

PHYSICAL EDUCATION FOR HEALTH  
Radio Program

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"Characteristics of the Adolescent Age"

(Miss Ruth Hoover and Miss Joie Stapleton)

- Miss Hoover      In the field of teacher training in Physical Education, more time is being devoted to the study of the child and his needs before planning the activities for the particular group to which the child belongs. Tonight, Miss Stapleton, since most of our students work with the adolescent, shall we discuss some of the characteristics of this particular age?
- Miss Stapleton    Certainly, Miss Hoover, for unless we understand the adolescent and the problems he faces we will not be able to successfully help him.
- Miss Hoover      What do you mean by the adolescent period?
- Miss Stapleton    Well, Miss Hoover, various terms have been used to describe this age. Some of them are: awkward period -- silly age -- time of storm and stress -- gawky period -- greenhorn age. I like to think of adolescence as the transition period - the period when the individual changes from childhood into the adult stage - a definite period of growth.
- Miss Hoover      These are interesting descriptions of the period. Miss Stapleton, are there any problems peculiar to this age?
- Miss Stapleton    Yes, Miss Hoover, there are. Dr. Carolyn Hedger of the McCormick Foundation has made quite an intensive study of Adolescence and lists the following seven conflicts as being the ones confronting this age group:
1. Family - in some things the youngster is treated as an adult, yet when he wants to assume the adult status in such matters as driving a car he is told that he is only a child.
  2. Play - up to the age of twelve, most of his play activities have been planned for him. Now he must begin to assume responsibility for his own leisure.
  3. School - In school he takes up new subjects, finds a new attitude and is put more on his own. The Junior High school is the shock absorber for the more informal organization of the senior high school.
  4. Church - Interest in the church is at a peak during this period of a child's life.
  5. Industry - The protected child does not know about this part of living, but receives an introduction to it through the vocational subjects.