

# ***Continuity of Identity: The Sameness of Self from Childhood to Adulthood***

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**Abstract:** This article delves into the complexities of personal identity by exploring philosophical and psychological theories. It introduces John Locke's idea that personal identity is constructed through consciousness and memory, where each experience contributes to a coherent self when pieced together. However, the "Ship of Theseus" paradox raises questions about maintaining core identity amidst systematic transformations. The psychological perspective emphasizes the role of memory and learning in shaping an individual's self-perception. The narrative also underscores the significance of neurological functions, acting as conductors orchestrating cognition, behavior, and emotions to form a unique personal identity. The article further discusses enduring aspects of selfhood, considering biological, psychological, and social dimensions, including genetic makeup, personality traits, memories, and social interactions. It highlights the interplay of continuity and change, illustrating how personal identity maintains a consistent essence while evolving. The synthesis suggests that personal identity is like a symphony, blending continuity and change into a harmonious composition. Empirical evidence and case studies support the enduring nature of personal identity, asserting that fundamental aspects of the self persist from childhood into adulthood. The article concludes by acknowledging that the exploration of personal identity and continuity remains an ongoing journey, continually inviting scholarly inquiry.

**Keywords:** philosophy, childhood, adulthood, identity personal

## **1. Introduction**

In the ceaseless ebb and flow of existence, stands the shoreline of self, offering a view into the undulating sea of identity. With each passing tide of time, an intriguing question emerges - Is one, essentially, the same individual today as a decade ago? Is one not akin to a ship sailing across the span of life, accumulating barnacles of experiences, yet remaining fundamentally the same vessel? A journey into the core of existence beckons, inviting an exploration of the delicate threads that interweave the present self with the naïve persona of the past.

To embark on this journey, illumination is necessary - the concepts of identity, continuity, and change. These three constructs, intertwined like strands of DNA in the helix of human existence, hold the key to unraveling the cryptic tapestry of personal identity and continuity [1]. As people prepare

to delve into this philosophical quandary, there is an exploration of the theory of sameness and a captivating journey through the labyrinth of the human psyche.

## **2. Conceptual Understanding of Personal Identity**

The contemplation of personal identity requires a dive into the ocean of philosophical and psychological thought, immersing oneself in theories both profound and perplexing. Philosophy invites us into the world of John Locke [2], who championed the idea that personal identity is an elaborate construct of consciousness and memory. According to this philosophical luminary, each experience people amass is a piece of a jigsaw puzzle, carefully stored in the vaults of the memory. When meticulously pieced together, these fragments create the coherent image of a continuous identity. Yet, the riddle posed by the “Ship of Theseus” muddies these waters, probing us to question: Can an entity retain its core identity when its every component undergoes systematic transformation? Parallely, the psychological realm offers its lens, positing theories of cognitive development as the bedrock of personal identity. It stresses the indispensable role of memory and learning in sculpting an individual’s perception of self. It is here that should be acknowledged the unsung hero in this narrative – the neurological functions [3]. Like an orchestral conductor, they harmonize the symphony of cognition, behavior, and emotions, all contributing to the unique melody of the personal identity. This dual understanding from the realms of philosophy and psychology paves the way for a nuanced exploration of the continuous thread of selfhood that exists from childhood to adulthood.

## **3. Aspects of Selfhood Maintained over Time**

The exploration of selfhood’s enduring aspects over time demands a panoramic view that traverses the terrains of biology, psychology, and social interaction. Through the lens of biology, the genetic makeup, like an unwavering North Star, serves as a continuous beacon of identity. This molecular signature, the very DNA that marked us as unique individuals at age ten, remains fundamentally unaltered and continues to define us today. Neurologically, the brain, the biological command center, houses within its intricate networks the seeds of identity [4]. These seeds, sown during tender years, germinate and grow into resilient trees over time. They serve as neurological constants, bridging the self of today with the self of childhood.

The psychological vista presents a fascinating aspect of continuity in the form of personality traits. The core elements of the personality, which began to take shape in the early years, remain remarkably stable. The curious child who was always drawn to puzzles might evolve into an adult with a knack for problem-solving, indicating a continuity of cognitive styles. Moreover, the memories, those fleeting yet potent fragments of past experiences, construct an enduring narrative of personal history. They create a bridge between the past and present selves [1], upholding the sense of being the ‘same’ individual over time. On the social front, relationships and interactions play a pivotal role in preserving the sense of identity. The bonds formed during childhood often leave indelible marks on the social selves, influencing future relationships and social behavior. Furthermore, the cultural contexts in which grew up continue to underpin the core values and beliefs, ensuring a sense of continuity even amidst the inevitable societal shifts experienced. Thus, from the unique genetic codes and unchanging neural configurations to the consistent threads of the personality and the enduring social interactions, numerous aspects attest to the continuity of selfhood from childhood to the present day. In these senses, people remain fundamentally the same individuals who were at the age of ten.

#### **4. Synthesis: The Harmony of Self in the Symphony of Change**

In the grand composition of life, the continuity of self and the rhythm of change blend harmoniously to produce a symphony of personal identity. Like a melody woven from myriad notes, the narrative self unites the fragments of the past and present identities, crafting a rich tapestry of selfhood [3]. This tapestry, intricate and enduring, testifies to the continuity amidst the ebbs and flows of change. Like a dance, the continuity of self elegantly twirls with the dynamics of change, each step echoing the previous while simultaneously exploring new terrains. The evolving selves embody the graceful ballet of life, maintaining their rhythmic pulse, linking the individual of today with the child of a decade ago.

Even when confronted with the ceaseless waves of transformation, the narrative self-constructs a lighthouse of continuity. This beacon, though weathered by the passing of time, remains steady, its light guiding us back to the shores of the past [3]. Thus, the threads of continuity, subtly interwoven with the strands of transformation, craft an intricate web that upholds the essence of the enduring self. In the face of ceaseless transformation, these strands, like the unbroken notes in a melody, reverberate with time, reinforcing the notion that people remain the same individuals they were at the age of ten. In this richly textured symphony of change and continuity, the identities find their rhythm, their harmony, and their timeless resonance.

#### **5. Empirical Illuminations: Personal Narratives and Psychological Explorations**

To further delve into the depths of personal identity and continuity, one must illuminate the path with the torch of empirical evidence. Personal anecdotes, with their inherent authenticity and introspective wisdom, offer a rich reservoir of experiential data. A person can find numerous instances where individuals, despite being caught in the relentless whirlwind of life's transformations, cling to the core aspects of their identity, forged during their formative years [1]. The essence of their selfhood, anchored in the bedrock of their memories and experiences, withstands the battering storms of change.

Complementing these narratives are psychological investigations, like intriguing signposts, that guide the exploration. Ground-breaking experiments reveal the tenacity and resilience of identity when exposed to the transformative forces of time and experience [5]. For instance, studies on personality traits and cognitive styles underscore the remarkable stability of these aspects from childhood to adulthood. Similarly, research into memory and its influence on personal narratives provides compelling evidence of the continuity of self. These illuminating case studies, personal narratives, and psychological explorations serve as a mosaic of evidence. They collectively reinforce the notion of the enduring self, presenting a compelling argument that remains, in certain fundamental aspects, the same individuals were when they were ten.

#### **6. Further Investigation and Conclusion**

The journey into the heart of personal identity and continuity, although enlightening, continues to unravel new threads of thought, warranting further investigation. Despite the dynamic nature of life, it is found that a fundamental 'sameness' anchors us, subtly bridging the past and present selves. This constancy is deeply interwoven into the fabric of the being, providing a sense of continuity amidst the shifting tides of time.

This enduring 'sameness' can be traced back to the immutable genetic makeup, the consistent personality traits we've nurtured, and the memories we've etched in the sands of consciousness [6]. Social interactions and cultural influences persist in the background, sculpting the present-day individual. The structures of the brain mirror this continuity, with the roots of identity intricately interwoven, evolving while preserving the childhood core. However, it is essential to acknowledge the vast ocean that is the understanding of personal identity and continuity, with numerous depths

awaiting exploration. Despite this vastness, the exploration leads us to an affirmative conclusion - fundamentally, one remains the same individual as one was at the age of ten. This enduring 'sameness' is rooted in unwavering genetic, psychological, and social constructs that constitute the foundation of the identities, connecting the decade-long journey of growth and transformation.

## 7. Conclusion

Concluding this contemplative exploration, it appears that amidst the swirling currents of the ever-changing existence, the undercurrent remains the continuity of the identity. The narrative self, akin to a seasoned sailor, navigates the tumultuous seas of transformation, firmly anchoring us to the familiarity of the past. These threads of continuity, subtly intertwined with the strands of change, ingeniously craft a resilient self that perseveres despite the relentless march of time. Nevertheless, the discourse surrounding identity, continuity, and change is far from reaching a conclusive resolution. It continues to invite further scholarly exploration, promising to unravel even more fascinating insights into the labyrinth that constitutes the human self.

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