

Conscientiousness and Quarter-Life Crisis in Emerging Adulthood: Social Support as a Mediator

Dzikria Afifah Primala Wijaya¹, Muhana Sofiati Utami²

Fakultas Psikologi

Universitas Gadjah Mada Yogyakarta

e-mail: dzikriaafifah96@mail.ugm.ac.id¹, muhana@ugm.ac.id²

Abstract. Quarter-Life Crisis is a developmental crisis that occurs in emerging adulthood. The occurrence of this crisis is influenced by several factors, including conscientiousness personality and social support. This study aims to examine the role of conscientiousness personality towards Quarter-Life Crisis in emerging adulthood with social support as a mediator. The study participants were 286 people who were in the 18-25 years age group. There are three measuring instruments used, namely the Quarter-Life Crisis Scale, Big-Five Inventory (BFI), and The Multidimensional Scale of Perceived Social Support (MSPSS). Mediation analysis using PROCESS, shows that social support mediates the role of conscientiousness personality towards the Quarter-Life Crisis by 13% (-0.1286; $p < 0.05$). Therefore, it can be conclude that social support serves as a mediator for the role of conscientiousness personality towards the Quarter-Life Crisis.

Keywords: *conscientiousness, emerging adulthood, social support, quarter-life crisis*