

Identity Crisis among Young Adults

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ABSTRACT

Cognitive power of human brain helped to survive in a better way in comparison to other beings living on earth. Human beings organized society to insure their security against the cruel force of nature, while ensuring their security they became a mean of satisfaction of physical as well as emotional needs of each others, which created a sense of bonding among them. They succeeded in their efforts due to mutual development of common practices of survival, which became a full-fledged civilization. Since thousands of years of human inception on earth have been passed so we cannot know how first man of earth got knowledge of survival but we can certainly know that how a child learns things from his parents and society. Child is born with innate cognitive power, which get develop by his interaction and with environment and family.

Keywords: *Identity Crisis, Young Adult, Cognitive, Psychological Behaviour*

Child borns as blank slate, develops as an adults with his own 'self' and identity in system, he lives. A child passes through different stages in creation of self and identity in society. In the process of formation of identity child's interaction with external factor such family environments, family status, economic well-being, security, emotional support, place of living and immediate environment of society and country, etc. play very important role. These factors have major influence in the overall development of child as an adult. His adult behaviour will be determined by his childhood memories. Process of identity formation directly correlate to the environment so it is not only a matter of once choice and behaviour. A child's behaviour and identity are mix of his interaction with people and environment and he cannot simply be blamed for his non conformity of behaviour with previous generation. Generation gap does exist due to mechanism involve in formation of identity and any struggle at the stage of formation of identity leads to identity crisis. Identity crisis is one of the prime reasons of generation gap due set of ideology, practices and psychological behaviour adopted by people in their environment. To develop better understanding about the role of identity crisis in generation gap we need to understand mechanism of identity crisis.

What is Identity Crisis?

The period during which teenagers build up a feeling of identity is a difficult stage for young people. Young people experience the identity formation as a long period of disclosure or getting themselves. During this period, teenagers grasp changes and make adjustment with

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changes to be followed in upcoming phase of their lives but adoption of such changes is not an easy task and some adolescents find it difficult to adjust with change. They feel unable to know who they are, where they belong to, what is the motive of their lives. They fail to make rational choice in life and deviate from normal behaviour pattern in life. Sometime adjustment with bodily change seems difficult to them and they fail to push a confident self-identity. Once inability to reconcile with self-image creates hindrance in development of healthy self-image, lead to identity crisis. This is known as an identity crisis. By understanding the pre-adult identity crisis, it is conceivable to help the youngster through this troublesome stage.

One may review a period during the adolescent years when one is confounded about one's identity, what one ought to be, and what the future may hold for them. Shaping a grown-up character includes pondering numerous significant inquiries: What vocation best suits me? What religious practices, good or bad, political ideologies would I be able to call my own? What is my sexual orientation? How marriage and children are significant to me? Where do I fit in to society? These personality issues, frequently encountered when adolescents are likewise attempt to adapt to their fast changing self-perceptions and all the more social and scholarly lives, can add essentially to one's combination about who the individual in question is or can turn into.

The History of Identity Crisis

Identity Formation has been broadly discussed by Erik Erikson in his hypothesis of formative stages, which stretches out from birth to adulthood. As per Erikson, identity formation starts in youth and gains noticeable quality during pre-adulthood. During physical and sexual development, and important phase about decision of vocation, young people must achieve coordinating in their related involvements and qualities into a steady personality. Erikson coined the term identity crisis to depict the transitory shakiness and perplexity of young people face in development of understanding, as they battle with multiple options and decisions. Young people may overidentify with saints and tutors, begin to look all starry eyed at, and bond together in inner circles while make distance with genuine opinions as they do not fit with energy and approach. As per Erikson, one can have a successful resolution to the crisis by working upon one's advancement through past formative stages, fixating on essential issues of trust, self-sufficiency, and activity.

By the age of 21, most of teenagers are thought to have settled their identity crisis and prepare to proceed onward to the grown-up difficulties of adoration and work. Others, be that as it may, can't accomplish a coordinated grown-up character, either on the grounds that they have neglected to determine the personality emergency or in light of the fact that they have encountered no emergency. J. E. Marcia recognized four normal manners by which teenagers manage the test of personality development. The individuals who experience, go up against, and resolve the character emergency are alluded to as "personality accomplished." Others, named "character dispossessed," make responsibilities (regularly traditional ones, indistinguishable or like those of their folks) without addressing them or researching options.

The individuals who are "character diffused" recoil from settling on characterizing decisions about their prospects and remain captured, unfit to make entire hearted responsibilities to vocations, values, or someone else. Interestingly, those in the "ban" gathering, while unfit to make such responsibilities, are attempting to do as such and experience a progressing however uncertain emergency as they attempt to "get themselves." In spite of the fact that the expression "identity crisis" was at first promoted regarding immaturity, it isn't restricted

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to this time allotment: Erikson himself at first figured the idea regarding World War II veterans. An assortment of changes that influence one's work, status, or relational connections can expedite an emergency that powers one to rethink oneself as far as qualities, needs, and picked exercises or way of life where there are really "unsurprising emergencies or crisis of grown-up life" that for the most part challenge individuals' originations of themselves and result either in self-awareness or stagnation.

Role of Parents in Identity Crisis

It has been seen that parenting clearly affects how adolescents experience and manage the identity crisis. Individuals who feel alienated from parents often remain diffuse and experience serious adjustment problems, whereas those who feel close to controlling parents often simply foreclose on identities that parents suggest or dictate to them and that may prove unsatisfying. Adolescents who forge healthy identities that suit them well typically have warm and accepting parents who encourage identity explorations and who permit their teens to take their own stands on issues and to become individuals in their own right. The significance of the improvement of personality in kids and young people has gotten deficient consideration in the data over abundance about youngster raising assaulting guardians and teachers. Youngsters who understand about what they think and feel need to have more joyful, safe, and progressively profitable lives. So, the test turns out to be, how would we bring up kids to have a feeling of self on which to construct their lives?

On the off chance that youngsters have been consistently guided from youth during the time spent self-revelation, by age 15 they will be prepared to start refining their choice of tastes, qualities, and bearings. In any case, on the off chance that they have been basically strolling in lock-venture with their folks, doing what they are told, they are not the slightest bit arranged to start assuming responsibility for their lives. These youthful people are at extraordinary hazard to need to revolt so as to demonstrate their folks, "I am not you!" And they will win. This is a fight that no parent ever needs to take part in, on the grounds that all it produces is losses. The procedure of basic leadership figures out who every one of us progresses toward becoming. Starting when a tyke initially comprehends the expressed word, we can offer the chance to settle on decisions. This gives kids the message that they are isolated people, their conclusions matter, and their voices are heard. On the off chance that youngsters grow up with the possibility that they can settle on choices to make a real existence that works for them, the basic procedure of character building is in progress. Be that as it may, when guardians ceaselessly mediate, run obstruction for them, and deny them the chance to decide individual inclinations when proper, those youngsters can't develop into adolescents who are happy with getting to be isolated people.

A few youngsters appear to start life definitely knowing their identity and what they think. For them a feeling of self is by all accounts guaranteed. For other kids the way toward revealing an individual character requires progressively coordinated exertion. Regardless of whether the youngster's choice ends up being a mix-up, it turns into a learning chance to assess and settle on a superior decision whenever. In time, searching internally and settling on close to home decisions turns into a satisfying, programmed methods for coordinating a real existence improved by independence. The structure of identity is additionally reinforced by parent-kid relationship that appears as inquiries rather than directions. Asking something enables youngsters to settle on a decision, assess on the off chance that they are OK with the aftereffect of that decision, and perhaps alter it whenever in the event that it didn't work out well. It is an inconspicuous method for telling them that, at last, they will be responsible for figuring out what improves their personal satisfaction. "Get your work done," requests

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consistence. “What’s the arrangement for your schoolwork?” empowers youngsters to make and possess an idea with some interest in its prosperity.

Noteworthy grown-ups in a youngster’s reality assume a basic job in the improvement of character. Those grown-ups should be the directing voice of shrewdness and experience that comprehends the world. They feature what is significant, compensate what is correct, and clarify how things fit together in the 10,000-foot view. Be that as it may, a typical entanglement for grown-ups happens when they experience protection from or disobedience of their qualities, guidelines, or desires. They regularly respond by hunkering down more enthusiastically, demanding all the more emphatically, and transforming the event into a success lose circumstance. It is on this battleground that the advancement of character can be lost. Obviously, there are issues including security, for example, unlawful, ruinous, harmful practices that offer no alternative for settlement. In any case, by far most of issues permit space for a youngster’s information and possession.

Identity is reinforced when youngsters are permitted to hold varying perspectives that are still regarded by those in control. At the point when young people are vague about their own personality, they experience an unfilled, befuddling, awkward inclination. With an end goal to cover or escape this inclination, they may take part in substance misuse and other emotional practices. Void children some of the time incline toward showing an incredible personality to the outside world, frequently regarding tattoos, garments, or hair that will make others look once more. Immaturity is and ought to be a period of taking a stab at a wide range of thoughts, styles, and pictures to locate the ones that really fit. In any case, sensational outward signs of self can be a marker of inconvenience inside.

The advancement of personality necessitates that each youngster puts resources into something to help characterize his or her life. Regardless of whether it is an ability, sport, or outside intrigue, each youngster needs something that will make them feel worthwhile. Dropping one intrigue and grabbing another as one develops is likewise normal. The advantage lies in guaranteeing segments of life that express, “I fit here.” If youthful people display no outside venture, at that point they need help with a procedure of finding what in this world fits with their identity. The disclosure procedure does not end until there is a fit. Delicate grown-up direction helps this procedure to trust for young people, whose biggest dread is that they will be compelled to move toward becoming something they are not. Establishing proper limits, arranging desires, and helping adolescents find and convey what needs be can prompt a conscious and recuperating result for all.

How to overcome Identity Crisis?

There are various ways to build a high self-esteem and overcome identity crisis. A person’s identity is the way that he/she sees in them. A person often identifies themselves through the things that he/she does and the objects he/she identifies with. The psychologist Erik Erikson coined the term “identity crisis.” Erikson stated that during adolescence, people struggle to become more independent from their parents and form their own identities. Today, the term “identity crisis” is used to describe any person who is struggling to find his/her identity. This happens most often. Here are some recommendations that can be practiced to overcome the hurdles and challenges faced by the young adolescents:

Acknowledge that you are never again the individual that you wish to be. In the event that you are managing an identity crisis, you have likely gone to the acknowledgment that there are significant pieces of yourself that you might want to change. Work to acknowledge this

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information; it is a significant understanding and can assist you with learning a ton about the things that you need throughout everyday life. Focus on sentiments of uneasiness or pressure associated with specific decisions or undertakings throughout your life. For example, on the off chance that you are scrutinizing your profession way, know about the manner in which your present place of employment makes you feel. Getting back home towards the day-end feeling drained and restless might be an indication that it is the ideal opportunity for a change.

Check out the majority of the exercises you do for the duration of the day. Cause a rundown of the things you do that are imperative to you and the things that are most certainly not. What are the exercises you do that make you feel better? Do you give yourself sufficient time for those? It is normal for an individual to fill her timetable with things he believes he needs to do, instead of the things that add to his life. Work to focus on building up those things that make you like yourself and animate your life.

Set aside some effort to mull over and think about what you need, as opposed to attempting to fill every one of the snapshots of the day. By giving yourself some an opportunity to mirror, your subsequent stage may wind up self-evident. Attempt likewise to relinquish stringent objectives and absolutes. These sorts of guidelines can include pressure and remove delight from your life. Set aside some effort to value your life and appreciate basic things. Now and again relinquishing standards can place things in context.

Converse with somebody about what you are experiencing. A decent companion or somebody who will offer help and support can assist you with feeling less alone. Here and there discussing a troublesome choice can go far toward settling it.

On the off chance that you are feeling overpowered by uneasiness or having a troublesome time centering or dozing an emotional wellness proficiency. This individual will most likely survey what is happening for you and might almost certainly prescribe treatment or medicine if necessary.

Toward the finish of immaturity, the expectation is that a youthful grown-up will have a firm comprehension of their character. This personality will enable them to more readily explore the up-and-coming grown-up years. It will affect their choices with regards to school, business, connections, and so on. To guarantee this procedure is finished, formative clinicians made the idea of the psychosocial ban. Normally this is finished by taking a break from every single other duty to exclusively concentrate on self-investigation. It's the time in life that an immature (or anybody in a character emergency) delays and reflects to shape a more profound passionate comprehension of their identity and where they are going. A few people would contend this could just take into account the special. They would be bound to manage the cost of a trek the nation over, or take impressive downtime from seeking after school or the workforce. While having the option to stop all obligations and travel the world over might be perfect, not every person has that chance. The magnificence of the ban is that it can take any frame, regardless of whether it's permitting time in the start of the day for deliberate self-reflection.

Causes of Identity crisis?

Identity crisis as an issue is a procedure that everybody who is encountering it more likely than not experienced or is as yet experiencing. It is considered a procedure on the grounds that a large portion of the words related with identity crisis uncover that they are not things

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that can come on in one night. They are things that happen step by step. One can't wake-up one morning and begin feeling scared by the general population around oneself if nothing had been missing to take into consideration that terrorizing. One doesn't need to simply observe individuals and feel jealousy towards them immediately. Jealousy is an inclination and a type of feeling that grows for the most part because of another procedure seen in other individuals. It is evident that the greater part of the general population encountering identity crisis has something missing in them and a portion of those missing things are quite prevalent in today's world.

Lack of proper upbringing

The manner in which a youngster is raised will decide, as it were, the manner in which that tyke will live his adulthood. Numerous grown-ups today can't express love to their youngsters since no one communicated love to them while growing up. Curiously, numerous individuals don't comprehend what it is to be really cherished so it's anything but a standard for such individuals to express love to other individuals. At the point when youngsters are not raised in adoration filled climate, they will consistently have a longing for that affection and in all actuality, they will consistently search for it anyplace they can get it. One of the essential obligations of guardians in the present-day society is to ensure that their kids experience love. Such a large number of individuals need to act wisely by providing for their kids and simply ensuring they get great instruction.

That is a generally excellent thing however youngsters become quicker with the seeds of the correct words planted into their lives. In any social affair of youngsters or other youngsters one will consistently have the option to differentiate in the homes they all are originating from and it starts with how they relate with each other. One kid or youth feels so certain and relates effectively with other individuals and the other one feels so bashful and does not have any desire to relate with other individuals notwithstanding when this kid does not have any physical handicap that may bring disgrace. In certain homes there is no opportunity in light of the fact that the guardians don't need the children to stumble into difficulty yet shockingly they fall into more regrettable hardship by not having opportunity since they lose individual personality. As much as you don't need your young ones to fall into physical hardship in the network, it is increasingly significant not to give them a chance to stumble into the mental difficulty of losing their own identity since that has a long haul impact which may come to tolerate on their achievement throughout everyday life. One of the manners in which the parents can assist their young ones with growing better is to ensure to have an agreeable relationship.

In the event that in any way, shape or form one have to contend it is critical to abstain from doing it within the sight of the child in light of the fact that there are things that will stay with them from seeing father and mum trading severe words or mocking one another. When parents have a tranquil relationship children will consistently anticipate carrying on with an importance life and regarding other individuals. It is because of savagery against ladies that a few ladies think their fundamental job in the house is simply to keep the kitchen occupied and keep the dining table filled with the goal that the man of the house can be filled. Thus a few ladies have been consigned in their psyches to the situation of slaves in their homes. They feel crafted and remain alert to fulfill the day. These are all discernment making scenarios and we have to intentionally focus on the things we do in light of the fact that the youthful ones are viewing.

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Absence of insistence and affirmation

There are words that one should state to their kids or youthful ones around them and when they don't hear such words they slowly start to pull back into their shells and eventually into identity crisis. Never accept a kid or some other individual realizes that the person is cherished, one has to assert the affection. Individuals get into identity crisis when they don't hear words affirming the way that they are adored. They would prefer not to think for the individual who should express love and they would prefer not to accept they are cherished. Sometimes that has been seen is that numerous guardians think that it's simple to chasten youngsters or their kids than to support them. Again and again, we have been in a circumstance where we get chastened for doing some apparently irrelevant things yet when we do things that cause us to merit a pat on my back no one gives the pat. Everyone remains at a separation and watch until that snapshot of wonder step by step overlap away. At the point when a tyke does not get consolation for accomplishing something great, all things considered, kid won't have any desire to proceed.

At the point when a tyke gets admonished each time for accomplishing something incorrectly the kid starts to concentrate on the following shot of committing an error as opposed to the following chance to accomplish something extraordinary and be a superior individual. Insist your adoration to individuals around you to help some of them escape identity crisis. State what you mean and mean what you state. It is said that individuals ought not to be chastened but rather it ought to be done admirably. It ought not to be done so that the general population presently absolutely lose trust in them and consistently search for whom to mimic since no one puts stock in them. An excessive number of individuals hear more injurious words than empowering words. That is the reason they have lost trust in what they thought was their quality. On the off chance that individuals can start to hear more promising words than damaging words there will be a major contrast in their lives over some stretch of time.

Discouraging encounters and experiences in life

At the point when individuals begin on something new they frequently begin with a portion of apparently endless vitality yet when things begin turning toward a path inverse where they think it ought to be going, they get debilitated. This essentially implies purposeless endeavors at what one is doing can be crippling enough to push individuals off the correct track. There are individuals who begun progressing wisely however quit when things are not working and they were starting to stumble into hardship by attempting to do what others are doing great as opposed to concentrating on what they can progress nicely.

For some others the discouraging background can be an open disrespect at one time or the other. Take for example somebody who is brought into the world with the common capacity to talk. In the event that while beginning a profession as an open speaker he neglects to convey the group of spectators along and the crowd starts to applaud not as an indication of respect for information disclosed however as an approach to state, "quit squandering our time and get out," that sort of man may not mull over open talking once more. He may now like to remain in the group of spectators and tune in as opposed to going to represent dread of being disfavored a subsequent time. The equivalent can happen to an artist who gets to the center of a melody in front of an audience and erroneously goes level!

Regardless of whether that individual realizes music is the just way out for the person in question, the experience for certain individuals will be too grave to even think about letting them return to the phase for any presentation. Presently it is glaring that the disclosure of a

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man's abilities or gifting can prompt another inconvenience contingent upon who is in control. One should try not to give importance to their past disappointments or a chance to baffle away from what you are doing on the off chance that you realize that is the proper activity. Continue doing what you are great at, center around it and remove your eyes from the past difficulties you have had. Make triumph your concentration and get up each time you fall. There will debilitate conditions yet absolutely never remain disheartened.

CONCLUSION

Identity crisis is a very crucial factor in creation of temperamental difference among generations. Every generation has its own privilege and environment and develop as per convention of time. Nature of struggle and conflict depend on sociocultural and socioeconomic factors and an individual is not does not have control on these factors. Struggle and fast life style make vulnerable to pressure, which leads them towards identity crisis. We must be considerate to changing environment and its effects on young generation and how these changes make them different. Better understanding and coordination are few step we take to minimize struggle in life of young ones.

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