



Evaluating the Role of a Teacher in Shaping the Life Style of a Teenage Boy Child in Yakurr Local Government Area, Cross River State


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ABSTRACT	Review Article
<p>The article on evaluating the role of a teacher in shaping the lifestyle of a teenage boy in Yakurr Local Government Area, Cross River State highlights the crucial influence teachers have in guiding and impacting the lives of adolescent boys. Teachers in Yakurr have the opportunity to serve as mentors, educators, emotional support systems, and moral guides for their students. By setting a positive example, providing important life skills education, and offering emotional support, teachers can play a significant role in shaping the character and lifestyle choices of teenage boys. Recognizing the importance of their role, teachers can empower teenage boys to make healthy decisions, navigate challenges, and develop into responsible and resilient individuals.</p> <p>Keywords: Evaluating, Roles of the teachers, Life style, Teenager, Boy child.</p>	<p>Article History</p>
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INTRODUCTION

The role of a teacher in shaping the lifestyle of a teenage boy is a crucial and multifaceted one, particularly in the Yakurr Local Government Area of Cross River State. Adolescence is a period of significant development and change, and during this time, teenage boys are particularly impressionable and in need of guidance. Teachers in Yakurr have a unique opportunity to influence and guide their students in a positive direction, helping them make informed decisions, develop healthy habits, and navigate the challenges of adolescence. In this article, we will explore the various roles that teachers play in shaping the lifestyle of teenage boys in Yakurr, and the impact they can have on the well-being and future of their students. In the Yakurr Local Government Area of Cross River State, teachers play a crucial role in shaping the lifestyle of teenage boys. The adolescent years are a critical period of development, and during this time, teenagers are highly impressionable and vulnerable to influences from their surroundings. Teachers have a unique opportunity to guide and influence their students in a positive way, helping them to make informed decisions and develop healthy habits

that will benefit them in the long run. Sub mental abnormality in some instance arise as a result of a large family arising from genetic inheritance, neglect, inadequate food overlook of early infection, the mother may be promiscuous and the father maybe drunkard, this is frequently with juvenile delinquency (Effiom, E. B., Lucy O. A., Maria E. N., Florence B.O. and Godwin M.U. 2022).

One of the primary roles of a teacher in shaping the lifestyle of teenage boys is that of a mentor. Teachers serve as role models for their students, demonstrating positive behaviors and values that students can emulate. By setting a good example and providing guidance and support, teachers can help teenage boys navigate the challenges of adolescence and make wise choices in their personal lives. Teachers also play a key role in educating teenage boys about important life skills and behaviors. In the classroom, teachers can provide information and resources on topics such as health, nutrition, exercise, and personal hygiene. By teaching teenagers about these essential aspects of life, teachers can empower them to

make healthy choices and take care of themselves both physically and mentally.

Teachers in the Yakurr Local Government Area of Cross River State play a significant role in shaping the lifestyle of teenage boys by creating a conducive and nurturing learning environment. Through their interactions with students, teachers can build trust, establish rapport, and cultivate a supportive atmosphere where teenage boys feel safe to express themselves and explore their interests and aspirations. The basis of positive self-concept or negative self-concept, is not so much that self is good or bad, but rather it acceptance or its rejection that matters Effiom, B. E., Janet P., Mercy L. E., Unima, F. U. (2023).

By challenging students to think creatively, analyze information, and evaluate different perspectives, teachers can empower teenage boys to make informed choices and take ownership of their actions. This not only benefits them in their academic pursuits but also prepares them for the challenges and complexities of adult life. Furthermore, teachers can support teenage boys in developing emotional intelligence and interpersonal skills that are essential for successful relationships and personal growth. By fostering a culture of empathy, communication, and collaboration in the classroom, teachers can help teenagers build healthy relationships with their peers, family members, and society at large. This, in turn, can contribute to the development of well-adjusted individuals who are capable of navigating social situations with respect, empathy, and understanding.

In addition to their academic and social roles, teachers can also advocate for the overall well-being of teenage boys by promoting positive health and wellness practices. By incorporating lessons on topics such as mental health, stress management, substance abuse prevention, and healthy lifestyle choices into their curriculum, teachers can empower teenage boys to prioritize their physical and mental health and make lifestyle choices that support their overall well-being. Drug abuse and addiction is the primary reason why many youths have been incarcerated as well as being source of crime and health problem in the society today, Maria, E. N., Lucy O. A., Effiom, B. E. (2021). Moreover, teachers can engage teenage boys in extracurricular activities, community service projects, and leadership opportunities that foster personal growth, character development, and a sense of purpose. By providing students with opportunities to explore their interests, discover their strengths, and contribute to their communities, teachers can help cultivate a sense of identity, self-worth, and belonging in teenage boys, ultimately shaping their lifestyle choices and future trajectories.

In conclusion, the role of a teacher in shaping the lifestyle of a teenage boy in Yakurr Local Government Area, Cross River State is multifaceted and

impactful. By serving as mentors, educators, emotional support systems, moral guides, and advocates for well-being, teachers can positively influence the lives of teenage boys and set them on a path towards success, fulfillment, and personal growth. It is essential for teachers to recognize the significance of their role and to approach their work with dedication, compassion, and a commitment to nurturing the potential of every student they encounter. Furthermore, teachers can also provide emotional support and guidance to teenage boys who may be going through difficult times or facing personal challenges. Adolescence can be a turbulent and confusing time, and having a supportive adult figure like a teacher can make a world of difference for a teenage boy. By offering a listening ear, encouragement, and advice, teachers can help their students navigate the ups and downs of adolescence and develop resilience and coping skills. In addition to these roles, teachers in Yakurr Local Government Area can also play a vital role in instilling values and principles in teenage boys that will guide them in making ethical decisions and being responsible citizens. By teaching students about respect, integrity, empathy, and other important virtues, teachers can help shape the character of teenage boys and instill in them a sense of moral responsibility.

The role of a teacher in shaping the lifestyle of a teenage boy in Yakurr Local Government Area, Cross River State is crucial and multifaceted. By serving as mentors, educators, emotional support systems, and moral guides, teachers can have a lasting impact on the lives of their students and help them develop into well-rounded individuals who are equipped to face the challenges of adulthood. It is important for teachers to recognize the significance of their role and to approach their work with dedication, compassion, and a genuine desire to make a positive difference in the lives of the teenage boys in their care.

Understanding adolescence

Understanding adolescence is crucial for educators, parents, and anyone who works with teenagers. Adolescence is a period of development that typically occurs between the ages of 10 and 19, marked by significant physical, cognitive, emotional, and social changes. It is a transitional stage between childhood and adulthood, characterized by a search for identity, independence, and self-discovery.

During adolescence, teenagers experience rapid physical growth and hormonal changes that affect their appearance, energy levels, and emotional well-being. This period of development is also marked by cognitive changes, such as increased abstract thinking, higher-order reasoning, and the ability to consider multiple perspectives and possibilities. Adolescents may also grapple with emotional challenges, mood swings, and the development of self-regulation skills as they navigate the complexities of their changing identity and relationships.

Socially, adolescents seek to establish their own sense of self, separate from their family, and develop relationships with peers that provide a sense of belonging and acceptance. They may also explore different interests, values, and beliefs as they begin to form their own identity and worldview. This process of identity formation can be influenced by a variety of factors, including family dynamics, cultural background, social norms, and personal experiences. Understanding adolescence requires recognizing and respecting the unique needs, challenges, and strengths of teenagers as individuals. It involves providing support, guidance, and positive role models to help adolescents navigate the uncertainties and complexities of this transitional period. Educators play a key role in fostering the development of adolescents by creating a safe and supportive learning environment, offering opportunities for self-expression and exploration, and providing mentorship and encouragement to help teenagers build confidence, resilience, and self-awareness. By understanding the physical, cognitive, emotional, and social changes that adolescents experience during this stage of development, educators and other caregivers can better support teenagers in their journey toward adulthood. It is essential to approach adolescence with empathy, patience, and a willingness to listen and learn from teenagers themselves, as they navigate the challenges and opportunities of this critical period in their lives.

Role modelling

Role modelling is a powerful aspect of teaching and parenting that involves demonstrating positive behaviours, values, and attitudes for others to emulate. It is a form of social learning where individuals observe and imitate the actions and behaviours of role models, internalizing their values and beliefs. Role modelling is particularly important during adolescence, as teenagers are actively seeking guidance and forming their own identity and values. In the context of education, teachers serve as important role models for their students. By demonstrating professionalism, respect, empathy, and a passion for learning, teachers can inspire and influence their students in positive ways. Teachers who model effective communication, problem-solving skills, and collaboration can help students develop these important life skills and succeed academically and socially. Parents also play a critical role in role modelling for their children. By displaying kindness, integrity, empathy, and resilience in their daily interactions, parents can instill these values in their children and help them navigate challenges and make responsible decisions. Parents who model healthy lifestyle choices, such as exercise, nutrition, and self-care, can also have a lasting impact on their children's well-being and habits.

In the context of adolescent development, positive role modelling is essential for helping teenagers navigate the complexities of identity formation, social relationships, and decision-making. Adolescents often look to their parents, teachers, and other influential adults

in their lives as role models for how to behave, communicate, and interact with others. By modelling empathy, open-mindedness, and respectful communication, adults can help teenagers develop these important social and emotional skills and build healthy relationships. Effective role modelling involves consistency, authenticity, and intentionality in demonstrating positive behaviours and values. By being aware of the impact of their words and actions on others, role models can inspire, empower, and guide those around them to strive for their best selves. Ultimately, role modelling is a powerful tool for fostering personal growth, building character, and creating a positive influence on others, particularly during the formative years of adolescence.

Education on health and wellness

Education on health and wellness is vital for individuals of all ages, including adolescents who are navigating the complexities of physical, emotional, and social changes. Providing adolescents with comprehensive education on health and wellness can empower them to make informed decisions, practice healthy habits, and prioritize their overall well-being. Health education in schools and communities can cover a wide range of topics related to physical health, mental health, nutrition, exercise, sleep, stress management, substance abuse prevention, sexual health, and more. By equipping adolescents with knowledge and skills in these areas, educators and caregivers can support their development and help them establish lifelong healthy habits. In the context of adolescent health education, it is important to provide accurate, age-appropriate information that is relevant to teenagers' experiences and concerns. Adolescents may be facing unique challenges related to body image, peer pressure, identity development, and mental health, and health education programs can address these issues in a supportive and non-judgmental way.

Education on health and wellness can also promote positive behaviour change by highlighting the benefits of healthy choices and providing practical strategies for making healthy decisions. For example, teaching adolescents about the importance of regular exercise, balanced nutrition, adequate sleep, and stress management techniques can empower them to take control of their physical and mental well-being.

In addition to providing information and skills, health education can also promote positive attitudes and values related to health and wellness. By fostering a culture of self-care, self-compassion, and resilience, educators and caregivers can help adolescents develop a positive relationship with their bodies, minds, and emotions.

Furthermore, education on health and wellness can address important social and environmental factors that influence adolescents' health outcomes, such as

access to healthcare, safe communities, supportive relationships, and healthy school environments. By advocating for policies and practices that promote health equity and well-being for all adolescents, educators and community leaders can create a more inclusive and supportive environment for young people to thrive.

Education on health and wellness is essential for empowering adolescents to make informed decisions, prioritize their well-being, and cultivate a healthy lifestyle. By investing in comprehensive health education programs for adolescents, we can help support their physical, emotional, and social development and set them on a path toward a lifetime of health and wellness. The effective community policing of students is lacking in many schools while the measures currently taken to discourage, prevent or otherwise violence (Effiom, B. E., Undiyaundeye, F. A., Elizabeth G. A. 2022).

Promoting critical thinking skills

Promoting critical thinking skills is crucial for adolescents as they navigate complex issues, make decisions, and engage with a rapidly changing world. Critical thinking involves the ability to analyze information, question assumptions, evaluate evidence, and consider different perspectives in order to make informed decisions and solve problems effectively.

There are several strategies that educators and caregivers can use to promote critical thinking skills in adolescents:

1. **Encourage questioning:** Encourage adolescents to ask questions, challenge assumptions, and seek out reliable sources of information. Encourage them to think critically about the information they encounter in media, social media, and everyday interactions.
2. **Teach reasoning and logic:** Help adolescents develop their reasoning skills by teaching them how to analyze arguments, identify logical fallacies, and evaluate evidence. Teach them to recognize bias and consider alternative viewpoints.
3. **Foster creativity and problem-solving:** Encourage adolescents to think creatively and approach problems from different angles. Provide opportunities for them to engage in hands-on activities, projects, and real-world challenges that require them to think critically and develop innovative solutions.
4. **Promote reflection:** Encourage adolescents to reflect on their own thoughts, beliefs, and actions. Help them develop self-awareness and a willingness to question their own assumptions and biases.

5. **Engage in discussions and debates:** Provide opportunities for adolescents to engage in discussions, debates, and respectful dialogue with their peers. Encourage them to consider different viewpoints, listen actively, and construct well-reasoned arguments.
6. **Use real-world examples:** Encourage adolescents to apply their critical thinking skills to real-world issues and current events. Help them understand how critical thinking can be applied to make sense of complex problems and make informed decisions.
7. **Model critical thinking:** Model critical thinking skills in your own interactions with adolescents. Demonstrate how to question information, evaluate evidence, and consider multiple perspectives in your own decision-making process.

By promoting critical thinking skills in adolescents, we can help them develop the ability to think independently, make sound judgments, and navigate the complexities of the world around them. Critical thinking is a valuable skill that can empower adolescents to become informed, engaged, and responsible citizens who are equipped to address challenges and contribute positively to society. Critical thinking is that mode of thinking about any subject, content or problem in which the thinker by skillfully taking charges of the structure inherent in thinking and imposing intellectual standard upon them (Effiom, B. E., Ebuara, M. O., Ekwok, M. L., Serah I. U., Njong O., Undie, A. A., Elizabeth G. A. 2022). Counseling them through a one-on-one interactive session as means of encouragement, ascertaining their pending worries and troubles especially as it concerns their present situation and probably solution, they think would re-integrate them into the society and put them back on their feet, Effiom, B.E., Cyril B.A., Brenda A. (2020).

Promoting healthy habits

Promoting healthy habits in adolescents is essential for their overall well-being and long-term health. By encouraging and supporting adolescents to adopt healthy habits, educators and caregivers can help them establish a foundation for a lifetime of wellness. Here are some strategies for promoting healthy habits in adolescents:

Education and awareness: Provide adolescents with comprehensive education on the importance of healthy habits, including topics such as nutrition, exercise, sleep, stress management and substance abuse prevention. Help them understand how these habits impact their physical and mental health. Education is a human right for both girls and boys, huge numbers of boys are dropping out from school loaded with evil intention Effiom, B.E., Undiyaundeye, F. A., Akpama, E. G. (2021). Dynamic of Poverty and Implication on the education of the girl child in Nigeria. *Journal of Popular Education in Africa*,

5(9), 89–98. Education shapes human being lives in positive ways, education is a human right that should be bestowed on human being, Effiom, B. E., Okpechi, P. A., Maureen O. O., Ndome, L.E., Gabriel E., Florence U. A., Pauline E. U, Ekpo, S. E., Maria E. N. (2023).

1. **Role modelling:** Model healthy behaviours and habits in your own life, as adolescents are more likely to emulate the behaviours of adults in their lives. Demonstrate the importance of prioritizing health and wellness through your own actions and choices.
2. **Encouragement and support:** Encourage adolescents to make healthy choices and support them in their efforts to adopt healthy habits. Provide positive reinforcement, praise their progress, and help them set realistic goals for improvement.
3. **Create a supportive environment:** Foster a supportive environment that promotes health and wellness. Provide access to nutritious foods, opportunities for physical activity, and resources for stress management. Encourage positive social connections and relationships that support healthy habits.
4. **Establish routines:** Help adolescents establish routines and habits that support their health, such as regular meal times, consistent exercise routines, and sufficient sleep. Consistency and structure can help reinforce healthy habits over time.
5. **Set boundaries and limits:** Help adolescents set boundaries and limits around activities that may be harmful to their health, such as screen time, substance use, or unhealthy eating habits. Encourage them to make choices that prioritize their well-being.
6. **Involve adolescents in decision-making:** Involve adolescents in decision-making about their health and wellness. Encourage them to take ownership of their own well-being and empower them to make informed choices about their health habits.
7. **Celebrate successes:** Celebrate and acknowledge when adolescents make positive changes toward healthier habits. Acknowledge their efforts and successes, and provide positive reinforcement to encourage continued progress.

By promoting healthy habits in adolescents and creating a supportive environment that prioritizes wellness, educators and caregivers can help them develop the skills, knowledge, and motivation to lead healthy and fulfilling lives. Encouraging healthy habits in adolescence can have a lasting impact on their overall health and well-being into adulthood.

Building values and character

Building values and character in adolescents is a key component of their personal development and growth. Values and character traits such as integrity, empathy, responsibility, respect, kindness, and perseverance are essential for adolescents to navigate challenges, make ethical decisions, build positive relationships, and contribute to society. Here are some strategies for building values and character in adolescents:

1. **Model and teach values:** Model positive values and character traits in your own behaviour and interactions with adolescents. Demonstrate integrity, empathy, respect, and other values in your actions and decisions. Take the time to explicitly teach and discuss the importance of these values with adolescents.
2. **Create a values-centered environment:** Foster a supportive and positive environment that promotes values and character development. Encourage open communication, active listening, and respect for diverse perspectives. Encourage adolescents to express their thoughts, feelings, and values in a safe and inclusive space.
3. **Provide opportunities for moral and ethical development:** Engage adolescents in activities, discussions, and reflections that promote moral and ethical development. Encourage them to think critically about ethical dilemmas, consider the consequences of their actions, and reflect on their values and beliefs.
4. **Encourage responsibility and accountability:** Help adolescents understand the importance of taking responsibility for their actions and choices. Encourage them to make ethical decisions, own up to mistakes, and learn from their experiences. Emphasize the importance of accountability and honesty in building character.
5. **Promote empathy and compassion:** Encourage adolescents to practice empathy and compassion towards others. Help them develop the ability to understand and consider the perspectives and feelings of others, and to act with kindness and understanding. Encourage acts of kindness and generosity towards others.
6. **Foster resilience and perseverance:** Help adolescents develop resilience and perseverance in the face of challenges and setbacks. Encourage them to develop a growth mindset, set goals, and work towards overcoming obstacles. Teach them the importance of perseverance, grit, and determination in building character.

7. Provide positive role models and experiences:

Expose adolescents to positive role models and experiences that exemplify values and character traits. Encourage them to learn from inspirational figures, stories, and experiences that highlight the importance of integrity, courage, and compassion.

By intentionally promoting values and character development in adolescents, educators and caregivers can help them develop the moral compass, empathy, and resilience needed to navigate life's challenges, make ethical decisions, and contribute positively to their communities. Building values and character in adolescents is a vital aspect of their personal growth and development, and can lay the foundation for a lifetime of ethical and responsible behaviour.

CONCLUSION

The role of a teacher in shaping the lifestyle of a teenage boy in Yakurr Local Government Area, Cross River State is indispensable. Teachers serve as mentors, educators, and moral guides for their students, providing not only academic knowledge but also valuable life skills and emotional support. By setting a positive example, offering guidance, and being a source of encouragement, teachers can significantly impact the choices and behaviours of teenage boys, helping them to develop into responsible and well-rounded individuals. It is essential for educators in Yakurr and beyond to recognize the influence they have and to approach their role with dedication, empathy, and a commitment to supporting the holistic development of their students. Ultimately, through their guidance and mentorship, teachers can empower teenage boys to make positive lifestyle choices and navigate the challenges of adolescence with confidence and resilience.

Promoting healthy habits and building values and character in adolescents are crucial components of their overall development and well-being. By focusing on these aspects, educators and caregivers can help adolescents cultivate the skills, knowledge, and mind-set needed to lead healthy, fulfilling, and ethical lives.

Encouraging healthy habits such as proper nutrition, regular exercise, sufficient sleep, stress management, and substance abuse prevention can set adolescents on a path towards a lifetime of wellness. Creating a supportive environment, providing education and resources, and promoting positive behaviours can help instill lasting healthy habits in adolescents.

Building values such as integrity, empathy, responsibility, respect, kindness, and perseverance can help adolescents develop a strong moral compass, empathy towards others, and resilience in the face of challenges. By modelling and teaching these values, providing opportunities for moral and ethical development, and fostering empathy and compassion,

educators and caregivers can support adolescents in building a strong foundation of character.

By prioritizing the promotion of healthy habits and the development of values and character in adolescents, we can empower them to make positive choices, navigate life's complexities, and contribute positively to the world around them. Investing in the holistic development of adolescents is not only beneficial for their individual well-being, but also for the greater good of society as a whole. Let us continue to prioritize the growth and flourishing of adolescents by promoting healthy habits and building values and character in the years to come.

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