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RESEARCH ARTICLE

Emerging Adulthood in Türkiye: Psychometric Evaluation of the IDEA-TR and Demographic Differences among Turkish Emerging Adults

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ABSTRACT

This study aims to update the psychometric properties of the IDEA-TR Scale, which is used to assess dimensions of emerging adulthood, and to investigate differences in IDEA dimensions based on demographic variables. Study 1 (n = 735) examined the psychometric properties of the IDEA-TR to test its validity and reliability within the Turkish context. In Study 2 (n = 321), demographic differences in IDEA-TR scores were tested using statistical analyses. Data were collected in 2023 from a total sample of 1056 emerging adults (694 females, 362 males) aged 18-30. Correlation of IDEA-TR subdimensions and total scores with perceived stress, life satisfaction, depression, and anxiety scores were calculated. The results of the exploratory factor analysis (EFA) revealed a six-factor solution (explaining 59.21% of the variance), which was confirmed by confirmatory factor analysis (CFA) results, and the total scale demonstrated good internal consistency (α = .84). The six-factor structure identified in the present study aligns more closely with the original IDEA model than with the previous Turkish adaptation, reflecting updated psychometric evidence. Convergent validity analyses showed significant relationships between the IDEA-TR scores and perceived stress, life satisfaction, depression, and anxiety. MANOVA results indicated significant effects of gender, relationship status, parental status, residency, subjective adulthood, and education on IDEA factors. Follow-up analyses indicated that individuals in committed relationships and parents exhibited lower self-focus, whereas subjective adulthood was a strong predictor of emerging adulthood experiences. Women scored higher on feeling in-between, identity exploration, and negativity/instability. Findings suggest the IDEA-TR is a valid and reliable tool and highlight differences in experiences of emerging adulthood across demographic characteristics in Türkiye.

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Introduction

In the 21st century, the transition to adulthood has extended due to prolonged education, late career entry, and evolving social norms (Arnett, 2024). Macro-level circumstances such as economic uncertainty also add to later markers of independence, partnership, and parenthood. This extended period—during which the individual (18-29) does not qualify as an adolescent or an adult—has been labeled emerging adulthood (Arnett, 2000). It is most prevalent among urban, university-educated populations (Arnett, 2024; Arnett et al., 2014), as seen in Türkiye, where delayed marriage and extended education track this pattern (Atak & Çok, 2010).

The Inventory of the Dimensions of Emerging Adulthood (IDEA) measures six dimensions: identity exploration, possibilities, instability, self-focus, feeling in-between, and other-focused (indicating transition out of this phase) (Reifman et al., 2007). *Identity exploration* is the most characteristic feature of this period. Emerging adults attempt to discover who they are by exploring various *possibilities*, particularly in the areas of work and romantic relationships. The instability dimension reflects the frequent changes in life and the reconsideration of life plans that result from the process of identity exploration. Emerging adults are no longer under the daily control of their parents and school, but they have not yet taken on adult responsibilities such as marriage and parenthood. Therefore, this period is defined as a process in which individuals focus more on their lives and personal development (Arnett, 2004). Emerging adults do not feel like they are fully adolescents or adults. When asked if they have reached adulthood, they often describe *feeling in between*, responding with, "In some ways yes; in some ways no." This period is one of many future *possibilities.* It is often filled with hope and optimism (Arnett, 2024). The sixth dimension that emerged in the IDEA scale studies is *other-focused*. It is considered the opposite or complement of *"self-focused*" and refers to individuals developing responsibility and commitment toward others (Reifman et al., 2007). The IDEA is conceptualized around these core developmental characteristics, and higher subscale scores indicate greater amounts of each construct.

The emerging adulthood theory has emerged as a result of major demographic changes over the past half-century, such as the rise in the age of marriage and parenthood and the increased length of education (Arnett, 2000; Arnett et al., 2014). According to Arnett (2000), this period is the stage of life with the most intense demographic variability. Demographic characteristics are more predictable after age 30, as most individuals are married and working, whereas during adolescence, most individuals are in school live with their families. In contrast, the 18–29 age range is a non-normative and highly diverse process (Arnett, 2000). The heterogeneity in education, living arrangements, and employment status indicates that the emerging adulthood experience does not follow a standard pattern but is shaped by the individual's demographical context (Arnett, 2007). Therefore, examining the demographic conditions (gender, employment status, relationship status, etc.) of individuals provides for a better understanding of the dimensions of emerging adulthood (identity exploration, self-focus, etc.).

Although widely studied in the U.S. (Arnett & Mitra, 2020; Lisha et al., 2014), cross-cultural translations reveal varying factor structures (Sánchez-Queija et. al., 2018; Zagórska et al., 2023). Yerofeyeva et al. (2024) suggested a five-factor solution for collectivistic nations; however, there are variations in the Chinese (Kuang et al., 2023), (Leontopoulou et al., 2016), and Turkish (Atak & Çok, 2008) versions. For example, the "other-focused" dimension has not emerged as a distinguishing factor in relatively more collectivist cultures such as Türkiye and Greece where responsibility toward others is considered a lifelong normative expectation. Variations may be explained by cultural, economic, and social changes (Yeler et al., 2024), calling for new assessments. The present research reassesses the Turkish IDEA to incorporate recent experiences. Since Turkish society blends Western and Eastern cultural elements, this blend is likely to influence the experiences of emerging adults. The Turkish version of the IDEA, studied earlier by Atak & Çok (2008), identified three factors: negativity/instability, experimentation/self-focus, and exploration/feeling in between. Data from 296 individuals aged 15-34 were collected, with a higher percentage of women (57.1%) than men. Items with low factor loadings in the other-focused factor were removed from the Turkish version, along with eight items due to cross-loading. The final adapted scale comprised 20 items, with a Cronbach's α coefficient of .81. The results revealed that emerging adulthood in Türkiye is experienced within a structure shaped by family relationships and social norms (Atak & Çok, 2008). Atak (2005) divided the Turkish sample into three age groups: 15-18, 19-26, and 27-34, then conducted ANOVA to compare the IDEA mean scores. People aged 19-

26 exhibited higher scale scores, indicating the presence of emerging adulthood in Türkiye, aligning with the existing literature.

This pioneering study made a significant contribution to Turkish emerging adulthood research by being one of the first to investigate the concept and adapt the IDEA into Turkish. However, the initial adaptation study had notable limitations. These limitations can be broadly categorized as methodological and contextual. Methodological limitations include issues related to sample size and the absence of confirmatory factor analysis and convergent validity testing. Contextual limitations mainly relate to the homogeneity of the sample and potential sociocultural changes influencing emerging adulthood experiences over time.

To elaborate, its sample size did not appear sufficient to reach generalizable findings. In the literature, there are various recommendations regarding sample size. Some (e.g., Comrey & Lee, 1992, p. 217) suggest a minimum number of samples, while others (e.g., Osborne & Costello, 2004; Tinsley & Tinsley, 1987) emphasize the case for ratios. Osborne and Costello (2004) examined the sample size and sample ratio effects in principal component analysis (PCA), and underlined that EFA and PCA are large-sample techniques, and it is not proper for researchers to use a small sample size when doing EFA or PCA even if the number or ratio of samples meets any of the criteria in the literature. They, like Devellis (2017), recommend that the larger the sample size, the more reliable the results are for these analyses. Thus, when all these are taken into consideration, it can be concluded that a relatively small sample was used in the initial adaptation study.

Furthermore, the first adaptation was not very generalizable due to its non-heterogeneous sample consisting only of high school, college, graduate students, and some health professionals without any non-student representation. The sampling problem affected generalizability and necessitated a revised version with more heterogeneous characteristics. Psychometrically, there were absent convergent validity analyses and confirmatory factor analysis (CFA), which compromised the original validation. Additionally, as societies develop and go through numerous economic, political changes along with collective traumatic experiences, cultural features (Akaliyski et al., 2025) and emerging adults' experiences might shift, requiring periodic updates to the scale. Examination of this scale using under-studied populations (e.g., NEETs) is especially significant.

Thus, the main aim of this study is to update the validity and reliability of the Turkish version of the IDEA using a larger and more heterogeneous sample of Turkish emerging adults to be able to capture a clearer picture of today's generation in Türkiye. Study 2 will also explore correlations between IDEA dimensions and demographic variables (gender, relationship/parental status, residency, education, employment) and perceived adulthood responses, which reflect emerging adulthood experiences in today's changing conditions. In line with this aim, the following hypotheses will be tested:

1. The Turkish adaptation of the IDEA (IDEA-TR) will demonstrate a factor structure consistent with the original scale, supporting its construct validity.
2. The IDEA-TR will show statistically significant relationships with perceived stress, life satisfaction, depression, and anxiety, indicating convergent validity.
3. The Turkish adaptation of the IDEA will demonstrate adequate internal consistency, indicating reliability.
4. Scores on the IDEA-TR will differ across demographic variables (e.g., gender, relationship status, parental status, education, and subjective adulthood).

Consequently, this study updates the previous Turkish adaptation by examining demographic variations in emerging adulthood dimensions and providing new psychometric evidence for the IDEA-TR, which is based on a larger and more heterogeneous sample.

Method

This research is a scale adaptation study examining the psychometric properties of the IDEA-TR. In addition to assessing its validity and reliability, demographic differences in emerging adulthood dimensions were also investigated. Study 1 examined the validity and reliability of the measure. Exploratory and confirmatory factor analyses were used to assess construct validity. The correlations between IDEA factor scores and stress,

depression, anxiety, and life satisfaction were reported for convergent validity. Internal consistency coefficients were calculated to evaluate reliability. Study 2 investigated differences in the IDEA scores across demographic variables using comparative statistical analyses.

Participants and Procedures

The research was carried out on 1,056 participants, both students (n = 662; 62.7%) and non-students (n = 394; 37.3%) who were aged 18-30 (M = 23.79, SD = 3.20). 66% of the participants were female (n = 694) and 34% were male (n = 362). 57% of participants (n = 603) were unemployed, and 43% of them (n = 453) were employed. Participants were determined by convenience sampling, taking into account the criteria of "being between ages of 18–30". Convenience sampling is the inclusion of individuals who are easily accessible and available for the study (Fraenkel et al., 2023). Demographic characteristics of the participants are presented in Table 1.

For factor analyses, the sample was divided into two samples Sample 1 (n = 735) included 494 women (67.2%), 241 men (32.8%) with a mean age of M = 24.33 (SD = 3.24); Sample 2 (n = 321) included 200 women (62.3%), 121 men (37.7%) with a mean age of M = 24.33 (SD = 2.77).

Data were collected through the Demographic Information Form, Inventory of the Dimensions of Emerging Adulthood, Perceived Stress Scale, Life Satisfaction Scale, and depression and anxiety subscales from Brief Symptom Inventory. Data collection took place between April and August 2023 through online surveys (Google Forms distributed via messaging apps and social networking sites) and in-person questionnaires (workplaces, parks, etc.). Those who willingly agreed to take part in the study were informed about the aims of the study and were not required to provide any personal identifying information. Informed consent was obtained from the participants. It would typically take about 15 minutes to complete all the questionnaires. The study was approved by the Scientific Research and Ethical Review Board of the university to which one of the authors is affiliated (Signature Date: 09.02.2023 and REF: 17162298.600-40).

Table 1. Demographic Characteristics of the Participants

Variables	Category	n	%
Gender	Female	694	65.7
	Male	362	34.3
Current education	Non student	394	37.3
	High school student	16	1.5
	Associate student	45	4.3
	Undergraduate student	458	43.4
	Master's student	102	9.7
	Doctoral student	41	3.9
Having a job	Yes	453	42.9
	No	603	57.1
Living (with)	Alone	125	11.8
	Parents	581	55.0
	Family (wife/husband and children)	116	11.0
	Partner (girlfriend/boyfriend)	30	2.8
	Friend	58	5.5
	Sibling/Cousin	41	3.9
	In Dorm	105	9.9
Relationship status	Not having a romantic relationship	545	51.6
	In a romantic relationship	367	34.8
	Engaged	36	3.4

	Married	108	10.2
Parental status	Not having children	1013	95.9
	Has at least one child	43	4.1
Feeling like an adult	No	39	3.7
	In some ways yes and in some ways no	595	56.3
	Yes	422	40.0
Total		1056	100.0

Measurement Tools

Demographic Information Questionnaire

This researcher-developed questionnaire includes items about gender, age, education, income, employment, occupation, parenthood, residence, and perceived adulthood**.**

Inventory of the Dimensions of Emerging Adulthood (IDEA)

The IDEA was developed by Reifman et al. (2007) and uses a 4–point Likert scale. Total scores ranged in this study from a high of 124 to a low of 31. The six subdimensions are "identity exploration," "experimentation/possibilities," "negativity/instability," "self-focused," "other-focused," and "feeling in between." The items present experiences related to emerging adulthood. Higher scores on all subscales indicate greater levels of the related emerging adulthood characteristics. Total and subscale scores were both used in the analyses. Participants are asked to consider an average five-year period of their lives (the present time, the past few years and the next few years). The IDEA, which has been adapted in many countries and cultures, was adapted into Turkish by Atak and Çok in 2008. Translation, back-translation and pilot study was made for the original adaptation study (Atak & Çok, 2008). In their study, a three-factor structure was found instead of the six-factor structure found in the original version and eleven items were removed. The factors were named "Negativity/Instability", "Exploration/Feeling in Between" and "Experimentation/Self-focused". Test-retest reliability coefficients were reported as .78 for the first factor, .76 for the second factor, .82 for the third factor and .81 for the total scale. The present study used the full original 31-item scale, adapted with the translation of Atak & Çok (2008) to update the tool.

Perceived Stress Scale (PSS)

PSS, which was developed by Cohen et al. (1983) to measure perceived stress, has three versions with different item numbers. The 10–item version with the best psychometric properties, Perceived Stress Scale–10, was adapted into Turkish by Örücü and Demir (2009). The Turkish version of the PSS-10 has two factors called perceived helplessness and perceived self-efficacy and items are rated on a 5-point scale (0 = "*never*", 4 = "*very often*"). Total scores range from 0 to 40, with higher scores indicating greater overall distress. The Cronbach's α internal consistency coefficient obtained from the total scores of the scale was reported as .84. The internal consistency of the scores obtained from the perceived self-efficacy factor of the scale is .68 and the internal consistency of the scores obtained from the perceived helplessness factor is .85. The factors show moderate correlations with variables such as depression, anxiety, academic difficulties, relationship problems, and health problems. In this study, the reliability value of the scale was found as .68.

Life Satisfaction Scale (LSS)

Life Satisfaction Scale, developed by Diener et al. (1985) is a one-dimensional and 5-item measurement tool. Each item is evaluated according to a 7–point scale (1 = "*strongly disagree"*, 7 = *"strongly agree"*). Higher scores indicate greater life satisfaction. The scale was adapted into Turkish by Köker (1991). As a result of the reliability studies of the scale test-retest consistency coefficient was .85 and item-test correlations were calculated between .71 and .80. In this study, the internal reliability value of the scale was found as .85.

Brief Symptom Inventory (BSI) – Depression and Anxiety Subscales

The depression and anxiety subscales of the Brief Symptom Inventory (BSI) were used in this study. The BSI was developed by Derogatis in 1975. This inventory has 9 subscales and some additional items, totalling 53 items. It is scored on a five-point Likert type scale (0 = "*not at all",* 4 = *"extremely"*). Subscale scores were calculated by dividing the total score of each subscale by the number of items. Higher scores indicate higher levels of depressive and anxiety symptoms. The study of the validity and reliability of this inventory in the Turkish language was carried out by Şahin and Durak (1994). The depression subscale used in this study consisted of 12 items, and the Cronbach's α coefficient for this scale was .88. The anxiety subscale has 13 items and the Cronbach's α coefficient for this subscale was .87 (Şahin & Durak, 1994). In this study, the internal reliability value was .94, and .90 for depression and anxiety subscales, respectively.

Data Analysis

The statistical analyses of the data obtained from the study were conducted using IBM SPSS 22.0 (Statistical Package for the Social Sciences), jamovi, Mplus, and the R programming language. In Study 1, exploratory and confirmatory factor analyses (EFA and CFA) were performed to examine the validity of the scales, while internal consistency (Cronbach's Alpha) and McDonald's ω reliability were calculated for reliability. While conducting EFA, principal component extraction with oblique (promax) rotation was used as an exploratory method. Since dimensions were theoretically expected to be correlated with each other, promax rotation was chosen. For assessing the CFA results, Chi-square (χ^2), the χ^2/df ratio, SRMR, RMSEA, GFI, CFI, IFI, NNFI, and RFI were used following widely accepted cutoff values (Kline, 2005; Schermelleh-Engel et al., 2003). Additionally, item analysis was conducted. A confidence interval of 95% was adopted for the analysis. In Study 2, Multivariate normality was assessed using Henze-Zirkler's test, which indicated a violation of the assumption (HZ= 1.82, $p < .001$). Forty-one multivariate outliers identified via Mahalanobis distance were excluded. Additionally, Box's M test revealed that the homogeneity of variance-covariance matrices was not met ($p < .001$). To account for these violations, a Robust MANOVA approach was employed, utilizing Pillai's Trace statistic due to its stability against assumption infractions. MANOVA was conducted to examine the effects of demographic variables on the IDEA factors, followed by follow-up ANOVA and Tukey HSD tests to assess group differences.

Results

Study 1

In the context of Study 1, exploratory and confirmatory factor analyses were first conducted. Subsequently, tests of construct validity, convergent validity, and reliability were performed.

Exploratory Factor Analysis

Assumptions of Exploratory Factor Analysis (EFA) were checked prior to analysis. The dataset contained no missing values. After outlier detection using Mahalanobis distance, 50 cases were excluded. Kaiser-Meyer-Olkin (KMO) coefficient and Bartlett's test of sphericity were calculated to check sample adequacy and assumptions of normality and multicollinearity. Results indicated that data were suitable for factor analysis (KMO = .90, $\chi^2 = 8346.55$, $p < .001$).

To determine the number of factors, parallel analysis (Horn, 1965) based on Monte Carlo simulation was used and six factors were extracted. During the EFA analysis, four items (items 5, 7, 10, and 22) were removed sequentially due to high uniqueness, low factor loadings, or failure to load on any factor. Parallel analysis and EFA were then repeated on the remaining 27 items.

Ultimately, the final KMO value .89 ($\chi^2 = 6940.57$; $df = 351$; $p < .001$), indicating good sampling adequacy. The six factors cumulatively explained 59.21% of the total variance, and each factor had an eigenvalue above 1.00, consistent with the Kaiser criterion (Kaiser, 1960). Also, the scree plot also supported the six-factor solution (see Figure 1). These factors were labeled Negativity/Instability, Identity Exploration, Experimentation/Possibilities, Self-Focused, Feeling In Between, and Other-Focused (see Table 2).

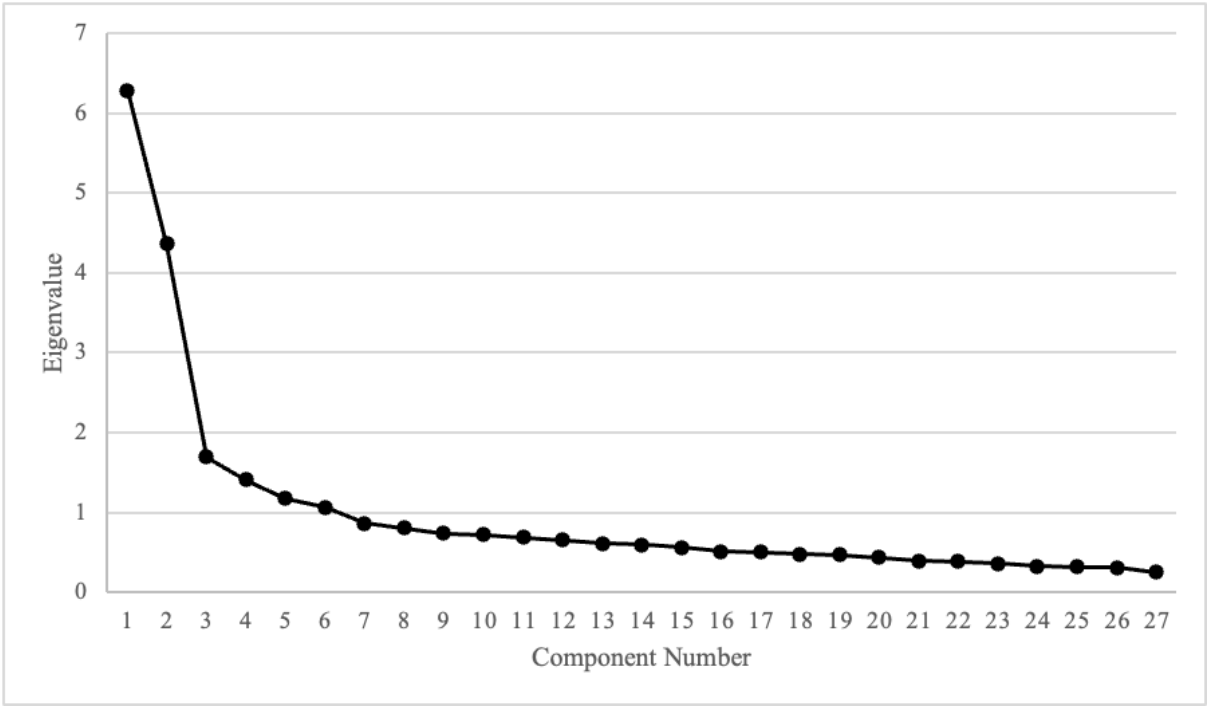


Figure 1. Scree plot

Table 2. Initial Eigenvalues and Percentage of Variance Explained from Exploratory Factor Analysis

Factor	Initial Eigenvalues	% of Variance	Cumulative %
NI	6.281	23.263	23.263
IE	4.364	16.162	39.426
EP	1.695	6.279	45.704
SF	1.407	5.211	50.916
FIB	1.174	4.349	55.264
OF	1.066	3.948	59.212

Note. NI: Negativity/Instability; IE: Identity Exploration; EP: Experimentation/Possibilities; SF: Self Focused; FIB: Feeling in Between; OF: Other Focused

The rotated six-factor solution closely resembled the original conceptualization of EA dimensions. The four deleted items were originally part of the Self-Focused factor (items 5, 7, 10, and 22; see Table 3).

Within the IDEA-TR model, items loaded on Negativity/Instability (3, 6, 8, 9, 11, 17, 20), Other-Focused (13, 14, 18), and Feeling In-Between (29, 30, 31) were in line with the original factor structure. While the original scale had five items for Experimentation/Possibilities (1, 2, 4, 16, 21), this study retained four of them, excluding item 16, which was linked to the Self-Focused factor. The Self-Focused dimension, which had six items originally (5, 7, 10, 15, 19, 22), had four in this study (15, 16, 19, 23). Item 23 (time of separating from parents), originally assigned to Identity Exploration, was later assigned to Self-Focused. Identity Exploration then had six items instead of seven.

The revised scale consists of 27 items and six factors, with no reverse-coded items. Item loadings range from .52 to .80. Although the original scale had 31 items, this study identified a 27-item structure. Both subscale and total scores can be analyzed. However, items under the Other-Focused factor should not be included in the total score, as this subscale reflects the opposite of self-focus (i.e., an increase in "other focus" suggests a shift beyond EA characteristics). Total scores range from 24 to 96, with higher scores indicating more salient

features of emerging adulthood. There is no cutoff score, and factor correlations should be computed. The highest correlation was between Identity Exploration and Experimentation/Possibilities (r = .48), and the lowest was between Identity Exploration and Other-Focused (*r* = –.02). No significant correlation was found between Negativity/Instability and Experimentation/Possibilities (*r* = –.02).

Table 3. Rotated Component Matrix of IDEA-TR

	Component					
	NI	**IE**	**EP**	**SF**	**FIB**	**OF**
IDEA8	.839					
IDEA9	.775					
IDEA17	.767					
IDEA20	.756					
IDEA3	.740					
IDEA11	.736					
IDEA6	.664					
IDEA27		.911				
IDEA26		.850				
IDEA28		.686				
IDEA24		.677				
IDEA12		.590				
IDEA25		.540				
IDEA2			.887			
IDEA1			.804			
IDEA4			.613			
IDEA21			.521			
IDEA15				.688		
IDEA23				.675		
IDEA16				.591		
IDEA19				.571		
IDEA31					.780	
IDEA29					.704	
IDEA30					.592	
IDEA14						.801
IDEA18						.590
IDEA13						.529

Note. Extraction Method: Principal Component Analysis. Rotation Method: Promax with Kaiser Normalization. Rotation converged in 6 iterations.

NI: Negativity/Instability, IE: Identity Exploration, EP: Experimentation/Possibilities, SF: Self Focused, FIB: Feeling in Between, OF: Other Focused

Confirmatory Factor Analysis and Second-Order CFA

Confirmatory factor analysis (CFA) was employed to assess the fit of a six-factor model to the 27-item correlation matrix. In Structural Equation Modeling (SEM), the most commonly used fit indices are Chi-square (χ^2), the χ^2/df ratio, GFI, AGFI, RMR, RMSEA, and CFI. A χ^2/df ratio of 5 or less is acceptable, as indicated by Kline (2005). Moreover, values of GFI, AGFI, NFI, NNFI, and CFI above .90 suggest a fit, whereas RMR and RMSEA values less than .05 suggest an excellent fit, and less than .08 suggest a reasonable fit (Schermelleh-Engel et al., 2003). These criteria were applied in the analysis.

The initial CFA demonstrated a moderate model fit: χ^2/df = 4.41, p < .001; SRMR = .11; RMSEA = .10, p = .000; GFI = .91; CFI = .90; IFI = .92; NNFI = .91; RFI = .88; Hoelter's critical N (α = .05) = 83.26; (α = .01) = 87.60. Despite the χ^2/df value being in the acceptable range, changes were done according to theoretical rationale and modification indices, given the reality that emerging adulthood is a life stage characterized by radical uncertainty and experimentation with various possibilities (IDEA1~~IDEA2, IDEA26~~IDEA27, IDEA9~~IDEA4, IDEA3~~IDEA4, and IDEA4~~IDEA17).

After adopting these modifications, the model fit improved: χ^2/df = 2.74, p < .001; SRMR = .08; RMSEA = .07, p = .000; GFI = .96; CFI = .96; IFI = .96; NNFI = .94; RFI = .94; Hoelter's critical N (α =.05) = 133.97; (α =.01) = 141.13. While the model did not achieve an exceptional fit, the results indicate that the six-factor model is an acceptable representation of the data.

The path coefficients ranged from .31 to .88; Kline (2005) states that values equal to or greater than .30 are acceptable, and all item loadings were significant at the .001 level.

A second-order confirmatory factor analysis (CFA) was also conducted (see Table 4).

Table 4. Second-Order Factor Loadings

							95% Confidence Interval	
Factor	**Indicator**	**Symbol**	**Estimate**	**Std. Error**	**z-value**	**p**	**Lower**	**Upper**
SecondOrder	Factor1	γ11	.134	.035	3.768	< .001	.064	.203
	Factor 2	γ12	3.501	1.090	3.211	< .001	1.364	5.638
	Factor 3	γ13	.715	.054	13.246	< .001	.609	.821
	Factor 4	γ14	.861	.070	12.358	< .001	.725	.998
	Factor 5	γ15	.791	.055	14.463	< .001	.684	.898
	Factor 6	γ16	.565	.063	8.991	< .001	.442	.689

All six factors made significant contributions to the variance of the construct at p < .001, with NI scale making the smallest and the IE scale making the largest contribution. Fit indices again indicated acceptable fit: χ^2/df = 4.04, p < .001; SRMR = .10; RMSEA = .082, p = .000; GFI = .91; CFI = .90; IFI = .92; NNFI = .89; RFI = .90; Hoelter's critical N (α = .05) = 90.80; (α = .01) = 95.54. Reliability and AVE scores of subscales are shown below.

Table 5. *CFA Reliability Values*

Variable	α	ω_t	ω_h	ω_s	AVE
NI	.89	.85	.85	.86	.58
IE	.87	.77	.77	.78	.53
EP	.72	.26	.26	.26	.36
SF	.73	.69	.69	.70	.46
FIB	.73	.66	.66	.66	.49
OF	.57	.50	.50	.49	.31

As seen in Table 5, the reliability of all subscales except for the OF scale is at the acceptable range. In terms of AVE values, only the NI, IE, and FIB scales are at or above the acceptable range of .50. The lowest AVE value is observed in the OF scale.

Convergent Validity

Emerging adulthood is marked by instability in careers, education, relationships, and living arrangements, leading to stress and potential depression (Arnett et al., 2014; Cusack et al., 2013). However, it also offers opportunities and possibilities associated with higher life satisfaction (Negru, 2012). The IDEA was evaluated to see if it captures these aspects accurately, using scales for stress, anxiety, depression, and life satisfaction. Correlations between IDEA-TR dimensions and convergent validity variables can be seen in Table 6.

Table 6. Convergent Validity

	PSS	Depression	Anxiety	Life Satisfaction
IDEA-TR	.18*	.18*	.17*	−.08
Negativity/Instability (NI)	.49**	.47**	.41**	−.37**
Identity Exploration (IE)	ns	ns	ns	ns
Experimentation/Possibilities (EP)	−.18*	−.18*	−.13*	.24**
Feeling in Between (FiB)	−.08*	ns	ns	ns
Self-Focused (SF)	.13*	.08*	ns	ns
Other-Focused (OF)	ns	ns	ns	.13*

Note. PSS = Perceived Stress Scale; * $p < .05$, ** $p < .01$; ns = non-significant.

Reliability and Item Analysis

The total score of the scale and Cronbach's α for all subscales except SF and OF were found to be above .70 (IDEA-TR: .84, $p < .01$; NI: .86, $p < .01$; IE: .84, $p < .01$; EP: .82, $p < .01$; FIB: .71, $p < .01$; SF: .65, $p < .01$; OF: .52, $p < .01$). A similar pattern was observed in McDonald's ω values (IDEA-TR: .84, $p < .01$; NI: .86, $p < .01$; IE: .84, $p < .01$; EP: .82, $p < .01$; FIB: .71, $p < .01$; SF: .66, $p < .01$; OF: .53, $p < .01$) and greatest lower bound values for all items exceeded .90. All coefficients were significant, and at acceptable or high levels. The results of the item analysis showed that except for items 6 and 14, all items had significant correlations of .20 and above with the scale scores. Additionally, the Cronbach's α and McDonald's ω values for each item were found to be higher than .70. Therefore, it can be stated that all items were reliable (see Table 7).

Table 7. Frequentist Individual Item Reliability Statistics

Item	If item dropped			Item-rest correlation	$\bar{x}$	*SD*
	McDonald's ω	Cronbach's α	Greatest Lower Bound			
IDEA1	0.841	0.839	0.925	0.220	2.673	0.912
IDEA2	0.838	0.836	0.922	0.307	2.814	0.913
IDEA3	0.830	0.833	0.921	0.406	3.143	0.924
IDEA4	0.834	0.832	0.922	0.425	2.905	0.952
IDEA6	0.845	0.844	0.927	0.118	2.337	1.084
IDEA8	0.835	0.835	0.922	0.344	3.169	0.948
IDEA9	0.832	0.834	0.922	0.367	2.853	1.007
IDEA11	0.834	0.835	0.923	0.343	2.574	1.032
IDEA12	0.832	0.830	0.920	0.481	3.059	0.985
IDEA13	0.843	0.841	0.924	0.203	2.333	1.045
IDEA14	0.844	0.842	0.928	0.136	2.807	0.957
IDEA15	0.836	0.835	0.923	0.337	2.950	0.951
IDEA16	0.833	0.832	0.922	0.453	3.125	0.857
IDEA17	0.831	0.834	0.921	0.378	2.881	1.019
IDEA18	0.839	0.837	0.926	0.300	2.842	0.923
IDEA19	0.836	0.835	0.925	0.363	3.301	0.809
IDEA20	0.830	0.833	0.922	0.422	3.210	0.896
IDEA21	0.834	0.833	0.923	0.414	3.154	0.881
IDEA23	0.837	0.835	0.923	0.351	2.850	1.088
IDEA24	0.828	0.829	0.919	0.559	3.218	0.820
IDEA25	0.833	0.831	0.922	0.480	3.439	0.765
IDEA26	0.830	0.828	0.920	0.556	3.253	0.860

Item	If item dropped			Item-rest correlation	$\bar{x}$	*SD*
	McDonald's ω	Cronbach's α	Greatest Lower Bound			
IDEA27	0.831	0.831	0.920	0.472	3.140	0.952
IDEA28	0.830	0.829	0.919	0.571	3.433	0.748
IDEA29	0.833	0.834	0.924	0.391	3.294	0.871
IDEA30	0.833	0.832	0.922	0.464	3.336	0.800
IDEA31	0.836	0.836	0.925	0.325	2.872	1.007

Study 2

For Study 2, differences between the dimensions of the IDEA scale and demographic variables such as gender, relationship status, parental status, residency, educational status, and employment, as well as perceived adulthood responses, were tested.

Table 8. The Findings of MANOVA Pillai's Trace for Dimensions of the IDEA by Demographic Variables

Effect		Value	F	*df*	*p*	η2
Gender	Pillai's Trace	.050	9.0913	1	.000	.000
Relationship Status	Pillai's Trace	.110	6.5516	3	.000	.000
Parental Status	Pillai's Trace	.022	3.9293	1	.000	.000
Residency	Pillai's Trace	.061	1.7811	6	.002	.000
Subjective Adulthood	Pillai's Trace	.174	16.3373	2	.000	.000
Education	Pillai's Trace	.031	2.7377	2	.001	.000
Having a Job	Pillai's Trace	.010	1.8510	1	.086	.000

MANOVA was conducted to determine the effect of gender, being in a relationship, being a parent, residence, subjective adulthood, level of education, and having a job on IDEA factors. Pillai's trace was used because of unequal variances across groups. Multivariate effects were found to be significant for gender, relationship status, being a parent, living, subjective adulthood, and education, but employment did not show a significant effect and was not further tested with post-hoc ANOVAs.

Table 9. Fixed-Effects ANOVA Results Using Negativity/Instability as the Criterion

Predictor	Sum of Squares	*df*	Mean Square	*F*	*p*	partial η2	partial η2 90% CI [LL, UL]
(Intercept)	8899.92	1	8899.92	359.71	.000		
Gender	435	1	434.7	17.58	.006	.01	[.00, .02]
Relationship Status	135	3	45.1	1.82	.141	.00	[.00, .01]
Parental Status	10	1	10.0	0.40	.526	.00	[.00, .00]
Residency	221	6	36.9	1.49	.178	.01	[.00, .01]
Subjective Adulthood	1065	2	523.3	21.51	.000	.04	[.02, .06]
Education	46	2	23.20	0.93	.392	.00	[.00, .01]
Error	25533.89	1032	24.74				

Note. LL and UL represent the lower-limit and upper-limit of the partial η2 confidence interval, respectively.

On the negativity/instability factor, there were significant differences for gender and subjective adulthood. Men had less negativity/instability than women ($p < .001$), and individuals who felt fully adult reported fewer negative experiences than those who felt "in some ways yes, in some ways no" ($p < .001$) and "no" ($p < .01$).

Table 10. Fixed-Effects ANOVA Results Using Identity Exploration as the Criterion

Predictor	Sum of Squares	*df*	Mean Square	*F*	*p*	partial η2	partial η2 90% CI [LL, UL]
(Intercept)	7432.12	1	7432.12	574.44	.000		
Gender	301	1	301.12	23.27	.000	.02	[.01, .04]
Relationship Status	394	3	131.21	10.14	.000	.00	[.00, .00]
Parental Status	66	1	66.30	5.12	.023	.00	[.00, .01]
Residency	63	6	10.46	0.80	.563	.00	[.00, .01]
Subjective Adulthood	53	2	26.61	2.05	.128	.00	[.00, .01]
Education	9	2	4.59	0.35	.701	.00	[.00, .00]
Error	13352.15	1032	12.94				

Note. LL and UL represent the lower-limit and upper-limit of the partial η2 confidence interval, respectively.

For identity exploration, gender, relationship status, and parental status had significant differences. Men engaged in less identity exploration than women ($p < .001$), and married individuals had lower scores than romantic relationship participants ($p < .001$) or those who were engaged ($p < .05$).

Table 11. Fixed-Effects ANOVA Results Using Exploration/Possibilities as the Criterion

Predictor	Sum of Squares	*df*	Mean Square	*F*	*p*	partial η2	partial η2 90% CI [LL, UL]
(Intercept)	2490.69	1	2490.69	361.50	.000		
Gender	9	1	8.63	1.25	.263	.00	[.00, .01]
Relationship Status	108	3	35.86	5.20	.001	.00	[.00, .01]
Parental Status	33	1	35.39	4.84	.027	.00	[.00, .01]
Residency	22	6	3.74	0.54	.775	.00	[.00, .00]
Subjective Adulthood	34	2	16.83	2.44	.087	.01	[.00, .01]
Education	51	2	25.33	3.67	.025	.01	[.00, .02]
Error	7110.38	1032	6.89				

Note. LL and UL represent the lower-limit and upper-limit of the partial η2 confidence interval, respectively.

For the exploration and possibilities dimension, marital status was significant. Participants who were married had less exploration experience compared to those who were not in a romantic relationship ($p < .001$) or in a relationship ($p < .01$). No significant differences were found for parental status or education.

Table 12. Fixed-Effects ANOVA Results Using Self Focused as the Criterion

Predictor	Sum of Squares	*df*	Mean Square	*F*	*p*	partial η2	partial η2 90% CI [LL, UL]
(Intercept)	2812.86	1	2812.86	448.39	.000		
Gender	2	1	1.62	0.25	.611	.00	[.00, .01]
Relationship Status	100	3	33.35	5.31	.001	.00	[.00, .00]
Parental Status	83	1	82.80	13.19	.000	.01	[.00, .02]
Residency	130	6	21.59	3.44	.002	.02	[.00, .02]

Subjective Adulthood	48	2	24.23	3.86	.021	.01	[.00, .02]
Education	40	2	20.01	3.18	.041	.01	[.00, .02]
Error	6474.03	1032	6.27				

Note. LL and UL represent the lower-limit and upper-limit of the partial η2 confidence interval, respectively.

For self-oriented experiences, relationship status, residence, subjective adulthood, and schooling were identified. Married individuals were less self-oriented than non-marital relationship participants ($p < .001$) and then those without relationships ($p < .01$). Parents were less self-oriented than non-parents ($p < .01$), and participants living with parents were less self-oriented than participants living alone ($p < .05$). Participants who felt more adult indicated more self-focus than participants who felt less adult ($p < .05$). Level of education was not significantly different.

Table 13. Fixed-Effects ANOVA Results Using Feeling In Between as the Criterion

Predictor	**Sum of Squares**	***df***	**Mean Square**	***F***	***p***	**$_{partial}$ η2**	**$_{partial}$ η2 90% CI [LL, UL]**
(Intercept)	1699.59	1	1699.59	487.31	.000		
Gender	108	1	107.57	30.84	.000	.01	[.00, .02]
Relationship Status	52	3	17.45	5.00	.001	.01	[.00, .02]
Parental Status	10	1	9.66	2.76	.096	.00	[.00, .01]
Residency	47	6	7.84	2.24	.036	.01	[.00, .02]
Subjective Adulthood	450	2	224.82	64.46	.000	.11	[.08, .14]
Education	1	2	0.46	0.13	.877	.00	[.00, .00]
Error	3599.29	1032	3.49				

Note. LL and UL represent the lower-limit and upper-limit of the partial η2 confidence interval, respectively.

For the in-between feeling factor, gender, relationship status, residency, and subjective adulthood were significantly different. Women scored higher than men ($p < .001$), and married people felt less "in-between" than people without relationships ($p < .01$) or in less formal relationships ($p < .001$). Although residency was significant ($p < .05$), post-hoc analyses revealed no significant group differences. Those reporting "in some ways yes" to being adult had higher scores in "in-between" feelings than those scoring "no" ($p < .01$) or "yes" ($p < .001$).

Table 14. Fixed-Effects ANOVA Results Using Other Focused as the Criterion

Predictor	**Sum of Squares**	***df***	**Mean Square**	***F***	***p***	**$_{partial}$ η2**	**$_{partial}$ η2 90% CI [LL, UL]**
(Intercept)	888.67	1	888.67	217.80	.000		
Gender	0	1	0.00	0.00	.983	.00	[.00, .00]
Relationship Status	179	3	59.73	14.64	.000	.02	[.01, .03]
Parental Status	7	1	7.38	1.80	.178	.00	[.00, .01]
Residency	34	6	5.63	1.38	.219	.00	[.00, .01]
Subjective Adulthood	91	2	45.46	11.14	.000	.02	[.01, .04]
Education	48	2	24.25	5.94	.002	.01	[.00, .02]
Error	4211	1032	4.08				

Note. LL and UL represent the lower-limit and upper-limit of the partial η2 confidence interval, respectively.

For the other-focused aspect, relationship status, perceived adulthood, and education differed. Singles or those who were engaged or married were more other-focused compared to singles or those in open relationships ($p < .01$). Those who felt adult were more other-focused compared to those who felt "yes in some ways" ($p < .01$)

and "no" ($p < .001$), and those who felt "yes in some ways" were higher in other-focused compared to those who felt "no" ($p < .05$). College graduates were more other-focused than current students ($p < .01$).

Overall, results of study 2 indicated significant multivariate effects of gender, relationship status, parental status, residency, subjective adulthood, and education on IDEA factors, while having a job was not significant. Follow-up ANOVA and post-hoc tests revealed that individuals in committed relationships or with parental responsibilities scored lower on self-focused and feeling in-between, but higher on other-focused. Subjective adulthood was a strong predictor, with those feeling fully adult reporting lower emerging adulthood experiences. Gender differences were also observed, with women scoring higher on feeling in-between, identity exploration, and negativity/instability, aligning with previous cross-cultural findings.

Discussion

The present study re-examined the psychometric properties of the Turkish version of IDEA (IDEA-TR) in response to significant sociocultural and economic transformations affecting young people worldwide. Almost two decades have passed since the first study was conducted in Türkiye (Atak & Çok, 2008). Since then, the average age of first marriage has risen (Turkish Statistical Institute [TURKSTAT], 2023a), and time spent in education (TURKSTAT, 2023b) and the average time to find the first job for young people has increased (TURKSTAT, 2023c). In addition to these societal shifts, the earlier Turkish adaptation (Atak & Çok, 2008) had notable limitations, particularly concerning its sample and psychometric robustness. When comparing the findings of the 2008 study with the present one, the current revision delineated a six-factor model, aligning more closely with the original IDEA structure. This divergence likely stems from differences in sample characteristics and broader cultural changes over time. A sample of 296 people with a mean age of 24.2 was included in that study. It seemed nearly balanced in terms of gender (57,1% female), more than 25% of the sample was out of the age range for emerging adulthood concept; they were either younger than 18 or older than 30. The sample included college and graduate students, research assistants, and as well as high school students and doctors who were out of the age range. On the other hand, in the current study, more than a thousand people were included in the sample with a mean age of 23.79 (SD = 3.20), and 66% were female. Our sample only consisted of people between 18-30, and it did not only include university students, but also non-university contact, and working people. Therefore, it seemed important to conduct an updated scale revision study that encompassed a broader range of individuals, including both students and employed individuals, and focuses on contemporary Turkish emerging adults. Factor analysis results showed that the previous Turkish version of the IDEA had three factors, *negativity/instability, experimentation/self-focused, and exploration/feeling in between*, and 11 items were dropped from the Turkish scale. However, there was no CFA conducted to confirm the structure of the scale, and also no validity variables were used. Hence, it appeared necessary to turn the adapted scale into a more contemporary version that possesses enhanced psychometric properties.

When comparing the findings of the 2008 study with the present one in terms of their factor structures, the current revision study delineated a six-factor model comprising negativity/instability, identity exploration, experimentation/possibilities, feeling in between, self-focused, and other-focused dimensions. Notably, this factor configuration closely mirrors the original structure of the IDEA, unlike the initial adaptation study. The observed disparity between the two studies employing the IDEA-TR may stem from differences in sample characteristics. In the current update, researchers encountered challenges in recruiting a demographically diverse and contemporaneous participant pool amidst evolving cultural dynamics and social frameworks. In the context of Türkiye, socioeconomic development and modernization have likely exerted greater influence on the experiences of emerging adults (Bağcı, 2020; Gonul & Wängqvist, 2021) since the initial study period, potentially accounting for the divergence in factor structures observed over time. To take a close look at the dropped items in two studies, item 5 "*time of personal freedom*", and item 7 "time of responsibility for yourself," and item 10 "*time of optimism*" is seen in the intersection set. In the revised Turkish version, in addition to items 5, 7, and 10, item 22 *"time of focusing on yourself"* was eliminated since they had either low factor loadings or their uniqueness was high. The variations among the omitted items in both versions could be seen as a compelling indication of the necessity to update IDEA-TR. The revised version may provide a more comprehensive depiction of emerging adulthood, as it retains many items that were excluded in the initial 2008 study.

In addition to the reasons concerning methodology and sample selection, the evolution from the three factors originally proposed to the current six-factor model also suggests variations in the experience of emerging adulthood in Turkey. The clear distinction among Identity Exploration, Experimentation/Possibilities, In-Between, Self Orientation, Other Orientation and Negativity/Instability supports the conclusion that the experiences of emerging adults in Turkey may represent a more complex and diverse array of experience and identity development than previously thought or theorized about Turkish emerging adults. The Theory of Emerging Adulthood (Arnett, 2000, 2024) suggests that these dimensions represent different developmental themes. The salience of these dimensions and their organization will be influenced by the sociocultural context. Therefore, since there was a return to a factor structure which appears quite similar to the original IDEA model, it appears likely that the sociocultural factors documented (e.g., prolonged educational processes; delayed transition to marriage and stable work; extended reliance on family financial support) affecting Turkish's developmental characteristics of Emerging Adulthood have created a phenomenon where the developmental characteristics of Emerging Adulthood can now be observed as distinct psychological constructs.

Culturally specific development scenarios also could be described by the factor structure on the inventory. A large literature reports that people with both individualistic and collectivistic values in societies often have a balance of personal autonomy with strong relational commitments (Triandis, 2001). Therefore, the presence of self-focused and other-focused dimensions in the present research argues for this dual cultural orientation of Turkish young adults, who pursue personal growth but also honour their family and societal commitments to others. Analyses of the IDEA across cultures reveal that communities with collectivistic orientations and transitional societies experience differences in the factor structure of the IDEA in terms of how they define and experience autonomy, relatedness, and transitions in their lives (Gonul & Wängqvist, 2021; Yerofeyeva, 2024).

The instability and negativity dimension could represent the greater importance of structural uncertainty in young people's experience. Economic fluctuations, competitive labor markets and rapid social change are cited as major contextual factors influencing youth development in Türkiye (Bağcı, 2020). In contexts such as these, instability and exploration are sometimes experienced simultaneously (or coexist), but they also can be understood psychologically as separate facets of transitioning into adulthood. This may explain why in the present study the separate factor of exploration and separate factor of instability were found to have emerged from one another. The six-factor structure identified in the current study indicates that Turkish emerging adults are transitioning into and through emerging adulthood differently than ever before, with both the influence of global trends and the local sociocultural context shaping their experiences. Therefore, contemporary Turkish emerging adults appear to be experiencing their transition into adulthood as both a distinctly complex period of development (e.g., exploration, relational commitments and structural uncertainty), all of which are related to one another but also different from one another.

The transfer from using a three-factor to a six-factor approach, in addition to explaining how such differences occur with regard to method and sampling, has significant theoretical importance concerning how we can understand the development of emerging adulthood in Türkiye.

Furthermore, numerous events have happened in Türkiye since 2008. Turkish emerging adults have been exposed to many global and national traumas and struggles in recent years such as the COVID-19 pandemic (Cam et al., 2022) as experienced around the globe, the Türkiye-Syria earthquake in 2023 (Can Gür, 2024), and the financial crisis and related consequences such as large ratios of unemployment of people in their 20's and ratio of NEET (OECD, 2025), so their optimism and future hopes might be affected on a collective level. Therefore item 10 "time of optimism" might not sound realistic for them in such a context and might not even be perceived as an individualistic feature. The item can be tailored to reflect individual optimism about the future in order to improve its cultural relevance. When the collectivistic nature of Turkish culture and the demographic framework of the sample are taken into consideration, it is not a surprising finding that item 5 (time of personal freedom?), item 7 (time of responsibility for yourself?), and item 22 (time of focusing on yourself?) did not work in this sample consisting of individuals living with their parents (55%), not having a job (57.1%), and feeling like an adult in some ways yes and in some ways no (56.3%). While individuals may exhibit a blend of individualistic and collectivistic traits (Triandis, 2001); Turkish culture is often characterized

by the coexistence of autonomy and relatedness. In this context autonomous-related self (Kağıtçıbaşı, 2005) suggest that emerging adults in Türkiye can achieve psychological autonomy without severing emotional and functional ties with their families, which may explain why items focusing strictly on personal freedom and self-focus did not align with this sample's cultural reality. Moreover, recent research (Akaliyski et al., 2025) indicates that contextual conditions such as security, socioeconomic stability, and societal uncertainty are critical determinants of a country's position on the individualism-collectivism scale; it is not a fixed cultural feature. They also argue that if a society suffers from prolonged oscillation and collective traumas, like earthquakes and financial crises mentioned earlier, individualistic characteristics would become prone to fading. Therefore, those items may not resonate with Turkish emerging adults due to contextual factors. These discrepancies may also be regarded as evidence of the urgent need to update the 2008 version of the IDEA since culture and context are dynamic. Besides structural validity, the high positive correlations of the negativity/instability factor with perceived stress, depression, and anxiety scores as its negative correlation with life satisfaction, support the revised IDEA-TR's validity in assessing the mental health risks inherent in the volatile and unstable phase of emerging adulthood.

Demographic Differences in Emerging Adulthood

Findings also show that individuals in adult roles, such as in a serious relationship or marriage, tend to score lower on emerging adulthood factors particularly in self-focus and feeling in between, and score higher on other focus. Consistent with Arnett's (2024) framework, individuals in committed relationships or parental roles scored lower on self-focus and feeling in between, suggesting a transition away from emerging adulthood and toward established adulthood responsibilities. Since university education offers more opportunities for independence and identity exploration, the finding that university students tend to be more self-focused is expected. This finding aligns with Arnett's (2023) conceptualization, which suggests that college education provides individuals with greater opportunities for exploration. Being a parent is one of the life roles that might be the most required to focus on others; as such, it transforms the individual's self- perception into a more interdependent structure (Li & Gong, 2018). Thus, the finding that emerging adults who are parents are less self-focused is not surprising at all and might indicate that these participants appeared to be transitioning away from emerging adulthood. As Lee et al. (2015) indicated, as responsibilities for others increase, people tend to focus less on themselves. Findings on subjective adulthood indicate that the scale's results are consistent with individuals' self-perceptions since individuals who report that they feel like adults in some ways but not in others score higher on emerging adulthood factors compared to those who report they feel like an adult and those who report not feeling like an adult. As in studies in many other countries, most of our participants also experienced feeling-in-between about their adulthood identity. In addition to these, gender has a significant effect on emerging adulthood experiences including feeling-in-between, identity exploration, and negativity/instability. These results have similarities with Crocetti et al.'s study (2015) since in their Italian sample females scored significantly higher than males in those dimensions. Identity exploration and feeling in between showed similar gender differences in Leontopoulou et al.'s study (2016) along with the self-focused, and experimentation/possibilities. Japanese women were also higher in self-focused in addition to negativity/instability, and feeling in between (Crocetti et al., 2015). However, there was no statistically significant difference in self-focused scores by gender in our study. These results may remind some cultural norms that affect women's and men's lives differently across cultures.

Limitations and Future Directions

The revised IDEA-TR, with its updated factor structure and expanded sample diversity, provides a more robust measurement tool for assessing emerging adulthood experiences within the Turkish context. Nonetheless, the present investigation remains subject to certain constraints, notably the disproportionate representation of undergraduate students or graduates within the sample cohort. Such limitations must be acknowledged and underline the need for future research to include a more heterogeneous educational demography in order to strengthen the applicability and generalizability of research findings. Another limitation is that the data relied on self-report measures which may introduce social desirability bias. Future studies may address this limitation by reporting behavioral indicators, or consulting multiple informants from micro- and meso-systems of participants. Also, the cross-sectional design precludes causal and detailed developmental interpretations, therefore future studies may adopt a longitudinal design. Given that emerging adulthood is a culturally shaped

concept (Arnett, 2000), relying solely on quantitative methods may fail to capture all aspects of this process. Future studies should use qualitative or mixed methods to provide deeper insights into how emerging adulthood is understood by individuals. Specifically, individual interviews could allow participants to narrate developmental processes in their own words; diary methods may illuminate those processes in a more detailed way or focus group interviews may help to understand shared cultural norms shaping emerging adulthood.

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