

Psychology of Teen - Age Brain

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1.0. Introduction

Adolescence is an important time for brain development. The teenage brain is still developing and maturing, especially in the prefrontal cortex, which is responsible for planning and decision-making. The brain continues to develop into the mid-to-late 20s.

The part of the brain behind the forehead, called the prefrontal cortex, is one of the last parts to mature. This area is responsible for skills like planning, prioritizing, and making good decisions. The teenage brain is a fascinating and complex organ undergoing significant development.

2.0. Keywords

Brainwork, brain development, known things of teenage brain, Brain function, Brain health.

3.1. How the teenage brain works:

Emotional Responses : The amygdala, the emotional part of the brain, guides teen's actions more than the frontal cortex, the rational part.

Social Experience ; The brain's social processing areas change, making teens more focused on social experiences and peer relationships.

Stress Response : Teens may respond to stress differently than adults because their brains are still developing.

Mental Health : Ongoing changes in the brain can make teens more likely to experience mental health problems.

3.2. How to support a teen's brain development:

Encourage Healthy Habits : These include getting enough sleep, reducing cortisol increasing dopamine and oxytocin, and exercising regularly.

Provide Opportunities :

Offer opportunities for teens to take on new responsibilities and engage in new experiences.

Be Aware Of Mood Changes : If you're teen experiences a significant mood or behavioral change that lasts more than two weeks, seek Professional treatment.

3.3. Things to Know About Teenage Brain:

1. Adolescence is an important time for Brain Development.
2. Brain Development is related to social experiences during adolescence.
3. The teen brain is ready to learn and adapt.
4. The teen brain may respond differently to stress.
5. Most teens do not get enough sleep.
6. Mental illnesses may begin to appear during adolescence.
7. The teen brain is resilient.

3.4. Brain development

- The brain stops growing in size around age 11 for girls and age 14 for boys, but continues to develop until the mid-20s
- The prefrontal cortex and amygdala are two key areas of the brain that continue to develop during adolescence
- The brain's white matter increases in volume, while gray matter thins
- Functional connections between brain regions change

3.5. Brain function

- Teens are able to think more abstractly, consider different points of view, and think about their own thinking.
- Teens are more likely to experience intense emotions
- Teens may respond differently to stress than adults
- Teens may be more likely to experience mental health problems

3.6. Brain health

- Teens can benefit from getting enough sleep, eating a balanced diet, exercising regularly, and reducing stress
- Teens can benefit from mentally stimulating activities like reading and solving puzzles

Teens can benefit from guidance and limit-setting from adults.

4.0. Content Analysis

The reason for writing this article is my small attempt to educate parents about their children's teenage brain in today's society. Adolescence is the period when most children start to be around 11 years old, and from that point on, their attention is drawn to new things. It's easy. Parents get bored, yell, get angry, and do all these things to their children. But there's no point in shouting at children at that age. They should be told in a way that they can understand. Then they will understand and have an understanding of what is right and what is wrong. It's natural for every human being to go through this teenage phase, otherwise, we would be stuck in this teenage phase for the rest of our lives.

If at that age you follow a good path and live a good life, then if you do the same and live a good life, if not your life will become chaotic. So parents should explain things in a way that children can understand, then they will rise to higher levels. Parents say that children are beaten and told to do whatever they want at that age, and they do things like that without thinking about it.

Attraction is natural at this age, so keep them only as far as they need to be kept and don't do anything beyond that. At this age the children may take rude decisions without thinking. While their parents scolding they definitely feel sad and they get bored of living so they may attempt suicide. So, for not letting their children's bad decisions parents have to educate their child brave, strong and healthy. So that's why I'm making this small article to educate parents and upcoming parents about psychology of teenage brain.

5.0. Conclusion

In conclusion, the teenage brain is a dynamic and rapidly developing organ, characterized by significant changes in the prefrontal cortex, leading to heightened emotional responses, potential for impulsive decision-making, and a strong focus on social interactions, while simultaneously developing advanced cognitive abilities like abstract thinking; this complex developmental stage necessitates understanding and support to navigate potential challenges and foster healthy behaviors as they mature into adulthood.

Key points to remember about the teenage brain:

Immature prefrontal cortex:

The part of the brain responsible for rational decision-making is still developing, leading to potential for impulsive actions and poor risk assessment.

Strong emotional center:

The limbic system, responsible for emotions, is highly active during adolescence, causing intense feelings and reactions.

Sensitivity to social influences:

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Teens are highly attuned to peer pressure and social acceptance, impacting their behavior choices.

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Plasticity and learning potential:

The teenage brain is highly adaptable and capable of significant learning and development.

Need for support:

Understanding the unique characteristics of the teenage brain is crucial for parents, educators, and caregivers to provide appropriate guidance and support.

7.0. Bibliography

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