



Adolescenza maligna (Italian Edition)

Luigi Anepeta

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Gli adolescenti che interagiscono in gruppo appaiono disinvolti, spigliati, sorridenti: più liberi, sicuri e maturi rispetto alle generazioni passate.

Se li si conosce da vicino e si riesce a entrare nelle pieghe della loro anima, l'immagine sociale si dissolve: affiora, al suo posto, un'ansia fluttuante con picchi piuttosto inquietanti, repentini crolli depressivi, insicurezza, un vissuto costante di inadeguatezza, il dubbio sulla propria vera identità, una fobia della "debolezza" e un orientamento claustrofobico.

Non per caso, dunque, da venti anni a questa parte, il disagio adolescenziale tiene banco a livello di psicologia, sociologia e psichiatria. La diffusione e la precocizzazione di disturbi psichiatrici nella fascia di età tra i 12 e i 25 anni — con una netta prevalenza delle depressioni, degli attacchi di panico, dei disturbi del comportamento alimentare sulle crisi psicotiche, che pure sembrano esordire con un certo anticipo rispetto al passato — ha prodotto, su tutto il territorio nazionale, la creazione di centri pubblici e la proliferazione di professionisti privati che si dedicano alla cura degli adolescenti.

Che stia avvenendo una mutazione psicosociologica e culturale rispetto al passato è evidente a tutti.

Il saggio offre un'interpretazione di questo drammatico cambiamento e illustra un radicale progetto di formazione della personalità che potrebbe, in prospettiva, porvi rimedio.

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