

Quarter Life Crisis pada Emerging Adult: Sebuah Studi Mixed Methods

Muhammad Naufal Elian Yassar¹, Nida Ul Hasanat²

^{1,2}Fakultas Psikologi, Universitas Gadjah Mada

e-mail: ¹naufalelian@gmail.com, ²nida@ugm.ac.id

Abstrak

Individu yang sedang berada pada fase *emerging adulthood* dapat mengalami sebuah krisis yang disebut *quarter life crisis*. Berdasarkan studi awal peneliti menemukan bahwa fenomena *quarter life crisis* dialami oleh *emerging adult*. Oleh karena itu, peneliti tertarik untuk meneliti lebih lanjut fenomena tersebut. Tujuan penelitian ini yaitu untuk mengetahui secara empiris gambaran *quarter life crisis* pada *emerging adult*. Penelitian ini melibatkan partisipan kuantitatif berjumlah 338 orang partisipan dan enam orang partisipan penelitian kualitatif. Penelitian ini menggunakan desain penelitian *explanatory sequential mixed methods*. Penelitian ini menemukan bahwa rata-rata tingkat *quarter life crisis* partisipan penelitian kuantitatif berada pada kategori sedang. Partisipan penelitian mengalami *quarter life crisis* yang tergambar pada tema arah hidup yang belum menentu, kecemasan terhadap masa depan, tertekan, perbandingan diri, persepsi diri yang negatif, namun mereka juga mampu menerapkan berbagai cara menyelesaikan masalah dan tetap merasakan peran orang tua yang membantu mereka mengurangi tingkat *quarter life crisis* yang dialami. Implikasi praktis temuan penelitian ini dapat digunakan sebagai pertimbangan bagi *emerging adult* untuk mempelajari dan menerapkan cara-cara mengatasi masalah untuk mengurangi *quarter life crisis* yang dialami.

Kata kunci: *emerging adulthood, mixed methods, quarter life crisis*

Abstract

Individuals who are in the emerging adulthood phase can experience a crisis called quarter life crisis. Based on initial studies conducted by researcher, researcher found that the quarter life crisis phenomenon was experienced by emerging adults. Therefore, researcher was interested in examining this phenomenon further. The aim of this research was to empirically determine the description of the quarter life crisis in emerging adults. The participants in this research were 338 quantitative research participants and six qualitative research participants. This research used an explanatory sequential mixed methods research design. This research found that the level of quarter life crisis of quantitative participants was in the medium category. Research participants experienced a quarter life crisis which was reflected in the themes of uncertain life direction, anxiety about the future, depression, self-comparison, negative self-perception, but they were also able to apply various ways of solving problems and still felt the role of parents who helped them reduce the level of quarter life crisis experienced. The practical implication of this research is that the findings of this research can be used as a consideration for emerging adults to learn and apply how to solve problems to reduce the quarter life crisis they are experiencing.

Keywords: *emerging adulthood, mixed methods, quarter life crisis*