

Northern Administrative District State-Finance Institution of General Education
“Secondary School №185 named after Hero of the Soviet Union, Hero of the Socialist Labour
V.S Grizodubova”

ГБОУ Школа №185 имени Героя Советского Союза, Героя Социалистического Труда
В. С. Гризодубовой

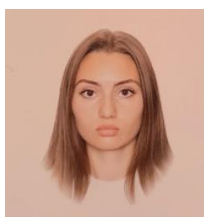
“Unity in Diversity: Russia & The English-Speaking World”

Group essay contest

“Fears, taboos, ambitions and dreams of Russian and
British teenagers”

«Страхи, табу, стремления и мечты российских и
британских подростков»

Competitors:



Ksenia Gonopol'skaya, Grade 11
Ксения Гонопольская



Uliana Kopteva, Grade 11
Ульяна Коптева



Anastasia Sevostyanova, Grade 11
Анастасия Севостьянова



Elizaveta Shleg, Grade 11
Елизавета Шлег



Supervisor: Inna N. Tereshchenko, a teacher of English

Инна Николаевна Терещенко

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THESIS

Characteristics of teenage period. It's time of development of children from 11— 12 to 15 - 19 years, characterized by a powerful rise in life and a deep restructuring of the body. At this time, there is not only the physical maturation of man, but also the intensive formation of personality, the energetic growth of moral and intellectual forces. Adolescence is called adolescence, because it is characterized by a transition from childhood to adulthood, from immaturity to maturity.

Problems and difficulties concerning fears and taboos. Fear is an emotion or feeling arising from a sense of danger. Fear is one of the most basic human emotions. It is programmed into the nervous system and works like an instinct. The main fears of British teenagers are separation anxiety disorder, specific phobia, social phobia, agoraphobia, panic disorder. The distribution of Russian adolescents into groups according to the objects of fear and gender. Animal fears, social phobias, agoraphobia, thanatophobia, panic disorder are among the main fears of Russian teenagers.

Taboo is a subject, word, or action that is avoided for religious or social reasons. Every person in the world has taboos. Obviously, taboos start to appear at a young age. The main taboos that exist in the lives of teenagers nowadays are those related to their country's culture or religion. The main taboos for Briton are taking drugs, drinking alcohol, bargaining in shops, doing queue jumping, etc. The main taboos for Russians are taking drugs, drinking alcohol, swear, being out after 10 p.m., whistling at home, etc.

Teenage years are the peak of their lifetimes, which is understandable. Teen years are filled with your 'firsts': your first concert, first real relationship, first car, etc. There are lots of exciting things you can look forward to in the period of adolescence. Teenagers dream more often than people of other ages. Every juvenile evaluates his wishes in various ways. For some, the dream is a goal, with the achievement of which, a person finds harmony in his life, and for others it is the sacred desire that remains in the depths of the person's soul.

Ambitions of Russian and British teenagers. Ambitions help adolescence determine their intentions in different areas of life, focus on the desired, as well as achieve their particular goals. Russian teenagers have ambitions connected with measured achievement of their goals, meanwhile British adolescents are riskier and more purposeful. Ambition of obtaining a deserving profession and ensuring a decent life is the most common for teenagers from these countries.

Being a teenager these days can be quite frustrating at times. Relationships with different people can get complicated. "We learn from our mistakes, from the wrong turns we take, from the fake friends we make, and from the times we almost break". Teenage period is the time to enjoy the life with all its joys and sorrows, to make mistakes, to set goals and to achieve them.

“Teen era is the time to find out who you are, what you are made of, and how you want to live your life. Lots of ups and downs, heartbreaks and answers. Time to study and learn. To know right from wrong and make good choices. Some bad choices follow you all your life. It is time to ask for advice and listen to good advice”

Ellen Dearin (a college student)

The world of teenagers..... Have you ever asked yourself what it is like being a teenager? Is it easy to be an adolescent? And how to live a full life being a young person? How to overcome all the difficulties of life and how to adapt to the world around you?

“I see trees of green, red roses too

I see them blossom for me and you

And I think to myself what a wonderful world.

I see skies of blue and clouds of white.....”

(Louis Armstrong – “What a Wonderful World”)

The world is really wonderful but sometimes it’s rather difficult to spot it, especially for teens. The question arises. What happens in the period of life called adolescence?

Well, it’s time of development of children from 11— 12 to 15 - 19 years, characterized by a powerful rise in life and a deep restructuring of the body. At this time, there is not only the physical maturation of man, but also the intensive formation of personality, the energetic growth of moral and intellectual forces. Adolescence is called adolescence, because it is characterized by a transition from childhood to adulthood, from immaturity to maturity. Besides, adolescence is the age of an inquisitive mind, a greedy desire for knowledge, the age of searching, especially if it is of social importance, the age of vigorous activity, energetic movements. These qualities are often manifested in a very unorganized form. Appropriate guidance and suggestions from adults and at school and at home are more than enough..... Many adolescents prefer to spend time with friends in settings with minimal adult supervision. Of course, age-related changes in the processes in the body (growth, weight, the state of the endocrine glands) more definitely correspond to age (although here, of course, a great influence have living conditions). As for the age characteristics of the psyche, they are characterized by a very wide variability, which is based on various individual options for specific living conditions and activities of the student, his education and training.

Moreover, a certain role in the formation of individual differences can be played by some innate features, in particular the features of the brain, higher nervous activity. This cannot be ignored. However, the specific features of life, activities, education and training are crucial. In this essay we are going to find out what fears, taboos, ambitions and dreams of Russian and British teenagers are and make sure that no matter where we live, we are just the same.

Teenage is a fundamental stage of life that each human being passes through. Some people face this period of their life strongly and positively, while others face many problems and difficulties.

Fears... You will agree that every teenager has experienced fear more than once. Fear is an emotion or feeling arising from a sense of danger. Fear is one of the most basic human emotions. It is programmed into the nervous system and works like an instinct. As we grow up, our fears change. In childhood, most of our fears are related to nature. We are afraid of animals, insects, etc. But in adolescence another kind of fears appears. Of course, fears related to nature don’t disappear, though social fears become a major problem for teenagers. Every nation has its own fears.

It should be mentioned that the main fears of British teenagers are separation anxiety disorder, specific phobia, social phobia, agoraphobia, panic disorder. Teenagers in the UK have the lowest levels of life satisfaction in Europe, according to a study which found out that they have a "particularly British fear of failure". (Picture 1)

"The UK also ranked last for children's overall sense of purpose, with just over two in five (43%) saying they felt their life lacked clear meaning or purpose. And it had the second highest levels of sadness, behind Malta." (Link 1)

Also, the report adds that UK has some of the highest levels of school work pressure reported by 15-year-olds, according to data from the 2017-18 Health Behaviors in School-Aged Children Survey (HBSC) England came third out of 45 countries, with 74% of girls and 62% of boys reporting feeling pressured by schoolwork. Wales ranked fifth (75% of girls and 55% of boys) and Scotland sixth (74% of girls and 53% of boys).

We have also found some useful statistic in the form of a table (Picture 2) showing the distribution of Russian adolescents into groups according to the objects of fear and gender. Animal fears, social phobias, agoraphobia, thanatophobia, panic disorder are among the main fears. Because of economic crisis, teenagers feel a sense of desperation and hopeless. The main fear of Russian teenagers has to do with the situation in the country. Because of the economic crisis, teenagers feel a sense of desperation and hopelessness. They fear that they will end up poor and humiliated by teenagers in other countries.

"The constant statements of economists and political scientists that Russia is in a deep crisis and is unlikely to come out of it soon, the unsolvable problem of unemployment, the systematic reports of mass terrorist attacks, man-made and natural disasters are inadequately perceived by many teenagers," Tatiana Mukha, psychotherapist at the Education and Development Center, told Novye Izvestia. - A daily dose of bad news multiplies the problems of adolescence. (Link 2)

However, there are fears that unite teenagers around the world. Fears of unrealized in the future, being alone and outsiders, also not to pass exams.

"Between 2009 and 2017 the number unhappy with their friends nearly doubled from 1.9% to 3.5%," says the Mail. And more than 130,000 said they had "no close friends to talk to if they were in trouble". (Link 3)

"Good exam results are seen as the key to future success and often prosperity, so children feel incredibly anxious about what will happen if they don't do well," he said. "Our previous research has found this fear of failure is much worse amongst children living in poverty." (Link 2)

Fear of not being able to fully realize yourself in your professional life.

As we can see, fears in adolescents are not so rare, but they are usually carefully hidden. The presence of persistent fears in adolescence always indicates an inability to protect oneself. The gradual development of fears into anxious fears also speaks of self-doubt and lack of understanding on the part of adults, when there is no sense of security and confidence in the immediate, social environment. Anxiety in a teenager is a phenomenon that you can and should be able to cope with. To help overcome fears, the following advice from psychologists is able to: reconsideration of values and priorities, observation of people around, relaxation both mental and physical, a thorough study of the object of fear assessment of one's own personality.

Taboos.... Taboo is a subject, word, or action that is avoided for religious or social reasons. (Link 4)

It goes without saying that every person in the world has taboos. Obviously, taboos start to appear at a young age. The main taboos that exist in the lives of teenagers nowadays are those related to their country's culture or religion, so to describe the taboos of teenagers, you only need to know the country in which they live.

The main taboos for Britons are:

- taking drugs
- drinking alcohol
- bargaining in shops
- doing queue jumping (Link 5)

The main taboos for Russians are:

- taking drugs
- drinking alcohol
- swear
- being out after 10 p.m.
- whistling at home (Link 6)

Of course, we have the same taboos in our cultures, such as do not talk about death and diseases, especially when you are eating, do not burp in the public, etc. All of these taboos are about manners. But also, teenagers over the world try to polite with each other, and no matter what your culture, race and religion are. So, we think that the main taboo for British and Russian teens is not to judge each other.

Dreams...For some, teenage years are the peak of their lifetimes, which is understandable. Your teen years are filled with your 'firsts': your first concert, first real relationship, first car, etc. There are lots of exciting things you can look forward to in the period of adolescence. It is not a secret, that people dream about different things at every stage of their lives. Adolescence is no exception for this statement. On the contrary, teenagers dream more often than people of other ages. Every juvenile evaluates his wishes in various ways. For some, the dream is a goal, with the achievement of which, a person finds harmony in his life, and for others it is the sacred desire that remains in the depths of the person's soul.

Dreams have a very strong influence on the formation of an adolescent's personality. They are the most significant element of spiritual life and the most important mechanism of character formation, including the presentation of new images, as well as ideas, expressing human desires. Speaking of Russian teenagers' dreams, it is necessary to say that an important role is played by the opportunity to choose the value orientations that determine the construction of their life. A dream for adolescents becomes one of the central events of inner life.

The peak of teenage dreams falls on the period from 14 to 17 years, which is in good agreement with the age-related tasks of this period: mastering adult roles, expanding the time perspective, creating an image of the future and yourself in it, planning personal and professional perspectives.

(Link 7) In girls, the realism of dreams is positively associated with satisfaction with self-realization. Young men's dreams are associated with the presence of life goals, a sense of emotional saturation of life, satisfaction with self-realization, sense of manageability of life. (Picture 3)

For British teenagers' aspects such as prestigious profession as well as a successful graduation are in their priority. An important part of the dreams of British teenagers is self-realization in life, this happens as a result of the early adulthood of adolescents. Growing up in British teenagers occurs in the period from the age of 13. From the fact that young Britons

become officially adults early, they still have to think about their future life at a young age so their main aspiration is to get a good education. (Link 8)

Comparing the dreams of British and Russian adolescents, we can notice that they are quite similar. Russian teenagers, as well as British ones, have firm plans for the future. The most common in their dreams is self-realization. This fact means that juveniles of two countries with two different mentalities are quite equivalent in setting their primary desires. "The future belongs to those who believe in the beauty of their dreams". The words of Eleanor Roosevelt might become the motto for all teenagers.

Ambitions Discussing the topic of teenagers' dreams, it is impossible not to point out on the main ambitions of younger generation. Ambitions help adolescence determine their intentions in different areas of life, focus on the desired, as well as achieve their particular goals.

A lot of Russian teenagers associate their ambitions with family values. They attempt to make well-being of their relatives and to give a lot of happiness to their closed people. They also strive to be good friends, maintain traditional values, and treat other people with respect and tolerance. (Link 9) Apart from that, adolescents likewise want to be powerful and independent so the desire for higher education and obtaining a decent profession is not only their dream but also one of the main ambitions. (Picture 4)

In the UK as well as globally, foremost teenagers say they are determined to make the most out of life. While some in the UK worry about not living up to their potential, most describe themselves as adaptable and flexible. Most of them are open to taking risks to get where they want to be, they also believe it's better to try and make mistakes than not to try at all. So the main aspiration of British juveniles is using their best character traits to achieve their main goals for life.

To sum up opinions of British and Russian teenagers concerning their ambitions, it is important to emphasize and highlight the fact that aspirations are necessary part of their lives. Russian teenagers have ambitions connected with measured achievement of their goals, meanwhile British adolescents are riskier and more purposeful. Ambition of obtaining a deserving profession and ensuring a decent life is the most common for teenagers from these countries. From these statements we can make a conclusion that Russian and British teenagers clear understand what they want to see in their future and what they have to do for it.

In conclusion, taking into account all of the above, it is clear that being a teenager these days can be quite frustrating at times. Relationships with different people can get complicated. We make a lot of mistakes as teenagers but these will help us grow and improve as we grow older. At the end of the day, just like any other person, teenagers, like us, just need acceptance, love and support from the people around them in order to get through. No matter where we live in Russia or in Great Britain, we have similar fears and taboos, dreams and ambitions, the same interests and passions.

We read the same books like "Harry Potter and the Sorcerer's Stone" by J.K. ROWLING, "To Kill a Mockingbird" by HARPER LEE, "The Catcher in the Rye" by J.D. SALINGER, etc.

We can't help agreeing with the following "We learn from our mistakes, from the wrong turns we take, from the fake friends we make, and from the times we almost break" (Sarah Gray).

And the last but not the least..... We are teenagers and we are happy to enjoy the life with all its joys and sorrows. We make mistakes, set goals and achieve them. We admire the world around us.

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The wellbeing of 15-year-olds in the UK compares poorly with other European countries



Picture 1

Распределение подростков 11-13 лет по группам в зависимости от объектов страха и пола

Объекты страхов	Мальчики	Девочки
Страхи животных (пауки, осы, собаки...)	16,7%	50%
Социальные страхи (люди, одиночество...)	46,7%	46,7%
Пространственные страхи (высота, вода...)	0%	30%
Страх смерти (своей и родных)	13,3%	20%
Темноты, кошмарных снов, страшных фильмов	0%	16,7%
Физический ущерб (конец света, катастрофы...)	20%	13,3%
Школьные страхи (учителя, плохие оценки...)	23,3%	13,3%
Медицинские страхи (боль, уколы, врачи, кровь...)	3,3%	10%
Сказочные персонажи, привидения...	6,7%	3,3%

Picture 2



Picture 3



Picture 4