

## Health, well-being and stages of development of children and adolescents

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### Abstract

This paper highlights the importance of timing of intervention in educating children towards well-being. The first stages of life have a fundamental importance for a later healthy development. The timing of the intervention of promoting good health is an important investment for the future of the individual and the society in which he is part. The positioning of children towards a positive early life has shown that it contributes to the growth of later school success. Early childhood is the time when the foundation for a good intellectual and emotional development is further underway. Children pass through different stages of development, which require the accomplishment of some tasks. They are often helped by parents, teachers, and peer relationship to accomplish them. In adolescence, they faces a number of problems, concerned with physical change, anxiety about heterosexual relationships, fear of being rejected in a peer group, conflict with parents, choice of different systems values, orientation towards a professional field or another. Relationships between adults and children play a fundamental role in the development of personality and schooling skills in pre-school, elementary, primary and secondary schools. School is the place where the skills to socialize and develop psychologically, gained since childhood, are highlighted.

**Keywords:** well-being, development stages, children, adolescents, education.

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