
Growing up
UNFILTERED!

"THE STRUGGLE IS REAL"



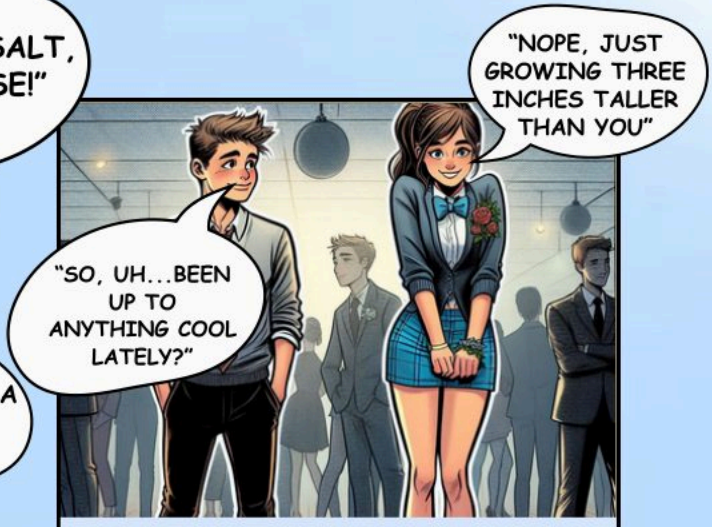
WELCOME TO PUBERTY, WHERE YOUR SKIN DECIDES TO REBEL



PUBERTY: BECAUSE GROWING AN INCH A WEEK IS TOTALLY NORMAL, RIGHT?



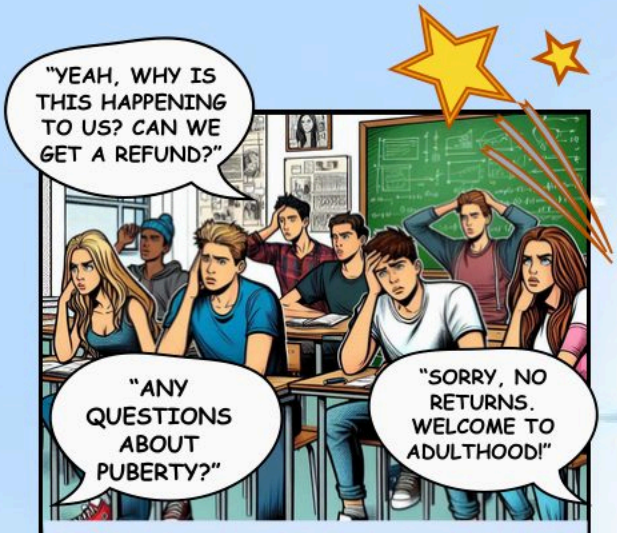
VOICE CHANGES: TURNING NORMAL CONVERSATIONS INTO COMEDY SHOWS



PUBERTY: THE ONLY TIME WHERE GROWTH SPURTS DECIDE WHO'S IN CHARGE



PUBERTY: WHEN YOUR STOMACH THINKS IT'S TRAINING FOR A FOOD-EATING CONTEST

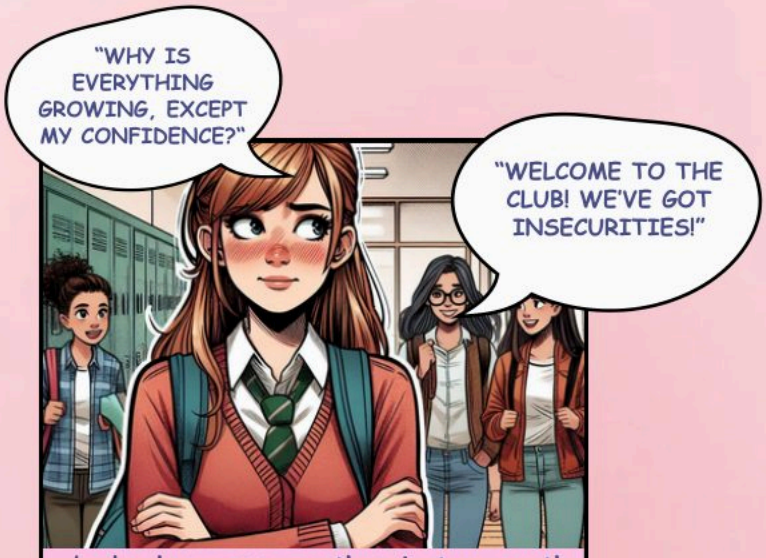


PUBERTY: NO ESCAPE, NO REFUNDS, AND DEFINITELY NO USER MANUAL

"THE STRUGGLE IS REAL"



BAD HAIR DAYS: NOW FEATURING 24/7 FRIZZ!



body changes: more than just a growth spurt



PUBERTY: WHERE EVERY CRUSH FEELS LIKE A SHAKESPEAREN TRAGEDY



Puberty: where you NEED AN ENGINEERING DEGREE JUST TO BUY UNDERWEAR



WELCOME TO THE WORLD OF PERIODS: CHOOSE YOUR FIGHTER



PUBERTY: TURNING YOUR CLOSET INTO A WAR ZONE


PHYSICAL DEVELOPMENT OF ADOLESCENCE
- THEORIES
Start
AUTO

My Notes

THE ENVIRONMENTAL THEORY

This theory emphasises the significant role that various environmental factors play in shaping the physical, cognitive, and emotional growth of adolescents. This theory integrates insights from different disciplines, including psychology, sociology, and public health, to understand how surroundings influence development.

Key Components of Environmental Theory

1.Social-Ecological Model:

Developed by Urie Bronfenbrenner, this model categorizes the various environments affecting adolescents into layers:

-Microsystem: Immediate environments such as family, peers, and school.

-Mesosystem: Interactions between microsystems (e.g., family-school relationships).

-Exosystem: External factors that indirectly affect development (e.g., local politics, media).

-Macrosystem: Broader societal and cultural influences (e.g., national policies, cultural attitudes)

2. Impact of Social Environment:

Positive peer relationships can enhance social skills and self-esteem, while negative experiences like bullying can lead to anxiety and depression. The social environment is crucial for emotional well-being during adolescence

-Exposure to violence or trauma can have detrimental effects on brain development and mental health, highlighting the need for supportive environments

3. Nutritional Factors:

Proper nutrition is essential for physical growth and cognitive development. Environmental factors such as socioeconomic status can influence access to nutritious food, impacting overall health.

4. Cultural Influences:

Cultural norms shape adolescents' experiences and opportunities for risk-taking or engagement in specific behaviors. Different cultures may have varying expectations regarding autonomy, decision-making, and peer relationships

Conclusion

The Environmental Theory says that adolescent development is not solely a product of biological maturation but is profoundly influenced by the surrounding . This comprehensive understanding enables parents, educators, and policymakers to create nurturing environments that foster healthy development during adolescence.

My Notes

THE MATURATION THEORY

Maturational Theory is developed by Arnold Gesell in the early 20th century . It explains that child development occurs in a predictable and orderly sequence primarily driven by genetic factors. This theory emphasizes that while environmental influences exist, they play a secondary role to biological maturation.

Key Principles of the theory is

1. Predictable Stages: Gesell proposed that all children progress through specific developmental stages in the same order, although the rate of progression may vary. These stages include physical, cognitive, and social milestones.

2. Genetic Determinism: Development is largely determined by an individual's genetic makeup. Gesell believed that intrinsic biological factors govern the timing and nature of development, likening it to a plant growing according to its genetic blueprint.

3. Role of Environment: While the environment provides necessary support (like nutrition and safety), it does not alter the fundamental nature of development. The environment is seen as passive, facilitating growth rather than directing it.

4. Reciprocal Interweaving: This concept describes how personality traits develop through a dynamic interplay between opposing tendencies (e.g., introversion vs. extroversion), suggesting that growth involves cycles of equilibrium and disequilibrium.

Criticisms

Overemphasizing genetic factors while neglecting environmental influences.
Implying uniformity in developmental stages without accounting for individual differences or cultural variations.
Limiting educational opportunities by suggesting that children should not be taught skills until they reach specific maturational milestones.

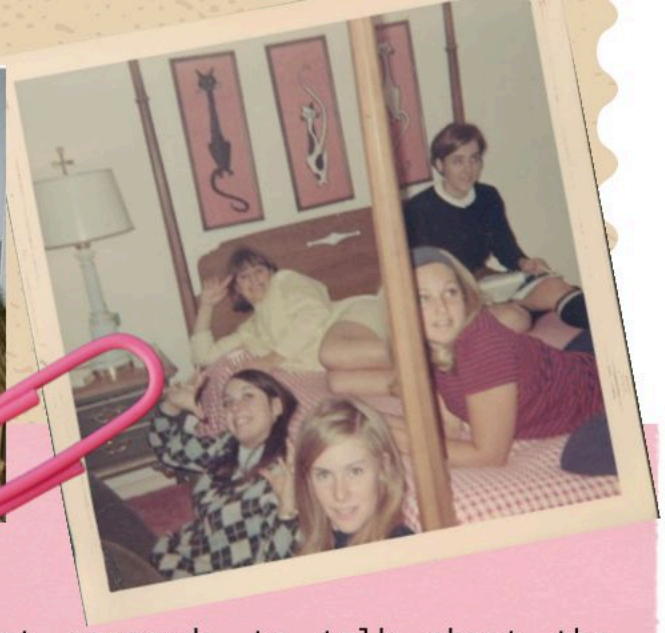
Conclusion

theory offers unique insights into how biological changes interact with psychological and social factors, shaping the overall growth trajectory of adolescents. This multifaceted approach is essential for educators, parents, and mental health professionals to support healthy development during this critical life stage.


INTERVIEW UNPLUGGED
REGARDS, NMIMS!
0:47
-1:31

interview





“In the interview, the participant proceeds to talk about the physical and mental changes she experienced during puberty, highlighting the impact these transformations had on her self-confidence, mental health, and overall well-being. Reflecting on her journey, it becomes clear that puberty was a pivotal time that shaped her understanding of herself and her place in the world.

During the early stages of puberty, the participant experienced significant physical changes, such as the appearance of acne, the growth of facial hair, and the onset of menstruation. These changes were a major concern throughout her childhood and adolescence, affecting how she looked and how she felt every day. The interviewee explains that her confidence in her appearance was closely related to her happiness and energy levels. Physical changes often made her feel uncomfortable, and this lack of self-confidence sometimes sapped her energy. The growth of facial hair and menstruation also had a profound impact on her mental health as she continued to adjust to the new reality of her body.

The physical changes had not only affected her body but also had a significant impact on her mental health. Acne, in particular, was a major source of anxiety. The interviewee recalls becoming more self-aware during this time, often feeling that her peers were probably noticing the same things she was. This heightened awareness affected her ability to concentrate, making it more difficult to keep up with daily activities. The connection between her appearance and state of mind was evident, with confidence in her appearance directly affecting the participant's energy and general emotional well-being.

Menstruation was another difficult aspect of growing up for the participant. She described the painful experience of her first menstrual cycle, which affected her ability to participate in physical activity and disrupted their daily routine. However, she was fortunate to have a supportive family that provided her with knowledge and understanding about menstruation, helping her cope with the physical and emotional changes. Although menstruation changed her sleep and routine, it did not affect her mental health or hormonal balance.

interview





Another big challenge was the development of acne, which started about a year ago. Before that, the participant's skin was mostly fair, so the sudden redness caused by hormonal changes and body heat was difficult to deal with. The occurrence of acne had caused her to feel ashamed, depressed, and have negative feelings about herself. However, she noted that despite the emotional burden, the acne did not have any significant impact on their appetite or general physical health. The anxiety, although present, did not lead to drastic changes in her eating habits, although she sometimes used to binge eat because of general stress rather than anything directly related to puberty.

When it comes to fashion and grooming, the participant explains that she had become more confident and accepting of themselves after going through the changes of puberty. They no longer base their clothing choices on society's body shape expectations, but instead focus on wearing what makes them comfortable and happy. Puberty, in this sense, helped her to be less introverted and more understanding of others. The challenges of growing up allowed her to develop a deeper empathy for those around her who may be facing similar difficulties. Reflecting on her journey, the interviewee recognizes the hard times, but also the growth that came with it. Physical changes such as acne, menstruation, and body development were difficult to deal with, but eventually led to a greater sense of self-confidence and a better understanding of body and mind. Puberty, although difficult, became a time to learn self-acceptance, gain confidence, and accept changes that helped shape the person she is today."



TEEN TIMES

INTRODUCTION: Puberty is one of the milestones in an individual' s life and it is a result of past experiences or genetics and affects our future health. But unfortunately, everyone doesn't have an easy life, some have a delay while some may face an abnormality. Usually, boys tend to experience puberty between the ages of 10 to 13 years, but in the case of an eighteen year old male, he faced a delayed puberty. He had neither grown facial nor pubic hair. His voice had not changed and he hardly had any body odor.

DIAGNOSIS: His vitals were normal, like his height was within 3 cm of his mid-parental height and his body mass index was in the 85th percentile. His appearance being younger than his age was attributable to the delay in puberty. His fundi and visual fields were normal. His thyroid gland was not enlarged. He had no axillary or pubic hair. His phallus measured 3 cm and both testes were palpable and approximately 2 mL in volume. He was Tanner Stage 1 for pubertal development.

His bone age was fourteen years. On doing a Magnetic Resonance Imaging (MRI), a diagnosis of congenital hypopituitarism could be given. Congenital hypopituitarism, as the name suggests, "hypo" meaning less and "pituitarism" meaning pituitary hormones, is a deficiency of one or more pituitary hormones resulting from unfortunate events during fetal development (Cullingford et al., 2023).

BACKGROUND: His mother described his physical growth like his height and weight to be less during the first five years of childhood, but post that he seemed to have a normal growth. Due to his slow metabolism, he would have low energy levels and less enthusiasm. He would hardly step out of the house except for school, and would miss at least five to seven days of school every month due to his ill health. The root cause can be tracked down to the time of his delivery, as his mother had a difficult one. He had to immediately be admitted to the neonatal intensive care unit because his heart had stopped functioning. Due to this, he had to pay frequent visits to the pediatrician to address various issues, like speech delay at the age of three, undescended testes at the age of nine and cognitive delay at the age of fourteen.

TREATMENT: He was prescribed hydrocortisone, which replaces cortisol as any abnormality in the pituitary gland leads to a lack of it. Thyroxine treatment was delayed by a week, as it could increase cortisol clearance to avoid precipitating an adrenal crisis. In order to initiate puberty, he was started on monthly injections of testosterone. Eventually, it was revealed that he didn't respond very well to growth hormone stimulation and since his bone age was crucially low, growth hormone therapy had to be initiated. The treatment showed its magic soon, and in not time he had reached his expected height potential, and his symptoms went undetected for many years (Flavelle & Cummings, 2012).

CASE STUDY

DID YOU KNOW?

Delayed puberty is not always a disadvantage, it can sometimes even give you a height advantage , the “growth spurt”

Although it’s one of the difficult stages in life, you’ll surely have a laugh about it when you see your older pics. A strange campaign started on Twitter #PuberMe where celebrities shared their teenage pics and on a talk show the most awkward one was beong awarded.



