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**A STUDY OF EARLY ADOLESCENTS AND IMPROVING PARENT
RELATIONSHIPS**

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ABSTRACT

Improving parent relationships during early adolescence is crucial for fostering healthy emotional and psychological development. This stage of life is characterized by significant physical, cognitive, and emotional changes, making adolescents more sensitive to their environment and relationships. Positive parent-adolescent relationships can provide a stable foundation, enhancing communication, trust, and mutual respect. Strategies to improve these relationships include open and empathetic communication, setting consistent yet flexible boundaries, and spending quality time together. Parents who actively engage in their adolescent children's lives and show genuine interest in their experiences help foster a sense of security and belonging. Additionally, parental support and guidance during this transitional phase can mitigate the impact of external pressures and peer influences, promoting better academic performance and emotional well-being.