

Controlling Emerging Adversities

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DESCRIPTION OF EMERGING ADULTHOOD

Emerging adulthood (Arnett, 2000, 2015) is a period of life characterized by a sense of possibility, exploration, and instability. It is a time when young adults are not yet fully committed to a career, a partner, or a life path, but they are also not children. This period is marked by a sense of being "in-between" – not quite a child, not quite an adult. The concept of emerging adulthood is based on the idea that this is a time of self-focus, identity exploration, and possibilities/optimism. It is a time when young adults are exploring different options and trying to figure out who they are and what they want to do with their lives. This period is also characterized by a sense of instability, as young adults are often moving from one place to another, changing jobs, and exploring different relationships. The concept of emerging adulthood is a useful way to understand the challenges and opportunities of this stage of life.

(A₁₀₀₀, 201°).

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 A... (A... , A... , & ... , 200). ... A- ...
 ... A... / ...
 A... A (... , 201).

A- ...
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 ... (A... , & ... , 201 , ... , 201). A...
 ... (201) , ... A- (M... .0 , SD...) ...
 ... A- ...

A- ...
 ... / ... (... , 201).
 ... // ... / ... /10.11 ... /01 ... 12 ...

Inventory of the Dimensions of Emerging Adulthood-Short Form (IDEA-8)

A... (A- , ... , 201)
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 ... (... , 201). ... A- ...

... (... 0 1...) (...) 1 . 0 -1.2 ... (... , & ...) 1 ... 1

Therapeutic Approaches

A. (), (, & A. , z01) ; A (, & , z01). (A - , , & , z01). A (, , & , z01).

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