

Bölüm 7

Beliren Yetişkinlik Döneminde Sosyal Duygusal Gelişim

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Figen ÇOK²

“Sen kimsin?” diye sordu tırtıl. Alice, biraz utanarak “ben-ben şimdi pek bilmiyorum bayım, en azından bu sabah kalktığımda kim olduğumu biliyordum ama galiba o zamandan beri birkaç defa değiştim.”

Lewis Carroll

GİRİŞ

Beliren yetişkinlik dönemi, ergenlik ve genç yetişkinlik dönemleri arasında bir yaşam dönemi olarak ileri sürülmüştür (Arnett, 2000). Bu gelişimsel çerçeveye göre, beliren yetişkinlik tipik olarak 18 yaşından 20’li yaşların ortalarına hatta sonlarına kadar olan bireyleri kapsamaktadır ve yetişkinliğe geçiş sürecine özel bir vurgu yapılmaktadır (Arnett, 2004). Beliren yetişkinlik dönemi, bireylerin kimliklerini şekillendirdiği, anlamlı ilişkiler kurduğu ve duygusal dayanıklılık geliştirdiği bir evredir. Aileden ayrılma süreci ile bireysel bağımsızlık arasındaki denge arayışı, bu dönemde sosyal bağların ve duygusal becerilerin yeniden yapılandırılmasını gerektirir. Bu evrede, romantik ilişkiler ve arkadaşlık bağlarının artan önemi, bireylerin sosyal çevrelerindeki rolleri ve duygusal uyumları üzerinde doğrudan etkili olmaktadır. Özellikle, bu süreçte yaşanan stres ve belirsizliklerin sosyal destek mekanizmaları ile ilişkilendirilmesi, sosyal-duygusal iyilik halini anlamak açısından önemlidir.

Bu dönem, bireylerin kimliklerini belirlemeleri, kişisel hedefler ve kariyer planları yapmaları, toplumsal ilişkilerini ve duygusal bağlarını inşa etmeleri gibi önemli psikolojik, sosyal ve duygusal gelişim süreçlerini içermektedir. Bireyler, beliren yetişkinlik döneminde daha fazla bağımsızlık kazanmaya başlar, ancak bu yıllar pek çok zorluk ve belirsizlik de barındırmaktadır. Beliren yetişkinlik dönemi, bireylerin toplumda kendilerini artık yerleşik hissettikleri bir aşamadır, ancak bu süreç içinde çok sayıda bireysel farklılık

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7. Özgürlük Yolu – Into the Wild (2007)

Mezuniyet sonrası düzeni reddederek yola çıkan Christopher'ın doğayla iç içe özgürlük arayışı anlatılır. Kimlik, aidiyet, tüketim toplumu eleştirisi ve bireysel keşif temaları ön plandadır.

8. Frances Ha – Frances Ha (2012)

Dansçı olma hayalleri kuran genç bir kadının New York'taki ekonomik zorlukları ve arkadaşlık ilişkileriyle baş etme çabası işlenir. Kendini gerçekleştirme, yalnızlık ve hayata tutunma üzerine gerçekçi bir portre sunar.

9. Taylor Tomlinson: Quarter-Life Crisis – Stand Up

Okuma Önerileri:

1. Çelen, H. N. (2009). *Bana neler oluyor?* İmge Kitabevi.
2. Çok, F., & Akman Özdemir, P. (Eds.). (2024). 20'li ve 30'lu yaşlarda gelişim: Beliren yetişkinlik ve genç yetişkinlik. Nobel Akademik Yayıncılık.
3. Çok, F., Özdoğan, H. K., Berber, K., & Yeler, Z. (2023). Yetişkinliğe geçiş sürecinde gelişimsel bir kriz: çeyrek yaşam krizi. *Humanistic Perspective*, 5(2), 898-920. Atak, H., Tatlı, C. E., Çokamaya, G., Büyükpabuşcu, H., & Çok, F. (2016). Yetişkinliğe geçiş: Türkiye'de demografik ölçütler bağlamında kuramsal bir gözden geçirme. *Psikiyatride Güncel Yaklaşımlar*, 8(3), 204-227.
4. Güçlü, C. H., Özdoğan, H. K., & Çok, F. (2022). Emerging adults' perceived life skills, self-regulation, emotion regulation, helicopter parenting and autonomy supportive behaviours. *Kıbrıs Türk Psikiyatri ve Psikoloji Dergisi*, 4(3), 253-261.

Podcast Önerileri:

1. Bir aile meselesi
2. Adulting Podcast
3. Modern Mentors

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