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**ACCORDING TO ERIK ERICSON'S PSYCHOSOCIAL
DEVELOPMENT THEORY CONCEPT IDENTITY AND
IDENTITY CONFUSION IN ADOLESCENCE**

Abstract

Erikson has complimentary descriptions of personality and view mankind as a social being in nature, having a desire to belong and motivated for significance in their social environment in order to handle with inferiority. Also suggests that four main areas should be taken in consideration during the counseling process: Work, friendship, sexual love, and optimism. Erikson's key identity concepts: Identification, identity formation process, identity achievement, identity crisis. Erikson acknowledges the importance of personality development during childhood and also individual's personality may develop in a process involving ali defend life. But this development process is not so easy also individual is bound to live binary, opposite confiicts. According to Erikson crisis consisting of eight phases contain in each period (turning points) must be overcome in a healthy way. Each stage is binary because it represents two opposite poles. Erikson elaborated the stages and embrace the whole life with his psychosocial theory. Erikson has accented the theme of socio-cultural influences in human development. Erikson stressed the development of self-identity within a social context that provides an orientation toward or against constructive communal living. Erikson believed that human beings are rational creatures and their thoughts, feelings, and actions are largely controlled by the ego. Erikson consider the social as well as the creative self or ego processes as being not less important than biological-self. Erikson designated development as the evolution of "ego identity". The environment that children live in was one of the important aspects of his theories. Erikson in his studies, focused gave importance to child development in terms of interpersonal and cultural influences. Besides, Erikson, had emphasized the importance of the ability of social cooperation. According to Erikson, ego is

their past. Each theorist advocates this by taking a different perspective from his own life.

3. ERIK ERIKSON'S THEORY OF PERSONALITY

The theory of Erikson (1950, 1968, 1980) is based on the "epigenetic principle". The step-by-step principle is a concept related to genetic science. Erik H. Erikson describes the development of ego with internal crises in "Childhood and Society" in his book. This book is a chart of personality development that is shaped by the physical, cognitive, impulsive, sexual changes that occur throughout the whole life of the person and the crises that have taken place in these stages. Erikson argues that the development is also epochal, but the individual's sexual identity basically deals with its social development instead of its development. For this reason his theory is called psychosocial development theory. In each period of development, the child's feelings and expectations are changed by the child (Burger, 2006).

Erikson described adolescence as a period of idleness versus personal identity creation. But, according to Erikson, identity is not established only during adolescence. Erikson states that the person who created the identity continued throughout his life, but he was intensely formed during adolescence. All conflicts in the eight stages are called opposites. It is important for individuals to personally acquire personality that these crises or conflicts it is very important to be successful. Successfully crossing of a crisis in a period creates healthy bases for the next phase

Erik Erikson also demonstrates the theory of development based on clinical observations. This theory is known as the most comprehensive explanation that has been put forward to the stage of human development. It is also useful to mention the general view of the theory. According to Erikson, the interaction with one's surroundings is developing throughout his or her life. (Erikson, 1980). Erikson, it sees as a relationship between the development of one's three variables. These variables consist of biological variables, socio-environmental impacts and experience of the individual as the ego process.

3.1. Main Concepts According To Erikson's Psychosocial Development Theory:

The main concepts and explanations in Erikson's development theory are as follows:

. Phased formation principle: According to the phased formation principle, it is developed according to a certain design, with the steps that it has determined.

. Psycho-social depression: in the basic developmental plan, it is necessary to resolve the contradictions.

. Region: In accordance with the development period of the organization.

. Organ function function: The behavior of the body area appropriate to the developmental period states.

. Social function pattern: According to the development period, the body the behavior of the region and the relationship between individuals.

. Ego identity: It is an experience and a dynamic reality belonging to the person.

. Ego identity sensation: Erikson, individual similarities of ego identity emotion and historical sense of continuity.

. Social identity: The similarity of the person in the eyes of Other individuals, continuity.

It is defined as the state of testing and observing emotion. Adolescence, by trying to perceive what is happening at this stage, they begin to think they can be. Integrating past experiences is in an effort to find an answer to the question "who am I," to have a solid sense of personal identity.

By overcoming this crisis period, a person who has reached a certain integrity in his personality has gained identity. If Erikson thinks that he or she is unresponsive to other subjects, such as the life style of the person, and is not interested in these matters, these are manifestations of identity confusion. In the identity mix, the individual perceives himself as inadequate and yet undefined in relation to certain roles and goals. The acquisition of identity requires that children be prepared to meet the problems of the solution of problems and to face the problems of the adult individual's world. The solutions of these conflicts can be changed in

culture from culture to society, as well as from person to person (Erikson, 1986).

Having lived in each crisis before the next turn is required. The fact that the crisis or the problem can not be resolved at any time does not prevent the development in all subsequent stages when no special support is given. Erikson, it is very important that one form a "self with social validity". According to Erikson, the individual compares himself in the struggle to gain identity in the society with others in his eyes. The favorable impact of this universe on adulthood and the life of a healthy adult will emerge. Erikson tries to summarize the conflicts that people have experienced in adolescence (Dinçel, 2006).

4. ERICSON'S PSYCHOLOGICAL DEVELOPMENT STAGES:

Favorable outcomes of each stage are sometimes known as *virtues*, a term used in the context of Erikson's work as it is applied to medicine, meaning "potencies". Erikson's research suggests that each individual must learn how to hold both extremes of each specific life-stage challenge in tension with one another, not rejecting one end of the tension or the other. Only when both extremes in a life-stage challenge are understood and accepted as both required and useful, can the optimal virtue for that stage surface. Thus, 'trust' and 'mis-trust' must both be understood and accepted, in order for realistic 'hope' to emerge as a viable solution at the first stage. Similarly, 'integrity' and 'despair' must both be understood and embraced, in order for actionable 'wisdom' to emerge as a viable solution at the last stage (en.wikipedia.org).

Erikson, psychoanalytic development taking into account the basic concepts of an eight-stage psychosocial development theory formed. The main points of psychoanalytic development theories in general are childhood experiences and sexuality. In Erikson's development theory, the social elements and all the periods of life are mentioned (Kulaksızoğlu, 1998). Erikson described two opposing features of each turn, has made eight turns. In every period, through a different conflict process, the crisis of that turn is solved and a basic feature is gained. There are two contrasting personalities in each period. But what is important here is how positive the two contrasting features are and how they develop correctly. When we

look at the theory of psychosocial development, the crisis and conflict experienced at one period can be resurrected and overcome in the next development period.

For this reason, here is referred to the fifth period in relation to adulthood. The periods are generally as follows:

1. Basic Trust & Mistrust (Hope/Faith)
2. Autonomy & Shame & Doubt (Will)
3. Initiative & Guilt (Purpose)
4. Industry & Inferiority (Competence)
5. Identity & Role Diffusion (Fidelity)
6. Intimacy & Isolation (Love)
7. Generativity & Stagnation (Care)
8. Integrity & Despair (Wisdom).

in this developmental theory, there is no special period like adulthood and Erikson places more emphasis on adolescence, and younger adulthood (Şen, 2015:40). Erikson refers to the transition from adolescence to adulthood as the extension of adolescence. In the same way, there is also a particular focus on the terms adolescence and psychosocial moratoria. In order to be able to perceive these details clearly, it is necessary to explain the concept of identity and the fifth phase of the theory, "the confusion of role against identity acquisition", in a good way.

5. NOTION OF IDENTITY

The notion of identity is a concept that is defined in different way. At the same time, in the literature, I, self, self, personality, They are used in meaningful, sometimes different meanings. While the concept of identity is explained, the main reason for not being able to meet at a common point can be expressed as the inclusion of this concept in physical, cognitive and social situations. According to Erikson, in the adolescence period, it is highly necessary for someone to win is a basic feature, and it can be used for professional identity, group identity, cultural identity, national identity, sexual identity is a combination of different status identities (Erikson, 1950).

6. IDENTITY ACHIEVEMENT IN ADOLESCENCE (12-18 years)

Erickson's term for attainment of identity-ideally established by reconsidering the goals and values set by the parents and culture, then accepting some and rejecting others. Four specific aspects/ areas of identity achievement follow:

- Religious
- Sexual / Gender
- Political / Ethnic
- Vocational (www.rcgates.com).

Who am I? My what? What will I do in my life? What is my difference? All these questions reflect the identity of a person. The most elaborate and flamboyant theory of self-development belongs to Erik Erikson. The questions about identity are not particularly important in adolescence, but identity formation neither begins nor ends in these years (Santrock, 2011:384).

The development of identity seems to have been one of Erikson's greatest concerns in his own life as well as in his theory. As an older adult, he wrote about his adolescent "identity confusion" in his European days. "My identity confusion", he wrote "[was at times on] the borderline between neurosis and adolescent psychosis." Erikson's daughter writes that her father's "real psychoanalytic identity" was not established until he "replaced his stepfather's surname [Homberger] with a name of his own invention (Erikson, 2005). According to Erikson, with the shortest definition of identity, it is continuity.

There are several reasons concentration of identity-related changes during adolescence

1. Changes in the physical image,
2. Developing cognitive capacity,
3. It is time to take important decisions about the business process, the marriage process and the future.

Erikson also uses the notions of identity, ego identity, ego identity or sense of identity, personal identity and social identity while explaining the acquisition of identity (Erikson, 1964).

6.1. Ego identity:

The evolving organism is the so-called harmonized crisis of every psychosocial turnover function. In dealing with the crises, perceptions about yourself that is, ego identity is being reorganized. The ego identity occurs

when the past experiences of the person are repeatedly blended with the egonically compatible functions of increasing and changing social roles.

6.2. identity Feelings:

Identity sense is the sense of continuity and identity that consists of the identity of the ego it is called. This feeling can be attributed to the individual, individual role and the same person in the situation.

6.3. Personal identity:

Erikson's experience with the past and his own in terms of personal identity. In social identity, the individual wants to test not only his own point of view but also the feeling of sameness and continuity in the eyes of others.

6.4. Moratorium:

In most of the developed societies, they are considered to be in need of the period and the people are experimented with certain measures they are allowed to interact with the educational and social environments they can do. In this process, the person establishes a link between childhood and what happens it tries to reconcile the ideas of the society with the ideas about it. The moratorium is a time-saving period for someone to prepare to take on their adult responsibilities, an effective process in which they research by trying out some identity patterns before adopting definitive identities (Morsünbül, 2005).

6.5. identity Confusion:

The difficulties in terms of some individuals can be enormous. Erikson says that these people are trying to solve the difficulties with the decline or indifference towards previous periods. Some people fall into a situation called identity confusion, failing to cope with the difficulties that the crisis has brought. This person has not been able to identify himself in psychosocial terms and sees decision making as threatening and conflicting. Failure in decision making increases the feeling of loneliness in the person. Individual alienation, shame, lack of confidence and pride are accompanied by the perception of control by others. Erikson notes that a person who is living in an identity confusion is experiencing a sense of loneliness as a result of failure to show close relationships with people (Aslan, 2008).

Identity achievement vs. identity diffusion is the fifth crisis that individuals experience as they navigate the potentially stormy years of adolescence. The crisis is one of heightened susceptibility to particular developmental changes associated with puberty. Teenagers experience rapid changes in body build, hormones, emotions, and cognitive abilities. Perhaps for the first time in life, they contemplate their roles in society including their careers, values and gender role (

Young people who deal with conflicting identities emerge with a renewed and acceptable, new self. Adolescents who can not solve this identity crisis experience identity confusion with the expression of Erikson. This confusion follows one of two ways: individuals are withdrawn by isolating themselves from friends and family or by losing themselves in the crowd by putting themselves in the world of their person (Santrock, 2011:384).

Questioning of self. Who am I, how do I fit in? Where am I going in life? Erikson believes, that if the parents allow the child to explore, they will conclude their own identity. If, however, the parents continually push him/her to conform to their views, the teen will face identity confusion.

The definition of the concept it can be made of identity is different in different areas. The reason why the definition of this concept can not be met at a single point is that the concept is housed in physical, cognitive and social elements. A definition that can be made jointly in all these areas can be made in the simplest way, as "who am I?" (Erikson, 1974). The concept of identity can also be found in Erikson's theory of psychosocial development with details.

6.6. Identity Difficulty:

Individuals are more aggravated by their behavior in daily life, serious psychiatric and the state of giving birth to diseases is called identity distribution. Some people can start using drugs or alcohol to get rid of their worries. Some may choose to abstain themselves from their surroundings. Individuals who commit chronically criminal activity can also clearly see a lack of identity and personality or a division of personality (Erikson, 1968).

6.7. Negative Identity:

This latter option is called negative identity formation and is often associated with delinquent behaviour. Resolution of the

adolescent identity crisis has a profound influence on development during later adulthood (www.britannica.com).

Negative identity is not, in fact, negative in either sense of the word: It is a rich, complex, positive phenomenon worthy of protection within our antidiscrimination regime. Thinking of negative identity as a collective phenomenon helps to demonstrate that the protection of a class should include protection for its Opposite (Leong, 2015).

7. RESULT AND EVALUATION

Erikson, Freud's psycho-analytic theory of the family and childhood experiences out of bounds, including the child's peers, teachers, and the social environment in which the child lives, not limited to early childhood experiences and oedipal problems. For this reason, Erikson was interested in the process of identity formation, which is at the core of the person and the social culture. According to Erikson, the personality of the individual interacts with the environment throughout the life of the process it is developing. Erikson also emphasized that personal development and social change claims that the identity crisis in his life and current conflicts in historical development (such as the economic crisis, war, etc.) can not be separated from each other, because these areas complement each other. In Erikson's theory, the whole life cycle is defined as developmental periods, and it is suggested that the most critical period in the organization of identity is puberty. Erikson describes identity formation as the relationship between psychological, social, developmental and historical factors. Erikson calls the developmental periods in the world psychosocial rather than psychosocial developmental stages and these stages are formed in eight stages.

Erikson examined the effects of the social circle on personality development. According to Erikson, a positive or negative situation in a period affects subsequent periods in the same direction. Periods are connected to each other. The nature of the quiche has features such as love, self-realization, every child comes to the world in a way that can be done by himself, but the individual changes in the way of development affected by the social environment. Erikson, the psychological growth the whole life of development and maturation in the course of his life. Erikson's stages with social and psychological focus represent a major violation. Erikson

acknowledges the importance of personality development during childhood and also individual's personality may develop in a process involving all defend life. But this development process is not so easy also individual is bound to live binary, opposite conflicts. According to Erikson crisis consisting of eight phases contain in each period (turning points) must be overcome in a healthy way. Each stage is binary because it represents two opposite poles. Because we also have to give different reactions to the requirements of these stages in our lives. We can manage this process according to our individual choices. After the experienced crisis in this period can be reached in a sense. This reached sense is very effective in solving the crisis belonging to the later periods. The important thing is the change of those negative elements to a positive nature. Since the individual's birth the interactions which have been established with primarily with his mother and with the environment have significant effects on how the person will be in the future. By understanding the process of identity development is better able to spot potential problems and provide early interventions that can result in better outcomes.

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