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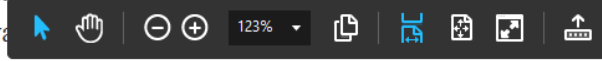
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LONELINESS AS A KEY ELEMENT IN ADOLESCENCE

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Abstract. This paper considers a segment of the literature that the theory of literature known as "Youth Literature" (YAL), although you can freely say that there are many other terms for it. Once you give a few definitions of the term, it will point out that one of the key problems that are facing all adolescents is the feeling of loneliness, misunderstanding of others. This feeling of adolescents born and sense of lack of confidence, isolation, inability to express emotions to anyone. Often these young people can be victims of violence, they cannot speak openly for fear of being convicted of the environment. For these reasons, they usually withdraw themselves, minimize communication with loved ones, and all this can lead to major psychological problems, if not find a way to approach or to remove negative energy from the experienced negative experience.

Keywords: *adolescence, loneliness, violence, Macedonian literature.*

1. INTRODUCTION

In the last half century, experts try to define literature for youth. Other terms that refer to this literature are: adolescent literature, young adult literature, books for teenagers and so on. This is literature that describes things that connect children's literature to literature for adults (Pinkwater, 1982). It seems that adolescence is a time of questions, confusion and strong feelings. It is a time when young people lose the innocence of childhood when peeked into the world of adults (Cart, 2013).

When children move from childhood to adulthood, they experience many physical and emotional changes, and changes in behavior. Those years are abundant with challenges and thrills, and more worries and problems: adolescents are under pressure to succeed at school, to be liked by others, to have good relationships with peers and family, to overcome the separation and making important decisions for their life. Most of these events are stressful and sometimes inevitably cause concern among adolescent and parents. That is why adolescence is a period that requires a huge adjustment both the child and the parent.

It would seem that before we start reviewing this painful subject we should briefly look at the characteristics of adolescent literature. The theory of literature provides a clear picture of the characteristics which are supposed to have such work, for example, according to theory of literature, YAL should mainly have these following characteristics that define literature for young people:

1. The protagonist is a teenager.
2. The events revolve around the main character and his struggle to resolve the conflict.
3. The story is told from the point and through the voice of a young adult.
4. The literature is written by and / or for young people.
5. The literature is marketed for youthful audiences.
6. The story is no "happy ending" the way they have books for children.
7. Parents are largely absent or are in conflict with the youth.
8. The theme of this literature is mostly about: maturity, sexuality, relationships - relationships, drugs;
9. The books under 300 pages, mostly to 200th

Gisela Konopka from Center for research and development of young people at the University of Minnesota developed the concept of normal adolescence in 1973. From her research resulting five key concepts and features six adolescence. The five concepts of adolescence "experience of physical sexual maturity", "experience of withdrawal from the protection of adults", "awareness of themselves in interaction with others," "reassessment of values" and "experimentation". According to her, adolescence characteristics are: "uncertainty", "deep sense of loneliness", and "a high degree of psychological vulnerability, "change of mood", "strong need to be part of the group" and "need to be emotional and in the mood for a fight" (Konopka, 1973).

Adolescents feel differently from how they felt as children and that difference is confusing them (as confusing is to those around them). Also, they know that their bodies are changing in a way that they do not like most. They note that they are becoming more sensitive, but it is not clear where does this sensitivity comes. They recognize that the feelings toward their parents change and often are disturbing. They do not want to seek explanations from the others, but they themselves create and check their actions and thinking. Unlike children, adolescents recognize and accept hesitations and unsaid.

They begin relationships spontaneously and already in late adolescence have a greater need for intimacy, emotional intimacy and a deeper acquaintance of others and to himself. Source of stress may be school achievement, over-expectations or problems in social contacts, negative thoughts about themselves, their appearance, their qualities or uncertain, unstimulating and critical environment. One of the tasks of adolescence is to learn how to evaluate their potential and embrace their limitations to be able to overcome. Low self-esteem reduces confidence and can lead to feelings of inferiority, lack of love from others and confusion.

2. LONELY ADOLESCENT IN THE NOVEL „SAMA” („ALONE”) BY GORJAN PETREVSKI

Adolescence is quite pronounced in novels of our famous Macedonian writers. They flourished and work today in order to reach the hearts of adolescents, to win young readers and to point out the errors through which they unwittingly pass daily.

One of the most famous Macedonian writers of novels for young people is Gorjan Petrevski. He is a writer of rare talent whose books (novels and short stories) attract attention of readers and arouse great interest. Most often, it is because of its immediacy, lyrical nuances in his works and sentiments that are born at youth, first love. As his best novels include: „Alone”, „Spomenka”, „Martha”, „Same eyes”, „Eternal wind”, „Distant Love”, etc.

One of the best works for young people of Gorjan Petrevski is novel „Alone”. In this novel, he captures the everyday life of the young protagonist, who daily encounters falsehood, hypocrisy, wickedness, deceit, drugs. The character must withstand pressure, to forget the past with living every day to achieve its expectations and form as a real person in the future. The main characters are presented with temptation, face everyday problems, cannot face the truth, there are many obstacles on their way. Through all these events the main characters mature, they are building up in real people and begin to think like adults. In the end, they succeed to face first with themselves and then each other, face their feelings and promise that everything will be fine for a long, long time.

This novel is dedicated to our great pianist Simon Trpceski, who, as the author says, is the third divine blessing by mother Netka and father Gorgija, who find height to his country where he saw and conquered the world. The author followed Simon Trpceski from his earliest beginnings, so when he was writing this novel, he saw a character of a young pianist, and he could not escape from the image of Simon Trpceski. That's why the character of the young pianist novel Simeon Georgiev, he attempted to raise it from a second level to the main character, to connect him with the world wisdom, through thinking about life of the "Prophet" and to resist him extremely strong character of opposite sex, in the image of Theodora Malinova.

As the main character bearing the author presents the story of Theodora Malinova. Seventeen old girl - beautiful and slender, with blue eyes and short hair, delicate and fine, with average overcome in everything about her age, beautiful not only on her street, but in the whole

city, champion of all international and European competitions in karate. Besides sports, she loves music, spends her spare time playing the violin. She looks like a girl unattainable for all the boys of her age, "alone" as he calls herself.

Second-bearing character is the character of the young pianist Simeon Georgiev, represented as high and blond boy with dark soulful green eyes, a skilled and long fingers, one of those who solicit sighs of girls and with very important name in the world of classical music.

Author shows the years when Theodora is in late adolescence, thinking like adults, do not seek advice from anyone but secretly in herself is beset by a hatred which follows from her early adolescence. In her fourteenth year she experienced a terrible event, adversely affecting her mental condition. It is a time when adolescents encounter with love and sexual experiences. Theodora was betrayed on the very insidious way, her good friend Emil wants to use her sexually and because of that she is very upset and wants to take revenge. In all her opponents in karate competitions she sees her enemy and his comrades wanted every possible way to retaliate. All this leaves deep marks in her young heart. Some recent studies connected to influence of violence shows that violence scenes have negative effects on child-adolescent adjustment. Authors in this study indicate that there is a difference, depending on whether the adolescent is victim or witness to the violence. Then, the authors suggest that the effects are different and depending on where the violence is taking place, on the street, at home, at school, etc. Another factor that appears to play a crucial role is gender. The reactions of males and females are different. A possible explanation is that males are socialized to be aggressive early, whereas females are expected to be sensitive and to maintain good relationships with others. (Bacchini, Affuso, Aquilar, 2014:3).

According to Athanases, most of the victims are male and the most common place where the violence takes place (verbal or physical) is a street, school, and finally family environment. The fact is that violence is very present in everyday life. Through this kind of novels that are offered for reading to adolescents we, as teachers can achieve many positive effects. With the help of such novels, adolescents can overcome personal care, family nostalgia, loss, and the challenges of adolescence, culture, gender, and sexual-identity formation (Athanases, 1998:273).

In the novel analyzed in this paper, the main protagonists is a victim of violence. She (Theodora) is the best in all competitions, according to a school, all admire to her. But she is in that period of adolescence when she does not want to believe in anyone and be intimate with anyone. That is why she is unattainable for all boys of her generation. Often herself is wondering how she hates boys, but insisted appeal itself.

Her mother often talks to her about boys and how it should have some sympathy, and even a boyfriend. Theodora constantly denies and does not want to talk on the subject. After her parents finding out her problem from her class manager, although they do not say anything to her, they constantly support their daughter and don't want her to feel lonely and sad.

Parents play an important role in this period of their children - adolescents, first of all, they need to be supporting their children, to direct them to the right path, to help them with all the difficulties that they have, to support them in their decisions if they are good for their future. Parents of Theodora try as much as possible to help their daughter with all her decisions, knowing that she will never betray them. They know their daughter well and immediately recognize when she faces her biggest problem.

In fact, the trauma that she experienced when she was younger, it causes the suspicion of the entire male gender, to all those who come from the outside world. Thus, she creates a barrier, a wall, and choice of the sport that are involved and in which she is great - karate, proves that fact and that she is isolated.

But what makes Theodora and go beyond the limits of what can be called usual, every day, even trivial, is the correspondence that she has through her electronic address with "Prophet" and they share and communicate with selected quotes used from the book "The Prophet" by Khalil Gibran, and she answers with quotations from the book "The biggest retailer in the world" by Og Mandino. So, we are dealing with the exchanges of letters, emails, where the identity of the sender and the recipient is unknown until the very end of the novel (Denkova 2014: 90-91). Such a correspondence in which correspondents do not know each other, they hide behind pseudonyms and alien wisdom, will help Theodora to perceive her situation from distance, to clean up her thoughts, to encourage her to look in the eyes of the world, and before all - to confront the violence and not allow him to break her, but to emerge stronger from this situation. In a word, to mature.

At the time when adolescents are facing problems, most of them are closed in themselves and do not want their secrets and concerns to share with anyone. But for every young person there is something or someone whom seek solace. Although in Teodora's school it is often discussed as it should not be trusted to those who sit behind computers and send secret messages, however Theodora corresponded to a mysterious person.

Using the pseudonym "Alone", Theodora speaks to "Prophet" about life, loneliness, love, hate, happiness, success and failure, happiness and sadness, friendship, transience of life, about faith: "This way of communication like to admit or not, amused her. Messages from "Prophet" that were send to her, she liked them "(34). Although initially correspondence with the Prophet's entertainment, she gradually begins to wonder what her interlocutor, since it does not remain indifferent to its message: "The messages were selected and wisely directed to her And this time she liked the message. He closed her eyes over the computer, trying to imagine the one that directs messages to her"(71-72), even she begins to admire him and fear not to be disappointed if she ever introduces him: "It was her first "case" with someone whose spirit soared into her consciousness, and, somehow, began to meet and think about him: "Wisdom causing response even without knowing who's behind it. Will she be disappointed when she discovers him? Or she will be impressed? In any case, one that it occurs, may be similar to her!?"(72).

Every day they sent messages to each other, very wise thoughts and messages to that person would have admired. She was named "The world's largest seller", and he as "Prophet". Correspondence with this person was settling her and for a briefly she was in the world of big wise men, who by their wise counsel succeed in everyday life. They remained mysterious until the end and save the wise thoughts, nothing discovered for themselves.

Youth in those years face the greatest vices of today. The drug is the worst vice, which beguiles young people and pulls up the bad habits. In everyday life of Theodora appear many young people on her age who face this vice, and it precisely and faced its greatest enemies, Emil and his two companions who not only use but also are a drug dealers. As alcohol, and drug use became substantial health problem in young adults. Studies shows that adolescents who live in urban communities, are at higher risk of involvement in the drug problem and it seems that there are no gender differences and boundaries then and has great influence whether an adolescent playing with consumers of drugs (such in the case of this novel), and the fact if an adolescent comes from a family with a single parent. These studies highlight the importance of open communication between parents and their adolescent children (Kuther, 1995).

In the novel there is an event in which the girl from the generation of Theodora died of excessive use of drugs. Theodora manages to take revenge on these enemies one evening while she is out, defending the girl who has just entered adolescence, and that Emil and his comrades want her to incur to the use of drugs. At that moment, she is not thinking about the consequences (as any young man who is in this period of his life), whereas she beats the boys,

earns suspension and can no longer play karate. By that she earns negative opinions among people who surround her, but later the truth comes to light and she could again return to her love for the sport.

Simeon is a boy who has passed adolescence, a boy who all respect. All the girls from generation of Theodora, and most are crazy for him. He is still unattainable for them. Often talks to Theodora when encountered by chance. The two mysterious figures who do not express their feelings, in their self they think about each other. Those feelings develop into sympathy, but they do not want to admit first nor myself, much less to anyone else. Simeon is intensely engaged in his piano, he is champion in all competitions, and praised by the old and the young, person who doesn't want easy to reveal to another, so he treats Theodora like all others around him, he does not want anybody to stand out in particular.

The moment when Theodora transcends all problems, she is released from the dark traces left in her past, she again returns to the mysterious scribe. After all messages and tips that they write to one another, they finally resolved to see eye to eye. Despite this agreement, their names remain secret until the last moment. When they meet eye to eye, they realize that actually they know each other. They are surprised, but happy for this meeting. These qualms feeling of adolescent love, fail to express their feelings for one another, to embrace and to promise that they will be happy together for a long, long time.

3. CONCLUSIONS AND DISCUSSIONS

With this work the author Gorjan Petrevski in a very nice way introduces late adolescence with young characters who, despite all the difficulties and inconvenience in their life managed to get out on track and decide what is best for themselves. Gorjan Petrevski in this novel incorporates the story of two young characters who grow up too soon and engage in a life of evil. There they face all evils and misfortunes, debauchery, drugs. And while they themselves struggle, it needs work and effort to conquer life as a value and dignity. This novel exudes ancient wisdom and it is equally acceptable for the younger but also for the older mass of readers (Denkova, 2015)

Here the author in a very inventive and modern/contemporary manner, through electronic communication on social networks, openly speaks about the many vices and problems of today. Young people face these problems daily. Many of them do not find the right way out of the difficulties. The author, as well as numerous articles by other authors, some of which are quoted here, say that there are several key elements that proved decisive for the proper development of the young person. So, first of all, there is the family and parents.

With the help of their parents adolescents succeed to take good advice in their lives and have support when they need it most. By their peers and friends can learn a lot from their mistakes, to help each other and themselves drawn very useful lessons for them.

The novel opens and theme of violence on which are exposed some adolescents especially sexual violence. Of course, in such cases the role of the family is crucial, but the main protagonist (Theodora), as previously stated, creates a barrier around herself, creates an impregnable fortress, that can approach only "Prophet" with his emails - wise thoughts. It is likely that if Theodora knew from the beginning that the Prophet actually is a person of the male gender, she would not let him into her life. Uncertainty sod, especially because she finds peace and comfort in his words.

Another theme hinted in the novel, is drugs whose risk is directly pointed to the case of a high school student overdose. The event will also affect Theodora, not only because of the death of a young person, but also because the direct culprits for this are the same ones who committed violence against her in the past - Emil and his company. Therefore, she will confront with them.

Sport will open new horizons and an opportunity to turn to something useful and healthy, and with the help of wisely selected messages of the Prophet, in Theodora reinforces a belief: "As long as I have breath will persevere. For now, I have learned one of the greatest principles of success: if you persevere long enough, you will win"(127).

Finally, the harmony that will prevail in the life of Theodora with the help of parents, successes in sports, music, Simeon, and above all, the wise message of Prophet (Simeon), contributing to give birth the true love experienced by young people in this period remains forever in their hearts.

In these novels for young people, young readers can through certain characters find themselves, to learn a lot about their self and through the novels of our writers to find the right direction in their lives.

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