
Differences in Quarter Life Crisis in Early Adulthood in Terms of Employment Status

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ABSTRACT

Individuals in early adulthood are particularly vulnerable to quarter-life crisis due to pressures from work, relationships, and various expectations to fully transition into adulthood. Entering the job market often induces stress and frustration, especially for new adults, as they face the challenge of finding a job that not only offers a good salary but also aligns with their identity and provides satisfaction and happiness. This study aims to assess the differences in quarter-life crisis among early adults based on employment status. The research uses a quantitative approach with a one-way ANOVA method and purposive sampling for data collection. The study involved 148 respondents aged 18-25 years. The collected data were analyzed using one-way ANOVA, resulting in a significance value of 0.000, indicating that the Sig value is lower than 0.05. Hypothesis testing was further conducted using post hoc (Bonferroni) tests to compare differences among the three employment status groups. The results from the post hoc test revealed that unemployment showed a significant difference compared to the other two employment status groups, with a value of 0.00.

Keywords: *Quarter Life Crisis, Early Adulthood, Employment Status*

INTRODUCTION

Individual will through various stage development throughout alive, from infancy until age continue. One of the phase that gets attention special from researchers, according to Habibie (2019), is transition from teenagers to adults. During emerging adulthood period, individual often face various problems and transition processes that can trigger the occurrence of Quarter Life Crisis. This condition is characterized with confusion about various the choices available and the feelings adrift in face the situation faced. Quarter Life Crisis is response to instability, doubt will ability self, fear will failure, isolation, constant change, abundance choices, and a sense of panic consequence feeling helpless (Robbins, 2001). This phenomenon often occurs at the age of 20 to 25 years, when individual start enter phase mature beginning and facing various problem as well as demands from environment they.

According to study Permatasari (2021), around 31% of population experiencing quarter life crisis in category worker feel easy depressed. They often feel that work done is not appropriate with interests and abilities, the salary received is insufficient need live, and feel Not yet ready to work However forced must independent and have work still. Working usually become indicator somebody reach adult status, because involving not quite enough answer personal, taking decision independent, and self-reliance financial. However, the reality is entering the job market often cause stress and frustration, especially for adults young. His height hope them to get work that is not only salaried tall but also fits with identity they, as well as give satisfaction and happiness, often difficult achieved (Arnett, 2007).

Pinggolio (2018) reported that individual in adulthood beginning often experiencing a quarter life crisis due to pressure related work, relationships, and various hope to be mature in a way intact. After finish education, workers young usually choose work full time, while others often merge studies with work beak time (Allaart & Bellmann, 2007). Some individuals who have graduated from education Possible experiencing a period of unemployment Because not yet get work after apply. Research Qonita (2022) shows that in survey Early, 80% of respondents (30 people) reported worry and confusion related jobs and careers, as well as anxiety about the future. In addition, 80% (30 people) felt they had not achieved nothing at age those who are increasingly increased, and 87% (35 people) felt pressured by demands to be mature. Unemployed individuals also face pressure from environment around, which can add anxiety as well as view negative to self yourself and others. Lack work believed influence evaluation self, causing lack of trust self, easy offended, and a tendency to

withdraw yourself. Therefore that, the period of unemployment or period Wait working too long can cause problem for individual in aspect psychological, physical, social, and financial.

The amount expectations and demands during the transition to adulthood make individual feel stressed, anxious, worried, trapped and even until evaluate himself Alone negatively because feel like you do no't have high value and high ability to himself. So, when in the world of work individual sometimes worrying himself Because entering two periods at a time that is transition oneself into a difficult adulthood and entering a difficult working world as well. Becoming adult and working is the hard thing for some people especially become mature individual but it doesn't work like in study Hasanah & Rozali (2021) mention that difficult sleep, easy angry, easy offended and attracted self from environment is impact from individual who gets pressure consequence Not yet work. From the description problem said, then writer interested in doing assessment about What difference individuals who are going through hard times adulthood with employment status beak time, full time and unemployment with take title research "Differences *Quarter Life Crisis* in adults beginning reviewed from Employment Status".

RESEARCH METHODS

This research uses method quantitative and involving mature beginning aged between 18 to 25 years, consisting of from full time, part time and unemployed workers. There were 104 respondents involved in this study. The sampling technique sample used is purposive sampling. The instrument used is questionnaire or questionnaire containing statement to collect data regarding crisis age a quarter century. The measuring instrument used is adaptation from tool The measurement developed by Zuhriyah (2021) includes aspects such as: 1) Difficulty in make decision, 2) Feeling of despair hope, 3) Assessment negative self, 4) Stuck in situation difficult, 5) Anxiety, 6) Stress, and 7) Worry about interpersonal relationships. Data collected through questionnaires that were distributed through *Google Forms*.

RESULTS AND DISCUSSION

This research was conducted to see description about existence *quarter life crisis* reviewed from employment status in adults beginning and obtained data such as description subject This research is totaling 148 adults beginning with amount subject Male 43 (29%) and female 105 (71%). Employment status in This research is distinguished become three that is *full time* 52 subjects (35%), *part time* 46 subjects (31%), and unemployed 50 subjects (34%).

At hypothetical average value *quarter life crisis* is 62.5, while the empirical average is is 64. This result shows that *quarter life crisis* on the subject more tall from presumption research. In the categorization obtained that scale *quarter life crisis* is at a moderate level with percentage 36%. Results of employment status categorization *full time* get results at medium level with 40% percentage, on work *part time* get results presentation moderate (37%) while unemployment get results that majority subject be at a high level with percentage 42%.

Based on results research conducted researcher get findings that existence difference *quarter life crisis* reviewed from employment status that is unemployment (*jobless*) gets more value tall compared to *full time* & *part time*. Based on *one way test anova* obtained Sig value 0.000 so can withdrawn conclusion that $0.000 < 0.05$ so H_0 is rejected. Therefore, from That can it is said that existence difference *quarter life crisis* reviewed from employment status. Since the H_0 value is rejected, the difference test furthermore is *post hoc test (bonferroni)* to see whether There is significant differences in the three group. The results obtained from the post hoc test (Bonferroni) is in the group unemployment there is significant difference with group *full time* and *part time* with Sig value 0.00. While in the group There are no *full time* or *part time* significant difference Because Sig value obtained more big from 0.05 which is 0.725.

When going through the *emerging adulthood* period, you will find problems and the transfer process, individuals will also followed with condition *Quarter Life Crisis* Where will marked with confusion will the choices available and make feeling adrift udder on everything that is faced. A description of *the quarter life crisis* according to Robbins (2001) a number of individual will feel change life that causes confusion, loneliness, alienation, instability and having Lots choice life so

that feeling helpless and also anxious. Thouless (2000) say there is internal factors such as experience personal, moral, emotional, affectionate and intellectual factors external that is condition environment, education, culture as well as demands life everyday that is considered contribute to the occurrence of quarter life crisis.

In the research Hasanah & Azmi Rozali (2021) depicts individuals who have not get work will feel inability realize his ambition Because think himself fail in get work and feel incapable fulfil his needs daily. Unemployed individuals also get pressure from environment around so that result in anxiety, have negative view of self yourself and others. Not having work is also suspected influence self - assessment alone, feeling in disbelief self, easy offended and attracted self. So there is a period of unemployment or waiting period overwork suspected will cause problems in individuals, both in a way psychological, physical, social and financial.

Quarter life crisis is response to various instability, such as doubt to ability self, fear will failure, feelings isolated, continuous change, many choices, and a sense of panic consequence feelings of helplessness (Robbins, 2001). Entering the world of work often become sufficient period challenge Because involving various aspect like support social, depression, anxiety, satisfaction life, relationship personal, as well as view regarding the future. Anxiety is one of the factor main the occurrence of a quarter life crisis, with part big experience level anxiety high, reaching 35% in this research. In fact, entering the job market often causes stress and frustration, especially for new adults start career they. High hopes to place work, find work that is not only offer good salary but also appropriate with identity and satisfying, it turns out is challenge large (Arnett, 2007).

CONCLUSION AND SUGGESTIONS

Based on study and testing testing conducted about differences between quarter life crisis in adults beginning reviewed from employment status show results that existence difference *quarter life crisis* reviewed from employment status that is unemployment (*jobless*) gets more value tall compared to *full time & part time*.

Findings This study indicates that part big subject unemployment experience *quarter life crisis*. Adult the beginning is medium experience *quarter life crisis* and in progress feel trapped in a difficult situation, make planning started from term short Then term long so that what you want done more directed. Individuals can also try things new to find or dig interest and talent. Individuals can too look for help to family, friends, trusted people or even to power professional experts to find solution from all anxiety or individual anxiety experience.

For researchers next one that has interest do study with the same variables, it is recommended to increase subject and quantity balanced to be more seen difference between third employment status. Then the researcher next also can see description *quarter life crisis* from background behind type sex or to students *fresh graduate*.

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