



Short Review Paper

An overview on life crises during early adulthood

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Abstract

Usually, transitions to adulthood include looking for a life partner, deciding on an occupation, and realising who one is. Others find this transition daunting and encounter fear, loss, and confusion. To such experiences, the term 'crisis' has been applied. The aims were to define the causes and forms of the 'transitions,' reactions and crisis management strategies; and how we can stop these early adulthood crises' and/or reduce the burden on young people. In response to their crisis, people are deploying both personal and social capital. It seems helpful to get reassurance about their personal skills or abilities and to gain a new perspective on their transitional experiences. Conclusion: various studies call for greater attention to social, cultural, economic and political contexts that impact the 'life crisis' and call for a rethinking of theories of growth that imply a linear advancement to adulthood.

Keywords: Emerging adulthood, early-adulthood, emotional intelligence, self-esteem, maximization, emerging adulthood, youth struggles, coping self-efficacy.

Introduction

Early adulthood is the period for love and work, with little time left over for anything else. Discovering our position in adult society and dedicating to a more secure existence takes longer for some of us than we expect. We still question who we really are and whether it isn't enough just to exist. Our dreams persist, and our ideas are bold, but we eventually grow more pragmatic. Sex and love are tremendous passions in our lives - angels of light at times, torrential fiends at others. And it's possible that we won't understand our parents' love until we have children of our own¹.

Defining life crises

A life crisis in early adulthood is defined as "concern over the direction and quality of one's life," which is most typically encountered between the ages of early twenties and mid-thirties. "Erik Erickson," a German psychologist who hypothesized eight crises that individuals endure throughout their lives, argued the presence of a life crisis at this age. When young people compare their ambitions, dreams, and aspirations to their life's purpose and direction, they experience a life crisis. The disappointment and frustration that follows frequently leads to rash and life-altering acts that people believe would restore their sense of self-identity and purpose. Feelings of being "lost, anxious, perplexed, or puzzled" about what measures to follow in early adulthood are common indicators of young adulthood life crisis. In their book *Quarter life crises: The unique difficulties of life in your twenties*, the notion of quarter life crisis was brought to popular culture².

A crisis begins with a commitment made but no longer desired at work or at home, and is accompanied by an emotionally tumultuous time of transition when that commitment is ended. The constructive trajectory of a crisis entails progressing from an experimental stage to active building of a renewed commitment, but 'fast-forward' and 'relapse' cycles can disrupt these phases, making a happy conclusion of the incident less probable. The model has conceptual connections with emerging adulthood and young adulthood theories, and it expands existing understandings of the developmental transitional issues that young people face³.

According to studies, the very first Twenty years of life really aren't insignificant in terms of forecasting an adult's socio-emotional existence, and there is evidence to assume that early adult experiences shape who an individual becomes later in life.

Because of continual change and too many options, some newly minted grads feel depressed, impotent, and alone. According to research on crisis experiences in the first ten years of adulthood, there are two forms of such life crises: locked-in and locked-out. Both are theoretically linked to the transition from adolescence to adulthood. The first is the locked-out kind, which happens when a person has failed to obtain job on repeated occasions, resulting in low self-esteem and worry. The second form of crisis is the locked-in crisis, which occurs when a person feels compelled to work for an employer despite a hostile boss. This provides a rich explication of life crisis theory as well as new insights for future research on the obstacles of quitting tertiary education⁴.

Working high school graduates, followed by current undergraduates, had the greatest levels of worry. Job happiness is linked to earnings and social support⁵.

Transitions experienced

Transitions in life indicate the presence of fresh experiences in a person's life. This transition may take any shape or form, and it often arrives unexpectedly, leaving us feeling grateful, scared, disappointed, or confused. It might be connected to making a critical life decision that has the potential to have a negative or good impact on our lives or a change in the world we live in. It may be the start of a new relationship, the end of a destructive one, or a period of self-discovery. Changes in young people's experiences in today's society are investigated. As the transitions strive to negotiate their way to maturity within the framework of this 'new' rich society, a typology of adaption reactions is provided⁶.

An individual may feel as if they have momentarily lost their identity, doubt their values and ideas about life and society, and become overtaken by the strain of transition and also the emotions that accompany it⁴. The dearth of religiosity among emerging adults is much more noticeable⁷.

Compared to their older counterparts, emerging adults had lower levels of prayer, strong attachment, ceremony attendance, and spiritual identity^{8,9}. Income, social support from friends and family, and devotion to one's identity are all factors that influence life pleasure⁵. As a personality and sense of self change dramatically in reaction to the assorted obstacles that life throws at them, depression could also be an awfully real possibility.

Early adulthood transitions were shown to be associated with feelings of being trapped, a necessity for change, a profession, sickness, school, and family. Their words cared-for be more forward-looking. The foremost common and strongest correlations were for words linked to time (night; weekend; morning; early; day) and work (work; working). Additionally, people hunting a crisis used many person pronouns (I, my, and myself). There are references to introspection and a willingness to participate in activities (I should, I could, I can)¹⁰.

The cluster of phrases on domestic furnishing corresponds to the particular incontrovertible fact that early adult crisis often strikes just when a young adult is attempting to cool down and establish a secure lifestyle. Robinson¹¹. Emotional intelligence and self-esteem are shown to be significant predictors of self-efficacy in coping, while maximizing is found to be negatively connected with self-efficacy in coping in studies. Physical movement, positive thinking, and talking therapy were all found to be key adaptive coping mechanisms for managing life crises in early adulthood¹². Quarter Life Crisis: Investigating emotional intelligence, self-esteem and maximization as predictors of coping self-efficacy.

Conclusion

According to many studies and research, the primary adult life crisis strikes in one's twenties, and sometimes as early as 18 years old, after joining the "real world" (i.e., after graduating from college and/or moving out of the family home). Adult children with a parenting/upbringing style that crosses the road between aid and over-engagement report increased anxiety, despair, and a reduced sense of self-worth, in line with studies. Even the best-intentioned parents can sometimes stifle their children's ability to grow because of failure. A young adult may find deciding what measures to need to manoeuvre their life within the right direction challenging and worsening. In line with studies, young individuals experience stress, anxiety, and sadness as results of unemployment and electing knowledgeable route. Feelings of isolation and loneliness can arise when a young adult resides on their own for the first time and learning to regulate without parental aid and direction. While some find it difficult to identify that they are rummaging a crisis phase but studies using computing have easily spotted this phase, thus use of social media could also help in identifying this phase. It's not their fault to be in such phase of life but it's the responsibility of the society to indentify it and help them through it rather making a joke about it.

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