

BÖLÜM 12

Ergenlik Döneminde Sosyoduygusal Gelişim

Atanur AKAR ¹

“Her şey birdenbire oldu.
Birdenbire vurdu gün ışığı yere;
Gökyüzü birdenbire oldu;
Mavi birdenbire.
Her şey birdenbire oldu;
Birdenbire tütmeye başladı duman topraktan;
Filiz birdenbire oldu, tomurcuk birdenbire.
Yemiş birdenbire oldu.
Birdenbire,
Birdenbire;
Her şey birdenbire oldu.
Kız birdenbire, oğlan birdenbire;
Yollar, kırlar, kediler, insanlar...
Aşk birdenbire oldu,
Sevinç birdenbire.” (Orhan Veli Kanık)

GİRİŞ

Ergenlik dönemi, bireyin çocukluk ile yetişkinlik arasında biyolojik, bilişsel, sosyal ve duygusal açıdan yoğun değişim ve dönüşümler yaşadığı kritik bir gelişim evresidir (Steinberg, 2017). Bu dönemde ergenler, kimlik arayışı, özerklik kazanma ve akran ilişkileri gibi sosyal gelişimsel görevlerle uğraşırken; aynı zamanda yoğun duygusal dalgalanmalar ve duygu düzenleme süreçleri ile de karşı karşıya kalırlar (Santrock, 2021). Duygusal gelişim açısından ergenlik, yoğun duyguların yaşandığı, bu duyguları düzenleme becerisinin ise kademeli olarak olgunlaştığı bir süreçtir (Casey, vd., 2008). Sosyal gelişim bağlamında ergenlik, akran ilişkilerinin, romantik bağların ve aidiyet duygusunun bireyin benlik algısı üzerinde belirleyici hale geldiği bir dönemdir” (Brown ve Larson, 2009). Ergenlik dönemi, beynin henüz olgunlaşma sürecinde olduğu bir geçiş evresidir. Özellikle frontal korteks, amigdala, ve hipokampus gibi bölgelerdeki gelişim farklılıkları, ergenlerin duygusal tep-

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Sağlık Çalışanlarına Yönelik Öneriler

Sağlık çalışanları, ergenlerin ruhsal ve fiziksel sağlık sorunlarını erken fark etmede kritik role sahiptir. Okul temelli ruh sağlığı hizmetleri (örn. psikolojik danışmanlık, bağımlılık taramaları, psiko-eğitim) yaygınlaştırılmalıdır. Psikiyatri ve psikoloji uzmanlarının öğretmenler ve ailelerle işbirliği içinde çalışması, ergenlerdeki depresyon, kaygı ve bağımlılık riskini azaltabilir (WHO, 2020).

Ergenlere Yönelik Öneriler

Ergenlerin kendileri de sorunlarla başa çıkmada aktif rol üstlenmelidir. Duygu düzenleme tekniklerini (nefes egzersizleri, mindfulness, problem çözme stratejileri) öğrenmek ve uygulamak, stresle baş etmelerini kolaylaştırır (Compas vd., 2017). Ayrıca spor, sanat ve gönüllülük gibi etkinliklere katılım, ergenlerde özsaygı ve sosyal uyumu güçlendirir (Fredricks ve Eccles, 2006). Ergenlerin sosyal medya kullanımlarında sınır koymaları ve dijital farkındalık geliştirmeleri de ruh sağlığı için kritik bir beceridir.

Ailelere Yönelik Öneriler

Aileler ergenler için en önemli güven kaynağıdır. Araştırmalar, açık iletişim, demokratik ebeveynlik ve duygusal destek sağlayan ailelerde ergenlerin daha sağlıklı geliştiğini göstermektedir (Steinberg, 2001). Ailelerin ergenin bağımsızlık ihtiyacına saygı duyması, ancak rehberlik etmeyi sürdürmesi, sağlıklı bir denge oluşturur (Smetana vd., 2015). Ayrıca aileler ergenin sosyal medya kullanımı, arkadaş ilişkileri ve akademik yükleri konusunda farkındalık geliştirmeli, gerektiğinde profesyonel destek almaktan çekinmemelidir (Diamond ve Josephson, 2005). Aileler, ergenlerin bağımsızlık ihtiyaçlarını kabul etmeli ancak aynı zamanda duygusal destek sunmaya devam etmelidir.

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