



International Journal of Research Publication and Reviews

Journal homepage: www.ijrpr.com ISSN 2582-7421

Impact of Identity Crisis on Young Adult's Well Being

Kinjal Mandal

¹ 2nd Year, M.A (Applied Psychology) Amity Institute of Psychology and Allied Sciences (AIPS), Amity University Noida, Uttar Pradesh, India

ABSTRACT:

The complex connection between identity crises and young adult wellbeing is examined in this review. A person's identity, which is shaped by their personal characteristics, family, culture, relationships, and life events, gives them direction, structure, and consistency while also promoting healthy relationships and psychological well-being. Confusion, self-doubt, trouble making decisions, and emotional anguish are all hallmarks of an identity crisis that frequently occurs in young adulthood as a result of major life transitions, social pressures, economic realities, and unsolved adolescent worries, including the particular "quarter-life crisis." This crisis has a significant negative influence on wellbeing; symptoms include elevated anxiety, despair, a lack of direction, doubting one's basic beliefs, low self-esteem, emotional instability, social disengagement, impulsive behaviour, and difficulties in school. Addressing mental, emotional, physical, and social health, creating a sense of purpose, and learning coping mechanisms to deal with the challenges of identity formation are all necessary to promote well-being during this crucial time.

(Keywords: Identity crisis, psychological wellbeing, young adulthood, quarter life crisis)

INTRODUCTION

A person's sense of self is referred to as their identity. It includes all the distinctive characteristics, attributes, convictions, values, memories, and life events that contribute to an individual's identity. It's about providing an answer to the basic query, "Who am I?"

Influences: A variety of intricately interacting elements influence identity, such as:

Personal attributes: innate qualities, aptitudes, and tendencies.

Family dynamics: How a child is viewed and raised by parents and other caregivers.

The standards, beliefs, and expectations of the society and culture one belongs to are examples of social and cultural elements. Relationships and experiences: Contacts with classmates, friends, organizations, and the media.

Life events: One's identity can be impacted and reshaped by significant changes or obstacles.

Functions of Identity

Identity plays a number of important roles that affect a person's behaviour, relationships, self-esteem, and general well-being. 1. Gives Self-Knowledge Structure and Order: It assists us in combining our experiences, values, characteristics, and beliefs to create a cohesive sense of who we are. This structure allows us to make sense of our past, understand our present, and anticipate our future.

2. Fosters Consistency and Coherence: A well-developed identity provides a sense of consistency across different situations and over time. It helps us maintain a stable sense of self, even as we navigate various social roles and experiences. 3. Ensures Continuity: Identity ties our past, present, and future together. Even when we develop and change, it gives us a story of our lives and makes us feel like the same person we were yesterday.

4. Provides Direction and Goals: Our identity is closely linked to our drives and objectives. It assists us in expressing our own vision for the future, directing our decisions and endeavours in the direction of long-term objectives. 5. Enhances Personal Control and Agency: Feelings of personal control and agency are enhanced by a strong sense of identity. We can make decisions that are more in line with our true selves and less susceptible to outside influences when we are aware of who we are and what we value.

6. Encourages Positive Relationships: To build genuine and lasting relationships with other people, it is essential to know and appreciate oneself. People are able to choose relationships that are respectful and encouraging when they have a clear understanding of their own needs, values, and boundaries.

7. Factors that Influence Psychological Health: Positive psychological well-being and a well-developed identity are strongly correlated, according to research. This includes reduced levels of anxiety and despair as well as increased resilience, life satisfaction, and self-worth.

8. Directs Conduct and Decision-Making: As internal guides, identities affect how people act in various jobs and circumstances. This feature facilitates decision-making by offering a standard by which options may be compared.

Development of identity

Role confusion versus identity (adolescence, around ages 12–18): This is the central phase in which people struggle with the basic query, "Who am I?" Regarding their appearance, career choices, relationships, sexuality, political opinions, and interests, adolescents experiment with a variety of roles, beliefs, and values. A strong feeling of ego identity, or a consistent and long lasting sense of self, results from the successful resolution of this crisis. If it is not resolved, the person may experience role confusion, in which case they may be unsure about their position in the world or their course in life (Erikson, 1968). Although adolescence is emphasized, Erikson's theory contends that identity changes over the course of a person's life, with earlier phases (such as Autonomy vs. Shame and Doubt, and Trust vs. Mistrust) establishing the foundation for later identity development.

Identity Crisis:

A moment of uncertainty and bewilderment regarding one's values, beliefs, objectives, and place in the world is known as an identity crisis. It's an intense internal conflict in which a person wonders about their identity, place in the world, and life's purpose. *Key aspects:*

Confusion and Self-Doubt: People may experience a sense of disorientation, aimlessness, or doubt their core principles. Questioning Core Values and Beliefs: One may start to doubt long-held beliefs about what matters in life, what one believes in, or what one's character is.

Difficulty Making Decisions: People may find it difficult to make even little decisions regarding their future, job, relationships, or way of life if they are unclear about who they are and what their purpose is.

Disconnection Feelings: Disconnection from oneself, from other people, or from one's own ideas and emotions might be experienced.

Lack of Purpose or Direction: It's typical to feel "lost" and to have no clear goals or route in life.

Trying Different Roles/Personas: People may try different identities, social groups, or behaviours in an effort to gain clarity or a sense of belonging.

Emotional Turmoil: This time frame may be marked by severe emotional distress, such as existential angst, worry, sadness, or frustration.

Causes of identity crisis in young adulthood

1. Significant life changes: Include graduating, beginning a career, forming new relationships, moving out, or even becoming a father, all of which require a self-evaluation.

2. Social and familial pressures: The romanticized notion of "success" that is frequently found on social media, as well as expectations from parents and financial difficulties, can cause feelings of inadequacy and being "behind." 3. The narrative of the "Perfect Life": social media frequently reinforces society's idealized portrayal of young adult success, which includes a secure job, solid relationships, financial stability, and personal fulfilment by a specific age. Intense self-comparison, feelings of inadequacy, and a sensation of "falling behind" if one's life doesn't fit this script might result from the pressure to live up to these unattainable ideals.

4. Realities of the Economy: Young adults may find it challenging to reach traditional adult milestones due to high living expenses, student loan debt, and competitive employment markets, which can cause them to get frustrated and doubt their skills and future.

5. A particular kind of identity crisis known as a "quarter-life crisis" frequently strikes people in their mid-20s to early-30s. sentiments of being "lost, scared, lonely, or confused" about one's life path are its defining characteristics. These sentiments are sometimes brought on by feeling stuck in unfulfilling relationships or jobs or by negatively comparing oneself to peers.

6. Self-Doubt and Insecurity: A great deal of self-doubt might result from the overwhelming amount of options and the weight of the consequences. Young adults may doubt their value, skills, and abilities.

7. Absence of a Clear Purpose or Meaning: Young adults may feel lost or uninspired if they lack a clear sense of purpose.

8. Unresolved Adolescent concerns: When new obstacles arise in young adulthood, identity concerns from adolescence that were not adequately addressed may re-emerge.

Well being

A person's general pleasure, health, and sense of meaning and purpose in life are all components of their well-being. Through deliberate actions and the assistance of their surroundings, people constantly develop and nurture this dynamic process.

Young adulthood well being

A successful transition into adulthood depends on promoting general well-being during the crucial developmental stage of young adulthood. A complex interplay of social, mental, emotional, and physical health elements makes up well-being.

Important Elements of the Well-Being of Young Adults:

Mental and emotional health: major concern due to the increased prevalence of anxiety and despair. It entails the capacity to control feelings, handle stress, and become resilient.

Physical Health: A healthy diet, consistent exercise, and enough sleep are essential for maintaining physical health, which in turn has a big impact on mental and emotional well-being.

Social Connections: Having solid bonds with family, friends, and the community offers chances for happy experiences, emotional support, and a sense of belonging.

Purpose and Meaning: One can feel more confident and have a sense of purpose when they have attainable objectives. **Coping Skills:** To successfully navigate the difficulties of young adulthood, it is essential to learn coping mechanisms for difficult situations, stress management, and conflict resolution.

Impact of identity crisis on young adulthood well being

Anxiety and Depression: High levels of anxiety, worry, and terror might result from the uncertainty, bewilderment, and internal struggle that accompany an identity crisis. Depressive symptoms can also include feelings of worthlessness, hopelessness, and a diminished interest in once-enjoyed activities.

Young adults who are confused and lack direction may find it difficult to make decisions, feel "lost," and lack motivation or a sense of purpose in life.

Questioning Core Values: Internal turmoil and a sense of instability might result from doubting or reevaluating previously held views about what is significant, such as family values, spiritual beliefs, or social conventions.

Low Self-Esteem and Distorted Self-Perception: Negative thoughts, self-blame, and feelings of worthlessness can result from a lack of a distinct, coherent sense of self. Young adults may experience "identity diffusion," a condition in which they feel dislocated and lack a distinct sense of self.

Emotional Turmoil: As they struggle with identity issues, they frequently experience intense emotions of despair, frustration, wrath, and existential angst.

Increased irritability and a sense of emptiness might result from internal conflict and discontent with one's present situation in life. **Social Withdrawal and Isolation:** Young adults who feel misunderstood, alienated, or find it difficult to relate to others may distance themselves from friends, family, and social events. Alienation and loneliness may result from this.

Impulsive Behaviour: Young individuals may engage in dangerous or impulsive behaviours (such as substance misuse, unsafe sex or extreme changes in appearance to cope with the disorientation.

Academic and Career Struggles: Academic performance and career planning may suffer from a lack of focus and drive.

REVIEW OF LITERATURE

Ananyaeva (2024) on Crisis of Sociocultural Identity as a Cause of Intrapersonal Conflict. It highlights how experiences, education, and cultural surroundings all have an impact on a person's sociocultural identity, which is dynamic and changes over the course of their life. Because of this dynamic character, an individual's identity can evolve throughout time to reflect their development and ability to adjust to new situations. The study pinpoints internal and external elements that have a role in intrapersonal conflict. While internal variables are caused by psychological problems like immaturity and internal inconsistencies, external factors include sociocultural shifts like migration and cultural integration. Psychological stress, anxiety, and depression are among the symptoms of intrapersonal conflict that are described in the study. These symptoms result from an individual's internal conflict over their identity, values, and life decisions. Deformation in identity can lead to intrapersonal conflict.

Avdiu et al., (2024) conducted a study on Youth Identity Formation in the Age of Digitalization. The sample size taken was 312 respondents. The findings were that the presence of a strong positive correlation between identity formation and social media exposure. This indicates that identity alterations in young people are correlated with increased exposure to social media information. According to the findings, respondents who spend more time on social media are less assured of their own identities, values, and beliefs. This shows that although digital media might give people a way to express themselves, it can also lead to identity confusion or uneasiness.

Balani & Bhatt (2024) did a study on Understanding Career Aspiration, Self-Efficacy and Perseverance among Young Adults. The findings were that it provides light on possible remedies for the intricate interactions between environmental, social, and personal elements that influence the professional development of young people. Understanding the intricate relationship between young adults' self-efficacy, perseverance, and career aspirations, identifying influential factors, and investigating supporting treatments to promote their professional development the dissertation delves into specific techniques and methods fostering professional growth and well-being in young adults are career counselling techniques, self-efficacy boosting and resilience and grit promotion.

Biswas (2024) conducted research on Changing Perspectives Of Indian Identity Politics. In Indian identity politics, there is an increasing focus on inclusivity and diversity. This trend is indicative of a larger cultural shift away from rigid ideas of identity and toward an appreciation of diverse cultural experiences and backgrounds. The emergence of fresh social movements that question established power structures is mentioned in the study. These movements support an inclusive and equitable vision of Indian identity politics that challenges established hierarchies and stands up for underrepresented groups. Transformation of the Political Sphere: India's political environment is changing in tandem with these developments. Reflecting the complexity of contemporary Indian identity, new viewpoints are developing that aim to reinterpret power dynamics and advance a more just society.

Konstam (2024) conducted a study on Voices of Emerging and Young Adults: In Pursuit of a Career Path. The study emphasizes how young adults, and emerging professionals manage their careers using a variety of approaches. They frequently experience disappointment with their first decisions, which leads to a reassessment and ongoing pursuit of fulfilling employment, balanced with an awareness of the necessity of flexibility in a changing labour market. Experimental vs. Linear: While some people choose a direct, linear professional route, others choose an experimental approach. A portion of these adults employ an incremental strategy, which focuses on building social capital or certain abilities in order to get ready for future professional improvements.

Nambiar (2024) did a study on Perceived Acceptance and Psychological Well-Being Among Young Adults: Exploring Family and Social Influences. The sample size taken was 287 young adults India, Bangalore. All aspects of psychological well-being and perceived acceptance showed a strong positive link, according to Pearson's correlation analysis. There were gender disparities, with women reporting better psychological well-being and more perceived father approval. These results highlight how crucial it is to foster acceptance in order to support young people's mental health and offer guidance for upcoming treatments and policymaking.

Pamnani (2024) conducted a study on Sexuality Awareness and its Impact on Personal Development: Thematic Analysis of Perspectives of Indian Young Adults. The sample size taken was 30 young adults. The results highlight how young adults' perceptions and acceptance of sexual variety are greatly influenced by social norms. This implies that cultural perceptions have the power to either facilitate or impede an individual's sexual identity development. The study highlights how important peer support and social media are in influencing young adults' views on sexuality. These platforms can promote greater understanding of various sexual identities and offer a forum for candid conversations. Comprehensive and inclusive educational strategies that address sexual health and well-being are urgently needed, according to the results. The study argues for supportive environments and open discussions to encourage better knowledge and acceptance of sexual diversity.

Srivastava et al.(2024) conducted a review on Navigating the Depths: Exploring Mental Health Issues Among Youth. The study examines how adverse childhood experiences, like trauma or neglect, might impact mental health for a long time and increase a child's susceptibility to mental health problems. The covid 19 pandemic had intensified the mental health issues among young adults and led to identity crisis. The suicidal rates have been increased due to increased academic pressure, social isolation, influence of social media. This entails encouraging constructive behaviours and offering tools for mental health assistance. Using machine learning to identify mental health problems in young adults early on is one suggested approach. This strategy seeks to support and enable prompt interventions.

Vreja & Balan (2024) did a study on contemporary identity crisis and socialisation. It draws attention to the difficulties that socialization agents- like family, friends and family agents. These agents play a crucial role in assisting people in defining who they are and where they fit into society. The significance of comprehending the connection between culture, social standing, and self-identity is one important discovery. A lack of understanding in this area may cause people to embrace toxic ideologies or maladaptive behaviours that undermine their sense of self as well as the larger social fabric. The study cautions that it can be harmful to not understand how social status is established. People may find it difficult to forge a consistent identity, which could have detrimental effects on both the individual and the community.

Wijaya et. al (2023) conducted a study on self-esteem between social support and quarter life crisis. The sample size taken was 151 young adults. The findings were that higher social support levels are associated with a less severe Quarter-Life Crisis, indicating that supportive connections can act as a protective factor against this developmental obstacle. A person's degree of self esteem plays a role in explaining the beneficial impacts of social support on lowering the Quarter-Life Crisis. Greater self-esteem results from increased social support, which lessens the effects of the quarter-life crisis.

Antony K. (2023) did a study on markers of adulthood, stress and psychological wellbeing among young adults: Role of gender. The sample size taken was 390 young adults. The findings were that 'emerging adults' have the mindset that adulthood signifies the end of opportunities and that they are dull and stagnant. This view resulted in a poor outlook on work, life and family existence.

Atluri et al. (2023) did a study on Mental and Emotional Health Needs of Orphaned and Separated Youth in New Delhi, India. The sample size taken was 50 participants. During Transition into Adulthood population, displaying both vulnerable and resilient places. Only a small portion of the group expressed dissatisfaction with life, even though the majority suffer from clinically substantial levels of sadness and anxiety. Compared to those in the low-risk group, more members in the high-risk group said that the transition process was extremely difficult and that they had less social support. All things considered, these findings highlight

how important it is to address the difficulties faced by young people in transition. In order to determine the most effective ways to assist the emotional and mental health needs of vulnerable populations, analysis specifically focuses on how qualitative data can be used to augment quantitative measurements.

Bisht & Pattanaik (2023) conducted a study on The Youth Identity: 'Whom to Count? The study highlights the difficulties in offering enough work and educational possibilities, the possible advantages of having a sizable youth population. In order to fully utilize the potential of young people, the economy

must provide enough possibilities for equal growth and development. This suggests that young people may encounter major obstacles when trying to enter the workforce in the absence of adequate support. According to the bifocal perspective, young people can either favourably impact the economy as human capital or present difficulties if their requirements for work and education are not sufficiently met. This viewpoint emphasizes how critical it is to identify and resolve the problems that young people experience in order to guarantee their ability to make meaningful contributions to the economy.

A study was conducted by Chaudhary et al., (2023) on Positive Childhood Experiences in Mental Health of Young Adults Across Adverse Childhood Experiences Levels: A Study from Delhi-NCR, India. The sample size taken was 1553 young adults from Delhi NCR. The findings are exposure to positive childhood environment was positively correlated with wellbeing and adversely correlated with stress, anxiety, and depression. The item "feeling comfortable with oneself" was shown to be the most significant factor associated with the mental health disorders. This implies that childhood-developed self-acceptance and self-esteem are important for mental health. PCEs were linked to improvements in all examined mental health outcomes (depression, anxiety, stress, and well-being) in people with higher levels of adverse childhood experiences but they were only linked to a decrease in depression in people without Aces. Despite obstacles, the study finds that encouraging positive childhood experiences can be a useful tactic to enhance mental health and general well-being.

Garnham (2023) conducted a study on Who am I? Identity and its implications for health and psychosocial functioning. It emphasizes that while negotiating one's identity may involve some degree of uncertainty, persistent or severe identity discomfort can interfere with day-to-day functioning. A stable identity is crucial for wellbeing because this discomfort can have a detrimental impact on health outcomes. Association with Well-Being: According to the study cited in this paper, there is a direct link between higher levels of well-being and having an integrated sense of self. On the other hand, internalizing symptoms like anxiety and despair are more common in those with unresolved identity concerns.

Jamatia (2023) conducted a study on the role of youth in combating social inequality: empowering the next generation. The findings were that due to a lack of resources, young people from underprivileged families frequently find it difficult to receive high-quality education. With high rates of youth unemployment and many young people working in low-wage, precarious positions, the labour market poses additional challenges. Due to growing expenses and a lack of rental options, many young people are forced into precarious living situations. Significant health disparities also exist, with disenfranchised youth having worse rates of mental and physical health problems. Both general quality of life and educational success may be hampered by these health disparities, and their identity is getting affected. Youth-led projects have been successful in bringing attention to social justice issues. They have established community involvement and support systems, both of which are necessary for long lasting change.

Singhal & Prakash (2023) conducted a study on narrative inquiry into the meaning of career identity of Indian emerging adults amid Covid-19. The sample size taken was 20 Indian students. The findings suggest that while the pandemic posed significant challenges to the career identity development of Indian emerging adults, it also provided opportunities for personal growth and reflection. Many participants actively sought to redefine their career aspirations in light of the new realities they faced.

Yadav et al., (2023) conducted a study on Appearance Teasing and Identity Formation Amongst Young Adults: An Interpretative Phenomenological Analysis. The sample size taken was six young adults. The results showed that appearance teasing has a major impact on the identity and self-esteem of individuals who are subjected to it. Being teased caused several participants to

experience feelings of shame, inadequacy, and a distorted self-image. This influence may have long-term psychological repercussions that affect their social connections and conduct. Participation in activities that increase self-esteem, encouragement from friends and family, and positive self-affirmation. Coping mechanisms used like rephrasing pessimistic ideas, looking for social support, and strengthening one's feeling of self-worth independent of approval from others.

Lalkhawngaihi & Fente (2022) researched on Well-being in Relation to Identity Consistency in a Collectivistic Culture on 206 members of Mizoram community. The findings were that Mizo young people, both male and female, had much the same identity presentation in a variety of social contexts; they participated in social activities to a moderate degree and had comparatively high emotional, social, psychological, and general wellbeing scores. Higher social participation significantly improved the emotional well-being of young Mizo women who exhibited inconsistent situational self-presentation, according to moderation analyses. Identity consistency did not significantly moderate the relationship between group membership and well-being for male young adults. Identity management in various social contexts, culturally distinctive elements, the Mizo society's conceptions of self continuity and social roles, and the concept of well-being in collectivistic societies were all discussed.

Moore et al. (2022) conducted a study on Ethnic identity, stress, and personal recovery outcomes among young adults with serious mental health conditions. The sample size taken was 83 participants. Participants' assessments of their own personal recovery were favourably correlated with their **ethnic identity's** strength and development. This implies that for young adults with serious mental illness, having a strong sense of ethnic identification can improve recovery results. Individuals who reported fewer symptoms of depression also reported feeling more recovered. This emphasizes how critical it is to treat mental health issues since they have a big impact on recovery. The study found that higher levels of perceived stress were associated with an increase in mental symptoms. This suggests that people may experience more stress as their mental health conditions deteriorate, which could impede their ability to recover.

Narain & Maheshwari (2022) did a study on Expanding the Self Behind Closed Doors: Exploring the Role of the Lockdown in Self-Realization Among Young Adults. The sample size taken was 1280 Indian university students. The findings examined the elements that made the process of self-realization during the lockdown easier. According to the findings, young people's self realization process is aided by elements such as positive outlook on life, social comparison, family closeness, and self-image. Higher levels of self-realization were also reported by those who used adaptive coping mechanisms to

deal with the COVID-19 stress. Young individuals who interacted with their significant others, dealt with everyday issues, and had a positive outlook on life and the future were able to cope with the COVID-19-imposed lockout and progress toward self-realization.

Kumari et.al (2021) conducted a study on employment vulnerability among young Indians. workers. According to our data, young people are more susceptible to losing their jobs frequently, which might result in unemployment or departure from their workforce. They are vulnerable to a decline in the quality of their jobs even if they continue to work. However, there is considerable heterogeneity in it, with youth from rural backgrounds, females and those from lower socioeconomic strata being more exposed to income and employment vulnerability. Additionally, young people with lower education who joined the workforce at an early age are more likely to hold precarious jobs and earn lower wages. Similarly, youth from large households with many dependents and less education are more vulnerable in the job market. Our observations underscore the need for policies to enhance labour market opportunities for the youth and reduce their vulnerability.

Mitra & Arnett (2021) conducted a study on life choices among emerging young adults in India. The sample size taken was 60 participants. Developing individuals relocate to the nation's cosmopolitan capitals in search of lucrative employment prospects. Many people have moved to large cities as India has moved toward greater higher education and a strong sense of independence. These people may decide to pursue an advanced degree in their chosen field of study, depending on their resources at their disposal. Family values and learning to fulfil family responsibilities are highly valued in India. There has been an increase in arranged weddings as people are becoming more involved in the process of selecting a spouse. With increasing hybridisation of western and Indian practices in Indian marriages, research has depicted a rising trend of individuals having more control in choosing their partners. The cluster of statements in community and faith are focused on people's feeling of spirituality and religiosity while also considering local traditions, parental influence and interpersonal relationships may have greater weight in this setting.

Pivoriute (2021) conducted a study on here is a time for departure even when there is no certain place to go: the twisting path to selfhood and adulthood. The two categories of quarter life crisis are covered in the paper- the 'locked out crises' occurs when

people find it difficult to adjust from a structured setting (like school) to a less structured setting. They frequently feel disoriented and unable to reach anticipated milestones like partnerships and secure jobs. The 'locked in crises' in which people feel stuck in unfulfilling relationships or occupations even after reaching certain adult milestones, which causes annoyance and a want for change. It highlights how these crises are exacerbated by the current socioeconomic environment, which includes unstable employment markets and pressure to meet conventional adult milestones. Many young individuals have feelings of failure and uncertainty about the future because they believe they cannot live up to society's expectations.

Rahim et al., (2021) did a study on Cultural Identity Conflict and Psychological Well-Being in Bicultural Young Adults: Do Self Concept Clarity and Self-Esteem Matter? The sample size taken was 473 bicultural young adults. The findings are that individuals who had more cultural identity conflict expressed less life pleasure. The association between psychological well-being and cultural identity conflict was shown to be mediated by a less clear self-concept. This indicates that when confronted with cultural identity conflicts, those with ambiguous self-concepts are more prone to suffer from detrimental psychological effects Self Esteem's Influence. Higher cultural identity conflict and, thus, lower psychological well-being were linked to lower self-esteem. This emphasizes how crucial self-worth is for coping with the consequences of issues related to cultural identity.

Berezina et al. (2020) conducted a study on the association between identity, life engagement and well-being among young Asian adults. According to the findings, personal and social identities continued to make a distinct contribution to well-being even while life involvement absorbed some components of identity. This lends credence to the notion that identity influences life involvement and wellbeing, but the specifics of these connections varied depending on the type of identity. Life involvement and mental health were positively connected with personal, relational, societal, and collective identities. Out of the four identity types, life

involvement had the strongest relationship with wellbeing. Personal identification strongly predicted well-being, although other identity categories did not by themselves.

Sankhyani & Sigroha (2020) . Only Strange Flowers Have Come to Bloom": Identity Crisis in Northeast India through the Poetry of Kynpham Sing Nongkynrih. The study emphasizes how Northeast India's socioeconomic and political changes brought about by modernization have muddled the boundaries of identity, creating a crisis where traditional identities are contested by outside forces and state policies that seek to homogenize them. The study suggests that Nongkynrih's poetry not only expresses the identity crisis but also acts as a way to preserve and assert a distinct cultural identity in the face of majoritarianism.

Campbell (2019) did a study at the Junction of Developmental and Clinical Science: Youth Identity Processes and Disturbance as Related to Emotional, Behavioural and Borderline Symptoms. The sample size taken was 505 youth. The results show that identity disturbance is an important factor to take into account when assessing how an adolescent's identity is formed. According to the research, some facets of identity creation may function as clinically significant markers of identity distress. For example, it was noted that emotions of emptiness and a lack of dedication to one's own educational identity could be indicators of identity formation discomfort. Identity formation distress could be a transdiagnostic characteristic of youth psychopathology. This suggests that a number of mental health conditions, such as anxiety, depression, and borderline personality disorder, may be associated with challenges in developing a cohesive identity.

Brezgina & Vasilkova (2017) conducted a study on identity crisis on impetus to acquire and develop new identity. It is crucial for people to actively seek and construct their identities because of a number of circumstances that lead to feelings of uncertainty, such as the absence of a clear social framework, unstable economies, and the decline of traditional values. Unpredictable behaviour, confusion and vulnerability to totalitarian ideologies that provide easy fixes for difficult issues are some of the effects of the identity crisis. This emphasizes how crucial it is to comprehend and deal with the identity

crisis in order to promote a more stable community. Identity crisis can be difficult, but they offer chances for individual development and social enhancement.

Furlong (2016) did a study on the changing landscape of youth and young adulthood. Young people may go through "**yo-yo transitions**," in which they alternate between living arrangements, employment, and school. For example, people may drop out of school to pursue employment, only to return later, or they may move out of the house to live with a partner, only to return to their parents' house. The idea of "emerging adulthood" is gaining traction. Young people in this phase are defined by a time of instability and exploration during which they negotiate a variety of tasks and responsibilities without settling into any one state. Youth and early adulthood are crucial times to look at how social injustices are passed down through the generations. These life phases' shifting environments offer insights into more significant social changes.

METHODOLOGY

Systematic literature review: This method involves reviewing existing literature on the topic to identify current trends and gaps in knowledge on the topic.

The methodology employed for the current study was systematic review, focusing on the analysis of 30 existing research studies that explore the impact of identity crisis on young adult's wellbeing. The review systematically collected, evaluated, and synthesized findings from selected peer-reviewed articles to identify key factors, challenges and opportunities associated with the impact of identity crisis on young adult's wellbeing.

A comprehensive search of electronic databases was conducted to identify relevant literature. Some of the databases used were PubMed, sci space, google scholar etc. These databases were chosen to capture a broad range of literature from cultural, psychological, economical and psychosocial perspectives.

The search strategy employed a combination of keywords including search terms like "Identity Crisis", "young adult wellbeing", "psychological wellbeing", "Identity" etc. These keywords were selected to encompass the breadth of the topic, including both the developmental aspects (personality, experiences) and the clinical context (Mental health, psychological well-being), as well as the evaluative aspects (Opportunities, Challenges).

The search was limited to peer-reviewed journal articles and conference proceedings published within the last 10 years. This timeframe was chosen to focus on recent advancements and contemporary discussions within the field. Only English-language articles were included in the search.

The synthesized findings are presented in a structured narrative, organized around key themes. Supporting evidence from the included studies is provided to illustrate and substantiate the identified themes. Any contrasting perspectives or disagreements within the literature are also highlighted and discussed.

DISCUSSION

Identity crisis is an important aspect for human development during the young adulthood stage. An integrated sense of identity leads to psychological wellbeing and reduces the risk of mental health issues. While an unstable or unresolved identity can cause severe discomfort, heightened worry, and despair, as well as interfere with everyday functioning and health consequences. Identity crises that remain unresolved present challenges for social and personal growth. Identity crises are brought on by an unstructured social structure, shaky economy, and a decrease in conventional values. They can have detrimental effects like uncertainty, fragility, and bewilderment.

Challenges

1. Disruptions Caused by Pandemics:

Career Identity: Due to the COVID-19 epidemic, developing a career identity became extremely difficult, resulting in instability and the need for redefinition (Narain & Maheshwari, 2022).

Mental Health: Due to social isolation, scholastic pressure, and the influence of social media, the pandemic raised incidence of mental health problems and suicide thoughts among young adults (Srivastava et al., 2024).

2. Socioeconomic Shifts and Modernization:

Traditional Identity Crisis: Because of outside influences and governmental regulations, traditional identities have been put to the test in areas like Northeast India as a result of modernization, political upheaval, and economic development. Young adults from rural regions and those with lower socioeconomic level are more likely to lose their jobs or be stuck in low-paying positions, which can lead to unstable identities. They endure mental and physical health problems, are forced to work in low-paying occupations, and receive poor education (Lalkhawngaihi & Fente, 2022; Sankhyan & Sigroha, 2020).

Human Capital vs. Liability: Instead of becoming a nation's human capital, young people may end up being a liability if they are not given enough educational and career options and resources (Bisht & Pattanaik, 2023).

3. Conflicts both internal and external:

Intrapersonal Conflict: Because sociocultural identity is dynamic, stress, anxiety, and depression can arise from both external conflicts (such as sociocultural transformations) and interior conflicts (such as immaturity and psychological issues).

Cultural Identity Conflicts: Cultural identity conflicts can be made worse by low self-esteem or self-concept, which can lower psychological well-being and life satisfaction (Moore et al., 2022).

Unresolved Identity: An unstable and unresolved identity causes discomfort, worry, and despair and interferes with day-to-day functioning and health.

4. Issues Particular to Adolescents and Young Adults:

Educational Identity: Identity discomfort and psychopathology in young adulthood might result from feelings of emptiness and a lack of educational identity during youth.

Quarter-Life Crisis: This includes "locked-out crisis" (feeling disoriented and unprepared after regimented surroundings) and "locked-in crisis" (Pivoriūtė, 2021; Wijaya et al., 2024).

Uncertainty and bad Outlook: Emerging adults may perceive a lack of opportunity and have a bad outlook on life and family interactions, which can drive them down uncertain routes without being prepared for the repercussions.

Yo-Yo Transition: Young adults struggle to settle in and manage a variety of duties as they regularly switch between jobs, housing, and education (Furlong, 2016).

Social Media Influence: Although social media allows for self-expression, increased use of it can cause identity confusion and a lack of clarity on one's values and beliefs.

Teasing and Appearance: Self-esteem and psychological health are negatively impacted by appearance-related taunting, which results in a distorted sense of self (Yadav et al., 2023).

Lack of Social Support: Because they have fewer social networks and support, high-risk groups—such as orphans and young adults who have been separated—face more challenges during transitional periods. As society standards change, traditional socializing agents—such as family, friends, and educational institutions face challenges in promoting identity (Atluri et al., 2023).

Benefits

1. Individual Development and Adaptability:

Self-Realization: The epidemic aided in self-realization for people who had optimistic outlooks, close relationships with family, a positive self-image, and effective coping strategies. Identity crises, especially those that occur in early adulthood, can be important periods for personal development since they help people realize who they really are and develop a more cohesive and integrated identity (Robinson & Smith, 2010).

2. Mental Health and Wellness:

Integrated Self: An integrated sense of self is closely associated with psychological well-being. Having other people accept you, especially fathers who are seen as accepting women, confirms your value and helps you maintain your identity.

Stable Identity and closeness: Suicidality is negatively connected with stable identity and closeness, but suicidal risk is strongly connected with weaker identity.

Strong Ethnic Identity: People who have a strong ethnic identity tend to recover from mental health conditions more quickly.

Positive Childhood Experiences: Stable identity, higher self-esteem, and fewer mental health issues are all closely correlated with positive childhood experiences (Chaudhary et al., 2023). A person's mental health, well-being, and improved life involvement are all correlated with their personal, relational, collective, and social identities.

3. Individual and Societal Progress:

Identity Politics: The viewpoint of young adults on identity politics places a strong emphasis on embracing people from various castes, cultures, and backgrounds in order to create a more open and diversified society and political system (Lalkhawngaihi & Fente, 2022).

Possibility of Development: Although they can lead to doubt and confusion, unresolved identity crises can also present chances for societal and personal growth.

Understanding Sexual Identity: Peer support and social media promote candid conversation and deepen knowledge of a range of sexual identities.

Future directions

Mental Health Interventions: To address rising mental health problems and suicidal rates among young individuals, use machine learning methods, mental health tools, and constructive behavior.

Community and Youth-Led Projects: Create community support programs and youth-led projects to help impoverished youth who are dealing with subpar employment and education (Jamatia, 2023).

Social Support Networks: Give special attention to bolstering social support systems for vulnerable populations, like young people who are separated and orphans.

Economic Support: To guarantee that young people develop into human capital rather than a burden, provide them with sufficient educational and work chances and resources.

Quality Education: Deal with the problem of poor education, especially for young people from disadvantaged backgrounds.

Identity-Focused therapy: Use identity-focused therapy strategies to decrease suicidality and create stable identities. Programs Based on Art: Make use of programs based on art to assist people in resolving internal problems associated with internalized stigma and developing stable identities.

Education on Sexual Identities: Improve the surroundings and offer appropriate instruction on sexual identities and overall health (Pamnani, 2024).

Culturally Sensitive Approaches: Acknowledge that culture and society have a direct influence on behaviour and beliefs, making them crucial for identity development.

Addressing Teasing: To counteract the detrimental effects of teasing on identity and self-esteem, encourage coping strategies such as rephrasing, social connection, and social support.

Encouraging Urban Migration: Recognize and assist young adults in negotiating the challenges of job decisions, relationship selection, and urban migration, all of which lead to identity exploration and accountability.

Research Gaps

Long-term longitudinal studies are necessary to monitor the evolution of job identity, prospects, and personal growth trajectories for particular cohorts impacted by the pandemic over several years, even when the immediate challenges are acknowledged.

"Unresolved identity interferes in our daily functioning and health outcomes" and "identity-focused treatment approaches are necessary." Nevertheless, there is a lack of specific, empirically supported therapy and interventions designed to address certain identity issues.

Northeast India's identity crisis "Political and socioeconomic changes led to identity crisis in Northeast India". More studies of other areas/ states not been found out on the ways that this crisis manifests itself in various ethnic groups, the function of local government, and the coping strategies that communities have devised are required.

CONCLUSION

Young adults' identity development has been greatly impacted by the epidemic and larger societal changes, which have presented both chances and problems for self-redefinition. unpleasant psychological consequences including anxiety and decreased well being are associated with unstable identities, and they can be exacerbated by social media, unpleasant experiences, and low self esteem. On the other hand, a more stable and unified self is fostered by robust social support, resilience, and community involvement. Supporting healthy identity formation, particularly for vulnerable groups, requires tackling stigma around mental health, giving tailored interventions, and providing educational and career opportunities. Ultimately, both general psychological health and efficient day-to-day functioning depend on having a secure identity.

REFERENCES

- Ananyeva, N. N. (2024). Crisis of Sociocultural Identity as a Cause of Intrapersonal Conflict. *Vestnik Slavânskikh Kul'tur*, 73, 9–17. <https://doi.org/10.37816/2073-9567-2024-73-9-17>
- Avdiu, A., Kurtishi, A., Xhelili, A., & Vrangalla, A. (2024). Youth Identity Formation in the Age of Digitalization. *Advances in Human and Social Aspects of Technology Book Series*, 370–392. <https://doi.org/10.4018/979-8-3693-3350-1.ch021>
- Balani, S., & Bhatt, S. (2024). Understanding Career Aspiration, Self-Efficacy and Perseverance among Young Adults. *International Journal of Advanced Research in Science, Communication and Technology*. <https://doi.org/10.48175/ijarsct.17651>
- Biswas, M. R. (2024). Changing Perspectives Of Indian Identity Politics. *IOSR Journal of Humanities and Social Science*, 29(12), 01–04. <https://doi.org/10.9790/0837-2912090104>
- Kumari, G., Gupta, N., & Narayanan, K. (2024). *Employment Vulnerability Among Young Indian Workers* (pp. 83–104). Springer Nature. https://doi.org/10.1007/978-981-97-0379-1_5
- Nambiar, D. (2024). Perceived Acceptance and Psychological Well-Being Among Young Adults: Exploring Family and Social Influences. *IOSR Journal of Humanities and Social Science*, 29(12), 35–39. <https://doi.org/10.9790/0837-2912033539>

- Pamnani, M. (2024). Sexuality Awareness and its Impact on Personal Development: Thematic Analysis of Perspectives of Indian Young Adults. *Indian Journal of Health Studies*, 06(02), 99–112. <https://doi.org/10.56490/ijhs.2024.62.Pos>
- positive Childhood Experiences in Mental Health of Young Adults Across Adverse Childhood Experiences Levels: A Study from Delhi-NCR, India
- Sekowski, M., Wielogórska, M., & Lester, D. (2024). Psychosocial Identity, Intimacy and Suicidality in Young Adults. *Archives of Suicide Research*, 1–15. <https://doi.org/10.1080/13811118.2023.2300320>
- Srivastava, A., Shukla, V., & Guleria, A. (2024). Navigating the Depths: Exploring Mental Health Issues Among Youth. *Indian Scientific Journal Of Research In Engineering And Management*. <https://doi.org/10.55041/ijsem28275>
- Vreja, L. O., & Balan, S. (2024). *Contemporary identity crisis and socialisation*. <https://doi.org/10.24818/imc/2023/05.05>
- Wijaya, D. A. P., Maulana, M. R., & Anugerahaini, A. (2024). Self-Esteem between Social Support and Quarter-Life Crisis. *Social Science and Humanities Journal*, 8(08), 4668–4674. <https://doi.org/10.18535/sshj.v8i08.1280>
- Atluri, N., Pogula, M., Chandrashekar, R., & Gupta Ariely, S. (n.d.) (2023). *Mental and Emotional Health Needs of Orphaned and Separated Youth in New Delhi, India During Transition into Adulthood*. <https://doi.org/10.1177/2349301120180208>
- Bisht, N., & Pattanaik, F. (2023). *The Youth Identity: 'Whom to Count?'* (pp. 1–25). Springer Nature. https://doi.org/10.1007/978-981-99-4330-2_1G
- Garnham, W. (2023). *Who am I? Identity and its implications for health and psychosocial functioning* (pp. 64–78). Elsevier eBooks. <https://doi.org/10.1016/b978-0-12-818872-9.00111-4>
- Jamatia, P. L. (2023). The role of youth in combating social inequality: empowering the next generation. *International Journal of Social Science Educational Economics Agriculture Research and Technology (IJSET)*, 2(8), 229–238. <https://doi.org/10.54443/ijset.v2i8.177>
- NAVIYA ANTONY K. (2023). Markers of Adulthood, Stress and Psychological Well-being among Young Adults: Role of Gender. Shodhganga : a reservoir of Indian theses @ INFLIBNET <http://hdl.handle.net/10603/603351>
- Singhal, S., & Prakash, N. (2023). A narrative inquiry into the meaning of career identity of Indian emerging adults amid Covid-19. *International Journal for Educational and Vocational Guidance*, 1–26. <https://doi.org/10.1007/s10775-023-09590-2>
- Yadav, S. B., Shagun, S., Moyon, K. V., & Bhanot, D. (2023). Appearance Teasing and Identity Formation Amongst Young Adults: An Interpretative Phenomenological Analysis. *The Qualitative Report*. <https://doi.org/10.46743/2160-3715/2023.6234>
- Lalkhawngaihi, G., & Fente, H. K. L. (2022). Well-being in Relation to Identity Consistency in a Collectivistic Culture. *Indian Journal of Health Studies*, 04(02), 32–49. <https://doi.org/10.56490/ijhs.2022.4202>
- Narain, S., & Maheshwari, S. (2022). Expanding the Self Behind Closed Doors: Exploring the Role of the Lockdown in Self Realization Among Young Adults. *Journal of Adult Development*, 29(4), 295–305. <https://doi.org/10.1007/s10804-022-09413-8>
- Moore, K. L., Munson, M. R., Shimizu, R., & Rodwin, A. H. (2022). Ethnic identity, stress, and personal recovery outcomes among young adults with serious mental health conditions. *Psychiatric Rehabilitation Journal*. <https://doi.org/10.1037/prj0000523>
- Mitra, D., & Arnett, J. J. (2021). Life choices of emerging adults in India. *Emerging adulthood*, 9(3), 229–239.
- Pivoriūtė, M. (2021). *There is a Time for Departure Even when There's no Certain Place to Go: the Twisting Path to Selfhood and Adulthood*. 46(1), 69–94. <https://doi.org/10.15388/SOCMINTVEL.2020.1.22>
- Rahim, H. F., Mooren, T., van den Brink, F., Knipscheer, J. W., & Boelen, P. A. (2021). Cultural Identity Conflict and Psychological Well-Being in Bicultural Young Adults: Do Self-Concept Clarity and Self-Esteem Matter? *Journal of Nervous and Mental Disease*, 209(7), 525–532. <https://doi.org/10.1097/NMD.0000000000001332>
- Berezina, E., Desaguliers Gill, C. M. H., & Bovina, I. (2020). A study of the association between identity, life engagement and well being among young Asian adults. *Social Identities*, 26(5), 608–623. <https://doi.org/10.1080/13504630.2020.1783225>
- Campbell, S. (2019). *At the Junction of Developmental and Clinical Science: Youth Identity Processes and Disturbance as Related to Emotional, Behavioural and Borderline Symptoms*. <https://doi.org/10.25904/1912/1296>
- Brezgina, O., & Vasilkova, E. (2017). *Identity Crisis as Impetus to Acquire and Develop New Identity*. 106–109. <https://doi.org/10.15405/EPSBS.2017.01.14>
- Furlong, A. (2016). *The changing landscape of youth and young adulthood* (pp. 19–27). Routledge. <https://doi.org/10.4324/9781315753058-9>
- Konstam, V. (2015). *Voices of Emerging and Young Adults: In Pursuit of a Career Path* (pp. 79–94). Springer International Publishing. https://doi.org/10.1007/978-3-319-11301-2_6
- Erikson, E. H. (1968). *Identity: Youth and crisis*. W. W. Norton & Company.