

Peran *Self-Esteem* dan Regulasi Emosi terhadap *Quarter-Life Crisis*

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Abstract. Quarter-life crisis is an emotional crisis in the form of feeling sad, isolated, incapable, self-doubt, fear of failure, helplessness, and having decision-making difficulties experienced by individuals at the developmental stage of emerging adulthood. In this study, quarter-life crisis is explained using the theory of self-esteem and emotional regulation. The research was conducted with a quantitative approach using online survey methods consisting the Self-Liking/Competence Scale Revised (SLCS-R) to measure self-esteem, quarter-life crisis scale, and emotion regulation scale. Study participants were early adults who had graduated from college and were aged between 18-29 years old with a total of 263 respondents. The analysis was conducted with the double linear regression method and the results show that the hypothesis was accepted. Self-esteem and emotional regulation play a role in quarter-life crisis

Keywords: *emotion regulation, emerging adulthood, self-esteem, quarter-life crisis, young adult*

Abstrak. *Quarter-life crisis* adalah krisis emosional berupa perasaan sedih, terisolasi, tidak cakap, ragu pada diri sendiri, takut akan kegagalan, tidak berdaya, serta kesulitan untuk membuat keputusan yang dialami oleh individu pada tahap perkembangan *emerging adulthood*. Pada penelitian ini, *quarter-life crisis* dijelaskan menggunakan teori *self-esteem* dan regulasi emosi. Penelitian bertujuan untuk mengetahui peran *self-esteem* dan regulasi emosi terhadap *quarter-life crisis* pada dewasa awal. Penelitian dilaksanakan dengan pendekatan kuantitatif dengan metode survei secara daring menggunakan *Self-Liking/Competence Scale Revised* (SLCS-R) untuk mengukur *self-esteem*, skala *quarter-life crisis*, dan skala regulasi emosi. Partisipan penelitian adalah dewasa awal yang telah lulus dari perguruan tinggi dengan batas usia 18-29 tahun sejumlah 263 responden. Hasil analisis dengan metode regresi linear berganda menunjukkan bahwa hipotesis diterima, yaitu *self-esteem* dan regulasi emosi berperan secara negatif terhadap *quarter-life crisis*.

Kata kunci: *dewasa awal, emerging adulthood, regulasi emosi, self-esteem, quarter-life crisis*