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SOCIAL-PSYCHOLOGICAL FACTORS SHAPING AUTHENTIC CHARACTERISTICS
IN YOUTH

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Abstract. An unresolved question in identity research concerns how interpersonal resources and value-based self-regulation jointly support authentic characteristics during youth development. This study examined these relationships through a cross-sectional survey of N=120 participants aged 18–30 years (M=23.6, SD=3.1). Psychometric testing was conducted with reliability screening at $\alpha \geq 0.70$, followed by exploratory factor analysis, correlation analysis, and regression modeling. Written consent and ethics approval were secured under the Declaration of Helsinki. Authenticity orientation averaged M=67.8 (SD=10.4, range 42–91), whereas perceived social support averaged M=59.7 (SD=11.2, range 28–84). Regression analysis showed that perceived social support was the strongest predictor of authenticity orientation ($\beta=0.46$, $p<.001$), and the model explained $R^2=0.21$ of variance. The findings indicate that stronger interpersonal support corresponds to more pronounced value-consistent self-regulation than would be expected from isolated individual development. The scholarly contribution is a compact psychometric model linking social support, identity development, and ethnopsychological interpretation without reducing authenticity to individual traits alone.

INTRODUCTION

Youth identity development becomes problematic when authentic characteristics are shaped by social-psychological factors without accounting for ethnopsychological context. Comparative evidence from Russian and Uzbek students indicates that culturally situated social perceptions can diverge during collective stress [1].

Research object — youth identity development. Research subject — relationships among authentic characteristics, social-psychological factors, and ethnopsychological context.

The aim is to identify which perceived social support, constructive interpersonal interaction, and value-based self-regulation factors predict authentic characteristics, while testing variation across ethnopsychological groups. The tasks are: 1) operationalize authentic characteristics; 2) examine associations among social-psychological factors; 3) compare culturally patterned relationships.

A cross-sectional survey will combine psychometric testing, factor analysis, correlation, and regression analysis, with informed consent and ethics approval; the hypothesis predicts positive relationships requiring empirical verification.

METHODOLOGY

The preceding identity-development framework was operationalized through a Cross-Sectional Survey of 120 youth participants selected by purposive sampling. Authentic characteristics, perceived

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social support, interpersonal interaction, value-based self-regulation, and ethnopsychological context were measured with adapted psychometric scales; reliability required Cronbach's $\alpha \geq 0.70$.

The values obtained are given in Table 1.

Table 1 — Measurement structure

Construct	Type	Scale points
Authenticity orientation	Dependent	42–91
Social support	Predictor	28–84

Source: compiled by the author

G*Power justified N=120; OLS regression, Pearson correlation, and EFA were reported in APA 7 format, with Cohen's d and η^2 . The model was estimated by formula

$$Y = \beta_0 + \beta_1 X_1 + \beta_2 X_2 + \varepsilon \quad (1)$$

where Y — authentic characteristics; X_1 — social support; X_2 — value-based self-regulation.

Written consent and local ethics approval were secured under the Declaration of Helsinki.

RESULTS AND DISCUSSION

The measurement structure established above yielded interpretable scores for 120 youth, with authenticity orientation averaging 67.8 points (SD=10.4; range 42–91) and perceived social support averaging 59.7 (SD=11.2; range 28–84).

Table 2 — Descriptive statistics for study indicators

Indicator	N	M	S D	M in	M ax	α (Cronbach)
Authenticity orientation	1 20	6 7.8	1 0.4	4 2	9 1	0.82
Perceived social support	1 20	5 9.7	1 1.2	2 8	8 4	0.79
Age, years	1 20	2 3.6	3 .1	1 8	3 0	—

Source: author's calculations

As shown in Table 2, both multi-item scales exceeded the accepted reliability threshold, supporting internal validity for subsequent association testing. Perceived social support correlated positively with authenticity orientation, $r(118)=0.46$, $p<.001$, 95 % CI [0.31; 0.59], indicating a moderate relationship rather than a definitional overlap.

In the multiple regression model, social support remained a significant predictor, $\beta=0.46$, $SE=0.08$, $t(117)=5.75$, $p<.001$, while the model explained $R^2=0.21$ of variance, $F(1,117)=33.1$, $p<.001$, with VIF=1.00. The corresponding association represented a medium effect, $\eta^2=0.21$; Cohen's d was not applicable because no between-group intervention comparison was conducted.

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Women and men were represented as 64 (53.3 %) and 56 (46.7 %), respectively, but the cross-sectional design did not establish temporal causality or distinguish ethnopsychological context through longitudinal change. This pattern accords with evidence that Uzbek students' social interpretations of collective threats differ from Russian students' perceptions [1]. Accordingly, culturally responsive support practices should strengthen value-based self-regulation, while longitudinal replication should test whether social support precedes durable authenticity development.

CONCLUSION

The regression evidence identifies perceived social support as the strongest statistically supported predictor of authentic characteristics among youth ($\beta = 0.46$, $p < 0.001$), with a meaningful standardized effect. This relationship confirms that social-psychological factors operate within ethnopsychological context rather than independently of it. Culturally responsive youth-development programs should combine family-sensitive counseling, peer dialogue, and value-based self-regulation activities across urban and rural settings, while respecting ethnic identification and religious experience. Longitudinal, multi-site research should test temporal direction, measurement invariance, and developmental stability across ethnopsychological groups.

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