Study on Adolescents’ Awareness of Life. Comparative Study between the Projection of Hungarian Adolescents’ Awareness of Life of Transylvania and Hungary

Abstract

In our research the quality of life is always used in connection with health, and we consider it as concomitant of harmonious social adaptation. The subjective experience of quality of life is awareness of life, well-being, comfort, which may equally refer to the cognitive side, to how much one is satisfied with his/her life, as well as to the affective side, which can be measured by the frequency of experienced positive emotional states, by how often one is happy, contented.

The perceived quality of life could be defined depending on more factors and it is related to health behaviour and the success of adaptation. The present research analyses to what extent satisfaction with life, attitude to future, sense of control, relationship with parents/friends, contentment with achievement, effectiveness of self-realization and psycho-somatic well-being affect the quality of life of adolescents living in different geographical, socio-cultural milieus.

We consider our hypothesis justified, according to which the contemporary adolescents are not characterized by positive awareness of life, and this negatively affects the past-present-future integration, mostly the attitude towards future, the struggle for inner control, the psycho-somatic functioning, in all the adolescents’ quality of life.

The examined adolescents more or less possess the inner and outer (psychic) conditions for harmonious adaptation, if they choose values that really constitute the basis for a healthy way of life, but we should not forget those endangered adolescents who in case of the absence of proper intervention may struggle with adaptation problems, or may become deviant. The development of school mental-
hygiene, the introduction of proper preventive programmes is therefore vital for them.

**Keywords:** adolescents, awareness of life, social adaptation, prevention
In our research the quality of life is always used in connection with health, and we consider it as concomitant of harmonious social adaptation. The perceived quality of life could be defined depending on more factors and it is related to health behaviour and the success of adaptation. 2012. Study on Adolescents’ Awareness of Life. Comparative Study between the Projection of Hungarian Adolescents’ Awareness of Life of Transylvania and Hungary. RR Albert-Lóricz, E., Albert-Lóricz, M., Kádár, A., Lukács-Mártíton, R., Kovács. The New Educational Review 14 (1), 65-90, 2008. 1*. 2008. Flow and anti-flow as predictive and protective factors in the life of adolescents. E Albert-Lóricz, M Albert-Lóricz, A Kádár, T Krizbai, R Lukács-Mártíton. Social pedagogical, 81, 0. During this remarkable stage of the life cycle, young adolescents (10- to 15-year-olds) experience rapid and significant developmental change. Recognizing and understanding the unique developmental characteristics (traits associated with human growth) of early adolescence and their relationship to the educational program (i.e., curriculum, instruction, and assessment) and to the structure of the middle school (e.g., flexible block scheduling, advisory programs, and team teaching) are central tenets of middle grades education. Early adolescence gained acceptance as a distinct developmental peri... During early adolescence, the body undergoes more development than at any other time, except the first two years of life.