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*CHILDHOOD AND GROWING UP
UNIT-5
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*UNDERSTANDING “IDENTITY
FORMATION”; EMERGENCE OF
MULTIPLE IDENTITIES IN THE
FORMATION OF A PERSON PLACED
IN VARIOUS SOCIAL AND
INSTITUTIONAL CONTEXTS THE
NEED FOR INNER COHERENCE
, MANAGING , CONFLICTING
IDENTITY*




INTRODUCTION.

The distinctive characteristics belonging to any given individual or shared by all members of a particular social category or group.

- Identity may be distinguished from identification, identity as a level, whereas refers to the classified at itself.
 - Identity is thus best constructed as being both relational and contextual while the act if identification is best viewed as inherit.
 - Identity from is also know as individual exist is the development of the distinct personality of a individual in a particularly stage of life where individual characteristics possessed and are known.
 - Pieces of the person actual identity induce include a sense of continuity ,a sense of uniqueness from others.
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Theories on identity formation

- Erik Erickson's theory of psycho social development
Erickson's philosophy
 - ❑ His basic philosophy is based on the two theories-
 1. The world gets bigger as we go long.
 2. Failure is cumulative.
 - ❑ If an individual has dealt with a terrible past as a child, they might not be able to cope with scenarios that life present later on.
 - ❑ Human spirit can always be enlighten and overcome these problems.
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| Approx age | Psycho social crisis |
|---------------------|-----------------------------|
| Infant – 18 months | Trust v/s mistrust |
| 18 months – 3 years | Autonomy v/s shame & doubt |
| 3 years – 6 years | Initiative v/s guilt |
| 6 years – 12 years | Industry v/s inferiority |
| 12 years – 18 years | Identity v/s role confusion |
| 19 years –40 years | Intimacy v/s isolation |
| 40 years – 65 years | Generativity v/s stagnation |
| 65 years & older | Ego integrity v/s despair |

STAGES OF PSYCHOSOCIAL DEVELOPMENT

STAGE 1: ORAL SENSORY

Age : Birth to 18 months

Conflict: Trust v/s Mistrust

- **Feeling of trust from external support**
- **Fear and concern regarding others**

STAGE 2: MUSCULAR ANAL

Age: 18 – 3 years

Conflict: Autonomy v/s Shame and Doubt

- Focuses on self-control and self-confidence
- Experiences shame, self-doubt, and unhappiness

STAGE 3: LOCO MOTOR GENITAL

Ages: 3 – 6 years

Conflict: Initiative v/s Guilt

- Discovery of ways to initiate actions
- Guilt from actions and thoughts if criticized

STAGE 4: LATENCY

Ages: 6 – 12 years

Conflict: Industry v/s Inferiority

- Development of sense of competence
- Feelings of inferiority, no sense of mastery

STAGE 5: ADOLESCENCE

Ages: 12 – 18 years

Conflict: Identity v/s Role Confusion

- Establishes self-identity
- Inability to identify one self result in identity crisis and role confusion

STAGE 6: YOUNG ADULTHOOD

Conflict: Intimacy v/s Isolation

- Develops close positive relationship with others
- Failure to establish intimacy lead to isolation

STAGE 7: MIDDLE ADULTHOOD

Ages: 40 – 65 years

Conflict: Generativity v/s Stagnation

- Sense of contribution to continuity of life
- Become stagnant and unproductive

STAGE 8: MATURITY

Ages: 65 to death

Conflict: Ego integrity v/s Despair

- Sense of utility in life's accomplishments
- Regret over lost opportunities of life

Multiple identities

- Each of us has multiple identities that may be more or less important depending on the context we find ourselves in-



Gender identity

Sexual identity

Religious identity

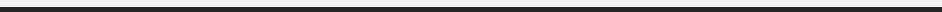
Cultural identity

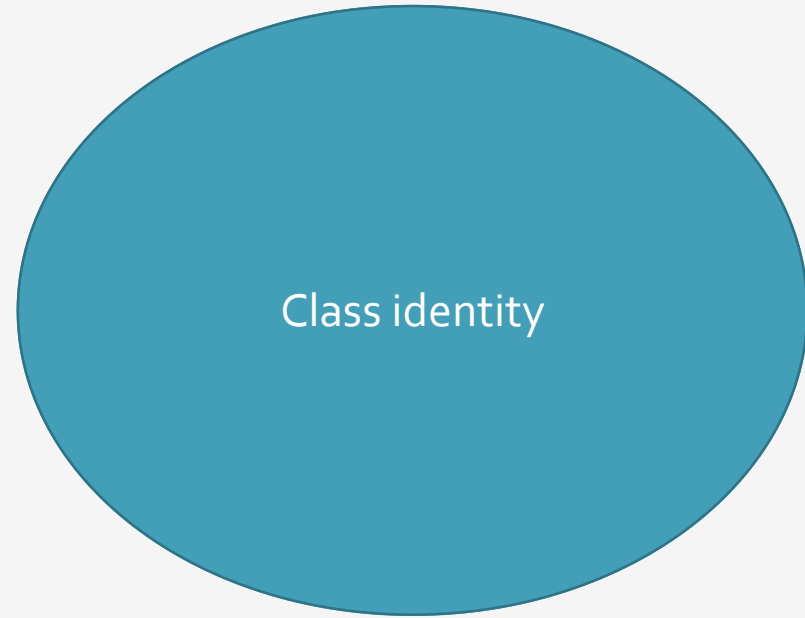
- Political identity

National identity


Racial identity

Generational identity







Gender identity

- Some children express feelings of wanting to be the other sex as young as one two years old and pretend to be other sex while playing.
 - Only a small number of gender variant into adolescence and adulthood.
 - Outcome- typical gay, lesbian, few will become transgender adult.
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Sexual identity

- Sexual identity is how one think of oneself in terms of to whom one is romantically or sexually attractive.
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Religious identity

- The Latin word of religion is to tie or bind together.
 - Religion can be a central part of one's identity.
 - Particularly it is the sense of group membership to a religion.
 - Religious identity is not necessarily the same as religiousness.
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Racial identity

- Race is socially understood to be derived from an individual physical features such as white & black skin tone.
 - It can be referred as a sense of group based on once perception tha he/she shares a common heritage with a particular racial group.
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Ethnic identity

- It is an affiliative construct where an individual is viewed by themselves and by others as belonging to a particular cultural group
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National identity

- It is a persons identity or a sense belonging to one state or to one nation
 - It is a sense of a nation as a cohesive whole as represented by distinctive tradition , culture , language and politics.
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Generational Identity

- Founded in 2012
 - Generational identity where by common experience outside of work in some European countries it means youth movement that promotes the values of homeland , freedom , traditions through peaceful activism, political education . community and cultural activities.
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Political Identity

- The term in common use refers to a tendency of people sharing a particular racial , religious , ethnic , social or cultural identity to form a exclusive political alliance
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Regional Identity

- Identity of a region is supposed to be combination of individual's identity and regional consciousness which become very popular adapted in their cultural , political , economic and geographic
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Professional Identity

- It is defined as one's professional self concept based on attitudes , believes , values , motives and experiences
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Cultural Identity

- It is a feeling of belonging to a group
 - It is the part of a person's self conception and self perception and is related to nationality , ethnic , religion , social class , generation , locality or any kind of social group that has its own distinct culture
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Class Identity

- Social class served as a powerful organising identity
 - Features of social class culture includes social mobility , home ownership , social and cultural capital , value , tradition , hierarchy and order
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*Need of
Inner
Coherence
(the quality
of being
logical and
consistent)*

- Coherence is state or situation in which all the parts or fit together so that they form a united whole
- Identity formation as multiple dimension of exploration and commitment was conceived of relationship
- Being employed and scoring high on senses of coherence are directly and indirectly related to a greater sense of adulthood.

Managing conflicts identity

- Identity issues as a root cause should inform our approach to conflict and lead to a range of strategies. Among these are: [Dialogue](#), [mediation](#), [empathic listening](#), [establishment of personal relationships](#), [cross-cultural communication](#), [Communication Tools for Understanding Cultural Differences](#), [tolerance](#), and [joint projects](#).
 - Understanding the role of identity is part of understanding the [complexity](#) of a conflict. We must make identity issues part of our analysis in order to [envision](#) a better future. The way we deal with identity conflicts depends upon our [theory of change](#).
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- There are an infinite number of methods of intervention in a conflict, depending upon one's assumptions and beliefs.
 - Although most disciplines would agree that identity issues can be responsible for conflict between groups, there is also general consensus that there are many other factors that contribute to conflict.
 - Many of these other factors are particularly responsible for turning underlying conflict into open violence or war. These factors, including identity issues, are discussed in the essays [underlying causes](#) and [factors shaping the course of intractable conflict](#). I shall name here a few methods by which those hoping to bring peace may do so in any conflict, then name some of the approaches specific to identity issues:
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An example


identity crisis

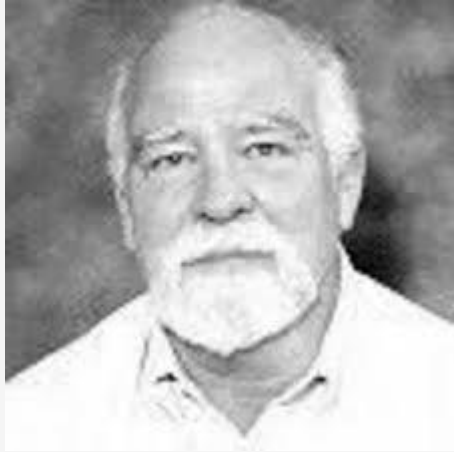
- The concept originates in the work of developmental psychologist [Erik Erikson](#), who believed that the formation of identity was one of the most important parts of a person's life.
- While developing a sense of identity is an important part of the teenage years, Erikson did not believe that the formation and growth of identity were just confined to adolescence.
- Instead, identity is something that shifts and grows throughout life as people confront new challenges and tackle different experiences.

What Is an Identity Crisis?

- theorist Erikson coined the term *identity crisis* and believed that it was one of the most important [conflicts](#) people face in development. According to Erikson, an identity crisis is a time of intensive analysis and exploration of different ways of looking at oneself.
 - Erikson's own interest in identity began in childhood.
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Identity Status Theory


- Researcher James Marcia (1966, 1976, 1980) has expanded upon Erikson's initial theory.
 - According to Marcia and his colleagues, the balance between identity and confusion lies in making a commitment to an identity.
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- Marcia also developed an interview method to measure identity as well as four different identity statuses.
- This method looks at three different areas of functioning: occupational role, beliefs and values, and sexuality.



- [Identity achievement](#) occurs when an individual has gone through an exploration of different identities and made a commitment to one.
 - [Moratorium](#) is the status of a person who is actively involved in exploring different identities but has not made a commitment.
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- [Foreclosure](#) status is when a person has made a commitment without attempting identity exploration.
 - [Identity diffusion](#) occurs when there is neither an identity crisis or commitment. Those with a status of identity diffusion tend to feel out of place in the world and don't pursue a sense of identity.
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causes

- In Erikson's [stages of psychosocial development](#), the emergence of an identity crisis occurs during the teenage years in which people struggle with feelings of [identity versus role confusion](#).
- People tend to experience them at various points throughout life, particularly at points of great change, including:



- Losing or starting a job
 - Beginning a new relationship
 - Ending a marriage or partnership
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- Having a child
 - Losing a loved one
 - Moving
 - Experiencing a traumatic event
 - Learning about a health condition
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- Identity crises are also common among people with mental illness, including depression, co dependence, bipolar disorder, and borderline personality disorder.
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Symptoms

- An identity crisis is going through a big change or stressful time in life and the following questions begin to interfere with our daily life.-

These question may be in general, or in regards to your relationships, age, and/or career

- Who am I?.
- What are my values?
- What is my role in society or purpose in life?
- What are my spiritual beliefs?
- What am I passionate about?



- There's a good reason to overcome an identity crisis. Researchers have found that those who have made a strong commitment to an identity tend to be happier and healthier than those who have not.
 - Exploring different aspects of yourself in the different areas of life, including your role at work, within the family, and in romantic relationships, can help strengthen your personal identity.
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- Consider looking within to figure out the qualities and characteristics that define you and make you feel grounded and happy as well as your values, interests, passions, and hobbies



**THANK
YOU!**