

Abstract

The present study purports to develop an indigenous identity scale and also develop an idiographic approach to explore identity of an individual. This research was conducted in three studies. In study I, identity scale was developed indigenously and its psychometric properties were also established. In Study II, Indigenous identity pattern scale (Naz & Ijaz, 2015), International Personality Item Pool (Goldberg, et al, 2006), Mental Health Inventory (Veit,2003), and Hazen and Shaver Attachment Questionnaire (Hazen & Shaver, 1987) were used to find out the relationship between identity, personality traits, mental health problems, and attachment styles. Study III was carried out to explore identity of referred and normal University students through an in-depth idiographic approach i.e. Repertory Grid Technique (RGT). Results revealed that extroversion is a strong predictor for clear and self-reliant identity and psychological well-being. Securely attached students are having more chances to develop clear identity and achieve well-being as compared to others. Further, neuroticism was found out as a predictor of passive-confused identity and psychological distress and its level is also higher among anxiously attached students. Neuroticism was also found out high among adolescents especially in women as compared to men. Through repertory grid, it was found out that referred students perceived more negative identity patterns among themselves and their relationships as compared to normal students. This study was an attempt to provide an insight into the relationship between identity, personality and different emotional issues faced by the students and it also provides a reliable and valid scale to counsellors and clinicians to assess identity among University Students and thus reducing future vulnerability of different emotional and psychological problems.

Keywords: Identity, Mental health problems, University students, Personality