

Abstract

The present study investigated puberty levels, emotion expression, identity styles, and behavior problems among adolescents. Sample consisted of 286 school adolescents which was further divided into male adolescents (n=136) and female adolescents (n=150). The participants were recruited through purposive sampling with age range from 12 to 16 years (M=14, SD=1.4). Sample was taken from both public and private schools. Pubertal Development Scale (PDS; Carskadon & Acebo, 1993), Emotion Expression Scale for Children (EESC; Penza-Clyve & Zeman, 2002), Identity Style Inventory-Sixth Grade reading level (ISI-6G; White, Wampler, & Winn, 1998), and Strengths and Difficulty Questionnaire (SDQ; Goodman, 1997) were used to measure puberty levels, poor awareness of emotions and expressive reluctance, identity styles, and behavior problems respectively. Pubertal Development Scale, Emotion Expression Scale, and Identity Style Inventory were translated into Urdu as per MAPI's guidelines. Findings suggested significant relationship between puberty levels, poor awareness, expressive reluctance, identity styles and behavior problems. Poor awareness and diffuse/avoidant style significantly positively predicted behavior problems. Furthermore, boys were found to have significantly higher expressive reluctance and diffuse/avoidant style than girls. The adolescent females in public schools had significantly higher peer problems. Gender significantly moderated the relationship between poor awareness and diffuse/avoidant style. Higher poor awareness in boys leads to increased use of diffuse identity style. The findings may be used to plan preventive strategies for behavior problems by enhancing emotion expression and encouraging exploration in adolescence.

Key words: Puberty, Emotion Expression, Identity Styles, Behavior Problems, Adolescents