

Common Behavioral Problems among Adolescents

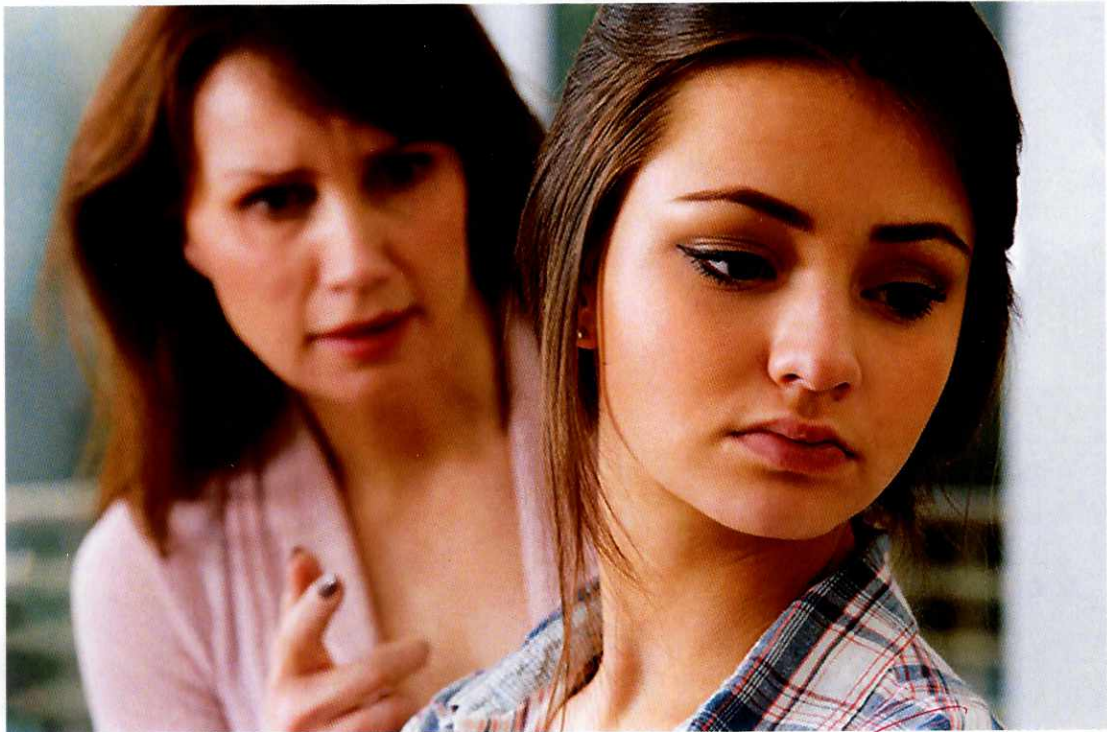
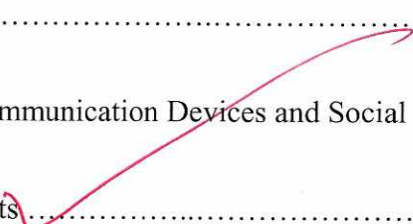


Figure 1. Teenagers face behavioral problems. Reprinted from *Understanding teenage behavior problems and tips to handle them*, by Sagari. Gongala, 2017, Retrieved from http://www.momjunction.com/articles/important-teenage-behavioural-problems-solutions_0010084

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1 Introduction

Adolescence is approximately considered to be the period between 13 and 19 years of age. During this period, teenagers are likely to act and react like adults. In reality, it is a difficult period which outcomes essential changes in the frame of character, the behavior pattern and life targets. Teenagers might face several types of behavioral problems with this period. They are alcohol and drugs, increased use of communication devices and social media, mood swings and lying or hiding facts. Adolescents face these problems because of the gap between them and their parents, stress and the effect of their bad friends. Each type has a different effect on teenagers. These issues can be dealt easily if parents pay attention to their teenagers' behavior. In addition, they have to find out what kind of suffering that the teenager goes through, so they can help him/her out.

This term paper has been organized to discuss briefly the common types of behavioral problems among adolescents. It further explains the causes of teenage behavioral problems. After that, it will list the effects of teenage behavioral problems. Finally, it will suggest how these behavioral problems can be treated.

2 The Most Common Types of Behavioral Problems among Adolescents

Every teenager might face a real behavioral problem at this stage of his/her life. There are several types of behavioral problems which are mentioned before, but the common types are alcohol and drugs, increased use of communication devices and social media and lying or hiding facts.

2.1 Alcohol and Drugs

The first common type of teenage behavioral problems is alcohol and drugs. It is a serious problem all over the world which has a psychological effect on the body. Alcohol is a type of beverage that contains a high percentage of ethanol and has been consumed and produced by humans since a long time ago. Drugs are the type of medicine that is ingested by the human, and the most common examples are Cocaine and Heroin. According to Gongala (2017), at this age, teenagers are more likely to get alcohol and drugs than adults. In reality, it has become a normal habit that you see a teenager drink socially with his/her friends.

2.2 The Increased Use of Communication Devices and Social Media

The second common type of teenage behavioral problems is increased use of communication devices and social media. Social media is trendier nowadays between adolescents than before. According to Lenhart (2015), 24% of teenagers use social media frequently by their mobile devices. In fact, they can't spend a day without accessing their accounts on social media. For instance, they use their phones during lunch time or gathering instead of enjoying this time with the family. For teenagers, the top social media platforms are Facebook, Instagram, and Snapchat. In addition, Pew Research Center's study has shown that the

most famous one and constantly used among teenagers is Facebook; half of them use Instagram, and the rest use Snapchat (Lenhart, 2015) as shown below.

Facebook, Instagram and Snapchat Top Social Media Platforms for Teens

% of all teens 13 to 17 who use ...

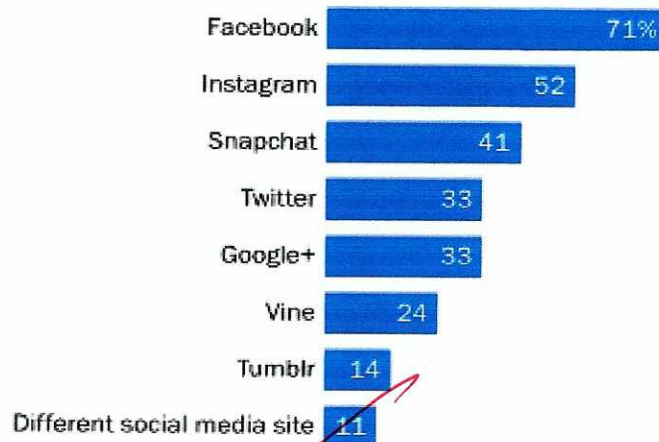


Figure 1. Top social media platforms for teenagers. Adapted from *Teens, social media & technology overview 2015*, by Amanda. Lenhart, 2015, Retrieved from <http://www.pewinternet.org/2015/04/09/teens-social-media-technology-2015>

2.3 Lying or Hiding Facts

The last common type of teenage behavioral problems is lying or hiding facts. Gongala (2017) says that lying or hiding facts are one of the bad habits among teenagers. They are a common excuse that teenagers use to get away from punishment. For example, at school, when the teacher asks the students whether or not they have done their homework, some will lie as to why they didn't do it.

3 The Causes of Behavioral Problems among Adolescents

Parents need to understand the reasons why their teenagers have these behavioral problems. First of all, they have to know that each type depends on many causes. Then, they need to identify which type their teenager goes through. The common causes of behavioral problems among adolescents are the gap between them and their parents, stress and the effect of their bad friends.

3.1 Causes of Alcohol and Drugs

Julie (2017) states that there is no specific cause for this problem, but there are things that lead adolescents to alcohol and drugs abuse. The first cause is other people which can easily influence them. Teenagers actually like to follow what their friends are doing by drinking alcohol and taking drugs. In other words, teenagers normally prefer to experience new things. The second cause is popular media. 45% of adolescents when they watch people on movies and TV show drink alcohol and take drugs, they think that it is a right thing to do. The third and last cause is boredom. They sometimes drink alcohol and take drugs to have fun and to remove that feeling of loneliness.

3.2 Causes of the Increased Use of Communication Devices and Social Media

Why are adolescents are addicted to communication devices and social media? A teenager might get addicted to communication devices and social media for many causes (Raja, 2017). First, teenagers are so curious about everything in life. Therefore, social media are the perfect place for their curiosity. Second, teenage is an age of conflicts and changes. Most of the teenagers at this age feel unconfident about themselves, lonely and disengaged from their family

and people around them. All of these lead teenagers to use social media to earn trust and confidence. Finally, some teenagers lack the ability to communicate with other people. They find it very hard to interact with people in front of them, so social media is the place where they go for communication with others.

3.3 Causes of Lying or Hiding Facts

Saha (2017) states that there are some causes of this problem. First, teenagers at this age believe that they have the ability to be separated from their parents, so they hide everything from them. Second, they need to be loved and cared by their parents. For example, saying that they had a full mark in exam while they didn't in order to be praised by their parents. Third, teenagers lie to not hurt other's feelings. For example, if a girl asked her friend about her dress: Do you like my dress? Her friend will lie and say it is beautiful, but the truth is that she doesn't like it. Finally, one of the most common reasons for both lying and hiding is to get away from punishment. For instance, when a boy broke a golden glass, he will hide the truth or sometimes lie in order to avoid any consequences.

4 Effects of Behavioral Problems among Adolescents

According to Raja (2017), there are several effects of alcohol and drugs behavioral problem. First, when teenagers drink alcohol and take drugs more than usual, it will lead them to become hooked without realizing that. Second, they take drugs to help them to study well, but these drugs will create more effects on brain memorization, focusing and learning abilities for school or academic life. In addition, this could be a failure, and it impacts negatively on their future, which would be difficult for them to find a job. Finally, teenagers think of drugs as a solution to

any problem they face, and it can make them feel better, but the truth is that drugs lead to worse damage in health, and in worse cases, to death.

According to Raja (2017), increased use of communication devices and social media problem has behavioral and physical effects. First, the teenagers who use social media, become obsessed by it, which can lead them to become angry whenever they lose their computer or any contact to social media. In addition, if someone tries to use their computer or discover about their activities, they feel angry too. Second, they spend a lot of time in their room which causes them to be isolated from their family or friends. Third, the teenagers spend more time than usual which lead to having a headaches or vision problems. Finally, they might gain or lose weight.

The effects of lying or hiding facts could be a positive or negative effect (Wiltermuth, Newman, & Raj, 2015). For positive effects, sometimes lying can earn the confidence of people. Also, it makes teenagers feel better in their life and about themselves. For negative effects, teenagers will use lying at school, home and job or even for fun. Lying will not only destroy their life, but it will affect their health.

5 How are Teenage Behavioral Problems Treated

Being a parent is not that easy, especially when your teenager has some behavioral problems. In this case, the role of any parents is how to deal with these problems. First, they need to pay attention to their teenager's behavior. After that, they have to identify the kind of suffering that teenager goes through, so they can help him/her out.

5.1 Treatment of Alcohol and Drugs

According to Rakhee (2017), the most important thing that parents should do is watching and keeping their eyes on adolescents. As a teenager, he/she needs good care, healthy food and time to sleep. This will help him/her to avoid taking drugs. Also, try not to use punishment or hitting to stop teenagers to take drugs. The right solution to stop that is to talk to them, let them express the reasons behind their actions. This will not only help them to leave drugs but also earn confidence they might have lost at this age. Actually, some of these solutions are not suitable for each teenager. That is why parents can let teenagers face his mistake and see what they have done. This could be helpful for them to feel regret and try to fix it.

5.2 Treatment of the Increased Use of Communication Devices and Social Media

Social media has become an important part of the lives of the teenagers. That is why prevent them from access, using and taking their mobile devices is not the perfect solution (Gongala, 2017). It will cause other consequences, such as taking someone else's phone. Parents can prevent all that by watching their children and be careful on their uses of social media. Also, give them a specific time to spend it on social media and communication devices.

5.3 Treatment of Lying or Hiding Facts

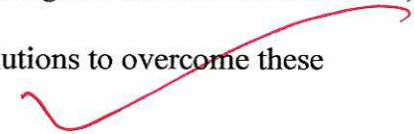
Saha (2017) emphasizes that teenagers need to talk and say what is on their minds. When parents try to communicate with their teenagers, they will feel more comfortable to open their hearts, start to talk and tell the truth. In this way, parents will earn their teenagers trust, which will lead them to have the courage to say the truth. Moreover, this will help them to ask parents about any problem they had and avoid lying or hiding anything. Also, parents should not use

anger with them, but they need to calm down even if they discover that teenagers are lying. Honesty is an important thing in life and hence it is the parents' role to teach teenagers the value of saying the truth. For example, parents can tell teenagers stories about lying and hiding, so teenagers will understand the consequences of lying and hiding. Then step by step, they will start to say the truth.

6 Conclusion

Finally, from what the writers have confirmed, every teenager might face a behavioral problem at this age. Also, this paper discusses the different types of teenage behavioral problems and how each one of them has different reasons and effects. Moreover, how these problems can be treated.

In conclusion, behavioral problems can affect every teenager in his/her life. Therefore, parents should pay attention to their teenagers and find solutions to overcome these problems.



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8 Appendix A:

Figure A-1. Teenagers Face Behavioral Problems.



Figure A-2. Top Social Media Platforms for Teenagers.

Facebook, Instagram and Snapchat Top Social Media Platforms for Teens

% of all teens 13 to 17 who use ...

