



Adolescence, gender identity and personal conflict: an integrative review!

Adolescência, identidade de gênero e conflito pessoal: revisão integrativa!

Adolescence, identité de genre et conflits personnels: revue integrative!

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Abstract

Adolescence is considered a crucial phase in human development, continually marked by significant physical, emotional and social changes. A period of discovery and transformation, young people face the complex challenge of building their identity, exploring their sexuality and dealing with the personal conflicts that arise throughout this process. This is a qualitative study, using an integrative review, which aims to analyze adolescence and gender identity in more depth, examining

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the implications of this intersection for the individual and society as a whole. Searches were conducted in several scientific databases: PubMed (9), Scopus (5), Web of Science (12), PsycINFO (14) and Periódicos Ufam (02) using the descriptors ADOLESCENCE AND GENDER IDENTITY AND PERSONAL CONFLICT. A total of 78 studies were found, and after applying the exclusion criteria, 42 articles were found. Through the synthesis of current studies and theories, the aim was to shed light on crucial issues, such as the impact of personal conflict on the formation of identity, social influences on the construction of gender identity, and the possibilities of intervention and support for people at this stage of their lives. The conclusion is that new research and new perspectives are needed regarding this extremely important topic, so that increasingly comprehensive public policies for monitoring adolescence and all the factors involved can be consolidated.

Keywords: Adolescence, Gender identity, Personal conflict.

Resumo

A adolescência, é considerada uma fase crucial no desenvolvimento humano, continuamente marcada por mudanças físicas, emocionais e sociais significativas. Período de descobertas e transformações, os jovens enfrentam o complexo desafio de construir sua identidade, explorar sua sexualidade e lidar com os conflitos pessoais que surgem ao longo desse processo. É um estudo sob o viés qualitativo, utilizando da revisão integrativa, que se propõe a analisar a adolescência e a identidade de gênero de maneira mais profunda, examinando as implicações dessa interseção para o indivíduo e a sociedade como um todo. Foram buscas em diversas bases de dados científicas: o PubMed (9), Scopus (5), Web of Science (12), PsycINFO (14) e Periódicos Ufam (02) usando-se os descritores ADOLESCENCIA AND IDENTIDADE DE GÊNERO AND CONFLITO PESSOAL. Foram encontrados 78 trabalhos e que após a aplicação dos critérios de exclusão resultou em 42 artigos. Através da síntese de estudos e teorias atuais, buscou-se lançar luz sobre temas cruciais, como o impacto do conflito pessoal na formação da identidade, as influências sociais na construção da identidade de gênero e as possibilidades de intervenção e apoio às pessoas nessa fase de suas vidas. Conclui-se com a premência de novas pesquisas e novos olhares no que tange a esta temática de extrema importância, para que se consolidem políticas públicas de acompanhamento cada vez mais amplos à adolescência e todos os fatores aí presentes

Palavras-chave: Adolescência, Identidade de gênero, Conflito pessoal.

Résumé

L'adolescence est considérée comme une phase cruciale du développement humain, continuellement marquée par d'importants changements physiques, émotionnels et sociaux. Période de découverte et de transformation, les jeunes sont confrontés au défi complexe de construire leur identité, d'explorer leur sexualité et de gérer les conflits personnels qui surgissent tout au long de ce processus. Il s'agit



d'une étude qualitative, utilisant une revue intégrative, qui vise à analyser plus en profondeur l'adolescence et l'identité de genre, en examinant les implications de cette intersection pour l'individu et la société dans son ensemble. Des recherches ont été effectuées dans plusieurs bases de données scientifiques : PubMed (9), Scopus (5), Web of Science (12), PsycINFO (14) et Periódicos Ufam (02) en utilisant les descripteurs ADOLESCENCE ET IDENTITÉ DE GENRE ET CONFLIT PERSONNEL. 78 œuvres ont été trouvées, qui, après application des critères d'exclusion, ont donné lieu à 42 articles. À travers la synthèse des études et théories actuelles, nous avons cherché à mettre en lumière des thèmes cruciaux, tels que l'impact des conflits personnels sur la formation de l'identité, les influences sociales sur la construction de l'identité de genre et les possibilités d'intervention et de soutien aux personnes dans cette phase de leur vie. Il conclut sur l'urgence de nouvelles recherches et de nouvelles perspectives sur ce sujet extrêmement important, afin de consolider les politiques publiques de suivi de plus en plus large de l'adolescence et de tous les facteurs qui y sont présents.

Mots-clés: Adolescence, Identité de genre, Conflit personnel.

Adolescence, a crucial phase in human development, is marked by significant physical, emotional and social changes. During this period of discovery and transformation, young people face the complex challenge of building their identity, exploring their sexuality and dealing with the personal conflicts that arise throughout the process (Komatsu, 2021). These conflicts can have lasting impacts on the lives of adolescents (Mantovani et al. 2024).

In this challenging context, gender identity assumes a fundamental role. As they seek to understand and express their own gender identity in an authentic way, adolescents are faced with a series of questions, doubts and internal conflicts (Madaloz et al. 2023). It is this moment that arises from the importance of a more in-depth look at the intersections between adolescence, gender identity and personal conflict (Parreira et al., 2023).

This integrative review aims to explore these intersections, providing relevant insights that can contribute to clinical practice and research in this area. With a careful and open approach, we seek to understand the challenges faced by adolescents in addressing questions of gender identity and the possible impacts of these personal conflicts in their development.

By expanding our knowledge and understanding in this field, we will be able to offer more effective and empathetic support to young people who are going



through these experiences. Thus, this study aims to analyze adolescence and gender identity in a more profound way, examining the implications of this intersection for the individual and society as a whole. Through a synthesis of current studies and theories, we seek to shed light on crucial issues, such as the impact of personal conflict on identity formation, social influences in the construction of gender identity, and the possibilities of intervention and support for people in this phase of their lives. Finally, we hope to contribute to a better understanding of the importance of dealing in a sensitive and attentive manner with the quests of gender identity in adolescence. With this knowledge, we will be able to develop effective strategies of support and intervention, offering young people a safe space to explore and express their gender identity in an authentic way, thus promoting their well-being and healthy development.

1. Adolescence: a period of transition and discovery

During adolescence, a critical and extremely important period of gradual transition from childhood to adulthood, a vast and considerable amount of diverse and varied physical, hormonal and psychosocial transformations occur, which play a role of great relevance, fundamental and crucial in the process. and not full development of maturity and full growth two individuals (Ribeiro, 2024). Young people, during this phase marked by intense changes, face, then, a series of emotional, social and cognitive challenges, as they embark on a long journey of discovery and exploration of their own identity, finding a meaningful and fundamental learning of a deep self-knowledge and incessant and self-conscious search for tão clam independence with maturity (Assis et al.2024).

This phase is characterized and marked precisely by a deep, intense and very important period of discovery, exploration and singular and unique learning, in which adolescents have a singular and unique opportunity to explore, in depth, their own individual identity, their deepest and most profound interests. intrinsic, as well as their most intimate, legitimate and genuine aspirations that we can mold your present and future in a remarkably significant and definitive way (Castro, 2023; Meira & Castro, 2023). However, it is precisely this period of great, deep and intense changes and of wide and profound uncertainties that can emerge a series of



negative feelings, such as insecurity, anxiety and even internal conflicts, which can affect significantly, relevant and directly in a quite significant and relevant way to the formation of personal identity and, consequently, originate a series of essential and vital questions, mainly related to gender and sexuality, which are important for the construction of a fully developed identity in the diversity of the society in which we live (Assis et al.2024).

Therefore, it is of utmost and vital importance that we understand and support in a full, empathetic, sensitive and loving way, the young people, this very vital, significant, singular and impactful stage in their lives, offering them all the emotional, affective and psychological support that they what you need, as well as adequate, precise, reliable and based information scientifically, and, on top of everything, we also provide a safe, healthy and nurturing environment, which allows us to feel truly protected, safe, strengthened and loved in a more genuine and fully possível way (Castro, 2023; Meira & Castro, 2023). Only then, you will be able to face all these challenges, all your own, unique and characteristic of this phase of life, in a truly healthy, constructive, meaningful, fully conscious, inclusive and positive way, developing a fully formed identity, with self-esteem, confidence, self-respect , self-responsibility, resilience and autonomy, contributing assiduously and effectively, not only for your personal and integral growth as a human being, but also for the construction of a more just, egalitarian, supportive and diverse society, deeply guided by empathy, respect, including and oiling two different and multiple human beings who compõem, preparing for future responsibilities, challenges and conquests that will inevitably be found on their way to plenitude and individual realization (Fernandes, 2024; Kopsell, 2022).

Adolescence is, in the shadow of doubt, a crucial, essential, singular and extremely significant moment, in which the individual undergoes physical, hormonal and psychosocial transformations that are shocking and that are absolutely essential and crucial for their complete growth, evolution, personal maturation. , interpersonal and social (Meira & Castro, 2023; Valerio, 2021). During this unique and highly important phase, young people face a wide range and diversity of emotional, social, cultural, educational and cognitive challenges, as they explore, discover, experiment and develop their own identity in a widely diversified and plural



context, permeated by multiple and complex aspects of contemporary society (Castro, 2023).

In these processes of discovery, it is crucial to note that adolescence is also a period marked not only by moments of intense and agitated happiness, but also permeated by uncertainties, difficulties, doubts and negative feelings, such as insecurity, anxiety, sadness. and there are also complex and deep internal conflicts, which can affect in an important and significant way to personal training, self-perception and the elaboration of questions to respect gender identity and sexuality (Castro, 2023; Meira & Castro, 2023). Therefore, it is essential that young people are offered the understanding, support, support and guidance they need, in a full, empathetic, respectful and loving way.

Furthermore, it is essential that adolescents have access to the knowledge necessary to understand themselves and others, in order to develop a healthy and broad perception of themselves and the diversity present in society. Given this context, it is equally necessary and fundamental that a safe, nurturing, inclusive and free of preconceptions be offered, so that young people feel comfortable, supported and protected to share their concerns and experiences, without any type of judgment or discrimination (Caniato & Nascimento, 2020; Santos & Silva, 2021). In this way, young people are provided with the possibility of facing the challenges and dilemmas characteristic of the phase of human development in a healthy, balanced and constructive manner, enhancing their capacities, skills and talents, as well as stimulating their growth, maturity and well-being. (Pereira, 2022).

In this sense, it is crucial that society, families, schools, health professionals and other actors involved in the training and development process of young people assume the responsibility of raising, collaborating and maintaining a solid and consistent support network, to promote or acolhimento, to understanding, or respect, to even, to equality of rights and opportunities, as well as the dissemination of correct and up-to-date information on human development, mental health, sexuality and human rights, promoting the growth and training of autonomous, conscious, healthy, trained and fully prepared young people to face the challenges and demands of a complex, globalized and constantly changing society transformation (Pedroso et al. 2023; Rocha et al. 2022)



Thus, we can effectively contribute to a more just, supportive, inclusive, respectful and promising society, in which all individuals are valued, respected and have their dignities and integralities preserved, regardless of their identity, gender, sexual orientation, ethnicity, origin, condition socioeconomic, religious, among other personal and social characteristics that constitute us as unique, valuable and irreplicable human beings.

1.1 Characteristics and psychosocial aspects of adolescence

Adolescence, a stage characterized by a series of specific psychosocial characteristics and aspects, is marked by a considerable increase in the search for identity, autonomy and independence in relationships with countries (Soares, 2020). In this crucial phase of transition, significant alterations occur in the physical, emotional and cognitive spheres, as young people interact and become increasingly involved in different contexts, such as school, family and peer groups.

Adolescence is a singular phase, where unique and existential experiences are experienced, where the experimentation of new behaviors, movements of affirmation of individuality and questions about values and beliefs are commonly found (Meira & Castro, 2023; Soares, 2020).

The formation of identity and self-image emerges as central quests in this period of transformation. The influence exerted by culture, society and media is indubitável in the construction of a vision of the world and our behavior patterns endowed with young people. This being said, it becomes even more relevant to a deep understanding and analysis of all these aspects of adolescence, in order to assist the healthy development process and provide a conducive environment for the formation of secure, confident and self-aware future adults (Guimaraes, 2023). It is imperative that open, truthful and supportive dialogues be promoted, as well as the creation of spaces of balance and confidence, which enable self-knowledge, the discovery of abilities and talents, as well as the individual expression of each young person. Only in this way is it possible to ensure that young people go through this challenging period in a balanced, promising and healthy way, for full personal, social and emotional growth.



It is essential to recognize that each individual has their own rhythm of maturation and that it is necessary to respect and support their discovery process. Also, it is important to encourage the adoption of healthy habits, such as a balanced diet, regular physical exercise and the development of coping and stress management skills. The involvement of two countries and caregivers also plays a fundamental role in promoting the well-being of two adolescents, providing emotional support, guidance and clear limits (Guimarães, 2023; Silva Silveira, 2023). It is essential to understand that adolescence is a period of intense changes, both internal and external, and that it is normal for young people to experience different emotions and conflicts. Therefore, it is essential to promote a safe and supportive environment, where adolescents feel comfortable to express their thoughts, wishes and difficulties (Anjos, 2022).

In short, adolescence is a phase of transformations and discovery, in which young people seek to understand themselves and find their place in the world. Provide adequate support, offer dialogue and understanding and promote a healthy environment that is essential for adolescents to go through this phase in a balanced and positive manner, developing as confident, autonomous and aware individuals.

2. Gender identity in adolescence

Gender identity in adolescence refers to the individual perception of belonging to a certain gender, which can be masculine, feminine, both, or neither. It is influenced by various factors, such as socialization, biology and culture. During this period, young people begin to question and explore their gender identity, potentially experiencing internal and external conflicts, due to social and family pressure. It is important to recognize that gender identity is a complex and fluid construction, which can vary throughout life and be influenced by various experiences and external influences.

2.1 Definition and construction of gender identity

Gender identity in adolescence is an extremely intricate and multifaceted process that involves the careful and meticulous definition and construction of individual perception of one's own gender identity. During this fundamental phase



of development, young adolescents embark on an intense journey in search of understanding and expressing their authentic gender identity, which is influenced by a deep interaction of numerous factors, including biological, social and cultural aspects (Guimarães, 2023). . The complex and highly individualized construction of gender identity in adolescence frequently occurs when the individual is immersed in the exploration and experimentation of diverse forms of gender expression, simultaneously struggling to align their unique and personal gender identity with their intimate and genuine internal perception. of himself (Santos & Silva, 2021).

This incredibly significant and transformative process can be marked by a myriad of potential challenges and conflicts, which serve as opportunities for growth and learning, while also opening doors and creating wonderful and valuable moments of deep self-discovery, self-oil, and challenging self-love (Barbosa et al. al., 2023). It is a period of discovery and self-exploration that can also be a moment of connection with the LGBTQIA+ community and seeking support among peers and reference figures, such as family members, solid friends, and qualified health professionals (Negreiros & Guimarães, 2023).

Oil and understanding by the interlocutors is fundamental for the healthy development and emotional well-being of adolescents in this unique phase of life. Also, it is essential to understand that gender identity is fluid and can be altered over time, evolving and molding itself as people mature and experience new experiences. It is also important to highlight the importance of creating a safe and inclusive environment for adolescents in all spheres of society, from family and school to media and social circles (Lima & Silva, 2024). This allows them to express themselves freely, discover their truth, and feel valued and protected. Respect for the diversity of gender identities and the promotion of equality and two individual rights are essential pillars for a fair and inclusive society. In short, gender identity in adolescence is a complex and unique process, which demands time, patience, support and understanding. By reconnoitring and respecting the unique journey of each individual, we can contribute to a more inclusive, diverse and tolerant society, where everyone can live and express themselves authentically (Assis, Cambuí & Costa, 2024; Barbosa et al., 2023).



3. Personal conflict in adolescence

Personal conflict in adolescence is a phase in which young people go through various transformations and challenges, facing different types of conflicts. In addition to identity conflicts, social pressure and emotional difficulties, there are also family conflicts, which are common in this transition phase for adult life. It is important to highlight that adolescents seek to affirm their individuality, but also want to fit into social groups. This duality can generate anxiety, low self-esteem and disorientation, affecting the well-being of two young people (Silva et al, 2024).

As we see, to deal with these personal conflicts, it is essential that health professionals and educators remain attentive and offer adequate support. We must create a safe and stimulating environment, where adolescents feel encouraged to express their feelings and thoughts. Also, it is important to develop emotional self-management skills and make conscious decisions about your own identity and the path to be followed (Silva Maia, 2023).

Health professionals and educators play a crucial role in this process, providing relevant information about mental health, interpersonal skills and resources available to help adolescents deal with emotional problems and family conflicts. With adequate support, young people can learn to face their personal conflicts in a healthy and constructive way, acquiring valuable skills for the future and making the most of their day of self-knowledge and personal development (Araújo & Coelho, 2022).

3.1 Types of personal conflicts

In adolescence, the types of personal conflicts can vary considerably. Apart from conflicts such as country and family, adolescents can deal with a series of quests that affect their emotional state. Feelings of social inadequacy are common in this phase of life, as adolescents strive to find their place in the world.

The search for identity also plays an important role, as adolescents face doubts and questions about what they are and what they want for their future (Meira & Castro, 2023).

Conflicts between countries and family members can arise due to various reasons, such as changes in relationships, rules and established limits. As



adolescents seek more autonomy and independence, it is natural that there will be clashes and disagreements with their countries. These tensions can intensify when adolescents are exploring their identity and expressing different opinions about their countries (Castro, 2023).

Additionally, adolescents may experience internal conflicts related to gender identity and sexual orientation. They may question their identity and face difficulties in fitting in with established social fathers. Pressure to conform to heteronormative and binary norms can lead to significant internal and external conflicts (Silva Maia, 2023).

Also, academic pressure is also a significant source of personal conflicts in adolescence. Adolescents face high expectations in countries, teachers and general society. A tight competition in the school environment can lead to a constant feeling of stress and anxiety. High academic expectations can often lead to conflict like the emotional well-being of two teenagers. It is important to recognize and address these personal conflicts in adolescence (Castro, 2023; Meira & Castro, 2023).

Adolescents need emotional support, space to explore their identity, and opportunities to develop healthy coping skills. Comprehension and empathy between countries, family members, teachers and the general community are essential to help adolescents deal with the challenges of this phase of life (Sousa Lopes, 2022).

3.2 Risk factors and protection

Risk factors in adolescence related to personal conflict include dysfunctional family issues, exposure to violence in interpersonal relationships, psychoactive substance abuse, and untreated mental health problems such as anxiety and depression disorders. These factors, when present, can significantly increase the vulnerability of adolescents to negative experiences and affect their ability to cope with stress (Meira & Castro, 2023; Thomé & Sperotto, 2021).

On the other hand, protection factors can include strong family and social support, with healthy relationships and stays within the family nucleus, in addition to positive friendship ties and secure community connections. Also, access to mental health services, where young people can receive adequate guidance and treatment,



is essential to minimize the harmful effects of personal conflict. Participation in violence prevention and emotional education programs can also be an effective strategy to provide adolescents with the skills and resources necessary to deal with personal difficulties (Meira & Castro, 2023; Guimarães & Cabral, 2020).

Furthermore, the presence of supportive figures trusts that the school and community environment can have a significant impact on the lives of adolescents in personal conflict, providing emotional support and guidance. Professors, school counselors, mentors and other professionals who demonstrate interest and empathy are valuable sources of support and encouragement for young people (Galvão et al., 2024; Oliveira & Pucci, 2021).

It is essential to consider both factors - risk and protection - in addressing personal conflict in adolescents, in order to implement effective intervention and support strategies. Actions that aim to strengthen the protection factors and reduce risk factors can help promote better emotional and psychological well-being of adolescents, preventing the development of more serious problems in the future (Thomé & Sperotto, 202; Herrera et al., 2021). Creating safe, inclusive and healthy environments both at home and in the community is essential to support adolescents in their journeys of growth and development (Barbosa et al., 2023).

4. Adolescence, gender identity and personal conflict: intersections and impacts

Adolescence, a period marked by intense physical, psychological and social transformations, plays a crucial role in the development of gender identity in young people (Castro, 2023). By facing personal conflicts that do not conform to the expectations and norms of society, these young people can experience a profound impact on their mental health and well-being. Anxious disorders, depression and suicidal ideation can manifest as a consequence of these complex interactions between adolescence, construction of gender identity and personal conflicts (Meira & Castro, 2023).

In this context, it is extremely important to understand the complexity of these dynamics both for clinical practice and research. In the end, only through this understanding is it possible to offer adequate support and effective interventions,



thus contributing to the better quality of life of adolescents (Nunes, Garcia & Lima Argimon, 2023).

It is essential to recognize that adolescence is a moment of transition and maturity, in which significant changes occur, not only physical, but also psychological and social. During this phase, young people have the opportunity to explore and develop their own gender identity. However, when this identity is not aligned with socially attributed expectations and norms and oils, personal conflicts may arise (Jobim et al., 2023).

These intersections between adolescence, the construction of gender identity and personal conflicts are intrinsically linked to mental health and the well-being of young people. The impacts of these conflicts can be profound, resulting in symptoms of anxiety, depression and even suicidal ideation. Therefore, a comprehensive understanding of these processes is essential, both in clinical practice and in research, in order to provide adequate support and effective interventions that can contribute positively to the lives of adolescents (Araújo et al., 2023). Therefore, it is of utmost importance to understand the nuances of these dynamics both in the clinical field and in the research field. It is also possible to offer adequate support and effective interventions that can contribute positively to the quality of life of adolescents.

Integrative review methodology

The highly specialized and meticulous methodology of integrative review consists of a systematic and open approach that seeks to bring together, in a comprehensive and thorough manner, the results of a wide range of previous and academic studies on a given topic of interest, with the objective of providing a analyze it even more detailed and enriching.

In this context, for the preparation of this review, searches were carried out in various widely recognized and renowned scientific databases, such as PubMed (9), Scopus (5), Web of Science (12), PsycINFO (14) and Ufam Newspapers (02) using the descriptors ADOLESCENCE AND GENDER IDENTITY AND CONFLECTION PESSOAL. Forum found 78 studies carried out on the subject.



The search is not only for review articles, case studies, clinical trials and qualitative and quantitative research, but also for enriching work that generates perspectives and innovative methodological approaches, in order to achieve a broad understanding and open analysis of topical issues in the quest, raising them. counts every nuance and intricate complexity of the information available.

In addition, criteria of inclusion and exclusion of documents have been duly established for the purpose of ensuring the thoroughness, reliability, quality and high relevance of works carefully considered in this review, when they have been withdrawn from research Dissertações, Theses, Monographs, repeated research and those for a do limit of previously established tempo, no total of 42 jobs. Thus, the results obtained present high reliability and validity. In order to guarantee the validity and objectivity of the results, the entire review process was carried out by the project team.

The present study, therefore, represents a significant and important framework for scientific knowledge, providing valuable insights and substantial contributions to a deep understanding of adolescence, gender identity and personal conflict. During the development of this study, gaps in existing literature were identified, which serve as a basis for future research and additional investigations. These gaps open the possibility of exploring new areas of study, deepening the analyzes even further and continuing to enrich and update the knowledge in this critical area of psychology, expanding the frontiers of knowledge and promoting even more significant discoveries.

The breadth and depth of this review provides a solid and well-founded basis for the field, encouraging researchers, academics and professionals to engage in in-depth discussions and the development of effective interventions. The relevance of this study extends beyond the academic environment and is applied to clinical practice, to the formulation of public policies and to the work of organizations dedicated to promoting the mental health and well-being of adolescents. Therefore, it is hoped that the results of this review will be widely disseminated and used to inform decision-making, improve the quality of the services offered and promote positive changes in society, contributing to the improvement of the quality of life and the promotion of the full development of young people in his life journey.



Results and discussions: in order to understand the phenomenon!

The results found in this integrative review emphasize emphatically the complexity and wide diversity that surrounds the construction of gender identity during the adolescence phase (Castro, 2023; Meira & Castro, 2023; Araújo et al., 2023). It becomes evident that, for a more comprehensive understanding of this topic, it is essential to consider the influence of multiple psychosocial, cultural and individual factors (Nunes, Garcia & Lima Argimon, 2023; Jobim et al., 2023).

Furthermore, it has been confirmed throughout this review that there are two relevant conflicts between people and society that permeate this context, which leads us to urgently understand in a more profound and open manner the complex intersections between gender identity, society and mental health. (Meira & Castro, 2023; Thomé & Sperotto, 2021; Herrera et al., 2021). Only then will it be possible to promote effective and inclusive interventions that can positively contribute to the well-being and quality of life of adolescents. It is also highlighted that the reviewed studies highlight the crucial importance of family, school and community support in the construction process of gender identity during adolescence (Barbosa et al., 2023; Araújo et al., 2023).

Furthermore, it is inevitable that there is a need for more open public policies, which aim to promote and guarantee a safe, supportive and preconceived environment for all young people who are discovering and building this aspect (Castro, 2023; Pontes, Silva & Nakamura, 2020; All these investigations alert us to the vital importance of developing holistic and sensitive support strategies, which take into consideration the complexity and uniqueness of each individual. Only through genuinely inclusive and respectful approaches will we be able to ensure or improve the quality of life of all young people, regardless of their gender identity (Mantovani et al., 2024; Araújo et al., 2023; Mandaloz, 2023; Pontes, Silva & Nakamura, 2020)

Necessarily, it is essential to highlight that health professionals, educators, family members and community members play a fundamental role in supporting and guiding two adolescents on their journey of self-discovery and self-oil (Meira & Castro, 2023; Komatsu, 2021; Negreiros Guimarães et al., 2023). It is necessary



that each of us be willing to be an ally, offering support, listening attentively and respecting the individual experiences of each young person. To reconfirm the importance of positive construction of gender identity, we are promoting equality and justice for all (Assis, Cambuí & Costa, 2024; Lima & Silva, 2024; Silva & Silva Barros, 2021). Therefore, it is crucial that society as a whole come together to break stereotypes, eliminate preconception and promote genuine inclusion of people of all gender identities.

We must create safe spaces, where all adolescents can express themselves freely, without discrimination or *rejeição* (Santos & Silva, 2021; Caniato & Nascimento, 2020). Only in this way can we guarantee that each individual has the opportunity to live an authentic and happy life, free from the weight of limiting social expectations and norms. As we see, the construction of gender identity during adolescence is a complex and multifaceted process, which requires an open and inclusive approach. We must continue to promote research, educational programs and public policies that recognize and value the experiences of each individual, always seeking equality, respect and justice for all (Meira & Castro, 2023; Pedroso et al., 2023; Anjos, 2022; Soares, 2020). Only then will we be able to create a truly inclusive world, where every person can feel worthy, loved and embraced by their gender identity.

It was possible to observe and confirm, in an indubitável and inquestionável manner, a strong and strong relationship, deeply rooted, between a complex and multifaceted gender identity in adolescence and the arduous and intricate personal confrontation faced by young people in a peculiar and delicate phase of their lives (Pedroso et al., 2023; Anjos, 2022; Rocha et al., 2022;

The construction, molding and consolidation of gender identity, which manifests and occurs in a very complex and peculiar manner in this crucial moment of transition, can, invariably, trigger and give rise to diverse and unknown types of personal conflicts, which emerge and develop our most intimate areas e profound aspects of the youthful psyche (Pinho & Pariz, 2024; Castro, 2023; Silveira Araújo & Silveira Campos, 2021). These conflicts can manifest themselves in various ways and address an infinity of quests, dilemmas and challenges, such as an incessant and tireless search for oil and reconhecimento, an undesirable discrimination and



social marginalization and a continuous and constant search for a personal and authentic identity, such as clam and longed for hair adolescents are part of a society rooted in parents and stereotypes that are too inflexible and rigid (Silva et al., 2024; Moreira & Andrade, 2024; Silva Maia et al., 2023; Xavier et al., 2021).

Furthermore, the review allowed us to identify and demonstrate multiple and varied risk and protection factors, inherent to this complex and delicate process of construction of gender identity in adolescence. These factors, which play a crucial and essential role, demonstrate in an unquestionable and unquestionable way the importance and relevance of a safe, protective, inclusive and nurturing environment, capable of promoting and fostering a healthy and harmonious development of gender identity in a phase that is not permeated. of doubts, uncertainties and insecurity (Galvão et al., 2024; Araújo & Coelho, 2022; Souza & Lopes, 2022; Oliveira & Pucci, 2021).

It is assumed that the presence and continued existence of a solid family support, characterized by unconditional love, empathetic understanding, genuine companionship and active support, and the social support coming from peers, friends, colleagues and professionals are essential, vital and fundamental for that adolescents can face and overcome challenges successfully Advindos of this intricate and complex journey (Barbosa et al., 2023; Nunes, Garcia & Lima Argimon, 2023; Silva Silveira et al., 2023; Herrera et al., 2021). These results, which emerge as solid and indisputable pillars, corroborate and highlight the inevitable need for an integrated, open and multidisciplinary approach in the clinical and research field, comprising a vast range of areas and disciplines of knowledge (Castro, Jobim et al., 2023). This approach, which is presented as a true and profound truth in all layers of gender identity in adolescence, aims, in an unquestionable and surprising way, to promote, encourage and stimulate the well-being of psychosocial and mental health of adolescents, especially before two. uncontáveis and challenging obstacles and adversities faced not that say respect à definition and understanding of your own gender identity and two constant and inevitable personal attacks that this intriguing and unique trajectory implies (Araújo et al., 2023; Guimarães & Cabral, 2020; Pontes, Silva & Nakamura, 2020).



In this way, it is essential and imperative that it be established and propagated, in a broad and open manner, to the awareness, formation, and training of all professionals involved in this complex sphere, as well as to the implementation of appropriate public policies directed at children. and maintenance of a safe, inclusive, respectful and compassionate environment, so that adolescents can flourish and develop fully, taking full advantage of all the possibilities and potentialities that the exploration of their gender identity brings with them (Mendes et al., 2024; Batista & Böing, 2023).

Only through this open, humane and comprehensive approach will we be able to glimpse a more fair, egalitarian and inclusive society, where each adolescent can feel valued, loved, respected and understood, regardless of their diversity and uniqueness of identity (Domingues & Sena, 2023; Mandaloz et al., 2023; 2021). The transformation and evolution of this scenario depend, undoubtedly, on the joint and committed action of all individuals and institutions, so that deep and lasting changes are promoted, enabling young people to go through this period of their lives with dignity, respect and plenitude (Mantovani et al., 2024; Lima & Silva, 2024; Adolescents have their future and must be supported and empowered to achieve their full potential and contribute to a more inclusive and egalitarian society.

Final considerations and recommendations for clinical practice and research

Considering the results of this integrative review, it is extremely important to emphasize that professionals who work in the area of health and researchers must be fully aware of the relevance and magnitude of accommodating and valuing the wide diversity of gender identities that emerge during adolescence.

In the field of clinical practice, it is strongly recommended to promote and establish safe, inclusive and harmonious environments, where adolescents can feel completely empowered to express freely, without restrictions or mediation, their true gender identity and find the necessary support. for lidar with any type of conflict people who may arise unexpectedly. Furthermore, it is essential and of extreme importance that academic and scientific research continue to thoroughly investigate and explore the complex and multifaceted intersections between gender identity and personal conflict, seeking to identify in a precise, open and in-depth manner the



various factors of protection and effectiveness. intervention strategies that only the most adequate and advantageous, based on the experiences lived and the specific needs of young adolescents who are going through this extremely important, decisive and marking phase in their lives, where each element and each aspect can have a lasting impact on their best-being. physical, emotional and social.

The unconditional support provided by health professionals and researchers is vital to face the new challenges that arise in adolescence. Society must be responsible for creating safe and inclusive spaces, where adolescents can feel empowered and protected to explore their gender identity. This will guarantee that these young people have a supportive environment to express themselves without being judged or discriminated against. Furthermore, research must continue to deepen the complex relationships between gender identity and personal conflict, in order to discover effective intervention strategies and protection factors that help adolescents navigate this phase of their lives. It is essential that the specific experiences and needs of young people be taken into consideration, ensuring that they receive the necessary support for their physical, emotional and social well-being.

Concluding, the support and valorization of gender diversity is essential not to care for adolescents. It is necessary that health professionals and researchers be aware of the importance of this topic and commit to creating a safe and inclusive environment so that young people can express themselves freely. Research must continue to investigate the relationship between gender identity and personal conflict, seeking to identify effective intervention strategies that address the specific needs of adolescents. By doing this, we can guarantee that these young people go through this crucial phase of their lives with adequate support, promoting their well-being and health in all aspects.

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