Teenage Years Shape Your Personality! Take Them Seriously

You must address the changes you go through during your teenage as they play a very important role to shape your personality.

Each one has a different personality – different thoughts, different ways to deal with situations, different goals and different attitude. The way you think, the way you react, the way you speak, the way you treat and the way you deal with something is your **(1).....** The roots of your personality can be traced all the way back to infancy, a psychologist told in an interview. As you grow up, your personality starts to take shape **(2) ..... .** Even twins can show a plenty of change when they stepped into teenage years.

Experts say that teenage is a time when you face drastic changes in you – hormonal changes, neural changes, social changes and pressure of life – and all of them are responsible for changes in your **(3) ..... .** Studies have found that traits appearing during your teenage are crucial to identify as they show a variety of outcomes from your academic success to unemployment.

A study conducted among Dutch teenagers revealed that girls show more emotional stability than boys in early adolescence. Likewise German teenagers and their parents admitted that they go through a lot of changes, but most of the time both parents and children agree to differ. For instance, parents noticed their children were less interested to agree with their opinions whereas teenagers themselves found that the change was not as drastic as their parents felt. Some teenagers felt that they turned **(4) .....,** however, their parents saw them as extrovert. In abstract, parents find their children to be less nice.

A change in parent-child relationship may account for this stereotypical perception among parents. Researchers have pointed out the growing need for privacy among teenagers irritates parents and they start thinking that you are going to bad. This is the phase when opinions and thoughts clash between you and your parents and one of the significant reasons is your parents observe changes in your personality against a typical adult and you compare your **(5) .....** against your peers. In the early adolescence advantageous traits among teenagers decline and studies among German and Dutch teenagers have proved that **(6) .....** is a trait that declined.

Here are some factors that contribute to your personality change:

External factors

Brain plays a paramount role to shape your personality. Experts have found that changes in grey matter can affect the way you feel and behave. However, there are some external factors that affect your personality such as stress, media, friends and your community. The major proportion of your stress is due to changes you are facing. However, not every time you face the same kind of stress. A study was conducted among US participants twice when they were teenagers and when they stepped into **(7) .....** to measure the significant cause of stress.

Studies found that people were stressed due to external factors like parents' divorce, academic performance and traffic accidents through adolescents into adulthood. However, sometimes teenagers found themselves stressed because of their own negligence and **(8) ..... .** Some of them were those who took out personal loans for education and fell into debt as they failed to repay it on time. Even though they took out the loan from a

Taken from Thrive Global

LIVEWORKSHEETS

reputed direct lender like Big Loan Lender, British Lenders, and London Loan Bank. They face difficulty managing the loan. Reason being they did not evaluate their affordability or the sense of financial management was not so active when they applied for the loan.

Friends

During your adolescence, you love to maintain privacy from your parents. You feel **(9)** ..... to talk about what you feel and what you want with your parents because they slip up understanding your feelings as a teenager, which is why you create your own community. Your peers may have a big impact on your personality traits as they also suffer from emotional **(10)** ..... . They may challenge you and try to become superior and better than you. Since you are likely to be highly influenced by your peers, you may take them seriously.

Media

Media exposure also plays a big role to transform your personality. When you are a teenager, you start spending a lot of time on social media. You surf websites, read digital magazines and watch streaming videos. Since your mind goes through an **(11)** ..... mix of genetic and environmental factors that you **(12)** ..... to identify what is right and what is wrong. If you encounter anything on the internet that is violent, **(13)** ....., gruesome, obscene, religious or ethnic stereotypical, they will add up to your confused **(14)** ..... . You must have a better understanding of your culture and society.

Parenting

Parents contribute a very big role to the personality of their children. Researchers have found that the home atmosphere must be as calm as it can be because actions and words that parents use affect children mentally. Of course, children learn what they see. If they see violence, they could become violent. If they see courtesy, they become **(15)** ..... . Teenagers learn everything from socialising to decision-making by observing. Personality traits that emerge during adolescence are not always bad. Studies have also found that teenagers can also show some positive traits like being able to identify between right and wrong, knowing what is expected of them and being in control of their life. It is important that teenagers are encouraged to work hard to pass their exams, but it is much more important to nurture their personalities.

Taken from Thrive Global

LIVEWORKSHEETS