

INTRODUCTION

Puberty, or the period at which the organism becomes sexually mature is marked by the occurrence of those constitutional changes whereby the two sexes become fully differentiated (Marshall, 1922).

There are changes in the reproductive organs and secondary sex characteristics, in body size and shape, in the relative proportion of muscles, fat and bone and in a variety of physiological functions (Tanner, 1978).

There is great variability in the ages at which these processes begin and end and in the sequence in which they occur (Kolodny et al, 1979).

The onset of puberty is associated with alteration in the level of circulating gonadotropic and gonadal hormones (August et al, 1972). For example there is more than 20 fold increase in testosterone level from prepubertal to pubertal state (Winter and Faiman, 1972)

The more complex the society becomes and the more rapidly it changes, the greater are the tasks facing an adolescent seeking an adult identity (Schonfeld, 1968).