**Cognitive Changes**

**Name**

**Affiliation**

**Date**

Puberty is a stage of transition between childhood and adult life. It is during this period that many aspects of the personality are defined. As it is a stage of physical changes, it is accompanied by concerns that affect adolescents emotionally. There is a huge psychosocial impact of puberty on children. Firstly, they feel that they are not children anymore, but they are not adults either. In a way, they miss the security that childhood gave them, in which parents are a kind of heroic figure that gives them protection and stability. The outburst of hormones in the body causes them to see members of the opposite sex with an attraction they previously did not feel. This can generate joy, curiosity and even fear. Many adolescents develop a certain fear and anxiety about the changes they see in their physical development. They begin to project their life. They imagine how they will grow up and consider what they want to do "when they grow up". They seek friendship with various people and friends become their biggest allies and they show a rebellious attitude towards parents (Short & Rosenthal, 2008).

Cognitive changes have a great role in decision making during adolescence. The truth is that this causes a series of changes in decision making that are decisive at very different levels. Adolescence is a stage of development in which usually the risky behavior appears. The cognitive changes cause to be involved in vandalism, practice unprotected sex, and begin to use drugs or feel a preference for risky sports activities. These behaviors are associated with changes that occur at the cognitive level, which drive the individual towards a constant search for situations that involve high levels of risk. They make decisions that could prove to be very harmful to them. Parents could help them during this phase of life (STEINBERG, 2019).

**References**

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