

Processes that Structure Ways through Life in Adolescents

– Through stories told by select graduate students –

HATANAKA Juna

Graduate School of Science for Human Services, Ritsumeikan University

Keywords: life, adolescence, relationships, process

Amid the many difficulties of modern society, today's youth must navigate adolescence so as to become functioning adults. Especially after puberty, they often try to find their own way through life through various relationships with others. This study explores the processes that structure these ways through life concerning adolescence by focusing on relationships after puberty. This study considers what types of relationships give meaning to life and how they determine ways through life.

In this study, four graduate students answered two questionnaires and underwent an interview. Their responses were then analyzed via the Trajectory Equifinality Model (TEM), which aims to explore one's life history. The results of this study showed that the relayed experiences were deeply connected with ways through life. The results also indicated that two encounters were most important for the youth "to be themselves." One encounter involves being alone and navigating negative emotions, while the other involves spending time with adults that accept them as they are. This study also shows the importance of relationships with parents during childhood, providing a stable axis from which to build one's life. This paper concludes that all experiences are related to each other, and that these result in the formation of "one life."