

these points. This paper will describe how adolescents develop from childhood to adulthood considering their physical, emotional, social, moral, and intellectual development, and how the schooling system either co-education or single sex education help them develop the necessary skills to be successful in life.

### **Literature Review**

#### **Physical Characteristics:**

These characteristics refer to certain physical developmental features associated with human growth. This transitional period from childhood to adulthood leaves behind life marking changes that make the adolescents see life differently. For instance, the rapid and uneven body development determines enhanced gross and fine motor skills and biological maturity. In addition, several authors state that both sexes experiment growth spurts, however they occur earlier in girls than in boys (Brown, D., & Knowles, T., 2007; Caskey, M., & Anfara, V., 2007). Such characteristics like accelerated growing of bones compared to muscle changes makes teenagers sometimes be uncoordinated and clumsy. In fact, the adolescents' developmental growth also includes significant increases in height, weight, and internal organ sizes as well as changes in skeletal and muscular systems. This rapid growth could give teenagers a feeling of discomfort and pain due to body development (Caskey, M., & Anfara, V., 2007). There is an increase in the nutritional needs and lethargy due to the hormonal work. Alternatively, adolescents need 9 hours and 15 minutes of sleep every day (Brown, D., & Knowles, T., 2007). Furthermore, both sexes begin to develop secondary sexual features. Girls begin menstruation, their breasts grow and hips enlarge. In the case of boys, they begin to show facial hair and men voices deepen. Their body odor becomes more pronounced that is why these characteristics can

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