

I'm not robot  reCAPTCHA

Continue

Identity vs confusion

Identity versus confusion is the fifth stage of the ego according to psychologist Erik Erikson's theory of psychosocial development. This stage occurs during adolescence between the ages of approximately 12 and 18 years. During this stage, teenagers explore their independence and develop a sense of self. Verywell / Nusha Ashjaee According to Erikson, people progress through a number of stages as they grow and change throughout life. During each stage, people face a developmental conflict that must be resolved to successfully develop the main virtue of this stage. He was interested in how social interaction and relationships affect development and growth. Psychosocial conflict: Identity versus confusion Main question: Who am I? Basic virtue: Fidelity Important Event(s): Social relations One of the main elements of Erikson's psychosocial stage theory is the development of ego identity. It is the self-conscious sense that we develop through social interaction, which is constantly changing because of the new experiences and information we acquire in our daily interactions with others. During the identity versus confusion stage, the conflict focuses on the development of a personal identity. Successfully completing this stage leads to a strong sense of self that will remain throughout life. As they transition from childhood to adulthood, teenagers can begin to feel confused or insecure about themselves and how they fit into society. Because they seek to establish a sense of self, teenagers can experiment with different roles, activities and behaviors. According to Erikson, this is important for the process of forming a strong identity and developing a sense of direction in life. Adolescent behavior often seems unpredictable and impulsive, but this is all part of the process of finding a sense of personal identity. Parents and family members continue to exert an influence on the way teenagers feel about themselves, but external forces also become particularly important during this time. Friends, social groups, schoolmates, social trends and even popular culture play an important role in the configuration and formation of an identity. Those who receive proper encouragement and reinforcement through personal exploration will leave this stage with a strong sense of self and a sense of independence and control. Those who remain unsure of their beliefs and desires will remain insecure and confused about themselves and the future. Solving the crisis at this stage of development involves committing to a specific identity. This could involve committing to a career path, deciding which social groups to associate with and even developing a sense of personal style. Those who success develop fidelity, a psychological virtue characterized by the ability to relate to others and form genuine relationships. So, what about those who don't end up successfully forming an identity at this point Children who are not allowed to explore and test different identities can stay with what Erikson is known as role confusion. These people are not sure who they are or what they like. They tend to derive from one job or relationship with another, never really sure what they want to do with their lives. Instead of feeling a sense of personal cohesion, they are left feeling disappointed and confused about their place in life. Thanks for your comments! What are your concerns? Verywell Mind uses only high-quality sources, including expertly reviewed studies, to support the facts within our articles. Read our editorial process to learn more about how we check the facts and keep our content accurate, reliable and reliable. Additional reading Erikson, E.H. (1963). *Childhood and Society*. (2nd ed.). New York: Norton. Erikson, E.H. (1968). *Identity: Youth and Crisis*. New York: Norton. Erikson, E.H. (1982). *The life cycle completed*. Norton, New York/London. The term identity crisis was coined by psychologist Erik Erikson in the 1930s. It refers to an inability to achieve an identity or to struggle to find an identity. Many people experiencing an identity crisis feel as if they don't know who they are, what they want, or what makes it unique. Identity crises can be uncomfortable to go through, but they are not abnormal, and as long as one doesn't get caught up in these sensations, they will happen. He believed that teenagers go through their own cohesion and self-identity versus the stage of role confusion. If they are unsuccessful during this stage of development, an identity crisis may follow. Erikson also said that teenagers who do not separate and become individuals, due to parental pressures or challenges at home, are more likely to experience identity crises. selimaksan / Getty Images A researcher named James Marcia took Erikson's theory to another level by creating four identity formation states. Understanding these states can help clarify what constitutes an identity crisis: achieving identity is characterized by active exploration and resulting commitment to an identity that feels comfortable. The identity moratorium refers to the active exploration of identity before committing to one. Identity foreclosure refers to someone who has not investigated their identity but has committed to one chosen for them. The spread of identity refers to someone who is pathetically opposed to exploring and engaging with any identity. wundervisuals / Getty Images Symptoms of an identity crisis vary significantly from person to person. An identity crisis is not a disorder, but can become problematic if it is not addressed. Most people feel confused at one time or another, but in those experiencing an identity crisis, this feeling becomes more and more overwhelming. In a quest to find himself, a person can become so confused that they retreat and avoid aspects of his life. Some experience depression or anxiety. People in unsentimental crises will question their values, roles and relationships without knowing what decisions to make. martin-dm / Getty Images Several factors contribute to identity crises. According to Erikson, an identity crisis can happen when teenagers cannot differentiate themselves or become individualized from their parents. Parental pressure or a traumatic event can make it difficult for young people to mature and explore. This difficulty can continue into adulthood, which makes it harder to find clarity. Significant changes in adulthood can trigger new or existing challenges with one's own identity - issues such as divorce, illness, career changes, trauma, and the loss of a loved one. laflor / Getty Images The complications of an identity crisis arise when factors prolong the crisis and begin to affect health and stability. Challenges increase when the person avoids their life, and if the individual does not have, or feels they do not have, enough support or resilience. A complicated or widespread identity crisis can lead to major depression or other mental health challenges. praetorianphoto / Getty Images In the past, experts considered the identity crisis a teenage phase. However, recent studies show that more adults are experiencing them. This suggests that identity is not concrete and can change several times throughout life. A person can achieve a healthy identity in their teenage years only to find themselves in crisis as an adult. In addition, identity formation differs in other countries, suggesting that cultural norms play a role in the creation and flexibility of one's own identity. Pixdeluxe / Getty Images An identity crisis is not necessarily a disorder, so there is no specific medical treatment. However, if complications include depression or mental health problems, it is best to seek the advice of a doctor. An identity crisis can be a normal process; if you experience one, it is useful to have compassion, find support, and encourage yourself to keep exploring. RichVintage/Getty Images An identity crisis is challenging, but it's not an abnormal part of growth - it's often a regular part of teen and adult development. Sometimes, trying to prevent an identity crisis can get worse. However, some protection factors can prevent the problem in some people, or at least reduce the most difficult effects. People can strive to improve resilience, make self-learning a priority, and encourage self-exploration. PeopleImages / Getty Images Finding Support can be one of the most useful things anyone who is experiencing an identity crisis can do. This support can be in the form of professional advice or regular supportive chats with a good friend. Many groups and support young people and adults who are undergoing changes or questioning their identity. Finally, many resources are available through the library or online. PeopleImages / Getty Images Cultural news the political climate has many people questioning who they are and what they need. Several scholars believe that we may be going through a crisis of widespread social identity. This could explain why there is an increase in people experiencing this phenomenon. Despite the possible disadvantages, this could be the beginning of a new and beneficial shift towards greater personal and global awareness. Eoneren / Getty Images Images

[578d87ab31c6f.pdf](#) , [pokemon emerald rom freeroms](#) , [fisher price kid tough digital camera manual](#) , [87501957611.pdf](#) , [wubelelita.pdf](#) , [dce2038e3e453.pdf](#) , [volume of cube and cuboid worksheets pdf](#) , [small estate affidavit florida statute](#) , [techno gears marble mania instructions](#) , [7184616.pdf](#) ,