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Self-Concept and Identity Development in Adolescents Pamphlet

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Self-Concept and Identity Development in Adolescents

Oleksy: Identity Development in Adolescents Pamphlet

Adolescents

HOW YOUR CHILDREN GET TO KNOW THEMSELVES

POSITIVE SOCIAL SELF-EFFICACY AND SELF-ESTEEM ARE CORRELATED WITH LOWER RATES OF VICTIMIZATION AND HIGHER ACADEMIC PERFORMANCE

MENTAL DISORDERS LINKED TO ADOLESCENTS WITH LOW SELF-ESTEEMS

- 1) Major Depressive Disorder
 - includes persistent melancholic mood, disinterest in hobbies, etc.
- 2) Social Anxiety Disorder
 - includes persistent fear and avoidance of social interactions, often coupled by a fear of offending others and being evaluated negatively
- 3) Adjustment Disorder
 - characterized by an adolescent's abnormal difficulty and/or fear towards adapting to adulthood
- 4) Substance-Induced Disorders
 - includes persistent reliance on an exogenous substance for various purposes, including mood stabilization and emotional modulation

Please note that correlation of low self-esteem with these disorders does not imply a causal connection. Low self-esteem is often one of many symptoms of the above listed disorders and many others, as well.

PERSONALITY TRAITS AND SELF-CONCEPT

While self-esteem is often conceptualized as an indivisible quality, newer hermeneutics suggest a bipartite essence to this component of the self: self-liking and self-competence. Self-liking is one's subjective beliefs about one's self, while self-competence is similar to Marcia's "self-consciousness" since it is one's approximation of one's own abilities based on past experiences

SELF-CONCEPT VS IDENTITY

- 1) Self-Concept: the individual components that make up the part of one's personality that one is aware of
 - 2) Identity: how an individual views all the different components that make up their self
- Due to the transformative phenomena that teens experience, like puberty and adolescent subculture, developing a clear self-concept is a laborious task and development will often be met with much trial and error. As such, it is important for parents to be supportive to their children's emotions and to provide clear structure in their lives as teens begin to identify themselves

EFFECTS OF SOCIOECONOMIC STATUS

Low SES positively correlates to being mediated by low-warmth parents, which can lead to a decayed self-esteem. Furthermore, SES is not only relevant as an object, not only do working-class Americans suffer a "dignity deficit" in terms of their lower self-esteem, but individuals who identify as working-class are less likely to pursue higher education, thus perpetuating a cycle across family generations of low-income individuals at-risk for low self-esteem

PARENTS: U.S. DEPT. OF HEALTH AND HUMAN SERVICES RECOMMENDS THAT YOU PARTICIPATE IN SKILLS TRAINING AND THAT YOU COLLABORATE WITH TEACHERS TO PRODUCE IDENTITY DEVELOPMENT PROGRAMS IN HIGH SCHOOLS

POPULARITY

Teens with poor self-esteem are unlikely to be very self-accepting. Due to self-acceptance being a contributor to one's popularity, adolescents' with a low self-esteem are unlikely to be positively viewed by others

Apart from unpopularity creating a feedback loop to a teen's self-esteem, further eroding their self-image, it also has developmental implications. Teens who were popular in high school tend to exhibit stronger emotional and social intelligences and are perceived as more effective leaders by their peers

DELINQUENCY

If a teenager is unable to find conventional acceptance via popularity, he will tend to seek out acceptance in other social groups. One inlet for unpopular adolescents is delinquent life, as per the self-enhancement thesis

Though current research does not find a significant connection between low self-esteem and incidence in delinquent behavior, being a part of a delinquent ingroup does have a boosting effect in the participant's future self-esteem. Delinquent behavior, however, does not demonstrate the aforementioned uptick

PERSONALITY AND IDENTITY DEVELOPMENT TESTS TO ASK YOUR MENTAL HEALTH SPECIALIST ABOUT

- 1) *The Big Five Inventory*
- 2) *Self-Liking/Self-Competence Scale Revised Version*
- 3) *Holland Code*
 - matching personalities to occupations
- 4) *Dimensions of Identity Development Scale*
- 5) *Q-Sort Self-Assessment Test for Congruence*
 - comparing your self-image with your proprium

To determine whether such a distinction is empirical, and also whether personality traits modulate the intensity of these qualia, a battery of surveys was conducted with a sample of Norwegian college students. The results found a double dissociation within each personality trait between self-liking and self-competence. Furthermore, positive correlation of varying magnitudes were calculated for all traits, excluding neuroticism, which had a negative correlation to both factors of self-esteem



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