

**Exam #3 Material**

2/27/14

- Identity
  - o A persistent sameness within one's self and a sharing of one's essential character with others
- Three most important characteristics in adolescent friendships:
  - o Intimacy
  - o Mutual understanding
  - o Loyalty
- Identity issues
  - o Vocational issues
  - o Political ideology
  - o Spiritual ideology
  - o Self in relation to others
  - o Sexual identity
  - o Ethnic identity
  - o Interests
  - o Body image
- The process of identity formation involves:
  - o Crisis
    - A period of role experimentation and active exploration of possibilities or alternatives
  - o Commitment
    - Making a choice among alternatives
- Identity statuses
  - o Identity achievement
    - Commitment made and crises experienced
    - Gone through many crises and explored possibilities, and have made some commitments
    - The individual has resolved his/her identity crisis and made commitments to particular goals, beliefs, and values
  - o Identity moratorium
    - Most college students
    - No commitment made and is experiencing crises

- The individual is actively raising questions and seeking answers. Enduring commitments have not been made
  - o Identity foreclosure
    - Commitment made and no crises experiences
    - No exploration
    - The individual seems to know who she/he is but has latched onto an identity prematurely without exploration
  - o Identity diffusion
    - No commitment made and no crises experienced
    - The person has not yet thought about or resolved identity issues and has failed to chart directions in life
    - Not sure who they are and not concerned, often take on values of those around them
  - o Most adolescents move from foreclosure or diffusion to either achieved or moratorium between mid-teens and mid-twenties
  - o One can be in a different identity status for various identity domains
- Relationship between parenting style and identity status:
  - o Authoritative/democratic parenting correlated with identity achievement
    - Give children an appropriate voice while providing guidance
  - o Authoritarian parenting correlated with identity foreclosure
    - Strict; their word is final; child has no voice
    - Take on parents' identity without any exploration of their own
  - o Permissive parenting correlated with identity diffusion
- Achievement and moratorium statuses
  - o Higher self esteem
  - o Feel more in control
  - o View education more favorably
  - o More capable of sustaining intimate relationships
- Foreclosure status
  - o Dogmatic, rigid, defensive
  - o Fear rejection
- Diffusion status
  - o Less capable of intimacy
  - o Avoid making personal decisions
  - o Poor academic performance
  - o Poor time management
  - o More likely to abuse drugs and alcohol