

# PERSONALITY CRISIS IN ADOLESCENCE

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**Abstract:** *Stanley Hall was one who viewed adolescence as psychological crisis phenomena. Personality crisis was considered as the main feature long periods of this age, which has led some authors to describe this framework a series of "specific issues", teenager adjustment disorders caused by the environment. Maturation occurs in the period of adolescence physical, intellectual, emotional maturity, establishing a personal identity, empowerment of parents.*

**Keywords:** *adolescence, physical development, psychological processes, adolescent turmoil, personality crisis, social inadaptability, self-identity.*

After Max Frisk (1975), the period of adolescence should be addressed the following issues:

- understanding individuals physical development in self-image;
- finding a sexual suitable role consistent with social norms;
- self confidence;
- obtaining a position in society;
- social and ethical maturity;
- resolving conflicts in the early period of existence based on experience;

The first problem that arises in adolescence period is the importance of bodily changes and the "adjustment" of relations with their bodies, essential criterion in the development of personality (physical development and the normality criteria of value are for teens).

To be accepted into the group, the teenager should not differ greatly from others in physically, not to become the object of mockery. In this respect (especially girls), preoccupation with appearance can become exaggerated dominant. The multiple exaggeration (fashion, cosmetics) often leads to conflicts with adults (moral, punishment) but let's don't forget that times are changing.

Physical skills (sports for example) often equate with leadership in groups, but enter into conflict with adults who see this concern lightly.

Body image formation includes two aspects (Kolb, 1980): body perception and concept form. In the first case is about integrating different perceptions concerning his body, while the second covers the psychological processes of interiorization.

The review of the adolescent body is necessary because the speed with which changes occur during this period and develops a state of anxiety and obsessive

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preoccupation with the idea of being normal, not being like others.

Body image disturbance may be manifested by anxiety, depression, excessive concern for appearance and even the major behavioral disorders. Some minor points (fattening, nose size, slower development of secondary sexual characters) can lead to balance personality disorder, of great importance with sexual "normality". These phenomena are necessary to identify the individual's sexuality, depending on accepting the role of man or woman.

Schonfield (1971) sees in these disorders, the cause of conflicts between generations.

Highlighting the main features of "personality crisis" in adolescents, Kestenberg (1971) shows that for a teenager to arrange things, he has the schematic and coarse to "reject" parents, friends, family ideology and educators to "reject" his own body and all the person who "accepts evil" and to be confused with its congeners, to form a distinct group ("new youth"). Thus, "personality crisis" would mean a schematic development in mosaic with discrepancies between different lines of development, or as Freud said, in the same area of conduct, behavior of great maturity.

The problem of young adolescents is not new and it seems that she appeared with mankind. In this edifying words are attributed to Socrates (fifth century B.C.)

"Our youth loves luxury. They have bad manners, contempt of authority. They have contempt for the elderly and love chatter in place. Nowadays children are tyrants and not the servants of their families. They do not rise when an elder enters into the house. They contradict their parents and teachers.

### **"Psychopathological aspects related to personality crisis**

Some authors call this pathology, related to "personality crisis" as a "normal pathology" because although borders on pathological phenomena due to high frequency and temporary nature (heal with maturation) phenomenon disappears without leaving traces.

After Offer (1975) that "adolescent turmoil" would be part of the first stage of general adaptation syndrome described by Selye (as a response to psychosocial stress rapid physical and psychological development). Syndromes arising in this context would be inaccurate, irregular and would easily pass from one category to another. Yet this should not mean that all teenagers come out easy in this psychopathology, some of whom may remain for long in maladjustment. Specific conflicts to this period of crisis are actually "conflicts screen", their real motivation is at first sight hidden. Exists a large number of psychiatric symptoms related to personality crisis of which we mention only some: affective symptoms: excitement, anxiety, insecurity, depression undue hippomanic states, psychosomatic reactions, hypochondria, obsessive and phobic phenomena combined with reactions of character as "crisis-known" opposition or vanity.

In cases of severe exacerbations, can occur schizoid aspect of character, aggressive, passive, obsessive, compulsive. Reactions are common in adolescents as asceticism etching fact this aspect is hidden in emotional immaturity or lack of "emotional brakes". These phenomena are often involved in social inadaptability in school, conflicts with

authority;

Adolescent crisis may consist therefore in an outburst of systematic negation of values imposed and misunderstood or unacceptable to its previous child identity, that parents stubbornly keep it. In the teenager mind, the right to mature status, is obtained in any form, even the stubbornly, bad will, immoral attitude, antisocial, crime. Conformity seems not part of the concepts that you agree to this age.

The crisis of originality is another aspect of this age. Teenagers consider mature men are without horizon, imagination, conservative and bounded. Any creative, artistic, technical, scientific, etc. separation is the way to others, evidence of maturity and capabilities, independence, not least. Originality requirement is actually the self creation of their identity. The crisis of originality unfortunately, not only has some leaning toward creation. There is other side, which manifests itself by acute nonconformity, being aggressive and shocking decision, just to stand out. Hence originality sometimes is too much in clothing and hairstyles, listening to music mode and is sometimes incomprehensible to the adults, and ... fearful group conformism.

In general, these issues, if not exacerbation by parents in an imposing behavior and overly restrictive, or on the contrary a "laisse fair", go with the maturation and shaping self-identity.

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