

# Consideration of Self-formation in Adolescence

– Focusing on social aspects, feeling “unsettled,” and personal identity –

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This study considers self-formation in adolescence. Each person is required to play some type of role in society. People sometimes feel unhappy because the roles they have to play can be different with their own personality. People build their self-identity somewhere between the role that they are required to play and their own personality.

By interviewing people in adolescence, this study finds that people lack awareness regarding their identity. Without awareness, the subconscious mind effects self-formation. People in adolescence waver between their social and personal identity, and they even feel like another person sometimes. Feelings of not fitting in can make people search for the answer of who they really are, and this promotes self-formation. Each interviewee exhibited that partners who they do not feel like another person themselves is different. Most of them were not raised by adults like their parents or teachers were, but they were raised by their friends. Thus, when we support people in adolescence, we should take into consideration their relationships with their friends.