

# The Path of Finding Who You are: How Quality of Relationships with Parents Influences Identity Styles and Identity Commitment among Emerging Adults under Chinese Context

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## Introduction

**Quality of relationships with parents:**  
Trust, Communication, Alienation

**Identity commitment**

**Identity styles:**  
Informational, Normative, Diffuse/Avoidant

- Identity styles<sup>1</sup>: how people are different in the ways to address and solve identity related problems.
- Key descriptive words of 3 identity styles: Informational (Active), normative (Conform), and diffuse/avoidant (Procrastinate).
- Identity commitment is positively correlated with the first two identity styles and negatively correlated with the last style.
- Quality of relationship with parents affect one's choice of identity processing styles and identity commitment.
- Emerging adults frequently engage in identity exploration.

## Primary Goal

Investigating the relationships among each sub-aspects of quality of relationships with parents, identity styles, and identity commitment of emerging adults in mainland China.

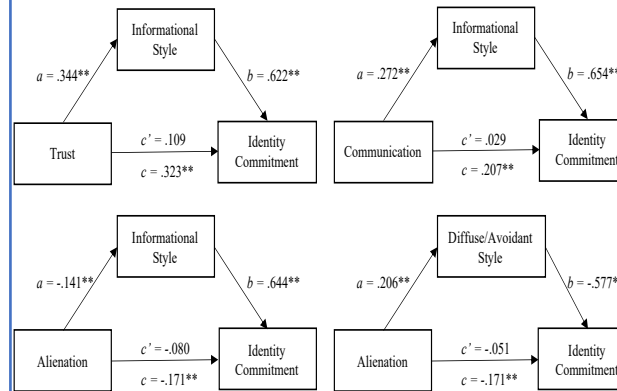
## Method

Part of Dr. Wang's project<sup>2</sup>

- Participants: 200 undergraduates in GZ
- Procedures: Online survey
- Measures:  
subscales of the Inventory of Parent and Peer Attachment (IPPA), and fifth version of Identity Style Inventory (ISI-5)

## Results

- Females have lower Alienation score.
- College students more likely to adopt informational style than the other two.
- No significant correlation between normative style and identity commitment.
- Some significant mediation:



## Discussion and Conclusion

- Girls tend to feel less emotional isolation from parents comparing to boys.
- Ample college experiences lead students' tendency to choose informational style.
- High level of collectivism and filial piety might be plausible reasons of the non-significant relationship between normative style and identity commitment.
- Positive relationship with parents encourage college students to choose more active identity style and foster them to reach identity commitment.

**Conclusion:** quality of relationships with parents played an important role in forming identity processing styles and shaping one's identity commitment.

## Acknowledgement

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## Reference

1. Berzonsky, M. D. (1989). Identity style: conceptualization and measurement
2. Wang, Q. (2011). College Student Values Project.