

# Emotional Development of Adolescent

Prepared & Presented By-  
Dr. Jahangir Hussain Alom  
Assistant Professor of Education  
Dr. B.K.B. College, Puranigudam

# Meaning of Emotion

- The word “Emotion” is derived from the Latin word ‘Emovere’ which means to stir up, to agitate or to excite.
- An emotion is a feeling such as happiness, love, fear, anger or hatred which can be caused by the situation that a person is in or the people they are with.
- An emotion is a spontaneous mental reaction, such as joy, sorrow, hate and love.
- Emotions play an important role in life and contribute to the personality development.

# Definition of Emotion

- According to Crow and Crow, “An emotion is an effective experience that accompanies generalised inner adjustment and mental and psychological stirred up states in the individual, and that shows itself in his own behaviour.”
- P.T. Morgan defines emotion as “An emotion is disturbed state of organism: an emotion includes Visceral changes due to increased activity of autonomic nervous system and an emotion originates within the psychological situation.”

# Characteristics of Emotion

- The emotional experiences are associated with some instincts or biological drives.
- An emotion is always aroused by a certain stimulus.
- The same stimulus may arouse different emotions.
- Emotions are expressed in relation to the concrete objects or situations.
- Emotions rise abruptly but die slowly.
- Emotions are more intense than feeling.
- Emotions are prevalent in every living organism.
- Emotion motivates much of our behaviour.

# Concepts of Emotional Development

- Emotional development is one of the major aspects of the human growth and development.
- One of the aims of education is to promote due control over emotions.
- Physical growth and development along with intellectual, social, moral, aesthetic development is linked and controlled by emotional experiences.
- If there had been no emotion in the life of the organism, the life would have been without any inspiration.
- Adolescence is marked by heightened emotionality.

# Causes of Heightened Emotionality During Adolescence

1. Changes of roles in home, school and society.
2. Unfavourable relation at home
3. Social expectations
4. Difficulty in adjustment to the member of the opposite sex.
5. Religious conflicts
6. School failures
7. Conflicts with friends and family members
8. Vocational problems

# Characteristics of Emotional Development at Adolescent Period

1. Complexity
2. Development of abstract emotion
3. Emotional feelings are widened.
4. Bearing of tensions.
5. Capacity of sharing emotions
6. Loyalties expand.
7. Realism and emotional experiences
8. Reviewing of hopes and aspirations.
9. Toleration of alones