

## =Community Medicine 14=

1) What is adolescence?

The term is derived from the greek word adolescere meaning "to grow", & it's a period of transition (physically & mentally) between childhood & adulthood [period from puberty to maturity]

2) Who introduced the concept [stormy phase] and why?

G.S. Hall, he viewed this period as the period of storm & stress, from 3 aspects ① conflict w/ parents ② mood disruption ③ risk behaviour.

3) What is the cause of mood disruption in adolescence?

Hormonal changes, psychological stress of adolescence.

4) The combination of a neurological need for stimulation & emotional immaturity lead to.....?

an increased risky behaviour.

5) Adolescence is characterised by?

Biological & mental growth, undefined status, increased decision making & pressure, the search for self.

6) What do we mean by "adolescence is not an age but a stage"?

The period of it varies [it can start at 9 & end at 19 OR start at 14 & end at 25] (or for some it's a life-long period 😊)

7) WHO defined adolescence as the age between ..... & divided it into ..... parts.

(10-19), Three → early 10-13, middle 14-16, late 17-19

8) What are the characteristics of early adolescence?

Increase growth rate [hand & feet first], desire more privacy, a clash between the wish for autonomy & parents authority.

9) What are the characteristics of middle adolescence?

Peak height growth, axillary hair & sweat glands development, influenced by genetic factors  
chronic diseases can delay puberty.

10) What are the characteristics of late adolescence?

Complete development of secondary sex characteristics, career decisions are traced, the child gradually returns to the family.

11) What is growth & development?

Puberty starts, changes in voice, development of sexual characteristics, hormonal changes, skin problems.

12) What do we mean by the "undefined status"?

Sometimes treated as children, sometimes as adults.

13) Adolescents are susceptible to peer influence, why?

- ① The desire to belong [so they look to their peers to understand social norms]
- ② They find it rewarding to gain a social status.
- ③ Don't want to be/feel left out or excluded.

14) What is "The search for self"?

① The ability to establish personal norms ② preparing for future roles ③ anticipatory socialisation.

15) Why do we care about adolescence in Jordan?

① Half of the population under 20  
② They're citizens & workers in large numbers, a large number of adolescents [in developing countries] are out of school, malnourished, get married early & sexually active, demographic, public health, economic, human rights rationale.

16) What is the age structure in Jordan?

0-14 years 34.14%, 15-24 years 19.88%.  
25-54 years 37.72%, 65-64 years 4.64%,  
65 years & up 3.51%.

17) What are the unhealthy habits the adolescents do that lead to disease & death later?

① Unprotected sex ② physical inactivity  
③ Use of tobacco, alcohol & illicit drugs.

18) What is considered a cause and a consequence of adolescent pregnancy?

Socio-economic deprivation.

