

## Editorial note on Adolescent Stress Robin Sewaq\*

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Accepted on April 22, 2021

### Editorial

Journal of Child and Adolescent Health is an online open access peer-reviewed journal that encourages scientific innovation and advancement in the broad area of child and adolescent health and aims at improving the dissemination of original scientific knowledge. Journal is interested in publishing all kinds of original work in this multidisciplinary field of child and adolescent health that help in improving the complete health of people in the age range of infants to young adults.

This innovative and intensive three-year program offerings a pluralistic approach to the psychodynamic sympathetic and treatment of children, teen-agers, and their families. It is intended to provide complete grounding for giving young people from infancy finished late puberty. Teen stress is an important health issue. The early teen years are marked by rapid changes — physical, cognitive, and emotional. Young people may also face other challenges, including changing relationships with peers, new demands at school, family tensions, or safety issues in their communities

Causes of teenage stress school, especially homework, exams and pressure to do well. relationships with friends, boyfriends and girlfriends. life changes like leaving school, getting into university or getting a job. too many things to do, and feeling unprepared or overwhelmed by tasks.

The teenage years can be an emotional assault course for all concerned. ... One of the reasons many of us find it so hard is because it is a time of rapid physical development and deep emotional changes. These are exciting, but can also be confusing and uncomfortable for child and parent alike. The neurodevelopmental and hormonal changes that happen during adolescence may modulate impulse control that could possibly lead to the experimentation with drugs and may lead to the road of addiction. Impulsivity is

Speech and language skills underpin many other areas of children's development by: providing a strong foundation for other areas of learning, such as reading and writing and enabling access to the whole curriculum. supporting communication skills. promoting social skills and forming friendships. thought to be a facet trait in the neuroticism personality domain (overindulgence/negative urgency) which is prospectively associated with the development of substance abuse. An average of 6 h of speech and language therapy in a 6-month period can produce significant improvement in performance, and it has been shown to be more effective than no treatment over the same 6-month period for children with primary speech and/or language impairment. Adolescence is a time of significant growth and development inside the teenage brain. The main change is that unused connections in the thinking and processing part of your child's brain (called the grey matter) are 'pruned' away. At the same time, other connections are strengthened. Hormones. Your teen's hormone production ebbs and flows during adolescence. Sometimes your teen might feel anxious, upset, depressed, and angry for no reason at all. Some of this is likely caused by hormonal fluctuations. Adolescence is a transitory period in which an individual shifts from childhood into adulthood. For most, this period is a time of physical, social, and emotional changes. The development that occurs within adolescence is key in setting the stage for adulthood.

*J Child Adolesc Health 2021 Volume 5 Issue 3*