The rebellious phase of teenagers

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I. Introduction

Why do we want to write the essay about rebellious phase of teenagers? Everyone grows up with undergoing similar problems in his teens. As teenagers, we are no exceptions. Now and then, we hear parents describe us and our friends as being defiant. It’s easy for us to lose tempers and shy ourselves away from teachers or parents, even if we love them deeply. More often than that, we are confused about our own reaction and couldn’t help wonder if there is something wrong with ourselves.

Thus, we have interests in this issue and embark on exploring information about the topic. The paper is going to discuss about changes happening mentally and physically among teenagers in puberty with an attempt to ease the anxiety adolescents might have. Besides, the paper will pore into the potential rebellious behavior of teenagers and bring out some solutions to reduce the conflicts between parents and children.

II. Thesis

1. What is puberty?

(1) Definition
Teenagers are going through the process of physical changes by which a child's body becomes an adult body capable of reproduction during puberty. During the transitional stage, teenagers have to adjust themselves both physically and mentally for the coming adulthood. During puberty, major differences of size, shape, composition, and function develop in many body structures and systems. The most obvious of these are referred to as secondary sex characteristics.

(2) Time
Generally speaking, puberty ranges from twelve to twenty years old. However, heredity, environments, individual conditions and psychological facts will have impact on accelerating or slowing the speed of the coming of the puberty.

(3) Stages
the process of puberty can be divided into several phases:

- Adrenarche (seven to eight)
- Thelarche (nine to ten)
- Pubarche (ten to eleven)
- Growth spurt (eleven to twelve)
- Menarche (twelve to fourteen)

(4) The physical change in puberty

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When teenagers grow up, they are influenced by hormone; consequently, their appearances change a lot. For example, they become taller sharply. The secondary sexual characteristics appear—Men’s sound gets hoarse and Adam’s apple shows up, while girls start to have menses monthly. Also, boys and girls are curious about each other. Because of the hormone, the skins of faces are worsening than before. Most adolescents have problems with pimples. (*1)

2. The so-called rebellious phase

Most parents will agree that kids are hard to communicate with during adolescent years. People tend to call the stage as rebellious phase, for the most common deed at that time is that kids like to talk back to parents, teachers and even someone whom they don’t like. In short, their attitudes become obstinate and stubborn, behavior, defiant and rebellious. Actually, while teenagers are at the rebellious phase, they always feel confused by their own deed and opinions, the pressure from peers and the change of body. The rebellious phase and generation gap are closely connected. To put it simple: once kids pass over into the “teens”, they want to be the boss of their own. Consequently, they are inclined to disobey parents’ commands and refusing to act what is told.

3. What are the factors of the rebellious behavior?
(1) During the phase of puberty, teenagers often have problems with controlling their own emotions. For one thing, they are eager to stand on their own feet; for another, they can’t cope with hardship without turning to their parents. (*2) The desire to be independent from parents and be their own boss and the tendency to depend on parents for food and caring constantly battle inside the heart, struggling to strike a balance like a tug of war.

At the same time, during this phase, the impact of peers begins more important than the relationship between their parents. Teenagers are eager to be identified by their peers. As parents’ order conflicts with peers’ influence, teenagers don’t know how to express their inner aspiration and communicate with their parents properly. Since most teenagers don’t know how to show their opinions rationally, they often lose tempers easily. Therefore, arguments happen in the end. (*3)

(2) Scientists used to believe teenager brains were like adult brains. But now we know differently. University College London and a research centre of British indicate that teenagers from twelve to fourteen years old have the poor capabilities of understanding and controlling their own emotions. Scientist Skuce, who works at the research centre, has said that it is obvious that this problem is caused by the developments of brains and the unbalance of hormones. (*4) An investigation made by Skuce says that rebellion of teenagers is based on their physiological change. Instead of being stubborn or nasty, teenagers may be unable to interpret words said by their parents or teachers correctly through their brains. Skuce also mentions a phenomenon about teenagers that their brains
The rebellious phase of teenagers are improving, and in the meantime hormone is getting rearranging. Parents needn’t worry about the phenomenon because the study has proved that when teenagers are at the age of sixteen to seventeen, disordered problems will disappear.

III. Solution

A psychologist John Mitchell offers some suggestions to parents about how to deal with rebellious teenagers:

1. Parent to children
(1) Don’t reject kids’ requirements without considering, even if some of which are very ridiculous. Parents should listen seriously before saying “No!” Parents should think twice and give their kids response and discuss their decisions with the teenager. (*5) Communication is always wanted. Knowing why we (the teens) can’t do something is better understood when knowing an explanation, rather than a “No” or a “Because I said so.”

(2) Once the teenager makes a serious mistake, parents need to realize that kids may have their own sense of pride. Treat them as adults, make them know that they are respected and give them a chance to correct mistakes. Remember, supports from family are crucial for teenagers. Mitchell even suggests parents reassure their kids in teens that the love is still there and just because you won’t let them do something it does not mean that you do not love them.

(3) Last but not least, coming to a compromise is always a positive and good way to treat rebellious teens. Instead of making them feel like their situation won’t get any better, make a compromise with them.

2. Teenagers to themselves
Besides asking parents to have more understanding for rebellious teens, Mitchell also provides some recommendations for teens to go through the stage.

(1) They can ask teachers to assist themselves in analyzing and understanding their own personalities so as to find out the merits and shortcomings of their personalities or behavior. By doing so, teenagers can have a better grasp of their own characteristic and
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stop feeling confused about future or themselves

(2) Teenagers can ask counselors for help to improve their communication skills and ease pressure. Teenagers can get some answers to problems they meet. The counselor will provide some similar examples for teenagers and let them know what to do.

IV. Conclusion

Teenagers are growing up and they are getting mature. They gradually know how to think and make a decision. Physical and mental changes bother them now and then and their parents still think that they are babies who cling to them and still teach them in traditional ways. No wonder parents can’t handle new problems which they haven’t met before. So, adults should communicate with children, and try to understand each other.

If parents want to be good friends of their children instead of the elder, they can chat with their children easily. Besides, if teenagers don’t shy their parents out of their lives, the generation gap between parents and children will fade away. In case teenagers lose control in an argument with parents, they should apologize to their parents for offending them. The parents should also give a chance to children to adjust their own attitudes and emotions. Only through mutual understanding and respect can the problems of teenager be solved.

V. Reference material

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