropin-releasing hormone

Luteinizing hormone

Follicle-stimulating hormone

AGE

12.5-14.5 girls, average-13

14-16.5 Boys. average- 14

GROWTH SPURT

Sudden growth

Increase in height, weight, strength

- Based on hereditary factors
- Endocrine gland influence
- Environmental factors
- Nutrition
- Emotional disturbance- causing overproduction of adrenal steroids which harm growth hormone

Illness, poor nutrition, and tension cause a delay

BODY CHANGES

Change in size

Change in height and weight

Boys have longer growth periods- so boys achieve great height

Weight- fat, muscle, bone

Changes in Body Proportion

From too small to too big

- Apparent in the nose, feet and hands
- Most changes take place before puberty is over
- The trunk lengthens, the waistline drops
- The broadness of hips and shoulders is influenced by the age of maturing
- Who mature, late puberty slight growth
- Everything starts to get mature except the leg, nose and hands
- Trunk and legs determine the body proportions
- Legs and arms will be long for late mature

Primary sex character

Sex organ- Testes located in the scrotum or Sac, 10% of the mature size at 14 years

- Testes are fully developed at 20 or 21
- Testes growth is followed by penis size, first length and then circumference
- Emission of semen can occur for various reasons- in case of a full bladder, wearing tight pyjamas-underwear- phant, too warmly covered
- For girls fallopian tubes, ovaries and vagina also rapidly grow at this time
- Begin menstrual flow-discharge of blood, mucus, broken down cell tissue from the uterus
- Periods occur at very irregular intervals- this period is adolescent sterility- this is for 1st year
- Ripe ovum does not come, even after several menstruations, it is doubtful that she can conceive
- The puberty fat period ends between sixteen and eighteen years

Secondary Sex character

- This thing make male and female look appealing
- Primary characters related to reproduction
- Childlike appearance no sex appealing

Boys

Hair- First light pigment then darker, rough, luxuriant

Skin- Coarser, less transparent, and sallow in color, and pores enlarge

Glands- Oil producing gland become alter- acne

Muscle- Size, strength, shape of arms, legs and shoulders

Voice- first husky, drops in pitch, increase in volume

Breast knots- within some weeks, decrease in size

Girls

Hip- Wide, round

Breasts- Nipple enlarge

Glands- Clogging of the sebaceous gland- acne

Muscle- Increase in size and strength

Voice- Melody, huskiness

Hair- Hair is straight becomes a luxuriant, darker, kinky twist

Skin- Coarser, thicker, and slightly sallow, and pores enlarge

EFFECTS OF PUBERTY CHANGES

Externally and internally bring changes in habit, attitude, personality

The desire for isolation

- Boredom
- Incoordination

- Social antagonism
- Heightened emotionality
- Loss of self-confidence
- Excessive modesty

Effects on Physical wellbeing

- Fatigue
- Unfavourable symptoms
- Discomfort
- Digestive disturbance
- Change in size and position of internal organs
- Anaemia
- Erratic eating habits

For girls

- Headache
- Backpain
- Cramps
- Abdominal pain
- Fainting
- Vomiting
- Skin irritation
- Swelling of legs and ankles
- Feel tired
- Depressed
- Irritable

Effects on attitude and behaviour

Greater social expectation

HAZARDS OF PUBERTY

Puberty has an equal amount of long-term and short-term hazard

Physical Hazard

- Illness is very common during this period
- Mortality occurs infrequently- suicide- when depressed
- Malfunctioning of endocrine glands- Insufficient growth hormone, insufficient gonadal hormone, excessive supply of gonadal hormone, imbalance in the functioning of the pituitary gland, puberty pre cox- puberty at 5 or 6 age

Psychological Hazard

Long-term effects are more important than short term

Unfavourable self-concepts

- Reason- personal or environmental
- Some pubescent have an ideal self-concept of their future, when that doesn't occur they get affected
- Unrealistic concept of appearance and abilities
- Unfavourable treatment from others will have a serious effect, leading to a negative self attitude which is reflected in behaviour
- Aggressive, and defensive for what they regard as unfavourable treatment
- Longterm unfavourable self-concept is very serious which is the foundation for an inferiority complex

Underachievement

- With rapid growth, the sapping of energy, disinclination to work, and boredom with any work
- Girls work below their capabilities because of culture and these things become a habit

Lack of preparation for puberty changes

- For some, it is a traumatic experience- because develops an unfavourable attitude
- The gap between parents and child prevents them from asking about these
- To avoid embarrassment, they say they know everything
- Sex hygiene- If there is no hygiene then it causes an unfavourable attitude
- Pride make them learn less
- For early maturity, late-something wrong in their body
- The more deviant, the more concerned

Acceptance of changed bodies

- Dissatisfaction
- Social acceptance
- Flat chested- unfeminist-self rejected
- Penis development

Acceptance of socially approved sex roles

- In childhood, it is social pressure, and usually, they accept it, for girls it is a problem
- Unfavourable attitude towards menstruation themselves and by others
- Because of periods, suicide occurs

Deviation in social maturation

Slow mature easily adjust than rapidly matures

Body physical ability comparison- social acceptance

Adjustment- personal and social

Slow mature- undesirable behaviour

Body- Socially active, popular, leadership roles they have the assets that are valued

Unhappiness at puberty

- 3 A's acceptance, affection and achievement
- Self and social acceptance
- Girls worry more about their looks than boys- for social acceptance
- For girls they want to be short, light, smaller hips and waist
- For boys, they want to be tall, masculine, heavier, and have broader shoulder