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Nota di contenuto	Front Cover; The Nature of Adolescence; Copyright Page; Contents; A word about the interviews in this book; List of figures, tables and boxes; Acknowledgements; 1.Introduction; Social change; The nature of the transition; Theories of adolescence; Further reading; 2.Physical development; Changes in the brain during adolescence; Puberty; The growth spurt; Sexual maturation; The secular trend; Psychological effects of puberty; Early and late maturers; Sleep in adolescence; Implications for practice; Further Reading; 3.Thinking and reasoning; The Piagetian approach The information-processing view of adolescent thinkingSocial cognition; Moral thinking; Political thought; Implications for practice; Further reading; 4.The self and identity; Introduction; Factors associated with self-concept development; Self-esteem; Theoretical approaches to identity development; A review of research on ethnic identity; Implications for practice; Further reading; 5.The family; The development of autonomy; Conflict and the generation gap; Family environment and adolescent development; Culture and ethnicity; Divorce and the changing nature of families; Parenting teenagers Implications for practiceFurther reading; 6.Health; Introduction;

Physical exercise and sport; Smoking, drinking and the use of illegal drugs; Nutrition, dieting and eating behaviour; Mental health; Health promotion; Implications for practice; Further reading; 7. Sexual development; Changing patterns of sexual behaviour; The context and timing of adolescent sexual behaviour; Romance and intimacy; Young people and safe sex; Lesbian and gay sexuality in adolescence; Teenage parenthood; Effective sex and relationships education; Implications for practice; Further reading

8. Adolescence and education The context of secondary education; Transition to secondary education; Classroom climate and school ethos; Schools and well-being; Schools and adolescent development; Implications for practice; Further reading; 9. Friends and the peer group; The genesis of adolescent social relationships; The dynamics of friendship and the peer group; Parents and peers; Rejection and isolation; The digital generation; Implications for practice; Further reading; 10. Anti-social behaviour; Prevalence of anti-social behaviour; Risk factors in anti-social behaviour
Interventions in relation to anti-social behaviour Implications for practice; Further reading; 11. Risk, resilience and coping in adolescence; Concepts of risk as they apply to adolescence; Coping in adolescence; Resilience in adolescence; Conclusion; Implications for practice; Further reading; Appendix 1: Interview questions; References; Author index; Subject index

Sommario/riassunto

The fourth edition of this successful textbook provides an up-to-date introduction to all of the key features of adolescent development. While drawing on the North American literature on adolescence, it highlights European perspectives and also provides unique coverage of the topic by summarising and reviewing what is known about adolescence from a British viewpoint. Comprehensively updated and rewritten, this edition includes material on new topics such as: The development of the adolescent brain Sleep patterns in adolescence Parenting programmes for
