

## ERGEN VE AİLE İLETİŞİMİ

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### I.Giriş

#### Ergenlerle iletişimin Önemi

Çocukluk ve yetişkinlik arasındaki yaşam evresi olan ergenliğin tanımı uzun zamandır bir muamma olmuştur. Ergenlik, biyolojik büyüme unsurlarını ve önemli sosyal rol geçişlerini kapsar ve her ikisi de geçtiğimiz yüzyılda değişmiştir. Erken ergenlik hemen hemen tüm toplumlarda ergenliğin başlangıcını hızlandırırken, büyümenin devam ettiğinin fark edilmesi ergenliğin sonunu 20' li yaşlara itmiştir. Buna paralel olarak, eğitimin tamamlanması, evlilik ve ebeveynlik de dahil olmak üzere rol geçişlerinin gecikmeli zamanlaması, yetişkinliğin ne zaman başladığına dair popüler algıları değiştirmeye devam etmektedir. Muhtemelen çocukluktan yetişkinliğe geçiş, pazarlama ve dijital medya da dahil olmak üzere benzeri görülmemiş sosyal güçlerin bu yıllarda sağlık ve refahı etkilediği bir zamanda, yaşam seyrinin her zamankinden daha büyük bir bölümünü kaplamaktadır. Ergenliğin genişletilmiş ve daha kapsayıcı bir tanımı, yasaların, sosyal politikaların ve hizmet sistemlerinin gelişimsel olarak uygun bir şekilde çerçevelendirilmesi için gereklidir. 10-19 yaş yerine 10-24 yaş tanımı, ergen büyümesi ve bu yaşam evresine ilişkin popüler anlayışlara daha yakındır ve daha geniş bir ortam yelpazesinde genişletilmiş yatırımı kolaylaştıracaktır (1).

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Ergen ve aile iletişimi, ergenlik dönemindeki gençlerin yaşadığı zorlukları aşmalarına ve sağlıklı bir şekilde gelişmelerine yardımcı olur. Bu iletişim, aile bağlarını güçlendirir, gençlerin kendilerini ifade etmelerini ve başkalarını anlamalarını sağlar. Ayrıca, ergenlerin olumsuz davranışlardan kaçınmalarına ve sağlıklı ilişkiler kurmalarına yardımcı olur. Ergen ve aile iletişimi, gençlerin gelecekteki başarıları ve mutluluğu için önemli bir temel oluşturur. Bu nedenle, ailelerin bu iletişimi desteklemesi ve geliştirmesi büyük önem taşır.

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