

Effect of Psychosocial Education on the Development of Identity among Adolescents

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Abstract

Identity is one of the psychosocial issues of adolescence. Identity refers to discovering and undertaking who they are as individuals. Throughout our life cycle changes in our identity occurs but identity is given more importance during adolescence because it is a period of development of self which can be very challenging. The child who was lost under the identity of parents or significant others starts discovering the uniqueness or individuality in them. The present study aims at finding out the effect of psychosocial education on the level of identity and gender difference in the identity development among adolescents. Sample for the study consisted of 81 college going adolescents belonging to the age group 15 to 16 years. The study adopted one group pre-test and post-test design. Aspects of Identity Questionnaire (AIQ IV) by Cheek, J. M. & Briggs, S. R was used to know the level of identity. The results revealed that there is a significant effect of psychosocial education on the level of identity among adolescents. No significant gender difference was found in the level of identity. Study also analyzed the presence of different types of identity at different levels among adolescents. Present paper is an effort to indicate the significance of psychosocial training and education for adolescents which helps them in their positive identity development.

KeyWords: *Identity, Psychosocial Education, Adolescence, AIQ*

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