
Description And Differences In Quarter Life Crisis In Terms Of Gender In The Age Range Of Emerging Adulthood In Banda Aceh

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Abstract :

Quarter life crisis is a phenomenon of identity crisis due to instability experienced by individuals in emerging adulthood and has an impact on the presence of feelings of anxiety, anxiety, excessive fear. This study aims to determine the differences in Quarter Life Crisis between women and men in the age range of Emerging Adulthood in Banda Aceh. This research is a quantitative study with a comparative test method. The sampling technique was carried out by probability sampling method with cluster random sampling type with a sample size of 360 subjects (117 men and 243 women). The data collection method in this study used The Developmental Crisis Questionnaire (DCQ-12) scale. The data analysis technique used was independent sample t-test using JASP version 13.0. The results showed no difference in Quarter Life Crisis ($t = -0.895$; $p = 0.372 > 0.05$) for men ($M = 33.487$; $SD = 5.429$) and women ($M = 34.05$; $SD = 5.71$) in the Emerging Adulthood age range in Banda Aceh. The empirical mean of Quarter Life Crisis of all subjects is smaller ($M = 33.869$; $SD = 5.62$) compared to the hypothetical mean ($M = 36$; $SD = 8$). These results explain that Quarter Life Crisis in the Emerging Adulthood age range in Banda Aceh tends to be low.

Keyword: *Quarter Life Crisis, Gender, Emerging Adulthood*

1. Introduction

Individuals will experience a developmental process in their life cycle. By definition, development is a series of progressive changes that occur as a result of maturity and experience (Hurlock, 1980). Development is systematic, which means it is continuous and organized (Papalia et al, 2014). Development continues into adulthood, where there are three periods during this time: early adulthood, middle adulthood, and late adulthood (King, 2017). In 2000 Arnett began to

introduce the concept of entering adulthood to describe a transitional period that is an extension of adolescence and an experiment with adult roles, this stage is called emerging adulthood (Arnett, 2007). Individuals experience uncertainty and exploration in aspects of life such as career, interpersonal relationships, and self-identity. Individuals experience feelings of anxiety, emotional instability, and uncertainty regarding their future. Life crises, such as Quarter Life Crisis often occur during emerging adulthood (Robinson & Wright, 2013).

Emerging adulthood is by definition a period of transition from adolescence to adulthood with an age range of 18 to 25 years, this transition period is characterized by identity exploration, instability (education, employment, and romantic relationships), self-focus, feeling in the middle (not a teenager or a fully mature individual), and the age of opportunity for individuals to change their lives (Arnett, 2015). Certain influential factors related to social change are changes in the structure of society, such as increased access to higher education and the rising age of marriage, affecting the time at which adult responsibilities are taken on (Arnett, 2004). Economic factors are the uncertainties that emerging adults face as they enter the workforce (Côté, 2014) as well as cultural factors related to responsibilities in marriage and work (Silbereisen & Tomasik, 2010). As in some developing countries, it was found that socioeconomic status, education, and gender roles influence how individuals navigate emerging adulthood (Nelson, Badger, & Wu, 2004).

The emerging adulthood stage is considered a complex and concerning transition period (Herawati & Hidayat, 2020). Papalia and Feldman (2014) state that during the transition from adolescence to adulthood, individuals begin to explore themselves such as living independently by separating from parents, and begin to carry out adult roles. In emerging adulthood, individuals feel unsure of their status as adults or it can be said that they feel mature in some ways but not in others (Arnett, 2000; Arnett, 2001).

Individuals who are in the emerging adulthood stage are also required to explore identities in the fields of education, work, and romance (Atwood & Scholtz, 2008; Wood et al., 2018). Individuals in the field of education conduct identity exploration, and prepare for their future careers (Launspach et al., 2016). In the field of work, Arnett (2007) states that individuals in emerging adulthood choose jobs according to their identity and personal fulfillment, which causes individuals at this age to often change their jobs. In the field of romantic relationships, individuals are more concerned with the

quality of the relationship (De Goede et al., 2011; Wider et al., 2018). Risk taking such as substance abuse is more or vulnerable to occur in emerging adulthood than at other points in the life span (McManus & Bebbington, 2009) increased risky behavior, such as drug use, excessive alcohol consumption (Schulenberg & Maggs, 2002). Continued dependence on parental finances in emerging adulthood can also cause individuals to counter feelings of adulthood with a sense of continued dependence on adolescence (Galambos et al., 2005) especially those who are still trying to complete higher education, this condition can exacerbate psychological problems (Côté, 2014).

In emerging adulthood there are various kinds of stressors which can then make it difficult for individuals so that it can cause individuals to feel trapped and lose direction (Herawati & Hidayat, 2020). Arnett (2006) states that the many changes made and experienced due to the breadth of exploration and demands can cause instability in emerging adulthood. The above statement is supported by Robinson (2015) who states that during the transition from one stage to another in the life span including the emerging adulthood transition, there is instability and uncertainty.

Olson-Madden (2007) stated that in undergoing a transition period, each individual has a different response. Individuals who cannot respond positively to the transition period can experience an emotional crisis which can be called a quarter life crisis (Atwood & Scholtz, 2008; Robbins & Wilner, 2001). Quarter life crisis in psychology is a phenomenon of identity crisis experienced by individuals in the transition process from adolescence to adulthood that occurs as a result of individual unpreparedness or instability (Robbins & Wilner, 2001). Atwood and Scholtz (2008) stated that quarter life crisis appears in the age range of 18 to 29 years, the forms of quarter life crisis experienced by individuals include individuals will doubt themselves, feel helpless, have unstable emotions, fear of failure, stress, and easily feel alienated.

Quarter life crisis occurs when individuals have completed education at the high school and college levels, where after completing education individuals must determine their future, causing individuals to feel confusion and fear regarding the choices they will choose, then individuals will also doubt their choices (Robinson et al., 2020). Robinson and Wright (2013) also stated that the problems that occur as a result of the instability felt by individuals during the quarter life crisis include problems in romantic relationships becoming more complex, the emergence of economic

problems such as not being financially prosperous, conflicts with parents, feeling trapped in an unsatisfactory job so that they feel depressed about their work.

Habibie et al (2019) state that a quarter life crisis that occurs in a long-term time span in an individual's life can have negative consequences, the psychological impact that is present as a result of this crisis is anxiety, stress, depression, trauma. These stressful conditions can then lead to various impacts on behavior, namely aggression, violence, emotional responses, and social withdrawal (Habibie et al., 2019).

Robinson and Wright (2013) surveyed 1023 adults in the United Kingdom, and found that 70% of individuals at the age of 30 experienced the most severe crisis when they were in their 20s. Another survey conducted by The Guardian (2011) found that 86% of millennials around the world have been affected by a quarter life crisis with forms such as individuals feeling depressed about success regarding relationships, finances, and work.

Quarter life crisis is commonly found in western cultures that tend to live in individualism, in western cultures individuals who enter the age of 18 have begun to live separately from their parents, and are responsible for their own lives, this makes most of them will experience a developmental crisis along with the transition of roles and responsibilities from late adolescence to adulthood (Arnett, 2007). Quarter life crisis in Indonesia can occur due to the many demands of self and people around, especially family (Gusti, 2022), this is in accordance with the culture in Indonesia which tends to live in groups or collectivism, so that it then produces demands from the group as well, for example, such as demands from families to get proper education, work, and romantic relationships. Arnett (2015) also stated that families have certain expectations of emerging adulthood individuals.

The phenomenon of quarter life crisis according to the data mentioned above is a real problem and will greatly burden individuals who are in the age range of emerging adulthood in Indonesia. Quarter life crisis is basically a common period that has a role in the process of individual development (Atwood & Scholtz, 2008; Murphy, 2011). Quarter life crisis and other developmental crises such as midlife crisis stem from similar underlying issues, the difference being that the resulting panic is quite opposite (Robbins & Wilner, 2001). When individuals are unable to adaptively face and pass through the quarter life crisis process, it can have an impact on mental health and can affect individual psychological well-being so that it can lead to negative

consequences such as anxiety, stress, and can even cause depression (Atwood & Scholtz, 2008; Murphy, 2011; Igarashi & Takai, 2021).

At its core quarter life crisis and other developmental crises such as midlife crisis are about major life changes, midlife crisis revolves around a sense of definite stagnation, and quarter life crisis revolves around responses to overwhelming instability such as constant change, too many choices, panic, and a sense of helplessness, which can then push individuals into chaos (Robbins & Wilner, 2001). Based on the description above, the success of individuals in the emerging adulthood age range in dealing with quarter life crisis is very important for the continuity of individual life.

2. Methods

Research Design

This research was conducted using a non-experimental quantitative approach with a comparative test method that aims to test the significance of mean differences between two mutually independent groups. As for this study, what was tested was the difference in quarter life crisis between men and women in the age range of emerging adulthood in Banda Aceh.

Research Subjects

The subjects of this research were men and women in the emerging adulthood age range in Banda Aceh City. In this research, sample determination was carried out using a probability sampling method with cluster random sampling. The cluster random sampling method was used in this research to determine randomly selected sub-districts from nine sub-districts in Banda Aceh City. The sub-districts obtained from the randomization results included Jaya Baru, Kuta Alam, Syiah Kuala, and Ulee Kareng.

Samples were taken based on the population of individuals aged 18 to 25 years in Banda Aceh City, namely 60,356 people (BPS, 2021), then determining the number of samples to be taken using the Isaac and Michael table with an error rate of 5% (Sugiyono, 2010) , so it was found that the number of samples that had to be taken was 346 samples. To balance the number of samples in each sub-district, the researchers then determined 90 samples in each selected sub-district, so the total sample in this study was 360 samples.

Data Collection

The data collection instrument used in this research is a scale, namely a list of statements that must be answered by research subjects. The list of statements in question is the Developmental Crisis Questionnaire (DCQ-12) proposed by Robinson (2022), this scale is intended to develop a psychometrically valid short questionnaire to measure the presence and perceived level of a developmental crisis. Robinson (2022) stated that this measuring tool can be explored in several age groups, one of which is the emerging adulthood age range (18-29 years) to ensure more meaningful stages of the crisis. The Developmental Crisis Questionnaire (DCQ-12) reveals three aspects, namely disconnection and distress, lack of clarity and control, and transition and turning point.

Data Analysis Method

Data analysis was carried out using descriptive statistical analysis and independent sample t-test which aims to test the significance of mean differences between two independent groups. Data analysis was carried out with the help of the JASP version 13.0 program.

3. Results

Based on descriptive analysis of research subject data, a description of quarter life crisis research data on the overall subject and also on each male and female subject. In Table 1 below can be seen a comparison of empirical and hypothetical mean research data. It can be seen that the empiric mean Quarter Life Crisis ($M = 33.869$; $SD = 5.624$) of all research subjects tends to be lower than the hypothetical mean ($M = 36$; $SD = 8$). This shows that Quarter Life Crisis in the age range of emerging adulthood in Banda Aceh tends to be low.

This is also supported by the results in Table 2 showing that the level of Quarter Life Crisis in the age range of emerging adulthood in Banda Aceh is dominantly in the low category with a total percentage of 64.2% and a high category of 35.8%. Table 3 also shows the average Quarter Life Crisis in the age range of emerging adulthood in Banda Aceh per each dimension. In the disconnection & distress dimension, the average value ($M = 9.491$; $SD = 3.404$) and the lack of clarity & control dimension obtained an average value ($M = 9.636$; $SD = 3.024$) and the transition & turning point dimension obtained an average value ($M = 14.741$; $SD = 2.97$). Table 4 also shows the difference in mean scores between dimensions of quarter life crisis between men and women.

Table 1
Quarter Life Crisis Data Description

Subject	Empirical Data					Hypothetical Data			
	N	Min	Max	Mean	SD	Min	Max	Mean	SD
Subject Total	360	20	51	33.869	5.624	12	60	36	8
Male	117	20	51	33.487	5.429	12	60	36	8
Female	243	20	50	34.053	5.718	12	60	36	8

Table 2
Description of the Quarter Life Crisis Categorization of the Emerging Adulthood age range in Banda Aceh

Category Norms	Category	Number of Subjects	Percentage %
$X \geq 36$	Tinggi	129	35.8
$X < 36$	Rendah	231	64.2
Total		360	100

Table 3
Description of Quarter Life Crisis Data for All Subjects Per Dimension

Dimensions	Mean	Standard Deviation
Disconnection & Distress	9.491	3.404
Lack of Clarity & Control	9.636	3.024
Transition & Turning Point	14.741	2.970

Table 4
Description of Quarter Life Crisis data for men and women per dimension

Dimensions	Female (n = 243)		Male (n = 117)	
	Mean	Standar Deviasi	Mean	Standar Deviasi
Disconnection & Distress	9.609	3.319	9.248	3.576
Lack of Clarity & Control	9.704	2.889	9.495	3.295
Transition & Turning Point	14.741	3.019	14.743	2.877

2. Hypothesis Test Results

The results of the test of differences in quarter life crisis in men and women in the age range of emerging adulthood using the independent sample t-test technique show that there is no difference in quarter life crisis in men and women ($t = 0.895$; $p = 0.372 > 0.05$). Analysis of differences in quarter life crisis in men and women in the age range of emerging adulthood seen from each dimension of quarter life crisis was also carried out, in the disconnection & distress dimension there was no difference between men and women ($t = 0.943$; $p = 0.346 > 0.05$). Then, in the dimension of

lack of clarity & control there is also no difference between men and women ($t = 0.611$; $p = 0.542 > 0.05$). Finally, in the dimension of transition & turning point there is also no difference between men and women ($t = 0.009$; $p = 0.993 > 0.05$).

Table 5

Results of Analysis of the Independent Sample T-Test Quarter Life Crisis for Men and Women

Contracts and Dimensions	T value	Significance Value	Mean Difference	Information
Quarter Life Crisis	0.895	0.372 ($p > 0.05$)	0.566	There is no difference
Disconnection & Distress	0.943	0.346 ($p > 0.05$)	0.361	There is no difference
Lack of Clarity & Control	0.611	0.542 ($p > 0.05$)	0.208	There is no difference
Transition & Turning Point	0.009	0.993 ($p > 0.05$)	0.00285	There is no difference

4. Discussion

Quarter life crisis is a problem that focuses on the fear of what will happen in the future and must be handled properly that occurs in the age range of emerging adulthood. Forms of quarter life crisis are in future pressures, fear of disappointing parents, lack of self-confidence, comparing themselves with others, and financial difficultiesn Sagala, (2022). quarter life crisis that is not handled properly can make individuals vulnerable to mental health problems, meaning that this quarter life crisis must be handled properly, so that individuals are not vulnerable to mental health problems and can also live their future lives with satisfaction with life (Arini, 2021).

The results of research conducted by Manik (2020) on students in the age range of emerging adulthood that the quarter life crisis in this study was classified as low, where the sample was quite confident about the future of what was achieved today. Antriguna's research (2023) on students when students have a focus on problem solving, the greater the effectiveness in reducing fear of the future. Antriguna's research (2023) on students when students have a focus on problem solving, the greater the effectiveness in reducing fear of the future. Lazarus (2006) also states that when a person can focus on future problems the individual's reaction in dealing with problems is to try to find the cause of the problem and solve the problem with several problem-solving strategies such as learning new skills needed to face the future. Students who are in the age range of emerging adulthood if they

focus on the cause of the problem or crisis by taking action in the form of regulating, minimizing and meeting demands, so that the problem of quarter life crisis can be overcome Taylor (2007).

When viewed further from a cultural perspective, contextually the quarter life crisis experienced by individuals in western cultures is different from eastern cultures, in western cultures individuals who have entered the age of 18, have begun to live separately from their parents and have the responsibility to be able to achieve stability in their future lives, so most of them tend to experience developmental crises along with shifting roles and responsibilities from adolescence to early adulthood (Arnett, 2007).

While in eastern or Asian culture emphasizes more on traditional culture and collectivism, the standard for achieving maturity and giving responsibility in Asian culture is marked by the start of marriage (Sumartha, 2020), it can be said that in this Asian culture individuals aged 18 to 25 years are still under the responsibility of their parents because they are considered to be still carrying out education and not married, so the source of crisis at this age in Asian culture in accordance with the results of Gusti's research (2022) is the demands of the family to get a proper education, work, and relationship. The subjects of this study were dominated by students, which means that they are still carrying out their education and are still under the responsibility of their parents, therefore the crisis experienced is different from western culture.

From the explanation above, it can be concluded that the difference in quarter life crisis at the age of emerging adulthood in Banda Aceh does not show differences as well as when viewed from gender, this shows that the sample does not show excessive concern for the future, and this may be influenced by eastern cultural factors which have different concepts in maturity standards which in western culture are considered a crisis but are not so obvious in eastern culture which then cannot make a benchmark for accepting problems or crises in individuals.

5. Conclusions

The results showed that the quarter life crisis at the age of emerging adulthood in Banda Aceh did not show differences, this shows that the research sample sees future fears as a certainty that is certain to occur and the sample has begun to prepare itself and can overcome problems by learning new ways, efforts, and skills in overcoming future problems. But it is important for the sample of

emerging adulthood in banda aceh to consider the right strategy in solving the problem, because if not handled properly this crisis in the future can worsen the situation that is considered unpleasant.

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