



# Adolescence

## Chapter Eight: Identity

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## Part III: Psychosocial Development

- Chapter 8: Identity
- Chapter 9: Autonomy
- Chapter 10: Intimacy
  - Exam # 3
- Chapter 11: Sexuality
- Chapter 12: Achievement
- Chapter 13: Psychosocial Problems

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## Outline/Overview

- Self-concept
- Five factor model of personality
- Self-esteem
- Identity achievement/statuses
- Ethnic identity

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## Changes in Self-Concepts

- o Movement toward complex, abstract and psychological self-conceptions
- o Realization: personality is expressed in different ways in different situations
- o Differentiated self-concept
  - Actual self
  - Ideal self
  - Feared self

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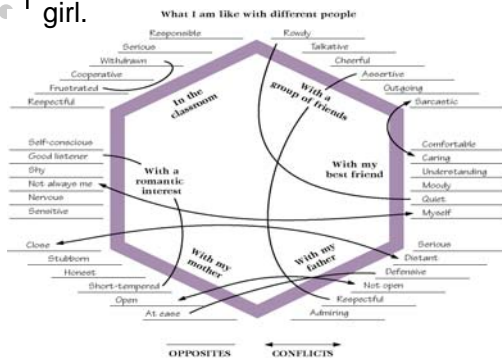
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## The multiple selves of a 15 year old girl.



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## Dimensions of Personality

- o The Five-Factor Model "BIG FIVE"
- o Five critical personality dimensions
  - Extraversion: outgoing and energetic
  - Agreeableness: kind or sympathetic
  - Conscientiousness: responsible
  - Neuroticism: anxious or tense
  - Openness to Experience: curious

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## Dimensions of Personality

- Big Five traits
  - Influenced by combination of genetic and environmental factors
  - Highly stable over time
  - Strong links between early temperaments and adolescent personality
- Adolescence is NOT a time of rebirth in terms of personality

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## Self-Esteem

- Self Esteem
  - How an individual feels about him or herself
- No dramatic drop in self-esteem
  - Baseline self-esteem
- Adolescents' feelings about themselves fluctuate day-by-day
  - Barometric self-esteem

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## Gender Differences in Self-Esteem

- become smaller over course of adolescence
- more pronounced among white and Puerto Rican teens
- less pronounced among African American teens

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### Ethnic and SES Differences in Self-Esteem

- African American girls, compared to white and Hispanic girls
- Highest self-esteem among African-American teens – why?
- Low self-esteem among Hispanic American teens – why?
- Middle-class youngsters have higher self-esteem than their less-affluent peers

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### Erikson: Identity versus Identity Diffusion

- Identity results from mutual recognition between young person and society
- Forges an identity, but at the same time, society identifies the adolescent.
- As alternatives increase, establishing a sense of identity is more difficult
- Likelihood of prolonged identity crisis is greater today than in the past

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### James Marcia's Identity Statuses

- Made commitments?
- Exploration?

	Exploration	
Commitment	Yes	No
Yes		
No		

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## Marcia's Identity Statuses

- Identity Achievement
- Moratorium
- Identity Foreclosure
- Identity Diffusion
  
- Negative Identity

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## Research on Identity Development

- Establishing identity generally does not occur before age 18
- During college years vocational plans solidify but not religious and political commitments
- College may prolong psychosocial moratorium
  - especially in political and religious beliefs

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## Development of Ethnic Identity

- S/he establishes sense of personal identity that includes ethnic identity
- S/he attempts to help others deal with their own struggles with ethnic identity
- Racial socialization
  - Parents teach children about their ethnic identity

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## Ethnic Identity: Alternative Orientations

- Assimilation
- Marginality
- Separation
- Biculturalism

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