

## The Boys' Lived Psychological and Social Experience of Puberty is Based on the Grounded Theory

Ali Rahimi Ghaleabdesahi\*

Morteza Omidian\*\*

Hamid Farhadirad\*\*\*

### Introduction

The method of the present research is qualitative and the systematic version of the "Grounded Theory". The statistical population of the present study was all boys born in Dezful in the years 1999 to 2003. The sampling framework was purposeful and theoretical. For this purpose, 18 people who experienced puberty and shared experiences and thoughts about puberty and could talk about the process of puberty were selected. Semi-structured interviews were used to collect data. The recorded interviews were transcribed on paper and then in open coding, the concept codes were assigned to the smallest meaningful unit of the text. Data were analyzed in three stages open coding, axial coding, and selective coding.

### Results

The 20 main categories, 50 subcategories, and 106 basic concepts expressed the lived experiences of sexual maturity of the participants in the present study. Lack or deficiency in education, lack of sexual knowledge, social factors, family, economic factors, technological factors, and specific sexual experiences were the most important determinants of people's life experience of puberty. All the main categories were glued together in 6 interrelated blocks and formed a paradigm pattern. The blocks are a central

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\* MA. Educational psychology, Shahid Chamran University of Ahvaz, Ahvaz, Iran.

\*\* Associated Professor. Shahid Chamran University of Ahvaz, Ahvaz, Iran. *Corresponding Author*: [morteza\\_omid@scu.ac.ir](mailto:morteza_omid@scu.ac.ir)

\*\*\* Associated Professor, Shahid Chamran University of Ahvaz Ahvaz, Iran.

phenomenon, causal factors, strategies, contextual conditions, intervening factors, and consequences.

### Discussion

The ultimate goal of the present study was to develop a data model of the boys' lived experience of sexual maturity based on the data collected through interviews. The results showed that puberty can be a source of dissatisfaction and psychological/emotional, social, and physical disorders or satisfaction and happiness. The psychological and social life experience of puberty can be evaluated positively or negatively. Puberty is one of the most important periods in the life of any person, depending on the relationships and training received can be positive or negative. Making sweet and effective courses is influenced by individual and social factors.

**Keywords:** Grounded Theory, The lived experience of boys, puberty

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**Author Contributions:** In the present study, the first author has been in charge of compiling the research plan, the process of collecting, analyzing and interpreting the findings, and writing the text of the article, and The second author, as the supervisor, has been in charge of the general supervision of the research and the compilation and finalization of the corrections of the article. In conclusion, the findings were made jointly with the collaboration of the third author, as a dissertation advisor.

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