

STUDY ON THE WAYS OF INTERVENTION IN MOMENTS OF ADOLESCENTS EMOTIONAL CRISIS

POPESCU Adriana Gabriela,

Matasari-Gorj, High School ,Teacher (Romania) /Liceul Matasari-Gorj, Profesor (Romania)

E-mail: chimiematasari@gmail.com

ORCID ID: 0000-0003-3614-7242

CZU: 159.922.8=111

Rezumat. *Viața de adult este cu siguranță dificilă și plină de stres și, cel mai probabil, fiecare dintre noi își dorește să redevină adolescent când se uită în spatele lui. Dar adolescența nu este nici pe departe atât de banală pe cât pare în ochii adulților. Este o perioadă din ce în ce mai dificilă și aduce cu sine un pachet vast de tulburări specifice adolescentului cu care copilul riscă să le confrunte, de cele mai multe ori în liniște, fără ca adulții să își poată realiza ce se întâmplă înainte de a ajunge la un moment critic. Perioada cuprinsă între 10 și 19 ani este una de tranziție biologică, psihologică și socială rapidă, asociată cu nevoia de independență, autonomie, formare de identitate și acceptare de sine. În această perioadă se înregistrează o creștere a morbidității în toate aspectele sănătății, precum și o creștere a nivelului activității sexuale. Există, de asemenea, niveluri ridicate de suferință și tulburări emoționale. Aproximativ 15% dintre adolescenți suferă de tulburări mintale sau probleme de sănătate la un moment dat în timpul perioadei de dezvoltare. În plus, în comparație cu copilăria, există rate semnificativ mai mari de depresie, cu mai multe succese de sinucidere și tentative de sinucidere în rândul tinerilor. Comportamentul cu adevărat patologic este un comportament anormal care afectează efectiv capacitatea de funcționare a adolescentului. Cu alte cuvinte, o criză de nervi nu este un comportament patologic decât dacă are ca rezultat autovătămare, spitalizare, expulzare din școală sau alte consecințe majore, similare. De altfel, adolescenții care nu au niciodată o asemenea criză de „opозиție” sau revoltă, nu subminează autoritatea și nu se strecoară afară din casă sunt extrem de neobișnuiți. Comportamentul tipic al adolescenților include toate aceste acțiuni și multe altele. Semne care atestă faptul că adolescentul manifestă un comportament patologic: Adolescentul se rănește prin tăierea, arderea, smulgerea părului etc. Provoacă daune semnificative în locurile în care se află. Dezvolta o tulburare de alimentație (bulimie sau anorexie), sau tinde să consume alimente în exces fără a suferi de o tulburare hormonală.*

Cuvinte cheie: *adolescent, , comportament adolescent, criză, revoltă, tulburări specifice adolescentului, independență.*

Abstract: *Adult life is certainly difficult and full of stress, and most likely each of us wants to become a teenager again when looking behind him. But adolescence is nowhere near as mundane as it seems through the eyes of adults. It is an increasingly difficult period and brings with it a vast package of adolescent-specific disorders that the child risks facing, most of the time quietly, without the adults being able to realize what is happening before reaching a critical moment. The period between 10 and 19 years is one of rapid biological, psychological and social transition, associated with a need for independence, autonomy, identity formation and self-acceptance. During this period there is an increase in morbidity in all aspects of health, as well as an increase in the level of sexual activity. There are also high levels of suffering and emotional turmoil. Approximately 15% of adolescents suffer from mental disorders or health problems at some point during the developmental period. In addition, compared to childhood, there are significantly higher rates of depression, with more successful suicide and suicide attempts among young people. Truly pathological behavior is an abnormal behavior that actually affects the adolescent's ability to function. In other words, a crisis of nerves is not a pathological behavior unless it results in self-injury, hospitalization, expulsion from school or other major, similar consequences. In fact, teenagers who never have such a crisis of "opposition" or revolt, do not undermine authority and do not sneak out of the house are extremely unusual. Typical adolescent behavior includes all*

these actions and much more besides. Signs attesting to the fact that the adolescent manifests pathological behavior: The teenager injures himself by cutting, burning, pulling his hair, etc. It causes significant damage in the places where it is located. It develops an eating disorder (bulimia or anorexia), or tends to consume excess food without suffering from a hormonal disorder.

Keywords: *teenager, adolescent behavior, crisis, revolt, adolescent-specific disorders, independence.*

1. Introduction

Adult life is certainly difficult and full of stress, and most likely each of us wants to become a teenager again when looking behind him. But adolescence is nowhere near as mundane as it seems through the eyes of adults. It is an increasingly difficult period and brings with it a vast package of adolescent-specific disorders that the child risks facing, most of the time quietly, without the adults being able to realize what is happening before reaching a critical moment.

The period between 10 and 19 years is one of rapid biological, psychological and social transition, associated with a need for independence, autonomy, identity formation and self-acceptance. During this period there is an increase in morbidity in all aspects of health, as well as an increase in the level of sexual activity. There are also high levels of suffering and emotional turmoil. Approximately 15% of adolescents suffer from mental disorders or health problems at some point during the developmental period. In addition, compared to childhood, there are significantly higher rates of depression, with more successful suicide and suicide attempts among young people.

2. Problem Statement

Truly pathological behavior is an abnormal behavior that actually affects the adolescent's ability to function. In other words, a crisis of nerves is not a pathological behavior unless it results in self-injury, hospitalization, expulsion from school or other major, similar consequences. In fact, teenagers who never have such a crisis of "opposition" or revolt, do not undermine authority and do not sneak out of the house are extremely unusual. Typical adolescent behavior includes all these actions and much more besides.

Signs attesting to the fact that the adolescent manifests pathological behavior:

The teenager injures himself by cutting, burning, pulling his hair, etc.

It causes significant damage in the places where it is located.

It develops an eating disorder (bulimia or anorexia), or tends to consume excess food without suffering from a hormonal disorder.

Manifest deviant sexual behaviors; sexual promiscuity.

He lies compulsively.

He is extremely withdrawn, fearful, to the point of not going to school anymore, is very sad and presents ailments in one or more important areas of his life.

He often feels anxious or worried.

They often show bouts of "opposition" or revolt.

It often manifests stomach or headache pain, without a medical explanation.

She suffers from sleepy bites and has nightmares frequently.

He loses interest in the activities he enjoyed.

Avoid spending time with friends.

He encounters problems at school, making it difficult for him to learn or maintain contact with his classmates.

He constantly worries about his weight – he does excess sports and keeps drastic diets.

It has low energy.

It engages in risk behaviors.

He believes that his mind is controlled by someone else and he loses control of his own; he hears voices.

In some cases of mental disorders in adolescents, pathological behavior is caused by biological changes, which is why it is important to intervene as soon as radical changes in the adolescent's behavior are observed. A first step would be to request an appointment with a psychotherapist who works with adolescents, who will later decide what is best for him – he will be able to continue the therapy or recommend him to a psychiatric consultation in order to establish the exact nature of the deviant / pathological type behavior.

Early identification and effective intervention are the key to successfully treating the disorder and preventing relapse. The specialist doctor will connect the patient's symptoms and experiences with recognized diagnostic criteria to help formulate a correct diagnosis.

3. Research Questions/Aims of the research

A very good result in the sense of preventing these situations can be obtained with the help of psychological training.

Psychological training is the application of a group of active and interactive methods and techniques of practical psychology, used to assimilate knowledge, to develop skills, abilities, competences – self-knowledge and self-development.

Any training program is developed according to the methodical indications with reference to the organization of trainings. In order to ensure the effectiveness of the training sessions, a program of at least 4 sessions of 90 minutes each is recommended.

The specific characteristics of psychological training are:

- compliance with the principles of group work;
- focusing in self-development on the psychological support of the moderator and group members;
- the presence of a relatively constant number of persons;
- emphasis on interpersonal relations between group members and their analysis in the "here and now" situation;
- the use of active methods of group work;
- objectification of subjective feelings and emotions of the group members;
- reflection on the activities carried out;
- the presence of a sincere, open atmosphere of free communication between participants;
- ensuring a psychological climate of trust, confidentiality and security.
-

In order to successfully carry out the training sessions, the following working principles are observed:

- The principle of activism, which implies a maximum level of inclusion in the activities of each participant of the group.
- The principle of investigative activism establishes that each exercise is a reason for analyzing the actions and experiences of the participants.
- The principle of objectification of behavior, which implies the awareness of one's own behavior and taking responsibility for one's own actions.
- The principle of partnership in communication, which represents the evidence, taking into account the interests of other participants, as well as their feelings, emotions, feelings.
- The principle of truthfulness of information, according to which, if each participant has decided to communicate any information, then it must be truthful and sincere.
- The principle of confidentiality, a principle that contributes to the development of mutual trust, because the members of the group are sure that their problems will not be known to strangers and that is why they go more easily to an open and sincere contact.

4. Research Methods

The special training for preadolescents and adolescents can be carried out in the form of a program of training skills and abilities through the permanent repetition of some behaviors – a slogan aimed at psychologically improving interpersonal relationships, such as:

- "Say NO to shyness"

- "Be master of your emotions"
- Program
- "Adolescence is the age of searching and affirmation and that's why I have to act for this purpose"
- "I communicate and I can affirm myself!"
- "Think and act motivatingly because you're valuable- as you are! ""
- "Life without stress – successful exams" etc.

Adolescence is a stage of life that prepares you for a special journey in life.
positive emotions! Join the program

5. Findings

Regardless of the behavior of the teenage child, it is important to show him that he is loved and supported, that he can be helped to overcome difficult moments. In this regard, the following attitudinal behaviors are recommended:

1: ENCOURAGE YOUR TEEN TO SHARE THEIR FEELINGS

- Find ways to find out what your teen's mood is. Ask how the day was and what it did. You can invite your child to help you with something, - for example : wiping the board or shaking the tablecloth or alphabetically ordering some works - so you can use this time to talk about the present day and the previous day.
- Remind your teen that no matter what happens, you'll be there and that you'd like to know what they're feeling and what they're thinking.
- It is important to be aware of the emotions that a teenager feels and understand them, even if they cause you discomfort. For example, after the child shares his thoughts with you, you can tell him "I understand" or "it seems to be a difficult situation" or "it makes sense what you say."
- It's easy to get attention when a teenager is doing something you might not like. But try to notice and praise him for what he has done well (even if it is something very simple!)

2: FIND TIME TO SUPPORT YOUR TEEN

- Agree with your teen on a new daily schedule and set achievable goals for each day, keeping in mind that circumstances may change depending on the context.
- Adolescence means independence. Allow your teen to have enough personal time and space to be alone. The need for personal space is a natural component of growth.
- Find ways to support and encourage your teen to take breaks (between homework, household chores, or other activities they can handle) so that they can do what they love during this time. When the teen is upset for some reason, talk to him the situation to find ways to solve the problem. Try not to dominate him and do not tell him what he needs to do.

3: WORK ON RESOLVING CONFLICTS IN WHICH THE CHILD IS INVOLVED

- Listen to the opinion of the teenager and try to calmly solve the conflicts generated . Don't forget: you're all in a stressful situation!
- Never discuss issues if you are upset. Leave, inhale and exhale deeply, calm down. You will be able to discuss the issue with your teen later.
- Avoid fighting for power. Now that everything is so unpredictable, teenagers might try to control "everything in the world", but their possibilities are limited. As difficult as it may be, be sympathetic to the teenager's desire to be in control in such difficult times and not try to put yourself in the lap with him or dominate him.
- Be honest and honest with your teen: you can tell him that you, too, have been honest with your teen. you are experiencing extra stress and share your feelings. Show him how to cope with difficult emotions: this can help him understand that the feelings he experiences are completely natural.
- When a conflict situation arises, take the time to reflect on how you can resolve the situation together. You can share your thoughts with him so that he understands how to find ways to solve problems.

4: PAY ATTENTION TO YOURSELF TOO.

Those who raise and educate children have many different worries. And you are not the only one who has done this you need care and support. Seeing how you take care of yourself, the teenager understands that it is necessary and important to take care of yourself.

- Be sure to ask others for help when you feel depressed. This state in certain situations is normal and natural. Ask a colleague or someone you can talk to.
- Find time for your own relationships. Take daily time to communicate with the people who support and understand you. Try to find a few people with whom you can share your feelings and experiences.
- Throughout the day, find time for those activities, which will help you cope with stress and manage it. Regardless of your day-to-day occupations, you need to make time for yourself, because this is essential for your health and well-being.

6. Discussions

Try to implement to your teen those strategies that seem to work in your case if the roles were reversed. The following methods can be tried: (1) to talk to friends, (2) to draw up to-do lists or plan ahead of time, (3) to maintain a daily routine, (4) to reflect on the things for which you are grateful or proud, (5) to do what brings you pleasure, for example, music, arts, dance, (6) to keep a journal.

6. Conclusions

Teens need to be aware of the following aspects and act accordingly:

1. Accept that anxiety is absolutely normal

Psychologists have long accepted that anxiety is a normal and healthy function that alerts us in case of danger and helps us take protective measures . Anxiety helps you make the necessary decisions in the current situation: not to spend time with other people or in large groups, to wash your hands and not to touch your face. These emotions cause us to protect ourselves and others. All this mechanism makes us "take care of the other people in our community, to think about those around us as well."

If you find that you have symptoms, it is important to tell this to your parents. If you are not feeling well or if you are worried about certain aspects of health, ask for help from your parents or an adult you trust.

2. Diversify your activities

"Psychologists know that when we find ourselves in long-term difficult situations, it is good to divide problems into two categories: those about which we can do something and those about which we can do nothing," says Dr. Damour.

In the current conditions, many things fall into the second category, but there is a measure that helps us cope with the situation: to occupy our time with various activities. As ways in which we can relax and create a balance in our daily lives, dr. Damour suggests doing our homework, seeing a favorite movie, or reading a book before bed.

3. Find new ways to keep in touch with friends

If you want to spend time with friends, social networks are great communication channels. Be creative!

"Unlimited access to screens and social media is not a good idea. It's not healthy, it's not smart and it can amplify your anxiety," says Dr. Damour and recommends that you agree with your parents a program for using this equipment.

4. Do things for yourself

Have you ever wanted to learn something new, read a book, or study a musical instrument? Now is the time! By focusing on yourself and finding ways to use the newly found time, you are able to protect your mental health productively. "I've made a list of all the books I want to read and the things I kept saying I was going to do," says Dr. Damour.

5. Let go of feelings so that when it comes to painful feelings, the only way out is to feel them so that we can overcome them

It is terribly frustrating to miss events with friends, hobby or matches. "These are big losses. For teenagers, I'm rightly very troublesome," says Dr. Damour. The best way to deal with these disappointments? Let yourself feel them. "We can overcome our painful feelings just by experiencing them and facing them directly. Give it forward and be sad, and if you manage to let yourself feel the sadness, you will quickly start to feel better."

Everyone manifests their feelings in their own way. "Some children will express themselves through art, others will want to talk to friends and use common sadness as a means of connection at a time when they cannot be physically there, and other children will want to find out how they can contribute to food banks," says Dr. Damour. It matters that you do what you feel is right for you.

6. Be kind to yourself and others

Some teenagers have been subjected to bullying and abuse at school due to the coronavirus. "Witness reaction to abuse is the best way to sanction any form of bullying," says Dr. Damour. "We should not expect those targeted, children and adolescents, to face the aggressors, but we must encourage them to seek help and support from friends or adults."

If you see that a friend is subject to intimidation, approach them and try to offer them support. If you do nothing, the victim will feel that everyone is against him or that no one cares. Your words can change things for the better.

Remember: now, more than ever, we must be careful not to share or post things that may hurt others.

References

- [1] DAMOUR Lisa Ph.D. The Emotional Lives of Teenagers. Hardcover – February 21, 2023
Total number of pages: 256. ISBN-10 0593500016
- [2] ICARD M. Fourteen Talks by Age Fourteen. Hardcover – February 21, 2023 Total number of pages: 320. ISBN-100593137515
- [3] LYTHCOTT-HAIMS J. How to Raise an Adult. St. Martin's Griffin - Paperback – August 2, 2016 Total number of pages: 368. ISBN- ISBN-101250093635