



# Identification with the Dimensions of Emerging Adulthood as a Predictor for Cognitive Flexibility with controlling for Age.

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# Literature Review

- **Cognitive Flexibility** refers to the ability to adapt one's thinking in order to manage task-switching, problem-solving or change in circumstance or environmental demands (Dziak, 2024).
- This occurs through a variety of neural networks, primarily within the prefrontal, parietal and striatal regions of the brain, amongst others. The most active part in the brain during this process is the prefrontal cortex, as it involves the Dorsolateral Prefrontal Cortex, the Ventrolateral Prefrontal Cortex and the Orbitofrontal Cortex.
- Arain et al. (2013) concluded in a review that full **brain maturation** typically occurs in the mid-late twenties, supporting the advancement of executive function such as reasoning, self control and cognitive flexibility that characterise emerging adulthood
- **Emerging Adulthood** (18-29) as defined by Arnett (2000) is a stage in development characterised by exploration of identity, instability and a sense of broad possibilities derived by the modern lifestyle that has delayed prospects such as marriage and stable career to the over 30s.
- Arnett's (2000) theory proposes delayed transitions into traditional adult roles have extended this developmental period.

# Variables

## Independent Variables (IV)

Identification with the Dimensions of Emerging Adulthood (IDEA Scale):

- Identity Exploration
- Experimentation/ Possibilities
- Self-Focus
- Feeling 'In-Between'
- Other-focus

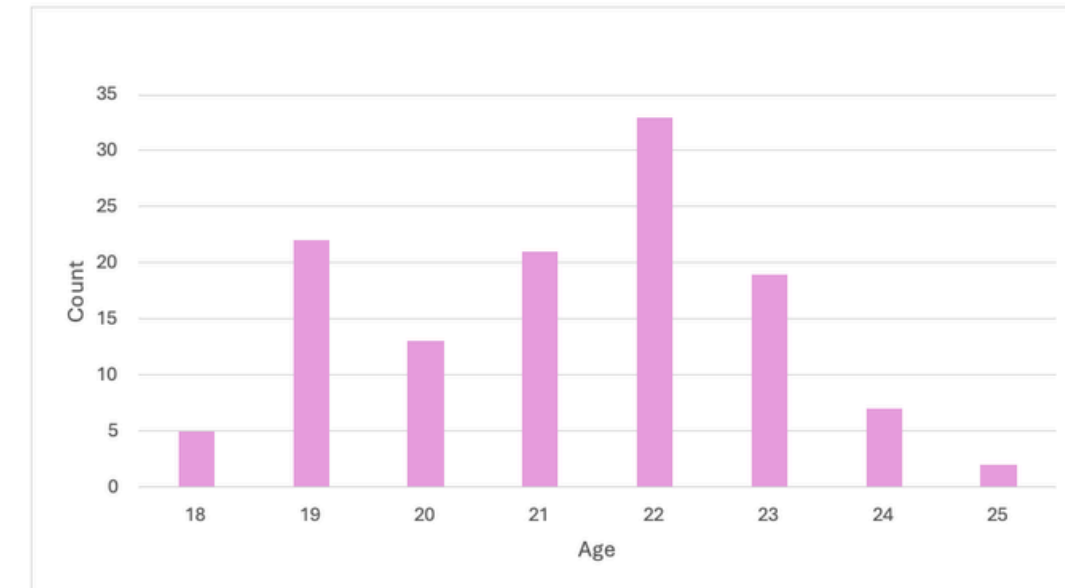
Age

## Dependent Variables (DV)

Cognitive Flexibility

**Figure 1**

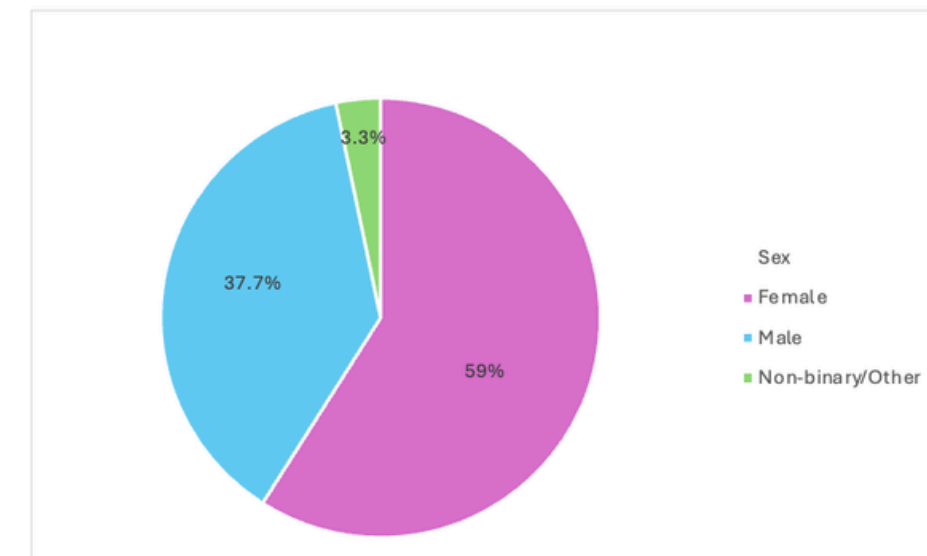
*Participant Age Distribution*



*Note: N = 122*

**Figure 2**

*Participant Gender Distribution*



*Note: N = 122, Female N=72, Male N=46, Non-binary/Other N=4.*