

The paper "Aberrant Adolescent Behavior" is a perfect example of a psychology essay. According to Curry (2003), aberrant Adolescent behaviors are those abnormal behaviors that teenagers indulge in at their adolescent stage. These behaviors include drug-taking, smoking of tobacco, risky sexual behaviors, antisocial behaviors, academic failure in form of poor performance and discontinuation of schooling among others. At this stage in life the teenagers are very rebellious and cannot listen to their teachers, parents and seniors. To them they are always doing the right thing making it hard for them to spot their own mistakes. These abnormal behaviors are caused by several factors, for example, peer pressure such that an individual relates to those age groups who are poorly behaved thus influencing him / her to follow their abnormal behaviors. Poor parenting is another cause where children are poorly brought up such that they are not taught good manners, this normally depends with the parents i.e. if parents are drug abusers and smokers then it is highly likely that their children will follow suit. Child abuse is another cause in that child who is victims of incest and other forms of sexual molestations suffer psychological trauma and tend to behave abnormally in their attempt to avoid the emotions suffered. (Curry, 2003) Lack of guidance and counseling also leads to abnormal adolescent behaviors such that there is no one to guide the teenagers on the right course to follow. Lack of education largely contributes to the abnormal behaviors in adolescence when children fail to attend school they have a lot of time in their disposal making them join street or drug gangs. Joining these gangs result in acquisitions of risky sexual behaviors that triple STI infection rates in teenagers. The after-effects, being early pregnancy and HIV/ AIDS. (Aizen, 2001) The surrounding environment is a key determinant of the adolescent behaviors if the surrounding population is not spiritually nourished then teenagers around this region are likely to behave badly. Lack of education to the surrounding population will make the adolescent behave abnormally. Adolescents elder siblings will greatly determine the behaviors of their younger siblings. (Aizen, 2001) Self-Injury/ Self Mutilation Self-injury also is known as self-mutilation can be defined as the deliberate act of trying to change a mood state by inflicting physical harm that is serious enough to cause tissue damage to an individual's body. (Bandura, 1999) Self-mutilation occurs in three forms i.e. Major self-mutilation, which occurs rarely, Stereotypic self-mutilation and superficial self-mutilation. The level and forms of injury caused will always differ with the most commonly observed behavior being burning, headbanging, and cutting. Other notable self-injury includes biting, scratching, branding, bruising, carving, hitting among others. However, if the primary purpose is to decorate your body i.e. tattooing, sexual gratification and spiritual enlightenment then, these cannot be considered to be self-injury. (Bandura, 1999) Self-injury assists individuals in coping with block out and in releasing some built up emotions and feelings. It is largely the most misunderstood type of self-harm with many myths being connected with it, thus making it difficult for people to reach out and request for help. The conducted research has indicated that when individuals who self-mutilate themselves become emotionally beleaguered, they turn to actions of self-injury which helps in lowering their arousal, physiological and psychological levels within a very short time span. (Bandura, 1999) Cutters These are adolescents who cut themselves with broken glass, knives, paper clips, needles razor blades, scissors or anything that comes their way. They even punch walls until their hands ooze blood, sets their skin on fire and throw themselves through glass panes with an aim of inflicting self-injury on to their hands. Cutters do not perform the above activities as in an attempt to commit suicide nor are they mad but they simply suffer from "complex post-traumatic stress disorder" (PTSD) also known as "Deliberate Self Harm Syndrome," Since the syndrome does not occur as a result of a biochemical imbalance, the syndrome cannot be treated by use of pharmaceutical drugs. (Bandura, 1999) Many cutters are believed to be women who were either lured into incest or sexually abused at the childhood stage of life. However, cutters exist in every gender and age with the majority coming from families with drug abuse or alcohol history. Cutters practice self-mutilation as a technique for self-preservation thus helping in alleviating depersonalization and anxiety symptoms consequently preventing suicide or psychosis. (Bandura, 1999) Burners; These are adolescent who burns themselves with fire, swallows acid from batteries in order to burn their internal body organs, exposes their body to get sunburn among other behaviors attempted to relieve anxiety symptoms among the adolescents. (Bandura, 1999)