

AGE OF PUBERTY ONSET IN RIGA SCHOOL BOYS AS SEEN FROM STUDY OF 2005-2007

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ABSTRACT

Introduction. One of the basic tendencies in the study of a contemporary man's biology deals with puberty being the process of teenage physical development changes, the definition of which contains a lot of different hypotheses. With the onset of the teenage period, a new stage of body growth begins, which is determined by sex hormones and suprarenal hormones which are correlated to the growth hormones, which are the reasons for intensive body growth related to puberty. This is the period when angrogenous hormones start their active functioning, therefore, a view exists that, they, alongside with the growth hormone, regulate the whole growth intensity during puberty period. This is also the period connected with the fast development of various secondary sexual signs, such as the growth of hair at various body parts, break of the voice, the development of testes, onset of pollutions and starting the sexual life. The age when puberty starts, is different between the countries and sexes. **Aim of study.** Since so far the puberty onset age in Latvian boys has not been defined, the aim of this research was devoted just for analyzing this issue.

Materials and methods. In the study we have used the measurement results of Riga pre-school and primary school boys' interviews and questionnaires carried out from 2005 till 2007. 1261 boys included into the study from the age 7 till 18 years were divided into 12 age groups. According to J.Tanner's (1962) method, the following secondary sexual signs were determined: hair growth on the face, armpits and pubic area, the break of the voice, onset of pollutions and starting the sexual life, anthropometrical measurements of the testis.

Results. Analyzing the above-mentioned secondary sexual signs, we acquired, as a result, the information that the first puberty signs are seen already at the age of 10-11 years, but they reach their maximum at 13-14 years, which is still continuing to develop also at the age of 16-17 years.

Conclusions. Thus, considering the study results of the period from 2005 to 2007, we can draw a conclusion, that the mean age of the onset of puberty in Latvia for boys is the age of 13-14 years.

