

# Research Question

*Does identification with the dimensions of emerging adulthood predict cognitive flexibility beyond the effect of age?*

# Hypotheses

*Hypothesis 1: Stronger identification with the dimensions of emerging adulthood will be associated with higher levels of cognitive flexibility.*

*Hypothesis 2: Age will be significantly associated with cognitive flexibility.*

*Hypothesis 3: Individual dimensions of emerging adulthood will significantly predict cognitive flexibility after controlling for age.*

# Research Design

- Quantitative, cross-sectional correlational design
- Sample: 122 participants aged 18–25
- Recruitment: Convenience and snowball sampling

## Measures:

- Inventory of the Dimensions of Emerging Adulthood (IDEA)
- Cognitive Flexibility Scale (CFS)

## Analysis:

- Pearson correlations
- Multiple regression analyses

# Key Results

- Identification with Emerging Adulthood significantly predicted Cognitive Flexibility.
- Positive correlation between Emerging Adulthood and Cognitive Flexibility:
  - $r = .356, p < .001$
  - Age was not a significant predictor of Cognitive Flexibility.
  - Individual Emerging Adulthood dimensions correlated with Cognitive Flexibility, but none uniquely predicted Cognitive Flexibility when analysed together.
- Overall findings suggest subjective developmental experience is more important than chronological age in predicting CF.

**Figure 3**

Scatterplot showing the linear positive correlation between Cognitive Flexibility and Identification with the dimensions of Emerging Adulthood.

