Introduction:-

Adolescence is a very important phase in one’s life. Adolescence comes from the Greek word ‘Adolescere’. It simply means maturity in oneself. Therefore, adolescence is physical growth in one’s life. Today, it is not only physical change but also a mental transformation. It deals with emotions, mental and social factors. It is a phase where a child evolves to be a matured adult.

‘Adolescence’ is classified as ‘Early Adolescence’ and ‘Old Adolescence’ is often referred as crucial age as it deals with changes which are quite surprising and new to a child. ‘Early Adolescence’ Age is 13 yrs. to 19 yrs, whereas old Adolescence age is 20 to 22 years.

• Characteristics of Adolescence and Behavioural Change:

Each phase of life has special characteristics. Here are some special characteristics of Adolescence:

1. Important Period:

It is a shorter period but has long-term effects in one’s life. It is a very important period regarding physical and mental changes and effects, during 12 to 16 yrs. of age, the growth is according to nature’s will should be realized by children of this age.

2. Transitional Period:

There is continuity in one period to other period. There is no discontinuity or whatsoever; therefore, there are some characteristics which are carried forward in next phase. eg. Teenagers tend to behave like children often; they are confused about their presence, role and function in their life. ‘Teenagers are the terms for children in their ‘adolescence’ years. They are neither kids nor adults.

3. Period of changes:

In adolescence, physical changes are seen but also change in Behavioural pattern and likings. Intensively emotional, sexual maturity, insecurity about future life, change in morals, curiosity about freedom but fear about responsibilities of life and capability to encounter problems are the results of adolescence.

4. Age of Problem:
This phase is quite difficult to solve the problems and also children are hesitant to take from others and nowadays, teachers and other elders do not help willingly or lack the knowledge to help them. Due to which children find it difficult to solve their problems.

5. **Time of Search for Identity:**

After two three years of adolescence, teenagers realize the need to find their identity. They try to highlight their special talents in their group of friends so as to capture attention and prove themselves superior to others.

6. **Time of Unrealism:**

They try to get away from the real world and involve themselves in their imaginary and unrealistic world. They see life through a point of view where in they totally ignore to have a realistic point of view, due to which they fail and their adolescence years are sadful.

7. **Dreaded Age:**

In society teenagers are often invoked to do practices which are against society or are immature. They are regarded as impatient by the people. Due to which parents are worried and fearful about their children, if they are not shown correct path in time, they may make a mess of their life. Therefore, correct and friendly guidance is appreciated from parents.

8. **Threshold of Adulthood:**

Adolescence is the slight line before adult stage and after childhood. During the last stage of adolescence teenagers try to show that they have now transformed into matured adults. Change in dressing patterns, way of speaking, etc are some of the effects of adolescence. They often tend to choose the wrong path of smoking drinking or addiction to drugs due to their change in emotions.

**Change in Emotions during adolescence:**

Adolescence means stress, confusion and other emotional changing phase. The reason for these emotional changes is the physical and sexual changes in one’s. There is a lot of social pressure to accept this change. The new adulthood has to be respected and the expectations of the society have to be fulfilled. In this stage children are in a very confusing state of mind and they are emotionally unstable. Anger, stress and regret are often witness in teenagers.
They feel the urge to have importance in their family and when such importance is not given it results in anger and emotional instability. During this period if a teenager has a company of an elderly but friendly adult, they face these problems fearlessly.

**Physical Changes in adolescence:**

During adolescence there are different physical changes going through our body. They are classified as external changes and internal changes.

In external changes change in height, weight, development of sexual organs etc are observed. The sexual organs become fertile. The hair growth is observed near sexual organo as well as in armpits. In girls brace development and in boys beard growth is observed. Body shows some hormonal changes during adolescence period.

**Family relations in adolescence:**

In adolescence period some parents treat their children as under age, where as sometimes expect them to be adult and handle responsibilities.

On the other hand tan agers behave irresponsibly and take decision which is not going to be taken. Due to this there is misunderstanding between parents and teenagers which results in distance between parents and child. But compare to other countries in India parents handle their children in a better way.

**Change in personality in adolescence:**

Teen agers realize that the personality plays an important role to highlight them in the society. They try to improve their personality by various means such as books, articles, television etc. In this period they get attracted towards opposite sex. They like to work together with opposite sex and want to highlight their qualities.

**Need of the study**

Present fast track and competitive world has changed the view of society to look towards certain things. It reflects ultimately on the thoughts and behavior of teenagers. Todays teenage is confident and adopt him to the changing environment. Of course these changes are positive and negative both. The way of expressing themselves due to this fast changing surrounding may come forward towards society in an arrogant and stubborn manner. Mostly this attitude has been considered in wrong way although the confidence and positive energy behind it is not ignored.
On a wider range the complete development of personality depends on the factors such as family background, upbringing at home, relation with family members and with the society & friends, which can be the key to understand their behavior in the open world. Today’s world offer lots of information sources to teenagers like internet, sums, e-mails. These channels enable them not only to get knowledge but also sometime teach them the value of life and initiate brain storming. Further it cultivates healthy discussion and gives a channel to exchange new ideas and lessons. It is equally important for new teen- age to gain the knowledge in all areas and not to restrict to conventional academic patterned knowledge. To be competitive in the future and shaping of career means to acquire soft skills, which stand one out in addition to his/her academic success. Throughout this journey of teenage family and society responsibility in the development of total personality plays a vital role.

With this research efforts the communication with teenage can be achieved and will make them aware with their responsibilities towards society. It will ultimately make them sound person socially and professionally too. The faith of our nation will be written by this new generation and it is our huge responsibility to orient them to make society and nation even more strong, confident and bright.

In delicate phase of the life, teenage, it is prone to get inclined towards unhealthy thoughts and corresponding habits. Also the physical natural changes in the body lead to attraction towards opposite sex. It is necessary to make it ascertain that these young teenagers do not waste their energy and efforts in unwanted actions and lead to mistakes, which might drag them into depression later in the life.

To sum up in this golden phase of our life, it is our- family, teachers and whole society- moral responsibility to enlarge the circle of communication to broaden their views and align them into right direction to make their bright and successful future. To achieve this difficult and possible goal systematic research is needed.