Puberty in Boys-Principal Signs of Puberty and Hormonal Control

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Initiation of hormonal and bodily changes which render an adolescent capable of reproduction, is known as puberty. At the end of this process, sexual maturity is also attained. Changes that occur in the body of a male child are different from the changes that occur in the body of a female child. Before a boy hits puberty, he goes through some mental changes before physical changes and this is the very first stage of puberty. In this stage, the brain prepares the body for changes and his hypothalamus begins to release a gonadotropin-releasing hormone which travels to the pituitary gland. He then enters his second stage of puberty at the age of eleven and sees changes in his body that start from the enlargement of testicles and redness of his scrotum (Stoppler, n.d.). The scrotum is the skin around the testicles which gets thinner and pubic hair start to appear on the base of the penis. Then at the age of 13, which is the third stage, physical changes start in his body that include growing of penis and testicles and forming of breast tissues under the nipples which are also called “man’s boobs”. He will have wet dreams that would result in random ejaculations.

Along with all these changes, his voice will also begin to change and may “crack”. It means that the pitch will be much deeper and thicker and there will be continuous growth in the muscles and height which is 2 to 3.2 inches per year. Puberty goes in its full swing once he enters in stage 4 which occurs mostly at the age of 14. All the lower parts of his body including penis, testicles and scrotum continue to grow bigger and scrotum gets darker in colour. The thick and deep voice becomes permanent and he will have armpit hair too. They turn into a big muscular person with hair all over the body especially thighs and chest. Puberty is a normal stage but it can be disturbing as well because it includes mood swings and other emotional changes which makes a person emotionally challenged, so it is important to help and support them in time of puberty.

References

Stoppler, M. (n.d.). Puberty Definition, Stages, Duration, Signs for Boys & Girls. Retrieved November 20, 2019, from https://www.medicinenet.com/puberty/article.htm