

Adolescence and Hormones

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Abstract: The adolescent period is a delicate period of transition, when a child steps into the world of maturity. Naturally, the physical, emotional and mental changes of the young person at the maturity threshold occur. Such changes are caused by hormonal processes that help a child to evolve, reach maturity. Today's teens are exposed to hundreds of chemicals, compared to teens from previous generations. The chemicals are present in the form of pesticides in fruits and vegetables, plastics, products for maintaining beauty, etc. and once they enter the body it causes a lot of hormonal problems.

Keywords: adolescents; physical changes; hormonal changes; imbalances

Adolescence can be seen as a wonderful time in life, but it can also be interpreted as a stage of torture for both horses and parents.

The problem with adolescence is that young people feel they have to “work” in three dimensions: past, present and future. Consciously and unconsciously, adolescents are still trapped in the problems of childhood, especially those related to the relationship with parents and the environment. At the same time, they are trying to figure out what to expect from the future. Then, the third direction must be followed: the concern about the present. Where they are now and what is happening with their mind and body, where all these changes come from.

When a teenager is not allowed to do what he wants or if a teenager is upset for no reason, in the parents' perception, the defendant is invariably the emotional imbalance.

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young person at the maturity threshold occur. Such changes are caused by hormonal processes that help a child to evolve, reach maturity. The transformation has a major impact on the mood and behavior of a teenager who may be sad and depressed in the morning and happy evening. Parents seem to face many problems when their children go through adolescence.

They perceive adolescents' behavior, thinking, and attitude as being distorted, but parents need to understand that most of the problems that arise in adolescents are caused by emotional imbalance.

Causes of Hormonal Imbalance in Adolescents

At present, the symptoms of hormonal imbalance in adolescents are common. This is caused by a number of reasons that cause these increases and decreases in hormone production. Today's teens are exposed to hundreds of chemicals, compared to teens from previous generations. These chemicals are present both in the polluted environment or in the form of preservatives, food dyes and flavoring substances in food products and beverages.

The chemicals are present in the form of pesticides in fruits and vegetables, plastics, products for maintaining beauty, etc. and once they enter the body it causes a lot of hormonal problems. Teens tend to consume a lot of fast food products, rather than having a balanced diet, which includes fresh foods. Another cause of the symptoms triggered by hormonal imbalances is stress. The competition at school, the pressure of parents, the rivalry between siblings, the desire to be accepted in certain groups, stress a lot of teenagers.

When the stress level is high, a hormonal imbalance occurs, the adrenal glands being affected.

These imbalances can cause various emotional but also physical problems. The adrenal glands produce a large amount of cortisol which decreases progesterone production. Thus, fat retention takes place leading to weight gain in young people and the predisposition to obesity of adolescents.

Symptoms of hormonal imbalance in girls	Symptoms of hormonal imbalance in boys
<p>Hormonal imbalance tends to greatly affect female adolescents. Girls experience symptoms such as mood swings, acne, oily hair, dry skin, menstrual cramps, etc.</p> <p>Some of these are signs of normal growth of a young girl, but the hormonal imbalance in this period of development is common.</p>	<p>Boys also suffer from puberty-specific changes. While girls will have menstruation and develop some physical but also mental signs of maturity, in boys the voice will thicken, facial hair will appear, acne and body shape will change.</p> <p>However, hormones can make a boy's life as difficult as that of girls. There are certain symptoms of hormonal imbalance in boys that parents should watch out for. By early recognition, medical intervention could be avoided.</p>

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