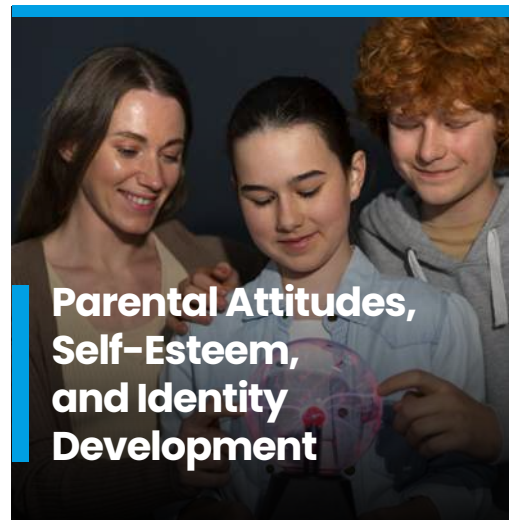
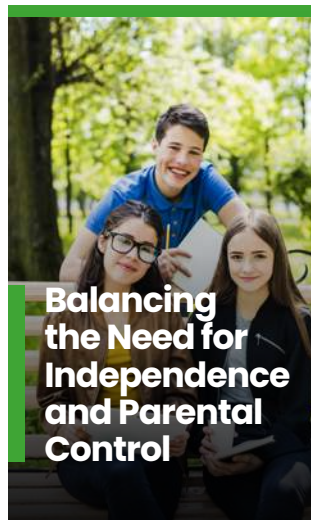




Hello,

Adolescence is a developmental process in which individuals experience profound changes in their biological, cognitive, emotional, and social domains. Considered a critical transition from childhood to adulthood, this period is not limited to physical growth and maturation; it also encompasses significant developments such as identity construction, the pursuit of independence, and the redefinition of social relationships. In this newsletter, we have examined the characteristics of adolescence from the perspective of child-family communication.

Happy reading!





REBIRTH: ADOLESCENCE

Adolescence is described in some sources as a rebirth. This period, marked by intense physiological and psychological changes, is a transition from childhood to adulthood. During adolescence, there is rapid growth in height and weight, hormones, and physical and brain development. The child's body strives to transform into an adult's.

Adolescence, which generally occurs between the ages of 10 and 19, is a period in which individuals intensify their efforts to understand themselves, make sense of their surroundings, and shape their life roles.

Fluctuations in emotions and behavior are common. Adolescence is a unique experience for every young person. While some young people navigate this process more smoothly and calmly, others may experience more volatility. What might be the influence of families on this process?

During This Period !

- He cares more about his appearance.
- He clashes with us more.
- He always locks himself in his room.
- He sees nothing but his friends.
- He gets angry for no reason.
- He turned into a completely different child.
- He has moved very far away from us.

Need for independence and family control

One of the most common problems families face during this period is the conflict between the adolescent's desire for independence and the family's desire for control. Research shows that strict family control and excessive pressure can exacerbate adolescents' adaptation problems. (Source: Sayıl, Kindap & Kumru) During this period, the responsibilities and independence given to young people should increase in a balanced manner.

During adolescence, the increased prominence of peer groups, the need to belong to a group, and the need to spend more time with friends can be a source of concern for families. Families

who realize that their child, who was always there for them and easily showed affection as a child, is now withdrawing and sharing less with them, increase their need for control. During this period, families should familiarize themselves with their child's social circle and allow them to socialize with friends to a certain extent.

During this period, young people want to make their own decisions, have more freedom, and have more rights. To prepare young people for a healthy adult life, they should be given both freedom and responsibility. Families can help them understand that with responsibility comes rights. However, an individual in adolescence also needs context. Therefore, a balanced approach to relationships during this period is crucial.

Family attitudes and self-esteem

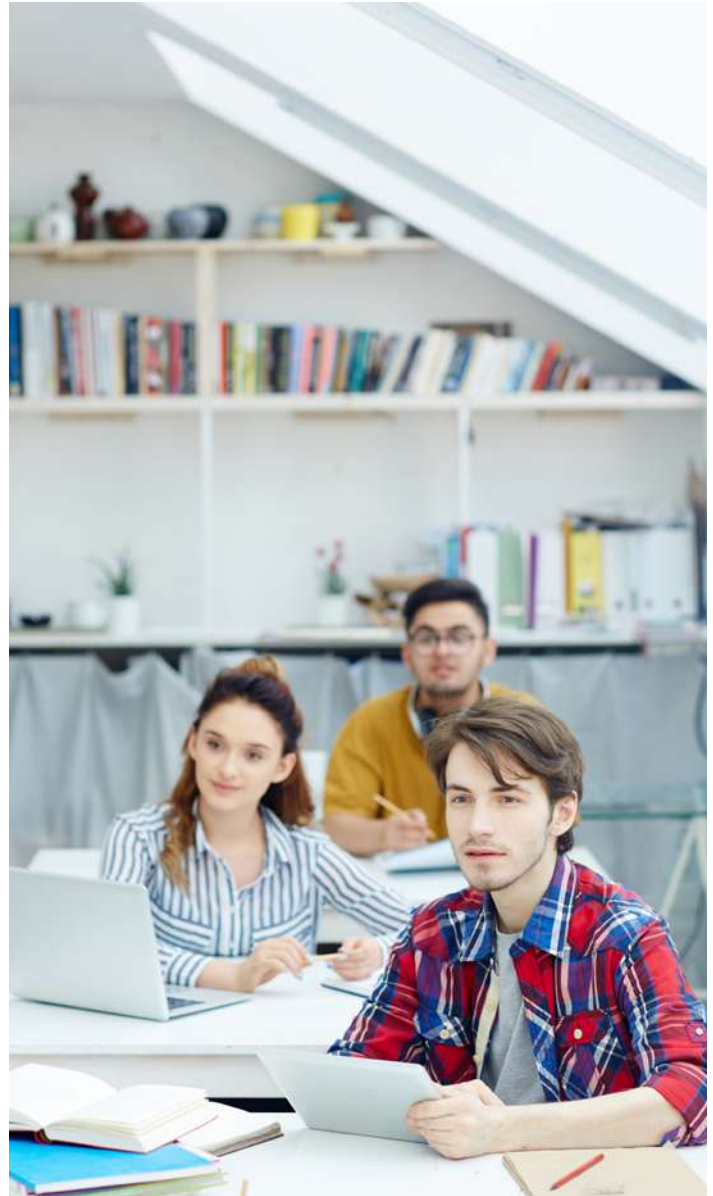
Research shows that how adolescents perceive their family relationships directly impacts their self-esteem and adjustment. In other words, the family's perspective is crucial for an adolescent's sense of self-worth. (Source: Gönültaş, Uzun & Akin) Therefore, adolescence should be viewed not simply as a "difficult period," but as a natural part of a child's developmental journey. Family support during this period not only boosts adolescents' self-confidence but also helps them navigate the changes they experience more healthily.

Approach to the adolescent individual

Fluctuations in parent-child relationships are common during adolescence. Families should not take conflict personally during this period. Research shows that the emotional turmoil experienced by adolescents is often temporary, and a parent's patience strengthens the relationship. (Source: Aybak & İpek) However, overprotective and intrusive attitudes, often described as "helicopter parenting," have been found to negatively impact adolescents' identity development. (Source: Bazkır & Doğan) Therefore, personal development should be supported by allowing children to make their own decisions when approaching problems. Avoiding pressure regarding responsibilities, but rather observing the process from a distance, will foster a young person's sense of responsibility.

One of the most important things for families is to view adolescence as a learning and development opportunity. Regular conversations with your child during this period, discussing not only lessons and rules but also life, friendships, and dreams, will elevate your communication.

Establishing a timeframe for spending time together, along with activities like sports, art, and animal care, will nourish your relationship and support your child's social and emotional development. Furthermore, giving advice may be particularly ineffective during this period for your child's personality development. Adolescents learn from what they see, not what they say. Patience, respect, and consistency are the most



powerful guidance.

During adolescence, young people want to be understood and accepted by their families. Aybak & İpek (2021) emphasize in their study: "The failure of families to establish open communication with their children exacerbates the problems experienced during adolescence." Therefore, it is crucial for families to embrace the role of listener and create an environment where adolescents can express their feelings and thoughts.

In conclusion;

- Give the young person the opportunity to make decisions.
- Give him space to experience his mistakes.
- Listen to him, guide him, but don't control him.
- Give him/her the opportunity to share responsibilities.

Healthy identity development during adolescence lays the foundation for a child to become a confident, responsible, and independent adult later in life. Your perspective and attitude toward your child during this process are invaluable in establishing this foundation. Adopting an explanatory and democratic approach, rather than an overprotective one, is crucial for building healthier relationships with your children. Adolescence is a significant turning point not only for your child but also for your own parenting journey. By viewing this period as an opportunity rather than a crisis, you can build a stronger bond with your child and support them in their journey into a healthy adulthood.

İSTEK Schools
Psychological Counseling and Guidance Department

KAYNAKÇA

Aybak, T., & İpek, M. (2021). Problems experienced by parents of adolescent children. *Journal of Social and Humanities Sciences Research*, 8 (72), 1272–1286.

Bazkır, H. Ö., & Doğan, A. (2024). The effects of helicopter parenting on identity development in adolescence. *Journal of Objective Psychology*, 12 (25), 112–128.

Gönültaş, O., Uzun, K., & Akın, M. S. (2020). Examining adolescents' perceptions of family relationships according to various variables. *Anemon Muş Alparslan University Journal of Social Sciences*, 8 (1), 177–188.

Sayil, M., Kindap, Y., & Kumru, A. (2018). The role of parental controls in the relationships between parental conflict and adolescent adjustment problems. *Turkish Journal of Psychology*, 33 (82), 67–82.



İSTEK **ACIBADEM** SCHOOLS
İSTEK **AFYON** SCHOOLS
İSTEK **ANKARA** SCHOOLS
İSTEK **ANTALYA** KONYAALTI SCHOOLS
İSTEK **ANTALYA** LARA SCHOOLS
İSTEK **ATANUR OĞUZ** SCHOOLS
İSTEK **BANDIRMA** SCHOOLS
İSTEK **BELDE** SCHOOLS
İSTEK **BİLGE KAĞAN** SCHOOLS
İSTEK **1915 ÇANAKKALE** SCHOOLS
İSTEK **DENİZLİ** SCHOOLS
İSTEK **GAZİANTEP** SCHOOLS
İSTEK **İZMİR** SCHOOLS
İSTEK **KAŞGARLI MAHMUT** SCHOOLS
İSTEK **KEMAL ATATÜRK** SCHOOLS
İSTEK **KUŞADASI** SCHOOLS
İSTEK **LÜLEBURGAZ** SCHOOLS
İSTEK **MERSİN** SCHOOLS
İSTEK **OSMANİYE** SCHOOLS
İSTEK **SEMİHA ŞAKİR** SCHOOLS
İSTEK **ULUĞBEY** SCHOOLS


İSTEK SCHOOLS