

The Emotions Characteristic of Youth

doubt." The percentages are practically reversed for storm and stress. The experience of women is more emotional, that of men more intellectual.

The new life forces, that produce the upheaval of youth, burst forth accompanied with intense feeling which is too frequently painful. There are certain well-marked types of this manifestation of feeling.

The most prominent of the types of the storm and stress experience is

THE SENSE OF IMPERFECTION

or incompleteness. The conduct of the boy is guided by a law which he obeys or a model which he imitates. When the boy passes into the youth, an ideal begins to take shape in his thoughts. This ideal is more than a copy of the model. Its counterpart has never yet been completely realized in flesh and blood. The vague groping after an ideal, as it becomes more intense, appears as an enthusiasm for morality, a passion for righteousness; but the feeling of the contrast between it and the actual self deepens into a sense of incompleteness, imperfection. Its character is best indicated by the following replies sent to Dr. Starbuck, "From 16 to 20 was a period of struggle: I came upon higher ideals and did not live up to them even approximately." "When 14 I had a pitiable struggle to do what I thought I ought. . . . I often got out of bed and prayed for reconciliation and peace of mind."

A more intense form of this experience is the sense of sin. Of this experience one wrote, "When 14, I fell in with wayward companions. I was upbraided by conscience. It was a terrible period of life; I felt remorseful and convicted of sin." Another, who fell into the same state through bad associates, said, "Every now and then something would come up to recall my old feelings, and for days I would be in great despair."

Closely allied to this is the fear of death and eternal punishment. One wrote, "From 8 to 17 I had horrid fears of having to live an eternal life." Another, "When 15, I began to have a horror of death. I did not believe in immortality, but had an almost

frenzied despair at the idea of going out into nothingness. This grew until the idea made life infinitely, wretchedly hopeless to me."

Another type of this storm and stress experience is

BROODING DEPRESSION

and morbid introspection. The following will make its character clear. "At 14 I fell into morbid hopelessness and unwise self-dissection." Another between 13 and 15, to appease her conscience, "practiced fasting; secretly made burlap shirts and put the burs next to the skin; wore pebbles in her shoes."

Another type of the storm and stress experience is

FRICTION AGAINST SURROUNDINGS

As the youth throws off the bonds of authority and begins to assert himself, he becomes conscious of the antagonism between self and his surroundings. The feeling of the antagonism is intensified by his irritability and imagination. Nervous exhaustion and an active imagination make his fancied woes tenfold more grievous than they are. One wrote, "From 13 to 16 I dreaded coming in contact with Christian people; to be compelled to attend family prayer, church and Sunday School was severe punishment. I often felt a voice saying, 'Repent,' but was too stubborn and would not yield."

Other types of this experience are distress over doubts and effort to control passions.

The average ages for the beginning and ending of the storm and stress experience were found to be 13.6 and 16.7 for women, 16.5 and 22 for men. Wide differences were noticed both in the beginnings and the duration of these experiences. Where the experience was largely emotional, it began earlier and was of shorter duration; where it was more intellectual and indicated more stubbornness of will it began later and was more persistent.

Starbuck thus explains these experiences. "The storm and stress is due to the functioning of new powers which have no specific outlet, and are driven to force for themselves an expression in one way or another. If there is no channel open for the free expression of this new energy it wastes itself