

PSYCHOLOGICAL AND PHYSIOLOGICAL CHARACTERISTICS OF EARLY ADOLESCENCE

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ABSTRACT

This article provides information on the development of the motivational sphere of the individual during early adolescence, the stage of maturity, physiological, psychological and social limits, and information about the acceleration processes.

Keywords: Early adolescence, physiological, psychological, social, Acceleration

Adolescence is a period of formation of a person as a citizen, his social development, self-determination of his own destiny, active participation in social life, and the formation of moral qualities of a citizen and patriot. Active social life, a new character of study (independent learning) has a great impact on the formation of the worldview of young men and women, the formation of a sense of independence and duty in them, and the development of their creative abilities in various fields of knowledge. Russian psychologist L. I. Bojovich emphasizes the development of the motivational sphere of the individual during early adolescence with his thoughts: students' determination of their place and internal position in life, the formation of a worldview and its cognitive activity, self-awareness and moral consciousness effect is implied. Early adolescence is defined as the "threshold of maturity". This maturity stage includes physiological, psychological and social boundaries. This is a very difficult issue, because the pace of psychophysiological development and its stages do not always coincide with the period of social maturation. As a result of the acceleration, the development of today's early teenagers is done on average two to three years earlier than the previous generations. Physiologists divide this process into 3 stages, depending on the appearance of 2nd-level sexual characteristics. Due to acceleration, the age limit of adolescence is now defined as 15-16 to 18 years. In conclusion, adolescence begins earlier. However, the exact content of this period of development is primarily determined by social conditions. The status of young people, their place in society, the amount of knowledge they acquire and a number of other factors depend on social conditions.

Determining their own way of life As early adolescents have close prospects in the field of independent life, they strive to determine the specific prospects of their future work activities and choose their future specialties. In this regard, professional interests are formed and become more stable, young men and women begin to think more seriously about their future.

If we think about physical development in early adolescence, it is done for the following reasons. Some characteristics of physical development have a certain influence on the development of some qualities of the early adolescent personality and determine his opportunities in the field of further life activities. First of all, this refers to the choice of a profession, which to some extent depends on the characteristics of the individual physical structure of young men and women. Secondly, there is a positive effect of the sexes, in which the characteristics of physical development play a very important role.

Feeling one's physical strength and attractiveness, health and perfection affects the formation of such qualities as self-confidence, courage, freshness, optimism and cheerfulness in boys and girls.

Height growth continues in teenage girls until 15-16 years old, and in boys until 17-18 years old. Muscle strength grows rapidly at this age. For example, an 18-year-old child has twice as much muscle power as a 12-year-old child. Physical development largely depends on proper nutrition and physical education. In terms of sexual development, most boys and girls at this age are in the post-puberty (completing) period. Their physical development differs little from the physical development of an adult. The period of uneven growth and development of height and body ends and a relatively flat period of physical development begins. In adolescence, physical characteristics (height, weight) reach a relatively stable level. Also, muscle strength and work capacity increase significantly.

The size of the chest expands, the skeleton, tubular bones harden, the formation and functional development of tissues and organs is completed. Usually, at this age, the irregularity in the development of the heart and blood vessels that is characteristic of teenagers is now smoothed out, blood pressure is balanced, and endocrine glands start to work normally. Changes in the development of the nervous system, and in particular, the brain, become known. However, these changes are not due to an increase in brain mass, but due to the complexity of the structure of the internal cells of the brain.

The structure of the cells in the layer of the large hemispheres gradually acquires characteristics characteristic of the cells of the brain of an adult. The amount of associative tissue increases in the parts of the brain. As a result, the analytical-synthetic activity of the large (hemisphere) layer becomes complicated in the process of studying and working. Sometimes, in students of this age, increased nervous excitability, disruption of the normal functioning of the nervous system is often the result of an incorrect lifestyle: night activities, lack of sleep, fatigue, smoking, irrational eating, harmful it happens as a result of habits and some other reasons.

At the beginning of early adolescence, sexual maturation is usually completed, secondary sexual characteristics develop, which causes a significant change in the appearance of boys and girls. Completion of puberty does not yet mean physical maturity, nor mental and spiritual maturity. Only at the age of 18, when marriage is allowed, the level of physical, spiritual and civil maturity that is minimally necessary for this age begins. According to the data, 18-year-old boys and girls are recognized as adults by society.

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