

Identity and Psycho-Emotional States of The Personality as Factors of Social and Cultural Adaptation in Youth

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Abstract

Large-scale migration processes are taking place globally, leading to significant social changes. Altogether this leads to increasing attention to the adaptation problem in youth. The current work is in line with the theoretical approaches on problem of adaptation (F.Z. Meerson, Berry, Marcia), identity (E. Erickson, Finney), and psycho-emotional states of the individual (K. Izard, Eysenck). Thus, an adaptation is viewed as the process of a person's active adjustment to the conditions of the social environment. Identity is considered as a set of an individual's internal ideas about oneself and one's relationships with the outside world. The study **aimed** to identify factors influencing the social and cultural adaptation in youth, namely, identity and psycho-emotional states of the personality, based on the analysis of literature and empirical data (on the example of migrants and local Armenians). **Methods:** questionnaires to measure adaptation, identity and emotions and the author's questionnaire, methods of mathematical statistics. As a **result** of the analysis, the following correlations were obtained in the group of local youth: between the anxiety scale and external control, between aggression and emotional discomfort, frustration and maladaptation, and rigidity and dominance. In the group of migrants, the correlations were as follows: between anxiety and internal control, aggression and self-rejection, frustration and maladaptation, rigidity and dominance. The analysis of empirical data allowed us to confirm the hypothesis on a relationship between adaptation, cognitive and affective components of identity and psycho-emotional states of the individual. Overall, emotional support and the level of identity contribute to avoiding psychological difficulties during adaptation and eliminating mental energy costs.

Keywords: adaptation; identity; psycho-emotional states; Armenian youth