

THE PERCEPTION OF FINAL YEAR STUDENTS REGARDING OF QUARTER LIFE CRISIS

Wantini, Djamaluddin Perawironegoro, Ruri Afria Nursa and Suyatno
Universitas Ahmad Dahlan Indonesia

ABSTRACT

Mental health issues are identified as a priority of the development of human resources. Early adult problems are often seen from the anxiety to deal with life related to career and identity. The tension of anxiety that is not handled correctly will lead to a quarter-life crisis. The final year student will either realize or unrealize the quarter-life crisis. The low level of knowledge during a quarter-life crisis will lead to mental health care. This article aims to present the student's perception regarding the quarter-life crisis occurring in final year students. The method used in this research was a survey of final-year students in Yogyakarta. Questionnaires about the perception of the quarter-life crisis showed that students had presented the perception sufficiently in overcoming the anxiety toward the future and have the positive attitude to face a quarter-life crisis.

Key Words: Final-year Students' Perception, A Quarter-life Crisis.

1. INTRODUCTION

A quarter-life crisis, called the twenties crisis, is a condition that depicts the anxiety or confusion of the twenties to determine life goals, direction, and life decisions [1]. The things that trigger confusion or caused worries are to try living independently, pursue a carrier, study, look for a relationship, attempt to solve the problems, and search for self-identity [2]. Conditions like this should not be taken lightly, while they must be seriously treated, because this crisis can lead the mental health issues [3]. The early twenties is when pursuing somebody to have huge responsibility than adolescence; furthermore, it impacts young adults' emotional crisis, especially at that age [6]. The anxiety and confusion leading to mental health crises then appear as a quarter-life crisis.

A quarter-life crisis, or often abbreviated QLC, in the western eye is a part of the quarter-life period that phases occur at eighteen to twenty-nine, in which it is the advanced period of teenagers to adulthood [4]. In psychology, this emerged condition has been identified by the emerging adulthood, the advanced period of somebody from pre-adults to young adults. This condition can be portrayed with somebody bothered by plan and the critical decision. This emergency appears with the diversity of the enthusiastic, for example, disappointment, absence, and others. This matters, if it is not taken seriously, will cause despair. The issues often burden someone from adolescence to adulthood, encompassing work, financial, and public activities. The argument that appeared from every individual to go through different adulthood shows the energetic and doubtful appearance. Some people can go through this situation and continue their personal affairs, but some need help to find the answer to their life and pass their adolescence. On

the other hand, people who do not experience these phases will embrace the fear, distress, and susceptible situation [5].

According to Santrock [6], early adulthood is the age where people have settled with a job for an extended period. Meanwhile, according to Hurlock [7], early adulthood is the age to adapt to a new life and a new assumption. An early adult is entering another social environment to take a new part, grow the mentality, willingness, and a new quality of life according to their latest work. In this way, rationalistic skills will take the critical parts in early adulthood. Hurlock had explained ten essential characteristics that appeared in early adulthood, particularly:

First, early adulthood is for a set period. Currently, some people will find a situation that is suitable for them and provide long-term satisfaction. When they find a fit figure, for example, solving personal problems, it helps them grow the attitude, perspectives, and quality of life attached to their eternal life. *Second*, early adulthood is a productive age. This age is a perfect time for searching for a life partner, marrying, and having children, and this age is the stage where the reproductive organs are very conceptual in producing offspring [8]. *Third*, early adulthood is a difficult time. People have no choice to adapt to their situation, like adapting to married life and work life. People who cannot adapt to their current situation, their life will be disrupted. Some reasons why people hard to adjust to their new situation are the readiness to provide life's needs and no help for managing and taking for their life, especially to control the situation, while this is in contrast with their adolescence.

2. METHOD

This research used a qualitative approach, the relation among the research variable depending on the correlation coefficient. The population was the final-year students, which survey by questionnaires was used to collect the data with the research design of a cross-sectional survey [9]. The technique of a sample withdrawal in this research was random sampling, in which the population chosen had a probability of being selected as a sample. The procedure to collect data was conducted by distributing questionnaires to samples that included four classes of final-year students as a class for research samples. Data collection was taken during the course. Data analysis was used inferential and descriptive statistics analysis.

3. DISCUSSION AND FINDINGS

Quarter-life or twenties are not emergency age for most people, but it is a thrilling time. The growing teenagers have the opportunity to try all of the prospectus activities to find the essential meaning throughout life. However, another side of the quarter-life crisis includes rough conditions, demanding factors, the instability known as a quarter-life crisis [10]. This stage is close to twenties to thirties or those who have graduated from school, in which they have the intention to fear the future encompassing effort, connection, and public activities. However, the phenomenon of quarter-life crisis can be happened for several reasons, for example, due to family pressure, peer pressure, fear of the future, dissatisfaction about something like a colleague, work, and others, dissatisfaction of standard component social-cultural, family, and individual perspective towards problems. More pressing factors are like people produce negative feelings and

perspectives about themselves. Meanwhile, on the other hand, a positive outlook has appeared yet is not understood, and social capacity is disturbed [11].

As shown by Robinson [12], the quarter-life crisis include five stages. The first stage is being stuck in different decisions and cannot choose what to live throughout life. The second stage is to compel to change the situation. The third stage is critically doing the movement, for example, breaking up the relationship and deciding to start a new encounter. The fourth stage, establishing a stance and controlling life's goals. The fifth stage is building another new life that is more centered on interesting things and according to his qualities. In designing an intervention program, O'Hanlon [13] said that therapy for a person facing a quarter-life crisis is related to some opportunity for solving problems. Additionally, therapy treatment is expected to lift the spirit to build a self-individual quality, confidence to build a future they need.

The survey result showed that several factors affecting the quarter-life crisis are that social aspect and the rough situation in the environment become a cause that mainly occurs about 36,5%. This number is not only a preference, yet the cases that happened need a response from the closest relatives, at the same time, to change the communication pattern by the question "when." Often, the society in the social and adulthood environment asking for "when do you get married?" "When do you graduate?" "When do you get a job?" and other questions that are commonly used for society's concern. However, these questions are a burden for early adults.

About 19,1% of the early adults experiencing a quarter-life crisis mostly believe in God and strengthen their relationship with God. Keeping distance from the problems helps somebody take care of mental health instead of directly asking for professionals' help. This perception, to not ask professionals a service, is caused by the views that consider quarter-life crisis issues as minor problems and can be solved by themselves.

Perception of mental health of final-year students has three main findings. The first one is that there are differences in viewing the cause of mental health. The respondents believed that stress related to life goals (77,1%) is the common cause. It is affected by societal stigma, arguing that early adulthood is a critical age to set goals like career, life partner, and other demanding targets. The second one is a tendency to live with family and the closest one while experiencing a quarter-life crisis. This perception makes people tend to avoid psychologists and embrace heavy pressure and depression. The third one is that asking for help from family and closest peers become the main reasons not to meet psychologists to treat someone's mental health. This stigma has become a concern for psychologists to provide more education related to the importance of psychologists' assistance to deal with the quarter-life crisis, as prevention of depression and mental disorders.

4. CONCLUSION

The findings revealed that social factors and hard living in an environment cause the quarter-life crisis, while social stigma (36,5%) is mainly identified as a cause. Most respondents (19,1%) believe that strengthen the relationship with God and keep distance from problems can maintain psychological health. Others prefer to find spiritual practitioners instead of professionals to be a

help for maintaining mental health. From this research, three main findings are the difference in society's perception of mental health. Respondents believed that stress related to life goals (77,1%) is the common cause of triggered mental disorders. Second, a patient with mental disorders caused by a quarter-life crisis needs to be treated by family. Third, society's preference not to ask for family and closest relatives' help instead of professional service is the main reason. In this case, Professional treatment is not the main alternative to search for the help of mental disorders.

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