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### RESEARCH ARTICLE

#### A STUDY ON EMOTIONAL AND SOCIAL TRANSITION IN EARLY ADULTHOOD

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#### Manuscript Info

##### Manuscript History

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#### Abstract

This paper is about the social and emotional transition during the early adulthood an individual go to which they are not prepared and hence end up with depression.

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#### Introduction:-

##### Emotional and Social Transition in Early Adulthood

Early adulthood is the stage of life where individuals are active and are focused to explore their interests, learning new actions, meet, and conquering challenges of life, and are highly focused on their career, health, lifestyle, friendship, and relationships, childbearing. Early adulthood individuals' age ranges from 20 to 35 years.

The physical abilities of the individuals are at their peak, including muscle strength, reaction time, sensory abilities, and cardiac functioning. The aging process also begins during early adulthood and is characterized by changes in the skin, vision, and reproductive capability.

As a kid, we think of doing parties, living our life own way, buying a car, and home, going for treks, holidays, go on dates, live-in-relationships, getting married, having kids, starting a new venture, and more. All we think about is to make an awesome time in our lives as we tend to be physically and cognitively strong and healthy. But what we don't consider is the emotional and social transition we have through all this phase.

We share our experiences and try our new roles, but this can be challenging, stressful, and scary, as there comes a lot of responsibilities with freedom.

Researchers say, In India, adults ranging from age 20 to 29 years of both genders were the most depressed in the country and the major reason for this lack of sleep causes poor mental health, worry in professional life, lower income, competition at work, lower performance, inappropriate or unsatisfactory distribution of work.

This affects the socio-emotional status of the individual because apart from all the dreams and thoughts we focused on never considered the challenges and stress that are associated with everything we do. But what is Socio and Emotional transition and why is in early adulthood becomes different and is important for mental wellbeing?

##### Social and Emotional Status in Adulthood

Talking about the real situation when the time changes drastically when the individual step out of student life and becomes an adult. The challenges become real while adjusting to the new working atmosphere, or hunting for a job, making new relationships, understanding the practicality of life, being quick in everything they do, active and smart enough to deal all the situations simultaneously managing all the emotions like stress, envy, breakdowns, and guilt at the same time.

It becomes difficult for the person to showcase their feelings to everyone and manage it and as a result, it becomes difficult to manage. As suggested by **Erikson's psychosocial theory of development intimacy vs. isolation.** according to this, in early adulthood (i.e., the 20s and early 30s), people tend to be concerned with forming meaningful relationships; and if not they are subject to loneliness if they are unable to form meaningful relationships with family, friends, or community.

### **Adulthood Crises**

Early and Middle adulthood crises come with challenges known as 'quarter and mid' life crises respectively.

A quarter-life crisis begins at the age of 25 and lasts till 30 years which revolves around challenges like:

1. Young adults with new life living on their own and managing responsibilities
2. New college graduates or having a new-born baby

Mid-life crisis experience following challenges like:

1. Search for an undefined dream or goal.
2. A deep sense of regret for goals not accomplished.
3. Fear of humiliation among more successful colleagues.
4. Desire to achieve a feeling of youthfulness.
5. Need to spend more time alone or with certain peers.

Some individuals cope with these challenges by evolving themselves into harmful behaviors such as abuse of alcohol, drugs, excessive spending of money whereas few try exploring new hobbies, trying different aspects of personality, or otherwise seeking out changes in their lives.

### **Finding Meaning Through Work and Learning**

Many adults find meaning in and define themselves by what they do—their careers. Earnings peak for many during adulthood, yet research has found that job satisfaction is more closely tied to work that involves contact with other people, is interesting, provides opportunities for advancement, and allows some independence (Mohr & Zoghi, 2006) than it is to salary (Iyengar, Wells, & Schwartz, 2006).

**Erikson's stage of generativity vs. stagnation** revolves around a person's sense of their contribution to the world. Generativity is about making life productive and creative so that it matters to others, especially those in the next generation. According to Erikson, a person who is self-centered and unable or unwilling to help society move forward develops a feeling of stagnation—a dissatisfaction with the relative lack of productivity. The central tasks during middle adulthood can include expressing love through more than sexual contacts, maintaining healthy life patterns, helping growing and grown children to be responsible adults, relinquishing a central role in the lives of grown children, creating a comfortable home, being proud of one's accomplishments, taking care of aging parents, adjusting to the physical changes of middle age, and using leisure time creatively.

A person should be mentally ready to face about all the positive and negative outcomes s/he is going to meet in his life and invest time in learning about new skills and just not stop them to just one point in life, even if it's not the cup of tea, try something in a new way to keep the mind occupied in a learning and doing the same thing in a new way instead of stressing over problems in life because it somewhat affects the social and emotional life of the person and learning keep them active in both the aspect.

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