


# Casket Literaria



  
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ENGLISH LANGUAGE  
CASKET LITERARIA

English/Articles

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First Published September 2023

PUBLISHER

GEMS ARTS AND SCIENCE COLLEGE

An ISO 9001:2015 Certified Institution

(Affiliated to University of Calicut and UGC Recognized

Under Section 2(F) of UGC Act 1956)Registration No:

KI/2019/0242803(NGO-DARPAN) NITI AAYOG,

GOVERNMENT OF INDIA)

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## PREFACE


The realm of Arts contains an enormous range of ideas, theories, perceptions, interpretations, critical analysis etc. Keeping this in view, as to make it helpful for the learners of GEMS Arts and Science College, this book titled "Casket Literaria" on Arts analyses a variety of subjects in the best way helping the Learners or faculties art related Research Works and thereby the future course of their Life. This venture can, indeed, ensure an advanced level of supports with selected subjects coming under the Purview of Arts.

Casket Literaria is a collection of varied articles of the well experienced faculties which published under the strict scrutiny of the Expert Committee appointed by the Management Governing Council. Hence quality and relevance on the content of the book have been ensured. The contents includes Social issues, Literature, Creativity, analytical study, views and previews on different matters and so on. Special care also has given to keep the entries correct with the incessant change being taken place in the day today life of the society. Besides, this edition has equally considered the new google generated Era's nature and scope in Art works.

Indeed Art, like life itself, opens the unfathomable depth of the possibilities for any learner or researcher of the coming future as well.

**DR. Mohammed Nazeer. K.E.**



  
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# THE BEHAVIORAL CHALLENGES OF ADOLESCENTS: UNDERSTANDING, COPING, AND SUPPORTING GROWTH

Smitha Pramod V  
College Counselor

## INTRODUCTION

Adolescence, the transitional phase between childhood and adulthood, is marked by significant physical, emotional, and social changes. For individuals aged 12 to 18 years, this period is often characterized by behavioral challenges that can be perplexing for both the teenagers and the adults around them. This article delves into the common behavioral issues faced by adolescents and offers insights into understanding, coping, and providing the necessary support for their healthy development.

- **Identity Formation**

Adolescents are in the process of forming their identities, which can lead to conflicts as they explore different aspects of themselves. Understanding their need for independence while maintaining appropriate boundaries is crucial.


- **Peer pressure and Social Influence**

Adolescents often face intense pressure to conform to peer standards, which can lead to risky behaviors. Addressing peer pressure and teaching effective coping strategies can empower them to make sound decisions.

- **Emotional Disturbances :  
Dealing with Mood Swings and Stress**

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Hormonal changes coupled with academic pressures and social challenges contribute to emotional turbulence. Developing emotional intelligence and stress management skills are vital to help adolescents cope with their feelings.

- **Communication Breakdown:  
Bridging the Generation Gap**

Effective communication between adolescents and adults can be strained. Techniques for active listening and fostering open dialogue can bridge the communication gap, allowing for healthier relationships.

- **Digital Dilemmas:  
Navigating the world of Social Media**

The pervasive influence of social media can lead to issues such as cyberbullying, addiction, and distorted self-image. Educating adolescents about responsible internet use and promoting digital literacy is essential in the modern age.

- **Risk-Taking Behavior: Understanding Impulsivity**

Adolescents often engage in risky behaviors without fully comprehending the consequences. Educating them about risk assessment, decision-making, and impulse control can mitigate harmful actions.

- **Mental Health Matters:  
Recognizing and Addressing Disorders**

Mental health problems like anxiety and depression often surface during adolescence. Identifying warning signs, reducing stigma, and facilitating access to professional help are critical steps in supporting adolescents' mental well-being.

- **Family Dynamics:  
Nurturing Supportive Relationships**

Family plays a crucial role in adolescents' lives. Encouraging healthy family dynamics, fostering a supportive environment,



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and understanding the changing needs of adolescents within the family structure are key elements in their development.

- **School Interventions:**

- **Collaborative Efforts for Positive Change**


- Schools can implement programs addressing conflict resolution, emotional well-being, and peer support networks. Collaborative efforts between educators, parents, and mental health professionals create a nurturing environment for adolescents.

## **CONCLUSION**

### **Empowering Adolescents, Fostering Resilience**

Navigating the behavioral Challenges of adolescents requires a multi-faceted approach involving understanding, patience, and active involvement. By empowering adolescents with the necessary skills and providing a supportive network, society can nurture resilient individuals capable of overcoming challenges and thriving in adulthood. Through education, communication, and empathy, we can help shape a generation of emotionally intelligent, confident, and compassionate young adults.



  
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