

## Abstract

The main aim of the present study was to find out the relationship between identity crisis, emotional intelligence, and suicidal ideation in emerging adulthood. The sample of the study was 616 students recruited through stratified random sampling. The age range of the participants was 18-25 years ( $M = 21.05$ ,  $SD = 1.82$ ). Both male ( $n = 301$ ) and female ( $n = 315$ ) students were selected. The data was collected and analyzed using different inferential statistics. It was hypothesized that there is likely to be a relationship between identity crisis, emotional intelligence, and suicidal ideation in emerging adults. The measures included Personal Identity Crisis Scale (Ahmadi, 1999), Schutte Self-Report Emotional Intelligence Scale (Schutte, 1998), and Suicidal Ideation Scale (Ghafoor & Ijaz, 2013). The result revealed a significant relationship between identity crisis and suicidal ideation ( $r = .09$ ,  $p < .05$ ), and emotional intelligence and suicidal ideation ( $r = -.17$ ,  $p < .001$ ). Moreover, results from multiple hierarchical regression predicted suicidal ideation from emotional intelligence and identity crisis in emerging adults ( $F(2,613) = 14.28$ ,  $p < .001$ ). Significant gender difference was also found on identity crisis and revealed that men experience more identity crisis than women ( $t(614) = 3.42$ ,  $p = .001$ ). Similarly, significant difference was also found with respect to family income on identity crisis and it showed that students with low family income experience more identity crisis than students with high family income ( $F(5,610) = 2.20$ ,  $p = .05$ ). Identity crisis, emotional intelligence, and suicidal ideation are not related to demographic characteristics such as residential area, family type, stream, and years of BS. The current study helps to identify the possible dilemma that the emerging adults go

through at a particular time in their life. This dilemma leads to suicidal ideation which can be reduced by improving the emotional intelligence of the individuals.

*Keywords:* Identity crisis, emotional intelligence, emerging adults, suicidal ideation.