



## Abstract

The goal of the study was to identify, discuss, and combat Identity Crisis among Black college students. Ages 18-25. Consequently, this event was conducted via Zoom and facilitated by a professional who specializes in this area. Moreover, the study will utilize and analyze pre and post surveys to determine if there was any change in knowledge, attitudes, or behaviors of attendees.

## Background/Purpose

The period of identity crisis happens during the fifth stage of Erikson's stages of development. During the crisis, a person experiments with different roles and identities. At the end of this stage of development, a person either resolves the crisis and has a firm identity or has identity confusion. In Erikson's theory, an identity crisis is a normal, predictable part of healthy development. The concept has since become popular, and many people now use it to describe any phase in which a person questions themselves. For example, people may say that a midlife crisis is an identity crisis, that they are having an identity crisis if they cannot decide on a career, or may report an identity crisis after graduating college or another major life change. According to Erik Erikson's eight stages of development, an identity crisis happens as a part of normal development. Each of Erikson's eight stages features a conflict between two opposing values. During the fifth stage, in adolescence, a person must choose between identity and identity confusion. This stage features an identity crisis. During an identity crisis, a person "tries on" different identities and ways of being. They may question their family's values and cultural norms, and begin developing their own system of values and unique personality, separate from their family. [1]

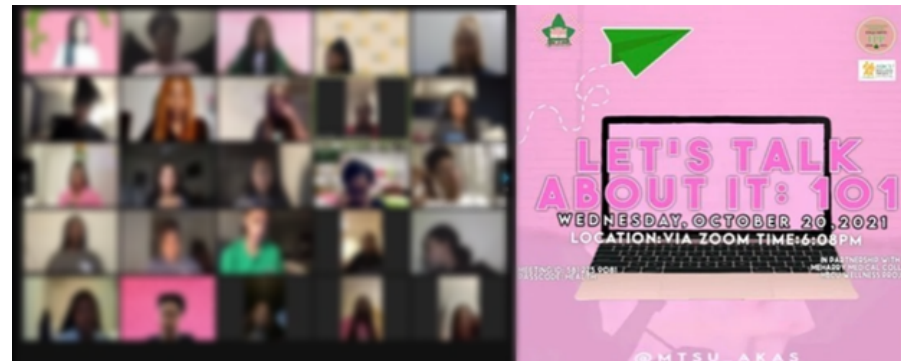
Black students, that have struggled with ethnic identity, can have antagonistic mental health challenges that include depressing thoughts and suicidal tendencies. Moreover, statistics have shown that the fewer Black college students are in touch with their identity, which cause depressive and suicidal thoughts to occur (American Psychological Association). As a result, the purpose of this study was to educate Black college students regarding Identity Crisis. In fact, a special emphasis was focused on shedding light on early symptoms, combatting this disparity, and healing/coping strategies.

## Methods

Prior to the event, participants were recruited via social media. Also, before starting the event, an informed consent form was administered. Next, the pretest was obtained from the participants prior to the Identity Crisis presentation. Also, to ensure participants' pre- and posttest were matched, there was a section on both tests for attendees to list their first, middle, and last initial along with the numerical portion of his/her street address so that no identifying information is captured. Subsequently, the presenter shared information on Identity Crisis among college students. Afterward, a posttest was issued to find if there was an increase of knowledge regarding the subject.

## Conclusions

100% of the participants were able to recognize a sign of identity crisis and typical/standard treatment options for identity crisis. Additionally, over 50% of the participants were aware of the reason (s) people who suffer from identity crisis are reluctant to seek help and could identify the wrong symptoms/types of self-awareness/identify crisis.



## Student Lessons Learned

The lessons learned from this research and intervention include: (1) a difference can be made by educating individuals on health disparities he/she were unfamiliar and words have power; (2) using technology is extremely valuable to reach a larger audience as well as it can be paramount to executing safety measures during a national pandemic

## Sources

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## Community Partners

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TN-MMC HBCU Wellness Project  
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