

Pályaválasztási érettség mint az optimális személyiségfejlődés tartozéka serdülőkorban

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Abstract

The age of adolescence, in the approach of developmental life stage, has been a very controversial matter. During this period of turning over, the amplification of norm-breaking behavior, the decrease of school performance, the increase of anxious- depressive symptoms are those that represent the critical nature of this life stage. On the other hand, however, these drifting tasks that bring the adolescents to the edge of crisis, become a source of development.

Through them, self-knowledge is developed, new life goals are born, the redefinition of personal and social situation becomes a source of personal philosophy of life. Their study focuses on the outcome of the positive aspects of the struggles and difficulties in or along the process of development. In this approach, our results point out that the decisions regarding further learning are associated, beside the commitments regarding the chosen path/way (profession), with other positive developmental-behavioral -cognitive-existential guidelines or perspectives.

Keywords

adolescence, career maturity, optimal personality development