

## RELATIONSHIPS BETWEEN STRESS RESPONSE AND EGO-IDENTITY IN ADOLESCENTS

**ABSTRACT:** In this research we will analyze the correlation between stress response and Ego-identity, which contributes to understanding the relations of different variables with identity development at adolescents. The sample consisted of 286 high school respondents. The Extended Objective Ego-Identity Scale (EOMEIS-2) was used to measure Ego-identity, which contains four status: foreclosure, achievement, diffusion identity and moratorium. Another instrument used in this study is The Impact of Event Scale Revised (IES-R) and it measures subjective responses to specific traumatic events that occurred seven days previous, especially responses to intrusions, avoidance and hyperarousal. First, we conducted correlation analysis of four identity status and stress responses. The results indicate that there is a positive correlation between Moratorium and Foreclosure identity with all scales of reaction to stressful events, Identity Diffusion is related to Avoidance, and the lowest correlation is observed between Identity Achievement and Hyperarousal. Furthermore, in order to analyze the relationship between stress responses and identity status, we used regression and canonical correlation analysis. In the scales of Intrusion and Avoidance, the Moratorium is shown as the only significant predictor, and in the case of Hyperarousal, the Moratorium and the Foreclosure Identity status represent significant predictors. Using canonical correlation analysis we identified two significant functions: the first was determined by Moratorium and Avoidance, and the second by Identity Diffusion and Hyperarousal. The results are discussed in the direction of the relations between stressful events, crisis and identity status, which provides guidelines for further research on the correlations of stressful, traumatic events and identity development.

**KEY WORDS:** development, Ego-identity, stress, response.