



 Research Article

## PSYCHOLOGICAL CHARACTERISTICS OF THE DEVELOPMENT OF CRITICAL THINKING IN ADOLESCENTS

**Submission Date:** November 02, 2024, **Accepted Date:** November 07, 2024,

**Published Date:** November 12, 2024

**Crossref doi:** <https://doi.org/10.37547/social-fsshj-04-11-06>

**Journal Website:**  
<https://frontlinejournal.s.org/journals/index.php/fsshj>

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### ABSTRACT

This article reveals the psychological features of developing critical thinking in teenagers. Also, this article describes in detail the influence of social and psychological qualities of critical thinking in teenagers and its connection with various situations.

### KEYWORDS

Adolescent, cognitive, thinking, critical thinking, acceptance, influence.

### INTRODUCTION

One of the most important skills we can cultivate to succeed in a fast-paced world is critical thinking. Critical thinking skills is essential for children and adolescents to develop their ability to analyze information, think independently and

make informed decisions. In today's information-driven world, it is crucial to develop the ability of young minds to navigate through vast amounts of information, distinguish between fact and opinion, and form their own judgments.

Critical thinking is the ability to objectively analyze and evaluate information, ideas, or situations in order to make informed judgments or informed decisions. It involves questioning assumptions, considering multiple perspectives, and using evidence to support conclusions.

The modern world is saturated with information from various sources, and the ability to navigate this sea of information requires more than passive absorption - it requires critical thinking.

By understanding the power of critical thinking and applying effective techniques, we can equip the younger generation with a solid foundation to succeed in their personal and academic lives.

### **Why is it important to develop critical thinking?**

Critical thinking is more important than cognitive ability; it's a mindset that encourages curiosity, open-mindedness, and a willingness to question assumptions. Adolescents with strong critical thinking skills are better equipped to solve problems, adapt to new situations, and communicate effectively. There are several main reasons why developing critical thinking skills is important for teenagers:

#### **Analytical thinking**

Critical thinking allows young minds to analyze complex information, break it down into

manageable pieces, and draw reasonable conclusions. This skill is fundamental in academics, problem solving, and decision making.

#### **Problem solving skills**

By encouraging critical thinking, we prepare children and adolescents to face challenges with creativity and resourcefulness. They learn to approach problems from different angles, consider several solutions before arriving at the most effective solution. Critical thinkers are adept at breaking down complex problems into manageable parts. They can spot patterns, make connections, approach problems from different angles, and develop creative solutions that may not be immediately apparent.

#### **Effective decision making**

Life is full of decisions - some trivial, others life-changing. Critical thinkers are less affected by bias and emotion than others. They can make decisions that lead to thoughtful and rational choices, considering all available information, potential consequences, and personal values.

#### **Durability and flexibility**

Critical thinking develops resilience by teaching young minds to embrace failure as a learning opportunity. They are more adaptable to change and see failures as stepping stones to success.

Strong communication skills

The ability to express ideas clearly and logically is a characteristic of critical thinking. When children and adolescents can critically evaluate information, they can express themselves clearly, participate in meaningful discussions, and present their points of view confidently. This skill is essential for effective communication and expressing ideas with confidence.

### **Regulation of emotions**

Critical thinking skills allow people to objectively analyze and evaluate emotional responses, helping them distinguish between rational and irrational beliefs or triggers. This cognitive process promotes effective emotion management strategies, leading to greater coping mechanisms and emotional well-being.

### **Misinformation tolerance**

In the digital age, misinformation and fake news have spread like wildfire. Critical thinking reduces the risk of falling victim to misinformation by equipping children and adolescents with the tools to distinguish reliable from unreliable sources.

### **Lifelong learning**

Critical thinking is not limited to the classroom. Those with this skill tend to be more curious and open-minded, leading to a lifelong habit of continuous learning.

### **Strategies for developing critical thinking**

some ways for children and teens to begin developing critical thinking skills:

#### **Encourage open discussion**

Engage in meaningful conversations. Instead of giving immediate answers, ask thought-provoking questions that stimulate their critical thinking. Encourage them to share their perspectives, challenge assumptions, and explore different perspectives. Use open-ended questions to get them to think deeply about their thoughts and assumptions. For example, if your child comments on a book they read, ask, "What made you think?" ask questions like or "What is another way to interpret this part?" This encourages them to analyze their thoughts and consider alternative perspectives. You can also show children and teens age-appropriate problems that require creative solutions. For example, provide your child with building blocks and ask him to create the structure that holds the most weight. Develop critical thinking through trial and error, encouraging them to experiment with different designs and materials.

Encourage children and teens to explore different perspectives, cultures, and experiences through literature, media, and discussion . Exposure to diverse perspectives fosters open-mindedness

and empathy, which are important attributes of critical thinking. Discussing different points of view encourages empathy and helps children understand that there may be more than one right view.

### CONCLUSION

In conclusion, developing critical thinking skills in adolescents is essential for their intellectual growth, problem-solving skills, and decision-making skills. By implementing strategies such as encouraging questioning, engaging in debate, providing problem-solving opportunities, and exposing them to different perspectives, we empower our teens to think critically and analyze situations effectively. Create an environment that values critical thinking and encourages independent thinking, allowing our youth to develop the skills they need to succeed academically, in careers, and in life.

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