

Identity formation.

अभिमत सकि या

C-1 B. Ed-I
unit-5(a)

Identity formation:-

Identity formation is the development of the distinct personality of an individual regarded as a persisting entity in a particular stage of life in which individual characteristics are possessed and by which a person is recognised. This process defines individuals to others and themselves. A person's actual identity include a sense of continuity, a sense of uniqueness from others and a sense of affiliation. Identity formation leads to a number of issues of personal identity. An identity where the individual has some sort of comprehension of themselves as a discrete and separate entity.

According to Parker J. Palmer-

Identity is an ever evolving core within where our genetics, culture, loved ones, those we cared for, people who have harmed us and people we have harmed, the deeds done (good and ill) to self and others, experiences lived, and choices made come together to form who we are at this moment.

Theories on Identity formation

Many theories of development have aspects of identity formation included in them. Two theories stand out in regards to this topic.

- ① Erik Erikson's theory of — identity versus role confusion
- ① James Marcia's identity status theory.
- ① Erik Erikson's theory of identity versus role confusion

Erikson's belief is that throughout each person's lifetime, they experience different crises or conflicts. Each of the conflicts arises at a certain point in life and must be successfully resolved for progression to the next stages.

The particular stages relevant to identity formation takes place during adolescence is called - "identity versus role confusion"

The "Identity versus Role Confusion" stage consists of adolescents trying to figure out who they are in order to form a basic identity that they will build on throughout their life, especially concerning social and occupational identities. They face the complexities of determining one's own identity. Erikson said this crisis is resolved with identity achievement, the point at which an individual has extensively considered various goals and values, accepting some and rejecting others, and understands who they are as unique person. Once an adolescent has attained identity achievement, he is ready to enter the next stage of Erikson's theory "intimacy versus isolation" where they will form strong friendships and a sense of companionship with others. If the "Identity versus Role Confusion" crisis is not solved, an adolescent will face confusion about future plans, particularly their roles in adulthood. Failure to form one's own identity leads to failure to form a shared identity with others. It could lead to instability in many areas as an adult. The identity formation stage of Erik Erikson's theory of psychological development is a crucial stage in life.

(II) James Marcia's Identity Status theory

James Marcia created a structural interview designed to classify adolescents into one of four statuses of identity. The identity statuses are used to describe and pinpoint the progression of an adolescent's identity formation process. In James Marcia's theory,

the operational definition of identity is whether an individual has explored various alternatives and made firm commitments to: an occupation, religion, sexual orientation and a set of political values.

The four identity statuses in James Marcia's theory are

(I) Identity dis-achievement.

(II) Identity foreclosure अज्ञान

(III) Identity Moratorium अज्ञान

(IV) Identity achievement

(I) Identity dis-achievement - The individual has not yet resolved their identity crisis, failing to commit any goals or values and establish future life direction. In adolescents, this stage is characterized by disorganized thinking, procrastination, and avoidance of issues and actions.

(II) Identity foreclosure - This occurs when teenagers accept traditional values and cultural norms, rather than determining their own values. In other words, the person confirms to an identity without exploration as to what really suits them best. For instance, teenagers might follow the values of role of their parents or cultural norms. They might also foreclose on a negative identity, the direct opposite of their parents' values or cultural norms.

(III) Identity Moratorium - This postpones identity achievement by providing temporary shelter. This status provides opportunities for exploration, either in breadth or in depth. Examples of moratoria common in American society include college or the military.

(IV) Identity Achievement - This status is attained when the person has solved the identity issues by making commitments to goals, beliefs and values after extensive exploration of different areas. अज्ञान