A Study of the Relationship between Identity Styles and Resilience in High School Students

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Abstract: The present research seeks to study the relationship between identity styles and resilience. The design of research is of a correlation type. The population under study includes students attending high schools in Andimeshk, a southwest city in Iran, in the school year 2012-2013. It consisted of 364 students (194 males and 170 females) selected through a multi-step cluster sampling method. Adams and Bennion's Identity style Questionnaire (OMEIS) and Cather-Davidsons Resilience Scale(CD-RISC) were and administered to these students. The validity and reliability of these instruments were also established. Theresults of multiple regression indicated that among the identity styles, the advanced identity had a positive relationship with resilience. The results also showed that premature and deferred identities didn't have any significant relationship with resilience. Altogether, the findings of the present research provide good evidence of the children's identity styles on their resilience.

Keywords: Resilience, Identity Styles

INTRODUCTION

Adolescence is a transition period from the dependency of childhood toward the independence and accountability of youth and adulthood. In this period, the adolescent is engaged in two essential issues: a) revising and reconstructing the relation with parents, adults, and the society, and b) recognizing and reconstructing of the self as an independent individual. In this stage, the organization 0f different physical, sexual aspects, and self-image as an individual identity is developed.

Furthermore, finding answers to some essential questions like 'who am I?' gradually begins to realize [1].

Identity and the way it is shaped are of much interest to research areas such as psychology, sociology political science, and even art. Form psychological point of view, identity is discussed and student from various angles. Like social psychology, developmental psychology, pathological psychology, and personality

psychology. From one hand, this indicates the importance of the subject, and from the other hand, it shows that identity is a vast topic to study. It is with the help of identity that individuals succeed to arrive at a definition of self.

If this attained definition is in contradiction with their social reality, they will experience states like immature, stress, and behavioral problems.

The occurrence of such behaviors in the final years of adolescence, and the earls youth, as many psychologists believe, shows the natural effort of individuals to find a definition of self and, in other words, of identity . One of the psychologists who have greatly dealt with studying identity in a fundamental way is Erikson[2].

Based on Erikson's ideas, it is understood that the continuation of identity is mainly observed in the life span of an individual person. However, identity crisis in individuals greatly appears in the adolescence and early years of university. The acquired identity involves the individual's assessment of one's abilities and inabilities, and order of placement. The process of 'finding identity' is completed in an adolescent when he or she can gain a clear picture of 'who I am', and his. her approach is directed toward the future. It is impossible for an adolescent to gain this picture unless he or she is committed to the value system, religion, political opinions , and professional goals, and also begins to create a certain philosophy for his. Her life[3].

It goes without saying that part of attention to identity in our time is indebted to Erikson's[2].

Writings in this regard. If the adolescence is spent without considerable difficulty, the adolescent will change into a healthy adult person, and will play his /her part as an adult well. But if this transition is engulfed with difficulties, the mental health 0f the adolescent will divert from His normal path undergoing degeneration.

The healthiest way to guarantee is the mental health, and the attainment of identity and autonomy is the adolescent's establishment of permanent and close relationships with the parents. According to Fredrickson [4], identity is shaped in the environment in which it is situated. The much attained identity is a response to its constituent environment. The adolescents who finds that their parents are always there to help, and that they can rely on their parents. Experience a better development, and enjoy a healthier mind [1].

It should be also noted that psychology in the past especially in the early stage of its development as a branch of science emphasized more on disease fear ,aggressiveness and anger than on health, courage, and love respectively. Those times, Psychologists didn't Play much emphasis on helping people to be happier, more developed, more anthropocentrism and to be more considerate and more optimistic[5].With the dissemination of the motto , prevention is better than cure, in medicine , and parallel to the in conception of vaccination in medicine, A branch of psychology called positivist psychology began to emerge. Positive psychology has a brief history (shorter than a decade) and alone past-dating back to ancient Greek

Philosophers writings [6]. This psychological approach aims at identifying ways that can bring about humans well-being and happiness Therefore, the factors which account for human s maximal adaptation with the needs and threats of life are the most fundamental Constructs being investigated [7]. Among such constructs, we can mention resilience. For this reason, it seems necessary to increase research into resilience and child development, and attention to the preventive interventions. Since resilience has a special standing in developmental psychology and also the psychology of family and health the way this trait is developed, namely, the way people are made resilient is one of the main interests of the psychologists who work actively on this area an increase in resilience can result in a healthier society. Many researchers in psychology such as Inzlichr et al., has considered resilience to decrease anxiety and depression[7].

MATERIALS AND METHODS

Methodology

The methodology employed in the present research is of a descriptive and correlational type.

Population, Sample, and Sampling method

The population in this research includes all the high school students of Andimeshk, southwest city in Iran, in the school year 2012-2013, the population consisted of 6549 students (3012 females and 3537 males). To choose the research sample, the multi-step cluster randomized sampling method was employed. Altogether 396 students were selected as the sample, but32 students were excluded since the formation they had delivered was imperfect. Finally, the sample was reduced to 364 students (194 males and 170 females) who were studied as the people composing the sample.

Research Instruments

Bennion and Adams's identity style scale (OMEIS):Bennion and Adams's measurement Test is used to measure identity. This test was made up of 64 items based on Ericson's theory by Bennion and Adoms [8]. This questionnaire measures the development of identity bused on personal and ideological aspects. The people being surveyed by this instrument range from14 to 56 years-old. However, the ideological range for this questionnaire is from 15 t0 30.This instrument can be administered either individually or in a group. Points in this are based on the likert scale, and the answer sheet is formulated as follows: a) totally agree d) agree   c) partially agree d)partially disagree e) disagree f) totally disagree.

The items a to g receive 1to6 points respectively. This test possesses subscales which include perturbed identity, advanced identity, premature identity, and deferred identity subscales. Hebenton and Adams, Working on the ideological dimension, calculated the reliability to be 0.62, 0.75, 0.75, and o.62 respectively for advanced identity, deferred identity, premature identity , and perturbed identity

subscales using cronbach's Alpha. Agah Sultan [9] used the very same test in a study to investigate the relationship between identity and creativity .

She reported the reliability coefficients to be 0.66, 0.67, 0.67 and o.76 for confused identity, deferred identity, premature identity, and confused identity, respectively using cronbach's Alpha Method. In the present research, the reliability coefficients were calculated to be 0.72 (for confused identity), 0.76 (for deferred identity), 0.85(for premature identity), and 0.69 (for acquired identity) using Cronbach's Alpha method.

The reliability coefficients in the present research are reported to be 0.62, 0.73, 0.83, and 0.75 for confused identity, deferred identity, premature identity, and acquired identity respectively using bisection method.

Connor- Davidson's Resilience Scale:

Connor- Davidson's Resilience Scale is a 25-item instrument. Each item contains five choices (never, seldom, sometimes, often, and always) which measures the resilience concept in a five-point scale from o' to 4'. Mohammadi[10] adapted this instruments so that it could be usable in Iran. Mohammadi[10] calculated its reliability coefficient to be 0.89 using cronbach's Alpha Method. The reliability of this instruments was calculated to be between 0.41 and 0.64 using the correlation of each category. With the total scores of all coefficients[11].

The minimum point of resilience for a subject in this instrument is o, and the maximum is 100. In the present research, the reliability coefficient was calculated using cronbach's Alpha Method, which was found to be 0.87. The instrument enjoys a high validity. The reliability coefficient of this instrument was calculated to be 0.84 using bisection method.

RESULTS

Table1. The mean and standard deviation of the student's points in the resilience and identity styles questionnaires

Index Variable	Mean	S.D
Resilience	62.6	15.3
Identity Diffusion	37.7	10.3
Identity Foreclosure	46.4	9.5
Identity Achievement	39.2	11.6
Identity Moratorium	41.44	8.06

The mean and standard deviation under the indexes of identity and resilience are presented in order to give some description and information of the states of the individuals being studied in the present research.

Table 2. Zero-rank correlation matrix between identity styles and resilience

Variable	1	2	3	4
1.Resilience				
2.Identity Diffusion	-o.11			
3.Identity Moratorium	o.6	0.54*		
4.Identity Foreclosure	0.13*	0.44*	0.27*	
5.Identity Achievement	0.37*	0.09*	0.27*	0.57*

The results presented in Table 2 show the inter correlation of variables in this table, the significant items are marked with an asterisk. As you see, the correlation between resilience and other variables ranges from -11.0 to 37.0 other correlations are also presented in the table.

Table3. Summary of regression model, variance analysis and statistical items in identity styles ,resilience

dimension	Sum of Squares	Degree of freedom	Mane	F	R	R^2	sig
Regression	10491	4	2622.9	12.5	0.44	0.19	0.0001
Residual	43589.2	208	209.5				

Based on the results shown in the above table , 0.19 of the variance of resilience can be explained by the status of identity. In order to consider the contribution of each identity subscales the results of regression coefficients are presented in the following table.

Table 4. Statistical items in identity styles .resilience

Variables	b	β	t	p
Identity Diffusion	0.32	-0.21	2.7	0.006
Identity Moratorium	0.14	0.11	1.4	N.S
Identity Foreclosure	-0.18	-0.10	2.1	N.S
Identity Achievement	-.86	0.45	5.8	0.001

On the comparison of the regression coefficients, it is found that among the identity components, the perturbed identity status with a -0.21 beta can predict resilience in a negative manner in the level 0.006 , and that advanced identity with a beta of 0.45 can predict resilience in a positive manner in the level 0.001. The two other kinds of identity- deferred identity and premature identity – cannot predict resilience in a significant way.

DISCUSSION

In the present research, the obtained results show that perturbed identity predicts resilience in a negative manner, and that advanced identity predicts

resilience in a positive manner. Furthermore, premature identity and deferred identity don'ts have a significant relationship with resilience.

A majority of the research carried out in this area shows that advanced identity has a positive but perturbed identity has a negative relationship with resilience. The results of the present work are in agreement with, Marcia[12]. As an explanation of this hypothesis, it can be said that an individual's attainment of identity has a significant relationship with resilience and mental health when perturbed and advanced identities are concerned Adolescence is the age in which an individual should come up with self and self – esteem. The latter namely self-esteem) is the very value that every individual attaches to himself\herself. The concepts of self and self-esteem play essential part in the adolescents coping .Having passed this phase and attained an appropriate sense of self-esteem, an adolescent gradually obtains an independent identity[13].

It should be noted that the more an adolescent enjoys mental health and resilience the sooner he or she obtains advanced Otherwise, a state of perturbed will occur in his-her identity. This finding is in agreement with Muzaffari [14],which states that there is a significant relationship, it is also consistent with Rahiminejad, finding which says that advanced identity group enjoys the highest level of mental health but the perturbed identity suffers from the lowest level of mental health. The adolescents who enjoy advanced identity possess a higher sense of self-esteem, and abstract thinking, and higher similarity between their real self and ideal self. They are also more advanced independent, more resilient and more tolerant against problems and difficulties. Otherwise the individual's identity will be more perturbed. And his or her resilience and consequently mental health will dropdown.

Perturbed identity and resilience: Adolescents who suffer from identity confusion have a lower self-esteem and a less developed moral reasoning. They shoulder their responsibility with difficulty. They are impulsive having irregular thinking. They are also more susceptible to taking drugs. Their individual relationships are often perfunctory and occasional although, they generally disagree their parent's life- styles, they are unable to invent an approach of their own [13,15,and 16].

Advanced identity and resilience: those people who acquire a strong identity after a long period of inquiry are more autonomous, more creative, and more sophisticated in thinking compared to those who possess a shaped identity but have not passed through such a period Individuals with perturbed identity have a higher ability to establish close relationships, have a more stable gender identity, a positive view toward self. They also possess a more developed morel reasoning.

Having desirable relationships with parents, individuals with advanced identity are markedly independent from their families [17].

Comparative studies show that adolescents whose sense of identity is strong, and that weighed the various aspects of their occupation and ideology and arrived

at conclusions remained more committed to their conclusions . They also less often underwent the pressure to con form with others, feeling less inconvenient while resisting against such pressures [18,19].

The findings of the present research the student's experiences in motivational settings and their understanding of their parent's motivation styles more profoundly. This can provide valuable suggestions. One suggestion is that parents can provide their children with the grounds of experiencing desired results, including psychological well-being by emphasizing on participative and supportive behaviors such as listening, avoiding tongue control, providing informational feedback, reducing mental and behavioral pressures, creating inner reliance in achieving success, not forcing their children to surrender to their requests, encouraging their children to think independently, conforming children's competence, and allowing them to take part in decision-making process. This results, in turn, to the student's achievement of a successful identity.

Finally, with respect to the suggestions and the limitations present in this study, it can be said that since the number of the participants in this research is limited both from age range and geographical viewpoint, it is necessary to be cautious about generalizing the results of the present research to other regions and age groups. Furthermore, since the present work possesses a correlational design. It is not possible to make scientific inference from the obtained results. In the end, it is suggested that the relationship of the associative patterns of the family with resilience and the identity mediation is investigated in form of a scientific model.

Post- script: This article is adapted from Hojat papy's MA dissertation in general psychology from Gorgan Branch of Islamic Azad University in summer, 2013.

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