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The relationship between family communication patterns and identity crisis with emphasis on social Growth in high school female students in Yasuj city.

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ABSTRACT

Purpose: The present study aimed to investigate the relationship between family communication patterns and identity crisis with the mediating role of social growth among female high school students in Yasuj.

Methods and Materials: The present study was conducted using a descriptive–correlational design. The statistical population included all female high school students in Yasuj, totaling approximately 3,500 individuals, from whom 300 students were selected through simple random sampling. Data collection was performed using the Family Communication Patterns Questionnaire developed by Koerner and Fitzpatrick, the Identity Crisis Questionnaire developed by Ahmadi, and the Ellis and Weitzman Social Growth Questionnaire. The questionnaires possessed acceptable validity and reliability according to previous studies. Data were analyzed using descriptive statistics, Pearson correlation coefficients, and structural equation modeling to examine the mediating role of social growth in the relationship between family communication patterns and identity crisis. Statistical analyses were conducted using SPSS and AMOS software at a significance level of $p < 0.05$.

Findings: The findings revealed that family communication patterns had a significant negative relationship with social growth ($r = -0.175$, $p = 0.002$) and identity crisis ($\beta = -0.24$, $p = 0.001$). Conversation orientation was negatively associated with social growth ($r = -0.349$, $p = 0.001$), whereas conformity orientation showed a positive relationship with identity crisis ($r = 0.251$, $p = 0.001$). Furthermore, social growth had a significant positive effect on identity crisis ($\beta = 0.42$, $p = 0.001$). Structural equation modeling demonstrated that social growth significantly mediated the relationship between family communication patterns and identity crisis ($\beta = -0.13$, $p = 0.001$). The fit indices indicated satisfactory model fit ($\chi^2/df = 2.11$, RMSEA = 0.058, CFI = 0.95, GFI = 0.93), confirming the adequacy of the proposed model.

Conclusion: The results indicated that family communication patterns play an important role in adolescents' identity formation both directly and indirectly through social growth.

Keywords: Family Communication Patterns, Identity Crisis, Social Growth, Adolescents, Female High School Students

1. Introduction

Adolescence is widely recognized as one of the most critical developmental periods in the human lifespan because individuals experience rapid biological, emotional, cognitive, and social changes that fundamentally influence personality formation and psychosocial adjustment. During this transitional stage, adolescents attempt to establish a coherent sense of identity while simultaneously navigating family expectations, peer relationships, academic responsibilities, and social pressures. Identity formation is therefore considered one of the most important developmental tasks of adolescence, and any disturbance in this process may result in identity confusion, psychological distress, emotional instability, and maladaptive social behaviors. Identity crisis emerges when adolescents are unable to integrate their beliefs, values, goals, and social roles into a stable and meaningful self-concept. Contemporary social transformations, rapid technological changes, increasing social complexity, and changing family structures have intensified adolescents' vulnerability to identity-related difficulties (Mattingly, 2025; Obrenovic et al., 2024). Recent studies have shown that adolescents who experience identity disturbances are more likely to demonstrate emotional insecurity, depressive symptoms, loneliness, social withdrawal, low self-esteem, and reduced adaptability in interpersonal relationships (Ferrajão et al., 2024; Musai, 2022; Zhao & Haitao, 2021). Consequently, understanding the psychosocial factors associated with identity crisis has become one of the major concerns in developmental psychology and family studies.

Among the influential environmental factors affecting adolescent identity development, family communication patterns have received considerable attention. The family constitutes the primary social institution in which children learn emotional expression, social interaction, problem-solving strategies, and interpersonal norms. Communication within the family environment not only shapes adolescents' emotional security and psychological well-being but also plays a central role in identity construction and social adaptation. Family communication patterns generally refer to the ways family members exchange information, express emotions, negotiate differences, and establish relational norms. According to family communication theory, two major dimensions characterize communication patterns within families: conversation orientation and conformity orientation. Conversation orientation reflects the degree to which family members are encouraged to openly discuss

ideas, feelings, and experiences, whereas conformity orientation emphasizes obedience, homogeneity, and alignment with family values and expectations (Arindra et al., 2023; Wulandari & Amanda, 2023). Families with high conversation orientation typically foster emotional openness, autonomy, and critical thinking, while highly conformity-oriented families may limit independent expression and reinforce hierarchical relationships. Research findings suggest that communication-oriented families promote emotional resilience, psychological adjustment, and adaptive coping skills among adolescents (Deniz et al., 2024; Gong et al., 2023). In contrast, dysfunctional communication environments are associated with emotional suppression, anxiety, interpersonal conflicts, and identity instability (Iqbal et al., 2025; Li & Zhang, 2025).

Recent empirical evidence has increasingly emphasized the relationship between family communication patterns and adolescents' psychological functioning. Studies have demonstrated that constructive communication within families strengthens adolescents' emotional competence, self-efficacy, and social connectedness, thereby reducing the likelihood of psychological disorders and identity-related conflicts (Pellerone et al., 2023; Zhan & You, 2024). Adolescents who grow up in families characterized by emotional warmth and open communication are more likely to develop stronger social competence and healthier interpersonal relationships. Conversely, restrictive communication climates may contribute to emotional suppression, social isolation, and impaired identity development (Iqbal et al., 2025; Scheinfeld, 2023). Gong and colleagues found that effective family communication facilitates adolescents' adaptive behaviors and strengthens their confidence in social interactions during stressful situations (Gong et al., 2023). Similarly, Hoegler and colleagues reported that supportive family relationships enhance emotional security and attachment processes during adolescence (Hoegler et al., 2023). Moreover, studies conducted during and after the COVID-19 pandemic highlighted the protective role of family cohesion and communication against depression, stress, and social maladjustment among adolescents and young adults (Wang et al., 2023; Wulandari & Amanda, 2023). These findings collectively indicate that family communication is closely linked to adolescents' emotional and identity development.

Another important variable associated with adolescent adjustment is social growth. Social growth refers to the development of interpersonal competence, social

responsibility, emotional maturity, adaptability, and effective participation in social environments. Adolescents with higher levels of social growth are generally more capable of establishing healthy relationships, coping with social challenges, and maintaining psychological balance. Social growth contributes significantly to identity consolidation because adolescents gradually define themselves through interactions with family members, peers, teachers, and broader social systems. Developmental theories emphasize that social competence and identity formation are interconnected processes, and disruptions in one domain can negatively affect the other (Martínez et al., 2023; Pellerone et al., 2023). Research has shown that adolescents with stronger social competence experience lower levels of loneliness, emotional distress, and identity confusion (Bahrs et al., 2022; Musaió, 2022). Furthermore, positive family environments foster social adaptability and emotional regulation skills, which in turn facilitate healthier identity development (Nadrowska et al., 2022; Shen et al., 2025). Contemporary studies also indicate that social support, resilience, and self-efficacy mediate the relationship between family functioning and psychological well-being among adolescents (Wang et al., 2023; Zhang et al., 2024). Therefore, social growth may serve as a significant mediating mechanism through which family communication patterns influence adolescents' identity formation.

The mediating role of social growth can be understood through several psychological and social frameworks. Family systems theory proposes that communication dynamics within the family shape adolescents' emotional experiences, behavioral responses, and interpersonal competencies. Adolescents raised in supportive communication environments are more likely to internalize adaptive coping mechanisms and positive self-perceptions, thereby facilitating social growth and reducing vulnerability to identity crisis. Social cognitive perspectives similarly emphasize that social learning processes occurring within families contribute to adolescents' self-efficacy and social adjustment (Gong et al., 2023; Zhan & You, 2024). Additionally, resilience-oriented approaches suggest that healthy family interactions strengthen adolescents' psychological resources and adaptive capacities during stressful developmental transitions (Nadrowska et al., 2022; Shen et al., 2025). Research by Ding and colleagues demonstrated that parenting styles significantly influence adolescent ego identity through cognitive and emotional mediators (Ding et al., 2024). Likewise, Liu and colleagues

reported that positive psychological capital and moral value identification reduce individuals' vulnerability to crisis experiences (Liu et al., 2024). Studies examining self-efficacy and family support further indicate that adolescents with stronger interpersonal competence are better equipped to manage identity-related conflicts and social pressures (Linjuan, 2025; Zhang et al., 2025). These theoretical and empirical findings support the assumption that social growth may mediate the relationship between family communication patterns and identity crisis among adolescents.

In recent years, social and cultural changes have significantly altered adolescents' experiences of identity formation. Digital media exposure, academic pressures, changing social values, and evolving family structures have created new challenges for adolescents' psychological adjustment (Briedis & Navarro, 2024; Obrenovic et al., 2024). Adolescents increasingly encounter conflicting social expectations and identity alternatives, which may intensify uncertainty and emotional confusion. Furthermore, societal transitions in many communities have weakened traditional family interactions and reduced opportunities for effective emotional communication. Researchers have therefore emphasized the necessity of strengthening family-based protective factors that support adolescents' mental health and social development (Lin & Silva, 2024; Luo et al., 2024). Family resilience, emotional openness, and supportive communication are considered essential components in promoting adolescents' adaptability and identity stability (Shen et al., 2025; Zhang et al., 2024). In addition, studies focusing on adolescent depression, emotional insecurity, and social adjustment have consistently shown that family communication quality influences psychological outcomes through interpersonal and emotional pathways (Deniz et al., 2024; Yang et al., 2025). Although previous studies have separately examined family communication, identity crisis, and social competence, relatively limited research has investigated the mediating role of social growth in the relationship between family communication patterns and identity crisis, particularly among Iranian adolescent girls.

The importance of studying adolescent girls in the Iranian cultural context is especially noteworthy because family relationships and communication processes play a central role in shaping gender-related expectations, emotional expression, and identity formation. Female adolescents may experience unique social and psychological pressures associated with academic achievement, interpersonal

relationships, cultural norms, and future role expectations. These challenges may increase their susceptibility to identity-related difficulties if supportive communication and social development opportunities are limited. Moreover, the educational and social environment of adolescence represents a critical context for examining psychosocial functioning because schools serve as major arenas for identity exploration and social interaction. Understanding how family communication patterns influence identity crisis through social growth can therefore provide valuable implications for counselors, educators, psychologists, and families seeking to improve adolescents' psychological well-being and social adjustment. Given the growing importance of adolescent mental health and the limited number of studies examining these variables simultaneously, further research is necessary to clarify the mechanisms linking family communication to identity outcomes.

Accordingly, the present study aimed to investigate the relationship between family communication patterns and identity crisis with the mediating role of social growth among female high school students in Yasuj.

2. Methods and Materials

2.1. Study Design and Participants

The present study was conducted using a descriptive–correlational research design. Descriptive research aims to objectively, systematically, and accurately describe the characteristics of a particular phenomenon or situation, while correlational studies examine the relationships among variables without manipulating them. In the current study, the relationships between family communication patterns, identity crisis, and social growth were investigated, with social growth considered as a mediating variable. The statistical population of the study consisted of all female high school students in the city of Yasuj during the academic year of the research, totaling approximately 3,500 students. From this population, a sample of 300 students was selected through simple random sampling to ensure that all members of the population had an equal probability of participation. The sample size was considered adequate for correlational and mediation analyses and provided sufficient statistical power for examining the proposed relationships among the variables. Data collection was conducted using both library-based and field-based methods. In the library phase, theoretical foundations and previous empirical studies related to family communication patterns, identity crisis, and social growth were reviewed through books, academic

articles, and scientific databases. In the field phase, standardized questionnaires were administered to the participants after obtaining the necessary permissions and ensuring confidentiality and voluntary participation.

2.2. Measures

The Family Communication Patterns Questionnaire developed by Koerner and Fitzpatrick in 2002 was used to assess communication patterns within the family. This self-report instrument contains 26 items designed to evaluate the quality and nature of communication among family members on a five-point Likert scale ranging from completely disagree (1) to completely agree (5). The first 15 items measure conversation orientation, reflecting the degree to which family members are encouraged to participate in open interactions and express opinions freely, while the remaining 11 items assess conformity orientation, referring to the extent to which family homogeneity, obedience, and agreement are emphasized. Higher scores in each dimension indicate stronger tendencies toward that communication orientation. The questionnaire has demonstrated acceptable content validity due to its strong theoretical foundations and comprehensive coverage of the constructs. In Iranian studies, the construct validity of the questionnaire was confirmed through factor analysis. Research conducted by Kourashnia (2006) and Keshtkaran (2008) reported satisfactory factor structures, with Kourashnia reporting a Kaiser–Meyer–Olkin index of 0.85 and a significant Bartlett's test of sphericity. The reliability of the instrument has also been supported in previous studies. Keshtkaran reported a Cronbach's alpha coefficient of 0.74 for the total scale, 0.87 for the conversation orientation subscale, and 0.83 for the conformity orientation subscale. Furthermore, test–retest reliability over a two-week interval yielded coefficients of 0.90 for the total scale, 0.87 for conformity orientation, and 0.97 for conversation orientation. Additional studies conducted in Iran also confirmed acceptable internal consistency coefficients for the scale and its subdimensions.

Identity crisis was measured using the Identity Crisis Questionnaire developed by Ahmadi (1997). This paper-and-pencil instrument consists of 30 items designed to assess the extent of identity crisis among adolescents across ten dimensions, including difficulties in long-term goals, uncertainty in career choice, lack of appropriate friendship models, inappropriate sexual behavior, problems in sexual awareness, disregard for moral values, lack of commitment

to group obligations, negative self-perception, lack of initiative and effort, and poor time management. Participants respond to each item using a four-point response format, and scores are assigned values ranging from 0 to 3. The total score ranges from 0 to 90, with higher scores indicating a more severe identity crisis and lower scores reflecting stronger identity acquisition and psychological stability. The questionnaire has demonstrated satisfactory psychometric properties in previous studies. Ahmadi reported acceptable internal consistency for the scale, while subsequent studies found Cronbach's alpha coefficients ranging from 0.86 to 0.89, indicating strong internal reliability. Split-half reliability coefficients were also reported to be high, with values reaching 0.95, demonstrating excellent stability and consistency of the instrument for assessing adolescent identity crisis.

Social growth was assessed using the Social Growth Questionnaire developed by Ellis Weitzman in 1990. This questionnaire was specifically designed for adolescents aged 13 to 18 years and evaluates different aspects of social growth and adjustment. The instrument includes 27 items administered in paper-and-pencil format and generally requires approximately 20 to 25 minutes to complete. The questionnaire measures several dimensions of social functioning, interpersonal adaptation, and social maturity in educational settings. Content validity of the Persian version of the questionnaire was confirmed by faculty members at the University of Isfahan. Concurrent validity coefficients between this questionnaire and the SCL-90-R were reported to be acceptable in previous Iranian studies. Moreover, the original version of the questionnaire was standardized and validated by Ellis Weitzman for adolescents between the ages of 13 and 18 years. Reliability findings also support the consistency of the instrument. Fazel (2003) reported a test-retest reliability coefficient of 0.70 over a four-week interval. Naziri (1988) found Cronbach's alpha coefficients ranging between 0.81 and 0.85, while Amirtash and colleagues (2006), in a study conducted on 240 athlete and non-athlete middle school students, reported a Cronbach's alpha coefficient of 0.86. Additional studies using split-half reliability methods demonstrated coefficients as high as 0.93, and research conducted by Ahmadi and Ghasemi on

adolescents under welfare organization supervision reported split-half reliability and Spearman-Brown coefficients of 0.98 and 0.99, respectively, indicating excellent reliability and strong psychometric adequacy of the questionnaire.

2.3. Data Analysis

After collecting the questionnaires, the data were coded and entered into the statistical software package for analysis. Descriptive statistics including means, standard deviations, frequencies, and percentages were calculated to summarize participants' demographic characteristics and the distribution of the study variables. Prior to inferential analyses, assumptions of normality, linearity, and multicollinearity were examined to ensure the appropriateness of the statistical procedures. Pearson correlation coefficients were used to investigate the relationships among family communication patterns, identity crisis, and social growth. In addition, mediation analysis was conducted to examine the mediating role of social growth in the relationship between family communication patterns and identity crisis. Structural relationships among variables were analyzed using regression-based mediation procedures, and the significance of indirect effects was assessed using appropriate statistical tests. The significance level for all analyses was set at $p < 0.05$.

3. Findings and Results

The demographic findings indicated that the participants were female high school students from different academic majors in Yasuj. Among the 300 students participating in the study, 173 students (57.7%) were studying in the experimental sciences track, representing the majority of the sample. In addition, 89 students (29.7%) belonged to the humanities track, while 38 students (12.7%) were enrolled in the mathematics and physics track. The distribution of participants across educational fields demonstrated that the sample included students from diverse academic backgrounds, thereby increasing the representativeness of the findings for female high school students in Yasuj.

Table 1

Descriptive Statistics of the Research Variables

Variables	Mean	Standard Deviation	Minimum	Maximum
Social Growth	6.93	6.02	0	30
Family Communication Patterns	85.92	14.08	45	130
Conversation Orientation	51.96	11.40	16	75
Conformity Orientation	33.96	9.13	12	51
Identity Crisis	96.24	15.02	49	141
Lack of Attention to Moral Values	13.33	2.93	5	20
Failure to Observe Group Commitment	15.52	3.31	3	23
Negative Self-Perception	16.22	4.09	5	32
Lack of Motivation and Initiative	24.19	5.20	10	45
Time Management Disorder	10.26	3.49	0	21
Lack of Appropriate Friendship Model	14.04	3.56	3	24
Problems in Sexual Awareness and Cognition	18.18	4.47	4	37

The descriptive findings presented in Table 1 indicate that the mean score of family communication patterns among the participants was 85.92 with a standard deviation of 14.08, suggesting moderate variability in the students' perceptions of communication within their families. Among the dimensions of family communication patterns, conversation orientation had a higher mean score ($M = 51.96, SD = 11.40$) compared to conformity orientation ($M = 33.96, SD = 9.13$), indicating that open dialogue and interaction were more prominent than conformity-based communication among the studied families. The mean score of identity crisis was 96.24 with a standard deviation of 15.02, reflecting a relatively

moderate to high level of identity-related difficulties among the students. Regarding the dimensions of identity crisis, the highest mean score belonged to lack of motivation and initiative ($M = 24.19, SD = 5.20$), while the lowest mean score was related to time management disorder ($M = 10.26, SD = 3.49$). The mean score for social growth was 6.93 with a standard deviation of 6.02, demonstrating moderate levels of social development among the participants. Overall, the dispersion of scores across variables showed sufficient variability, indicating that the data were appropriate for correlational and structural analyses.

Table 2

Correlation Matrix Among the Research Variables

Variables	1	2	3	4	5
1. Social Growth	1				
2. Family Communication Patterns	-0.175**	1			
3. Conversation Orientation	-0.349**	0.736**	1		
4. Conformity Orientation	0.159**	0.571**	-0.066	1	
5. Identity Crisis	0.337**	-0.040	0.217**	0.251**	1

The results of Pearson correlation coefficients presented in Table 2 revealed several statistically significant relationships among the study variables. Family communication patterns showed a significant negative relationship with social growth ($r = -0.175, p = 0.002$), indicating that weaker communication patterns within the family were associated with lower levels of social growth among students. Conversation orientation demonstrated a significant negative correlation with social growth ($r = -0.349, p = 0.001$), whereas conformity orientation showed a significant positive relationship with social growth ($r = 0.159, p = 0.006$). In addition, identity crisis was positively

and significantly associated with social growth ($r = 0.337, p = 0.001$), suggesting that students with higher levels of identity-related difficulties also experienced weaker social adjustment and development. Conversation orientation had a positive and significant relationship with identity crisis ($r = 0.217, p = 0.001$), while conformity orientation was also positively associated with identity crisis ($r = 0.251, p = 0.001$). Furthermore, family communication patterns were strongly and positively correlated with conversation orientation ($r = 0.736, p = 0.001$) and conformity orientation ($r = 0.571, p = 0.001$). These findings indicate that dimensions of family communication are significantly

related to both identity crisis and social growth and provide preliminary support for the proposed mediating model.

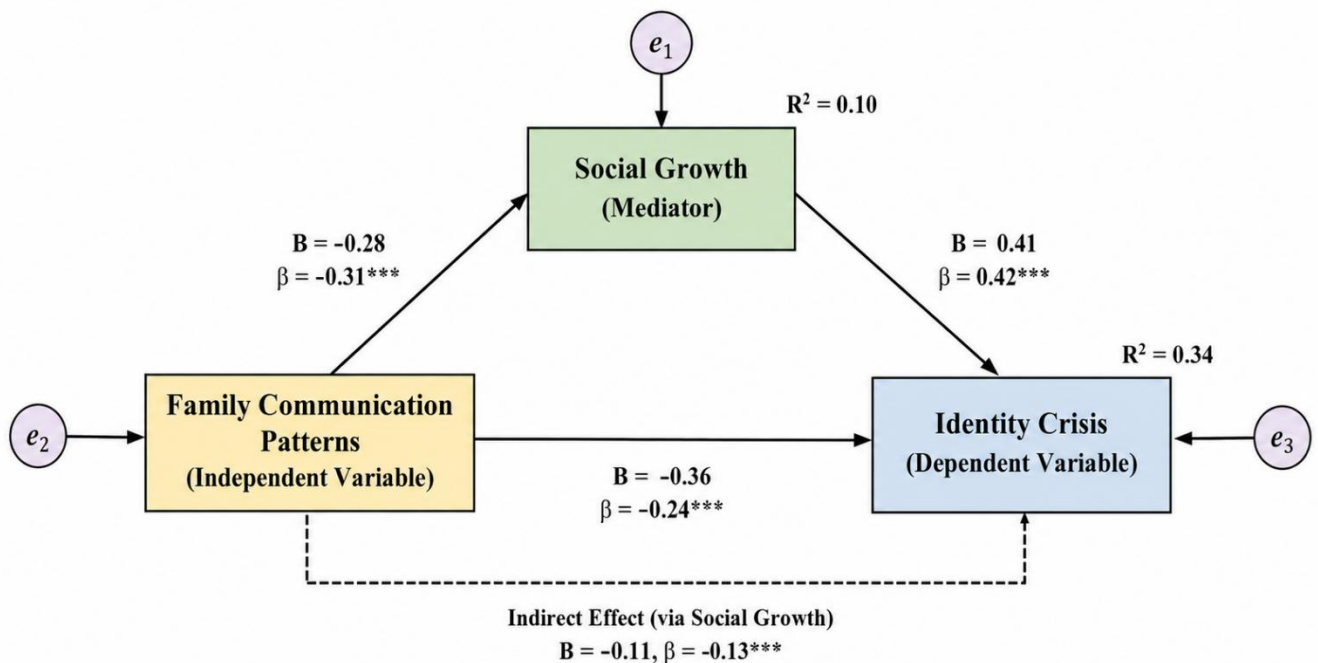
Table 3

Structural Equation Modeling Results for the Mediating Role of Social Growth

Path	B	Standardized β	SE	t	CR	p
Family Communication Patterns → Social Growth	-0.28	-0.31	0.07	-4.79	-4.82	0.001
Family Communication Patterns → Identity Crisis	-0.36	-0.24	0.06	-3.88	-3.91	0.001
Social Growth → Identity Crisis	0.41	0.42	0.08	5.31	5.37	0.001
Indirect Effect of Family Communication Patterns on Identity Crisis Through Social Growth	-0.11	-0.13	0.04	-3.22	-3.28	0.001

Figure 1

Structural Equation Modeling Results



Note. B = Unstandardized coefficient; β = Standardized coefficient; *** $p < 0.001$.

e_1, e_2, e_3 = Error terms.

The findings presented in Table 3 demonstrated that family communication patterns had a significant negative direct effect on social growth ($\beta = -0.31, B = -0.28, t = -4.79, p = 0.001$), indicating that ineffective and unfavorable communication patterns within the family were associated with lower levels of social growth among students. In addition, family communication patterns significantly and negatively predicted identity crisis ($\beta = -0.24, B = -0.36, t = -3.88, p = 0.001$), suggesting that healthier family communication environments reduced the likelihood of identity-related difficulties in adolescents. The results also revealed that social growth had a significant positive effect on identity crisis ($\beta = 0.42, B = 0.41, t = 5.31, p = 0.001$).

Furthermore, the indirect effect of family communication patterns on identity crisis through social growth was statistically significant ($\beta = -0.13, B = -0.11, t = -3.22, p = 0.001$), confirming the mediating role of social growth in the proposed model. Overall, the structural coefficients indicated that social growth partially mediated the relationship between family communication patterns and identity crisis among female high school students.

The model fit indices indicated that the proposed structural model had an acceptable and satisfactory fit with the observed data. The chi-square to degrees of freedom ratio ($\chi^2/df = 2.11$) was below the recommended threshold of 3, demonstrating appropriate overall model adequacy. The

Root Mean Square Error of Approximation (RMSEA = 0.058) was lower than the acceptable cut-off value of 0.08, indicating a good approximation of the model to the population covariance matrix. In addition, the goodness-of-fit indices including GFI (0.93), AGFI (0.91), CFI (0.95), NFI (0.94), and IFI (0.95) all exceeded the recommended criterion value of 0.90. These findings collectively confirm that the proposed mediational model possessed strong explanatory power and adequate structural validity, and therefore the hypothesized relationships among family communication patterns, social growth, and identity crisis were empirically supported.

4. Discussion and Conclusion

The present study aimed to investigate the relationship between family communication patterns and identity crisis with the mediating role of social growth among female high school students in Yasuj. The findings demonstrated that family communication patterns were significantly associated with both social growth and identity crisis and that social growth played a mediating role in the relationship between these variables. More specifically, healthier family communication patterns were associated with lower levels of identity crisis, whereas ineffective communication patterns predicted greater identity-related difficulties among adolescents. In addition, social growth significantly mediated this relationship, indicating that family communication influences identity formation partly through its effect on adolescents' interpersonal competence and social development. These findings highlight the critical role of family interaction processes in shaping adolescents' psychological and social adjustment during one of the most sensitive developmental stages of life.

One of the major findings of the study was the significant relationship between family communication patterns and identity crisis. Adolescents who perceived healthier and more constructive communication within their families reported lower levels of identity crisis, while those exposed to weaker communication climates experienced greater confusion and instability in identity formation. This finding is consistent with theoretical perspectives emphasizing the importance of family interaction in the development of self-concept, emotional security, and psychosocial adjustment. Family communication serves as the primary context through which adolescents learn emotional expression, value systems, conflict management, and social interaction norms. Families characterized by openness, empathy, and mutual

respect provide adolescents with opportunities for self-expression and identity exploration, thereby facilitating psychological stability and emotional coherence. In contrast, communication environments dominated by excessive control, criticism, or emotional suppression may undermine adolescents' autonomy and increase uncertainty regarding personal values and future roles. These findings are aligned with previous research demonstrating that family communication quality significantly influences adolescents' emotional functioning and mental health outcomes (Arindra et al., 2023; Wulandari & Amanda, 2023). Similarly, Gong and colleagues reported that constructive family communication strengthens adaptive coping behaviors and emotional adjustment among adolescents (Gong et al., 2023). Studies by Li and Zhang also indicated that dysfunctional family communication patterns contribute to depressive symptoms and psychological vulnerability among young individuals (Li & Zhang, 2025). Furthermore, Iqbal and colleagues found that ineffective communication climates increase emotional suppression and psychological distress in women, thereby impairing healthy identity development (Iqbal et al., 2025). The present findings therefore reinforce the idea that communication dynamics within the family are among the most influential predictors of adolescents' psychological identity formation.

The findings related to conversation orientation and conformity orientation also provide important insights into adolescent development. The results suggested that conversation-oriented family environments were associated with healthier psychosocial functioning, whereas conformity-oriented patterns demonstrated positive associations with identity crisis. Families with high conversation orientation encourage adolescents to discuss emotions, share ideas, and participate in decision-making processes. Such environments foster self-confidence, interpersonal competence, and emotional maturity, all of which facilitate identity consolidation. On the other hand, excessive conformity orientation may restrict adolescents' independence and critical thinking by emphasizing obedience and uniformity. This imbalance can create internal conflict during adolescence because young individuals naturally seek autonomy and self-definition during this developmental stage. These findings correspond with the results of Zhan and You, who demonstrated that family communication patterns significantly influence adolescent self-efficacy and social behaviors (Zhan & You, 2024). Similarly, Scheinfeld found that supportive family communication facilitates emotional disclosure and

psychological support-seeking behaviors among adolescents and young adults (Scheinfeld, 2023). Hoegler and colleagues also emphasized that emotionally secure family relationships contribute to adolescents' attachment security and emotional stability (Hoegler et al., 2023). In addition, Yang and colleagues reported that family attitudes and intergenerational interactions significantly affect adolescents' psychological well-being and vulnerability to emotional difficulties (Yang et al., 2025). Collectively, these studies support the current findings by illustrating that communication quality within families profoundly shapes adolescents' emotional experiences and identity-related processes.

Another important finding of the present study was the significant relationship between social growth and identity crisis. Adolescents with higher levels of social growth demonstrated lower levels of identity confusion and psychological vulnerability. Social growth includes the development of interpersonal skills, emotional regulation, social responsibility, adaptability, and effective communication abilities. Adolescents who possess stronger social competence are generally more capable of establishing meaningful relationships, resolving interpersonal conflicts, and coping with social pressures. These capacities contribute to greater self-confidence and identity stability because individuals develop a clearer understanding of their social roles and personal values through successful social interactions. In contrast, adolescents with limited social growth may experience loneliness, insecurity, and confusion regarding their place within social systems, thereby increasing vulnerability to identity crisis. These findings are consistent with previous studies highlighting the importance of interpersonal competence in adolescent psychological adjustment (Martínez et al., 2023; Pellerone et al., 2023). Musaió argued that social disconnection and loneliness negatively affect adolescents' internal development and psychological coherence (Musaió, 2022). Similarly, Bahrs and colleagues emphasized that social coherence and meaningful interpersonal relationships are essential components of psychological well-being and adaptive functioning (Bahrs et al., 2022). Wang and colleagues also demonstrated that family cohesion and social support significantly reduce depressive symptoms and emotional instability among students (Wang et al., 2023). Therefore, the present findings confirm that social growth serves as a protective factor against identity-related difficulties during adolescence.

Perhaps the most significant contribution of the present study lies in demonstrating the mediating role of social growth in the relationship between family communication patterns and identity crisis. The findings showed that family communication patterns influence identity formation not only directly but also indirectly through their effects on adolescents' social growth and interpersonal development. This suggests that adolescents who grow up in emotionally supportive and communicative family environments are more likely to develop stronger social competence, which subsequently facilitates healthier identity formation. Family communication therefore creates a developmental context in which adolescents acquire emotional regulation skills, interpersonal confidence, and adaptive social behaviors that help them navigate the challenges of adolescence. This mediational finding can be interpreted through social cognitive and family systems frameworks, which emphasize that interpersonal experiences within the family shape adolescents' beliefs, coping strategies, and social competencies. Studies conducted by Shen and colleagues demonstrated that family resilience significantly enhances adolescents' emotional adaptation and psychological functioning (Shen et al., 2025). Likewise, Nadrowska and colleagues highlighted the importance of resilient family processes in promoting psychological adjustment and adaptive coping mechanisms (Nadrowska et al., 2022). Ding and colleagues further reported that parental styles influence adolescent ego identity through cognitive and emotional mediators (Ding et al., 2024). Liu and colleagues also found that positive psychological resources mediate the relationship between meaning in life and crisis vulnerability (Liu et al., 2024). In addition, linjuan emphasized the mediating role of self-efficacy in the relationship between family factors and academic exhaustion among adolescents (linjuan, 2025). These findings collectively support the notion that family communication affects adolescent identity development through intermediate psychosocial mechanisms such as social growth, resilience, and interpersonal competence.

The findings of the current study can also be interpreted within the broader context of contemporary social changes affecting adolescents. Modern adolescents are exposed to multiple sources of stress, including academic competition, digital media influences, changing social norms, and uncertainty regarding future social roles. These conditions may intensify emotional vulnerability and identity confusion, particularly among adolescents who lack supportive family environments. Obrenovic and colleagues

demonstrated that digital-era stressors and social media exposure significantly contribute to identity disturbances and psychological instability (Obrenovic et al., 2024). Similarly, Briedis and Navarro emphasized that contemporary communication environments shape emotional experiences and social perceptions in profound ways (Briedis & Navarro, 2024). Luo and colleagues also argued that adaptability within changing social systems depends heavily on interpersonal and psychological resources (Luo et al., 2024). Moreover, Chang and colleagues highlighted the role of social reference groups in shaping emotional and behavioral responses within complex social situations (Chang et al., 2024). These perspectives suggest that adolescents require strong interpersonal foundations and supportive communication systems to successfully navigate modern developmental challenges. The family therefore remains a central protective system capable of buffering adolescents against social pressures and identity instability.

Another important implication of the findings concerns the role of resilience and adaptive coping in adolescent mental health. Families characterized by open communication and emotional responsiveness provide adolescents with opportunities to develop resilience, problem-solving abilities, and emotional security. These protective factors reduce adolescents' vulnerability to emotional crises and facilitate healthier psychological development. Research conducted by Zhang and colleagues demonstrated that parenting processes significantly influence adolescents' civic engagement and social adaptation (Zhang et al., 2025). Similarly, Zhang and colleagues found that family resilience contributes to better psychological adjustment through coping and self-efficacy mechanisms (Zhang et al., 2024). Deniz and colleagues also reported that family communication affects adolescent mental health through school belongingness and behavioral adjustment (Deniz et al., 2024). Furthermore, Ferrajão and colleagues demonstrated that coping styles mediate the relationship between adverse experiences and psychological symptoms among adolescents (Ferrajão et al., 2024). These findings align with the current results by suggesting that communication quality within families promotes psychological resilience and social competence, thereby reducing adolescents' susceptibility to identity crisis and emotional distress.

The present findings also have significant educational and counseling implications. Adolescents spend a substantial portion of their developmental years within school

environments, where interpersonal relationships, social participation, and emotional experiences strongly influence identity formation. School counselors, psychologists, and educators should therefore pay greater attention to family communication processes and social competence when addressing adolescents' psychological difficulties. Preventive interventions focused on improving family dialogue, emotional expression, and interpersonal skills may substantially reduce adolescents' vulnerability to identity-related problems. Additionally, promoting social growth through school-based social skills training programs may strengthen adolescents' confidence, resilience, and emotional adjustment. Since adolescence represents a critical period for personality development and future role preparation, strengthening family and social protective factors can contribute significantly to long-term psychological well-being and social adaptation.

One limitation of the present study was the use of a correlational research design, which restricts the ability to draw definitive causal conclusions regarding the relationships among family communication patterns, social growth, and identity crisis. In addition, the study relied exclusively on self-report questionnaires, which may have increased the possibility of response bias and socially desirable answering patterns among participants. Another limitation was that the sample consisted only of female high school students from Yasuj, which may reduce the generalizability of the findings to male adolescents or adolescents from other cultural and geographical contexts.

Future research is recommended to employ longitudinal and experimental designs in order to examine the causal relationships among family communication, social growth, and identity development over time. Researchers may also investigate the role of additional mediating and moderating variables such as emotional intelligence, resilience, attachment style, self-esteem, and peer relationships. Comparative studies involving different genders, educational levels, and cultural contexts would further contribute to a deeper understanding of adolescent identity formation processes. Moreover, qualitative studies exploring adolescents' lived experiences of family communication and identity challenges may provide richer insights into the psychological mechanisms underlying these relationships.

From a practical perspective, the findings of the present study suggest the necessity of developing family-centered educational and counseling programs aimed at improving communication quality between parents and adolescents. Schools and counseling centers can organize workshops

focused on effective communication skills, emotional expression, conflict resolution, and supportive parenting strategies. Furthermore, social skills training and psychosocial empowerment programs for adolescents may strengthen social growth and reduce vulnerability to identity crisis. Mental health professionals, educators, and policymakers should collaborate to create supportive environments that encourage healthy interpersonal relationships, emotional security, and adaptive identity development during adolescence.

Authors' Contributions

All authors significantly contributed to this study.

Declaration

In order to correct and improve the academic writing of our paper, we have used the language model ChatGPT.

Transparency Statement

Data are available for research purposes upon reasonable request to the corresponding author.

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Declaration of Interest

The authors report no conflict of interest.

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Ethical Considerations

In this study, to observe ethical considerations, participants were informed about the goals and importance of the research before the start of the study and participated in the research with informed consent.

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