

## TEENAGE PROBLEMS

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**Annotation.**

This article discusses the main problems faced by teenagers, their causes, and possible solutions. Teenagers go through various psychological, physical, and social challenges. The article also highlights the role of parents, teachers, and society in addressing these issues. Moreover, it analyzes ways to communicate effectively with teenagers and support them during this crucial stage.

**Keywords:** Teenagers, problems, mental pressure, parents, school, social environment, youth, communication, upbringing.

Adolescence is one of the most important and complex stages in a person's life. During this period, young people face various challenges influenced by physical growth, psychological changes, and social environment. Teenagers strive to understand their identity, think independently, and find their place in society. At the same time, they may experience problems such as depression, lack of self-confidence, academic difficulties, and social pressure. This article discusses the problems faced by teenagers, their underlying causes, and possible ways to address them.

The problems faced during adolescence can be caused by various factors. First of all, the changes in this period are associated with increased hormonal activity in the body. This affects the teenager's emotional state, mood, and behavior. Common issues include lack of self-confidence, excessive concern about appearance, and peer pressure.

Academic pressure is also a significant problem. Some teenagers experience extreme stress in order to achieve high grades or meet their parents' expectations. Additionally, family issues, lack of proper communication with parents, domestic violence, or neglect can negatively impact their mental well-being.

Modern technology and social media play an important role in teenagers' lives. Excessive internet usage, online friendships, and cyberbullying are emerging as serious concerns. In such an environment, understanding the teenager and providing necessary support becomes a shared responsibility of parents, teachers, and society.

Due to emotional instability during adolescence, many young people may experience depression or become aggressive. This condition worsens if it is not noticed by those around them. In such situations, teenagers often feel isolated and misunderstood, which may lead them to make poor choices.

The school environment can also influence a teenager both positively and negatively. Supportive and understanding teachers, as well as healthy peer relationships, contribute positively to the teenager's psychological well-being. On the other hand, bullying, mockery, or neglect can seriously damage their self-esteem.

Furthermore, during adolescence, interests change, and independent thinking becomes more pronounced. Teenagers may no longer accept their parents' opinions without question. This often leads to conflicts in the parent-child relationship. The most important factor here is effective communication — listening to the teenager patiently and trying to understand their perspective.

Teenage problems are not only personal but also socially significant. If these problems are not addressed in a timely manner, they may lead to more serious psychological and social consequences in the future. For example, prolonged sadness may turn into depression, and social isolation and loneliness can result in delinquency, drug abuse, or other harmful behaviors.

Therefore, teenage issues should never be ignored. Parents should maintain regular communication with their children and try to understand their emotional condition. Teachers should act not only as educators but also as compassionate guides. Additionally, psychological counseling centers, school psychologists, and social services should be strengthened.

Most importantly, listening to teenagers, creating a safe and trusting environment, and working together to solve their problems is the most effective approach. Only

through love, patience, and understanding can we lead teenagers toward a healthy, happy, and stable future.

Teenagers represent one of the most active and promising segments of society. Their worldview, dreams, and ambitions shape the kind of individuals they will become in the future. Therefore, it is extremely important to guide them properly, serve as positive role models, and help them make independent decisions.

Teenagers are often misunderstood by society. When their opinions are not taken seriously and their emotional needs are neglected, these issues can become the root of deeper problems. In such situations, teenagers may begin to feel lonely, unwanted, or unnecessary. This leads to a loss of self-confidence and internal conflict.

Moreover, adolescence is a time of high energy and activity. Teenagers seek to join groups, express their talents, and be noticed. If these needs are not supported in a positive way, they may turn to negative influences or join the wrong crowds. Therefore, it is essential to nurture their interests and encourage them to engage in sports, arts, or technology as a constructive outlet.

### **Conclusion**

In conclusion, adolescence is one of the most delicate and critical stages of a person's life. The psychological, social, and emotional challenges faced during this period not only influence the teenager's personal development but also impact their entire future. Therefore, the attention, patience, and kindness of parents, teachers, psychologists, and society as a whole are of great importance.

Every teenager is a unique world. By striving to understand them, listening, and offering support when needed, we can help raise a healthy, positive, and active future generation. Identifying teenage problems early and addressing them properly contributes to the stability and healthy development of our society.

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