Influence of Gender Characteristic on Transformation of The Adult Identity

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Abstract: The article presents the results of an empirical study aimed at identifying the influence of gender characteristics on transformation of the adult identity. It was revealed that identity is directly connected with gender characteristics of personality. It was found that gender characteristics, as well as sex, age, marital status and education have the most profound impact on the specificity of the transformation of adult identity. Criteria and specificity of crisis identity of the adult personality are considered. Criteria and specifics of the crisis identity of an adult are also examined.

Keywords: Gender, identity, identity crisis, adult personality

INTRODUCTION

The phenomenon of identity as the basis of subjectivity, represented by the balance of identifiable social roles that gives meaning to the individual's life, has a significant impact on the subject's ideas about himself / herself and others, his / her system of values, and also on the characteristics of social interactions. In modern Russia various sociocultural changes are taking place, which determine the transition from the integration of mental processes of a person in social space and time to an identity crisis, which is expressed in the uncertainty of awareness of his/her meaningful manifestation in society. These processes are the result of several public transformations, represented in the dominant position of the modern political elite, which is accompanied by the unpreparedness of society for changes. Happening transformations have a negative impact on the development of the individual, determining the loss of connectedness of life moments represented by the past, present and future, which prevents the integration of the diversity of the subject's self-identities into a single system.

A certain contribution to the formation of personality identity is made by gender features, which are an individual's awareness of the connection with sociocultural patterns of behavior of men and women in modern conditions (Andronnikova, Veterok: 2017; Bublik: 2013; Panchina, Fedoseeva, Andronnikov, Perevozkina: 2017). These relationships are characterized by the diversity and instability of gender options presented in modern society (Hoch: 2011). These gender options are due to biological differences inherent in the male and female sexes and social differences defined by gender (femininity, androgyny, masculinity) (Torgrimson, Minson: 2005; Bem: 2004). According to Tuguz (2015), constant changes in gender models determine the urgency of the problem of their specific impact on the transformation of the identity of an adult.

Erickson (2006), one of the psychologist who studied personality identity, described this psychological phenomenon as a significant indicator of an individual's functioning. The author believed that the transformation of identity includes two complementary processes: the unification of socio-psychological models of the subject's behavior and their manifestation during ontogenesis as images of the "I" in time and space. Tavitian-Elmadjian et al. (2019) notes that identity is defined as a story told about an individual, his / her past, present and future, about the connections between different moments of life. McLean & Pasupathi (2012) believe that identity as a generalized factor in the formation of an adult personality, represented by an interconnected semantic system of values and goals, has uneven and multiple character. Lawy (2003) believes that people use identity to describe both themselves and other people or groups of people. According to the author, identity is associated with person's social and structural changes, aimed at understanding themselves and the world. The author notes that identity is not just the result of changes in the subject, but in itself contributes to the processes that cause transformation.

The permanent nature of the subject's identity determines the variability of its emotional experience at different age periods. Jongman-Sereno & Leary (2018) believe that the intensity of emotional experiencing personality identity is determined by positive or negative self-image, as well as by the opinion of other people confirming or disproving the authenticity of the subject. Besides, as the modern research shows, the identity of an adult person manifests itself in various spheres of life and activity of the subject, in particular, in private life, society, the profession, etc. (Zomeren, Kutlaca, Turner-Zwinkels: 2018; Boer: 2008; McIntyre, Worsley, Corcoran, Woods, Bentall: 2018). Boulu-Reshef (2015) describes the specifics of personal and social identity, noting that identity is determined by the degree of integration of the individual with the social group and the level of emotional closeness between the members of the group with which the subject identifies himself / herself. Voci (2000)

believes that personal and social identity are determined by the influence of a social group, including its homogeneity or heterogeneity. In particular, the author notes that it is advisable to consider the intragroup and extragroup effects of homogeneity as two separate phenomena.

Gillett (2009) writes that identity reflects the complex involved reality, refracted by the subjectivity of the central nervous system. According to the author, human subjectivity is formed by internal processes that are adapted to the human mental world and embody the meaning of his / her life. Identity issues are associated with this complex and dynamic reality, reflecting the fact that biology, human ecology, culture, and the historical and political situation are inscribed in the neural network, determining the uniqueness and irreplaceability of mental phenomena. A number of modern foreign authors (Gómez, Vázquez: 2015) differentiate personal and social identities, noting that personal identity is a definition of oneself in terms of personal idiosyncratic attributes. In its turn, social identity assumes identifying oneself in terms of belonging to various categories or groups. Personal and social identity are often considered in psychosocial literature as two separate phenomena. Nevertheless, according to the authors, in the process of growing up, various identities of the person merge, which is due to the inclusion of the individual in social interaction.

Nario-Redmond et al. (2004) conducted an empirical study, which showed that personal and social identities are distinguished by a level of sameness which differentiates an individual as unique from others and by a level of social sameness through which an individual is determined by group membership. In contrast to points of view that emphasize the dependence of the self-concept on the context, this study developed a system for taking into account individual differences in the willingness of participants to classify themselves using group and personal self-categories, measured by the degree of importance.

The study by Bruner et al. (2017) showed that the specificity of social identity is determined by the following factors: inclusion in a particular social group affects the behavior of team members and team performance. The results of the study showed correlations of social identity with such psychological parameters as ownership, the subjective significance of group membership for an individual and attitude to this membership, social skills, initiative, goal setting. The results obtained by Bruner et al., extend the results of previous studies, emphasizing the benefits of social identity for team members behavior and team effectiveness, and demonstrate how social identity can contribute to positive self-attitude and attitude towards other people.

An empirical study by Hohman et al. (2016) extends previous work on social identity. The results of the study showed that people with a low level of social identity are more likely to identify themselves with a highly attractive group, and people with a high level of social identity are more likely to identify themselves with an insufficiently attractive group.

Because the transformation of identity is characterized by the continuity in time, its statuses can replace each other, passing from diffuse, predetermined identity to an autonomous one and in the reverse order. Marcia (2002) and Soldatova (2007) note that identity statuses are transformed in the process of ontogenesis, which is especially manifested during age-related crises, determining the specifics of a person's growing up or its infantilization. According to Soldatova (2007), identity as a mental structure of the personality, generalizing the subject's internal experience, implements functions such as control, evaluation and regulation in the process of ontogenesis. According to Kozlova (2015), identity can be understood as an individual's awareness of his / her own uniqueness in the past, present and future and its functioning in the sociocultural environment. According to Klochko & Lukyanova (2009), identity is determined by a number of social constraints, individual typological and psychological properties of the individual, including gender characteristics.

The relationship of personality identity with gender characteristics is due to the permanent desire of the individual to transmitting social gender stereotypes. Gulina et al. (2010) in their study showed that identity is influenced by gender behaviors, which, in the event of a discrepancy between personal characteristics and existing patterns, can determine the occurrence of intrapersonal conflicts leading to crisis identity. Wagoner et al. (2017) note that crisis identity is expressed in mental uncertainty associated with the difficulties of relating oneself to a particular social group.

The theoretical analysis of the influence of gender characteristics on the transformation of the identity of an adult has shown a number of limitations in describing the gender aspects of the studied psychological phenomenon in an adult, which determines the relevance of this empirical study.

METHODS

The identification of the influence of gender characteristics on the transformation of the identity of an adult took place step by step: determination of the sample of subjects, use of psycho-diagnostic techniques, and the analysis of the results.

At the beginning of the study, a sample of subjects was determined, among which residents of Russia with a Russian nationality. It was meant to determine the influence of gender characteristics specifically among the Russian adults in order to understand how their identity is transformed. The sample made up from one hundred seventy four (174) subjects (98 males and 76 females) aged from 24 to 53 years old. They were offered a printed

questionnaire, in which they wrote by hand their personal data according to the earmarked 2-3 gradations. These data, in its turn, acted as factors (independent variables) that measure various aspects of identity:

Sex as a biological characteristics of the subjects has two gradations:

1. Male;
2. Female;

Gender as a social characteristics of the subjects:

- Masculinity;
- Femininity;
- Androgyny;

Age:

- 24-33 years (emerging adulthood or youth);
- 34-43 years (middle adulthood);
- 43-54 years (maturity); (in this work, periodization of Soldatova (2007) was to determine the age ranges of an adult for the study of crisis identity, as the most consistent (developed for the entire period of adulthood));

Marital status:

- Married;
- Single;

Education:

- Higher education (graduate);
- Secondary education;
- Incomplete higher education (undergraduate).

The following psychodiagnostic techniques were used to study the gender characteristics of an adult. The Wiesbaden Inventory for Positive Psychotherapy and Family Therapy (WIPPF), developed by N. Peseshkian, X. Daydenbach, evaluates the characterological and personal features of spouses (or partners), as well as mechanisms for responding to conflicts. For each statement (out of 85 in total), the subjects should mark "yes", "rather yes", "rather no" or "no". The result of scoring (4 points for "yes", 3 - "rather yes", 2 - "rather no", 1 - "no") reflects the low, average and high marks on each scale separately.

The "Masculinity-Femininism" methodology developed by Bem (2004) contains 60 statements (qualities) that must be evaluated with the answer "yes" or "no". According to statements, the presence or absence of qualities that determine the degree of masculinity, femininity and androgynism of personality is noted. The value of the IS index (the main gender index) is calculated according to the formula $IS = (F - M) * 2.322$, where F is calculated as the sum of the scores for femininity / 20, M = the sum of the scores for masculinity / 20. The conclusion about masculinity is made when $IS < -2.025$, femininity - > 2.025, androgyny - from -1 to +1.

In accordance with the methodology "Personal and social identity" (author A.A. Urbanovich), the subjects marked statements (out of 96 presented) that corresponded to their current state and perception of themselves and the surrounding social world. Such statements are evaluated in one point and analyzed according to eight positions (for each position there are 12 statements): work, financial situation, state, inner world, health, family, people around, future, me and society. The results allowed us to determine an individual profile and characterize the identification.

WIPPF questionnaire contains 27 scales, each of which includes 3 statements; the exception is 2 statements for the scale "Me. Attitude to parents." Scales include: orderliness; cleanliness; punctuality; politeness; openness - honesty; achievement; reliability, thrift, obedience; justice; faithfulness; patience; time; contact; trust; hope; tenderness - sexuality; love; faith, religion, church; body - sensations; work; contacts; fantasy; I - attitude to father, mother and others; you; we; primary-we.

The standardized interview "Ego-Identity", proposed by Marcia (2002) (modified by G. and E. Aminev), reveals which independent orientation (status) of a person is predominant: diffuse identity, moratorium on achieving identity, predetermined identity and achieving identity. The prevalence of a specific orientation was determined after analyzing the answers according to two parameters: the presence or absence of a crisis, the presence or absence of identity units.

Analyses was based on the results of psychodiagnostic methods described above and was applied to dependent variables measuring various aspects of identity: identity statuses, personal and social identities, and mechanisms for responding to conflicts.

To study the influence of factors, as well as their joint influence on the studied dependent variables, we carried out one complex multivariate analysis of variance, including all factors. Moreover, it was multidimensional as several dependent variables were exposed by factors; herewith, as factors were analyzed separately as well as in interaction. The use of multivariate analysis of variance is allowed when variances are homogeneous, proved by the Leven criterion (the criterion was calculated by a computer statistical program). The study of the statistical significance of the difference between the mean variables was carried out using the statistical package SPSS.

Several hypotheses were tested: on the separate and combined influence of factors on the transformation of adult identity. Fisher's F-test was a criterion of the relationship between variability due to the action of each factor and their interaction, and random variability due to unaccounted factors. Higher values of the Fisher's F-test indicated a greater degree of variability. Herewith, the p-level of significance was taken into account as the probability of obtaining the distribution of values of a random variable. In calculating, the mean and standard deviation of the sample are selected as necessary to determine the difference from the mean value.

RESULTS AND DISCUSSION

The dispersion homogeneity, proved by the Leven criterion (at $p \geq 0.05$), was found to obtain the results of multivariate analysis of variance. The influence of such factors as sex (as a biological characteristics), gender (as a social characteristics) and age on a number of variables reflecting the status of identity, personal and social identity, and mechanisms for responding to conflicts is revealed. The combined influence of some factors was also recorded, which is presented in Table 1.

Table 1: Separate and combined influence of factors on the transformation of adult identity.

Factors	F	p
Sex	1,46	0,05
Gender	2,05	0,001
Age	1,63	0,00
Sex*Gender	1,44	0,02
Sex*Marital Status	1,53	0,04
Sex*Education	1,69	0,001
Gender*Marital status	1,33	0,05
Gender*Education	1,41	0,03

According to the results of multivariate analysis of variance, we found both a separate and joint influence of the "sex" factor on such indicators as trust, contacts, and the main gender index ($p \leq 0.05$). These data indicate that women are distinguished by higher openness indicators, a desire for dialogue in the process of conflict situation, and femininity (Table 2). The table includes differences only for factors having a significance level less than 5%. The data obtained are consistent with the theory of Bem (2004), according to whom femininity is represented by such personal characteristics as the need for close communication, sensitivity, sincerity, trustfulness, spontaneity, dependence on the opinions of close people, empathy, self-doubt, vulnerability, emotionality and indecision.

Table 2: Separate influence of factors on the transformation of adult identity.

Methods	Scales	Sex		Gender		Age	
		F	p	F	p	F	p
The Wiesbaden Inventory for Positive Psychotherapy and Family Therapy (WIPPF)	Trust	4,42	0,04	3,70	0,03	1,98	0,14
	Contacts in problem situations	4,44	0,04	0,23	0,80	0,13	0,88
Masculinity-Femininity	Main gender index	8,66	0,00	57,15	0,00	0,21	0,81
Personal and Social Identity	Work	0,02	0,89	3,70	0,03	2,47	0,09
	Financial wellbeing	0,72	0,40	4,10	0,02	3,61	0,03
	Future	0,07	0,80	7,04	0,00	4,06	0,02
Ego identity	Diffusion identity	0,16	0,69	4,41	0,01	1,62	0,20
	Identity achievement	1,66	0,20	4,43	0,01	0,70	0,50

In addition, multivariate analysis of variance revealed the influence of the independent variable "gender" on the following indicators: trust, diffuse identity and identity achievement, as well as areas of manifestation of identity, such as work, financial wellbeing and the future ($p \leq 0.05$). The obtained data suggest that feminine respondents have a more pronounced tendency to trust other people than masculine ones. It was also revealed that masculine subjects demonstrated the identity achievement, which characterizes them as individuals experiencing an internal identity, which manifests itself in the understanding of life moments as a continuing sequence of certain events. In turn, feminine respondents are prone to diffuse identity, indicating a loss of connectedness in their lives. In addition, feminine subjects are more likely to experience a crisis of social

identity in areas such as work and financial security, compared to masculine respondents. It was also found that feminine respondents are prone to a crisis of personal identity in such a sphere of its manifestation as the future. This indicates that feminine respondents are not satisfied with their social and financial situation, as well as with the prospects for their activities and life in general.

The inclusion of the "age" factor showed its influence on the sphere of manifestation of identity, in particular, financial security and the future ($p \leq 0.05$). As it turned out, subjects aged 34-43 years are more confident in their future and are satisfied with their financial situation.

The Table 3 presents the results of multivariate analysis of variance for the interaction of dependent variables ($p \leq 0.05$).

Table 3: The combined influence of factors on the transformation of adult identity.

Variables	Sex* Gender		Sex* Marital status		Sex* Education		Sex* Age		Gender* Marital status		Gender* Education	
	F	p	F	p	F	p	F	p	F	p	F	p
Honesty – Openness	0,21	0,81	**3,74**	**0,01**	0,24	0,95	0,90	0,48	0,85	0,52	0,59	0,78
Sexuality – Tenderness	**3,51**	**0,03**	0,73	0,54	1,23	0,30	1,46	0,21	0,63	0,68	1,41	0,20
Body sensations	1,87	0,16	**2,94**	**0,03**	0,91	0,47	1,67	0,15	**2,26**	**0,05**	0,63	0,75
Activity	**3,34**	**0,04**	0,70	0,55	0,43	0,83	0,59	0,71	1,29	0,27	0,75	0,65
Contacts	0,69	0,50	**5,37**	**0,00**	1,39	0,23	1,28	0,28	0,67	0,65	0,70	0,69
Imagination – Future	0,47	0,63	2,52	0,06	0,89	0,49	0,85	0,51	**2,51**	**0,03**	0,99	0,45
Main gender index	0,13	0,88	**3,42**	**0,02**	**2,78**	**0,02**	**2,97**	**0,01**	**24,48**	**0,00**	**14,62**	**0,00**
Femininity	0,40	0,67	1,16	0,32	0,59	0,71	**2,50**	**0,03**	0,90	0,48	0,36	0,94
Masculinity	0,38	0,68	0,19	0,90	2,15	0,06	**2,56**	**0,03**	0,74	0,59	1,83	0,08
Work	**3,18**	**0,04**	0,57	0,63	1,53	0,18	1,76	0,12	**3,37**	**0,01**	**1,91**	**0,06**
Financial security	**5,36**	**0,01**	1,51	0,21	1,06	0,38	**2,83**	**0,02**	**2,83**	**0,02**	1,63	0,12
Internal world	**3,01**	**0,05**	1,37	0,25	1,13	0,34	1,40	0,23	1,61	0,16	0,93	0,49
Future	2,67	0,07	0,97	0,41	0,66	0,65	**2,72**	**0,02**	**4,35**	**0,00**	**2,11**	**0,04**
Me and society	1,19	0,31	**2,76**	**0,04**	1,36	0,24	2,00	0,08	**2,62**	**0,03**	0,86	0,55
Diffuse identity	**2,64**	**0,03**	**2,67**	**0,05**	1,26	0,28	1,40	0,23	**3,34**	**0,01**	**2,48**	**0,01**
Moratorium for identity achievement	0,44	0,65	2,37	0,07	1,22	0,30	**2,04**	**0,05**	1,43	0,22	0,74	0,66
Identity achievement	**2,74**	**0,02**	**2,65**	**0,05**	0,59	0,70	0,76	0,58	**4,39**	**0,00**	1,27	0,26

Through the multivariate analysis of variance, a joint effect of the independent variables "sex" and "gender" was found on the following indicators: sexuality - tenderness, activity, identity status, as well as such areas of manifestation of identity as work, financial security, inner world ($p \leq 0.05$). It was revealed that diffuse identity prevails in feminine men, which characterizes them as subjects experiencing the absence of meaningful coherence of their lives. Also, in this category of respondents, indicators of personal and social identity are reduced in such areas of its manifestations as work, financial wellbeing and the internal world, which indicates that feminine men experience crisis identity more intensively than other groups of subjects. It can be assumed that the obtained results are due to an intrapersonal conflict between objective and subjective representations of feminine men about themselves. Based on the theory of Soldatova (2007), it can be argued that this conflict can be determined by the mismatch of the individual typological characteristics of feminine men and the socially desirable image of a modern man. At the same time, it is important to note that in subjects of this category, compared with masculine and androgynous men, a rather high indicator on the "sexuality - tenderness" scale is noted. This may be due to the fixation of feminine men on physical contact, allowing them to overcome the crisis of identity by demonstrating their sexuality. In addition, the crisis of identity in such areas as work and financial wellbeing can be caused by a crisis in the inner world of men of this category. To a lesser extent, identity crises are experienced by masculine men who have higher rates of achieved identity compared to men and women with other gender characteristics.

In its turn, the most pronounced identity crisis is manifested in feminine women who have high rates of diffuse identity. Feminine women are also fixed on their sexuality and bodily contact. Accordingly, the identity crisis is more pronounced among male and female feminine respondents, which can be explained by the spread in society of masculine image that includes motivation for achievement, determination, inner strength, rationality. In this regard, the experience of crisis identity among feminine respondents is more destructive in nature, due to a pronounced mismatch with sociocultural stereotypes. Therefore, the mismatch of the psychological characteristics of the subjects with the social model intensifies the identity crisis.

Also, by means of multivariate analysis of variance, the joint influence of the factors "marital status" and "gender" was found on the following indicators: acceptance, body - sensations, imagination, sexuality, activity, diffuse identity and identity achievement, as well as areas of manifestation of identity, such as work, financial security, future, Me and society ($p \leq 0.05$). It was revealed that married feminine subjects who have a family have the lowest rates of acceptance and fantasy, as well as the highest rates of bodily sensations. This indicates that such feminine respondents have psychosomatic disorders, rigidity, pessimism. In addition, this group of subjects shows low indicators of personal identity in the field of planning their future, as well as personal identity in relation to work, social and financial situation. Feminine subjects also showed the highest diffuse identity and the lowest identity achievement. It follows that married feminine men with a family are more prone to identity crisis. It can be assumed that the discrepancy between the individual image and the socially desirable stereotype of behavior in combination with the family situation leads to a crisis of identity.

In addition, by means of multivariate analysis of variance, the joint influence of the factors "education" and "gender" was found on the following indicators: diffuse identity, as well as such areas of identity manifestation as work, future ($p \leq 0.05$). It was revealed that feminine respondents with incomplete higher education are more prone to crisis identity in the professional sphere and in the sphere of planning their lives. Respondents in this category also have high rates of diffuse identity. It follows that having a higher education may be one way to reduce the identity crisis.

Multivariate analysis of variance allowed us to identify the combined effect of the factors "age" and "gender" on the following indicators: main gender index, moratorium for identity achievement, as well as on such areas of manifestation of personal and social identity as the future and financial security ($p \leq 0.05$). It was found that women aged 34-43 years are more satisfied with their financial situation and life prospects, compared to men and women of other age groups. Subjects in this category are also in a stable stage of experiencing identity. Hence, it follows that the specific features of the transformation of the identity of an adult personality are most pronouncedly influenced by gender characteristics, as well as gender, age, marital status and educational.

CONCLUSIONS

The results of the study revealed a separate and joint effect of such variables as gender, sex, age, marital status and education on a number of parameters that reflect the identity of an adult, including crisis identity. It was revealed that the masculine subjects demonstrated the achieved identity, which characterizes them as individuals experiencing an internal identity, which manifests itself in the understanding of life moments as a continuing sequence of certain events. In its turn, feminine respondents are prone to diffuse identity, indicating a loss of connectedness in their lives. In addition, feminine respondents are not satisfied with their social and financial situation, as well as with the prospects for their profession and life in general.

It was discovered that diffuse identity prevails in feminine men. Also, in this category of respondents, indicators of personal and social identity are reduced in such areas of its manifestations as work, financial wellbeing and the internal world, which indicates that feminine men experience crisis identity more intensively than other groups of subjects. It can be assumed that the results obtained are due to an intrapersonal conflict between objective and subjective representations of feminine men about themselves. Also, an identity crisis is expressed in feminine women who have high rates of diffuse identity. Accordingly, the identity crisis is more pronounced among male and female feminine respondents, which can be explained by the spread in society of masculine image that includes motivation of achievement, determination, inner strength, rationality. In this regard, the experience of crisis identity among feminine respondents is more destructive in nature, due to a pronounced mismatch with sociocultural stereotypes. The mismatch of the psychological characteristics of the subjects with a social pattern determines the intensification of the identity crisis.

In addition, feminine married man and woman respondents with a family have low indicators of personal identity in the field of planning their future, as well as personal identity in relation to work, social and financial situation. Feminine subjects also showed the highest diffuse identity and the lowest identity achievement. It follows from this that the discrepancy between the individual image and the socially desirable stereotype of behavior in combination with the family situation leads to a crisis of identity. It was revealed that feminine respondents with incomplete higher education are more prone to crisis identity in the professional sphere and in the sphere of planning their lives. Respondents in this category also have high rates of diffuse identity. Consequently, the specific features of the transformation of the identity of an adult personality are most pronouncedly influenced by gender characteristics, as well as sex, age, marital status and educational level. As a

result, intrapersonal conflict has a great importance for the formation of crisis identity, due to the mismatch of gender perception of oneself with the socially approved image of man and woman.

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