

The Relationship between Social Support and Quarter Life Crisis in Early Adulthood in Kolongan Village, Tomohon City

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Abstract

Quarter life crisis is a crisis period in the age range of 18 to 29 years, where a person experiences excessive anxiety and restlessness because they begin to question the direction and purpose of life, as well as the many choices in making life decisions. The power of social support from closest relations such as friends, family or relatives to young adults who are experiencing a quarter life crisis can reduce excessive anxiety and help alleviate what they are worried about, so that they are more confident, more competent and reduce the risk of stress. The subjects of this research are adults. The initial number was in Kolongan Village, Tomohon City, totaling 78 people. The approach used in this research is using a quantitative approach with correlation techniques, which aims to determine the relationship between social support and quarter life crisis in early adulthood in Tomohon Tengah District. The measuring instruments used in this research are the quarter life crisis scale with 35 items ($\alpha = 0.941$) and the social support scale with 20 items ($\alpha = 0.925$). Analysis of the data used was Pearson product moment correlation, obtained a correlation value (r) - 0.165. It can be concluded that there is a significant negative relationship between social support and the quarter life crisis in early adulthood in Kolongan Village, Tomohon City. This means that the higher the social support, the lower the level of individual quarter life crisis, conversely, the lower the social support, the higher the level of quarter life crisis in Early Adults in Kolongan Village, Tomohon City, so this research hypothesis is accepted.

Abstract

Quarter life crisis adalah periode krisis pada rentang usia 18 sampai 29 tahun, dimana seseorang mengalami kecemasan dan kegelisahan yang berlebihan karena mulai mempertanyakan arah dan tujuan hidup, serta banyaknya pilihan dalam menentukan keputusan hidup. Kekuatan dukungan sosial dari relasi terdekat seperti teman, keluarga, atau kerabat kepada dewasa awal yang sedang mengalami quarter life crisis dapat mengurangi kecemasan yang berlebihan dan membantu meringankan apa yang dikhawatirkan, sehingga lebih percaya diri, lebih kompeten serta mengurangi resiko stress. Subjek penelitian ini adalah Dewasa Awal yang berada di Kelurahan Kolongan, Kota Tomohon yang berjumlah 78 orang. Pendekatan yang digunakan dalam penelitian ini yaitu menggunakan pendekatan kuantitatif dengan teknik korelasi, yang bertujuan untuk mengetahui hubungan antara dukungan sosial dengan quarter life crisis pada dewasa awal di Kecamatan Tomohon Tengah. Alat ukur yang digunakan dalam penelitian ini yaitu, skala quarter life crisis 35 butir aitem ($\alpha = 0,941$) dan skala dukungan sosial 20 butir butir aitem ($\alpha = 0,925$). Analisis data yang digunakan adalah korelasi product moment pearson diperoleh nilai korelasi (r) - 0,165 dapat disimpulkan bahwa terdapat hubungan negatif yang signifikan antara dukungan sosial dengan quarter life crisis pada Dewasa Awal di Kelurahan Kolongan Kota Tomohon. Artinya, semakin tinggi dukungan sosial maka semakin rendah tingkat quarter life crisis individu, sebaliknya semakin rendah dukungan sosial maka semakin tinggi tingkat quarter life crisis pada Dewasa Awal di Kelurahan Kolongan, Kota Tomohon maka hipotesis penelitian ini diterima.

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1. INTRODUCTION

Every human being will definitely experience a process of development both physically and psychologically, starting from childhood, adolescence, adulthood, to old age. According to

Hurlock, the transition from adolescence to adulthood is an important period for an individual. This transition period is called early adulthood. This phase is experienced by individuals aged 18-29 years. The transitional period of development and growth faced by teenagers is due to various physical, social and emotional changes, all of which will cause feelings of anxiety and discomfort. (Hidayati & Farid, 2016).

The demands and pressures that individuals will face are also more complex and will become challenges in themselves as adolescence ends. Individuals have to let go of their dependence on parents, but on the other hand, individuals feel they are not yet capable enough to take on roles and responsibilities as adults (Arnett, 2000). Individuals who do not prepare well for early adult life will be surprised when faced with difficult situations. This will disturb his psychological condition. Nash and Murray (2010) stated that individuals will feel stressed, experience anxiety, and feel less enthusiastic about living their lives (Habibie et al., 2019). Negative feelings will continue to emerge, uncertain fate, feeling helpless, worried about failure,

Individuals who continuously allow this condition and cannot resolve it well will experience an emotional crisis, such as frustration to depression and other psychological disorders (Rosalinda & Michael, 2019). Atwood and Scholtz (2008) call this condition a quarter-life crisis (Sujudi, 2020). This term was first introduced by Robbins and Wilner (2001) in their book entitled *Quarter-Life Crisis: The Unique Challenges of Life in Your Twenties* (Amalia et al., 2021). The book explains the suffering of individuals in making decisions regarding work, finances, lifestyle and social relationships with others (Amalia et al., 2021).

Social support is an interpersonal relationship which contains the provision of assistance involving aspects consisting of information, emotional attention, assessment and instrumental assistance obtained by individuals through interaction with the environment, where it has emotional benefits or behavioral effects for the recipient, so that can help individuals overcome their problems. The social support received by individuals from their environment, in the form of encouragement, attention, appreciation, help and affection, makes individuals think that they are loved, cared for and appreciated by others. If an individual is accepted and appreciated positively, then that individual tends to develop a positive attitude towards himself and is more accepting and appreciative of himself (Kumalasari & Ahyani, 2012).

Social support can help reduce psychological pressure, foster emotional health, and control negative emotions (Donenberg & Maryland, 2005). Therefore, individuals need social support when facing a quarter-century crisis because the crisis causes panic, feels more difficult, stressed, not stable, triggers anxiety, and even causes feelings of helplessness (Wijaya & Saprowi, 2022)

There is still a lack of research that specifically examines the relationship between these two constructs in young adults who live in rural areas in Indonesia. Apart from that, the majority of research on early adulthood focuses on other aspects such as internal factors, while the relationship between social support and quarter life crisis and early adulthood is still less comprehensively explored. Thus, the study of the relationship between social support and quarter life crisis in early adulthood in Kolongan Village, Tomohon City is an interesting topic to research. The city of Tomohon has a very close culture that can influence the way young adults socialize and view themselves in facing a crisis.

This research is important because it can provide better insight into the relationship between social support and quarter-life crisis in early adulthood in Kolongan Village, Tomohon City. The results of this research have the potential to provide the development of appropriate and effective social support programs to help individuals overcome the quarter-life crisis and build better emotional well-being in the future.

2. RESEARCH METHOD

The approach used in this research is to use a quantitative approach with correlation techniques, which aims to determine the relationship between social support and quarter life crisis in early adulthood in Central Tomohon District. Correlation research is research to determine the relationship between two or more variables. The relationship between variables is expressed in

an index called the correlation coefficient. The correlation coefficient can be used to test hypotheses about the relationship between variables or state the size of the relationship between the two variables (Juliansyah, 2012). The population in this study are early adults or those aged 20 to 29 years in Kolongan Village, Tomohon City. 353 people. The sample taken was based on the population of early adults in Kolongan Village totaling 353 people, using the formula from Taro Yamane the sample was 78 people. The data collection technique uses a questionnaire arranged on a Likert scale. The scores for each statement item are as in the table below:

Answer Categories	F	UF
Very Suitable (SS)	4	1
Compliant (S)	3	2
Not Compliant (TS)	2	3
Highly Unsuitable (STS)	1	4

3. RESEARCH RESULTS AND DISCUSSION (12 Pt)

3.1. Research result

This research uses simple correlation analysis. Before using this analysis, the researcher carried out classical assumption tests including normality tests and linearity tests

Normality test

One-Sample Kolmogorov-Smirnov Test

		Social Support	Quarter Life Crisis
N		78	78
Normal Parameters, b	Mean	63.50	83.28
	Std. Deviation	11,136	19,893
Most Extreme Differences	Absolute	,076	,055
	Positive	,070	,055
	Negative	-.076	-.051
Statistical Tests		,076	,055
Asymp. Sig. (2-tailed)		,200c,d	,200c,d

From the table above, it can be seen that the one-sample Kolmogorov-Smirnov Test value for the social support variable is 0.200 and for the quarter life crisis variable is 0.200, where both variables have a value greater than 0.05 so it can be concluded that the research data is distributed normally.

Linearity Test

ANOVA Table

			Sum of Squares	df	Mean Square	F	Sig.
Quarter Life Crisis * Social Support	Between Groups	(Combined)	14855.631	32	464,238	1,338	,182
		Linearity	833,937	1	833,937	2,403	.128
		Deviation from Linearity	14021.693	31	452,313	1,304	,205
	Within Groups	15614.164	45	346,981			
Total			30469.795	77			

Based on the table above, it can be seen that the significance value of Deviation from Linearity is 0.205, which means it is greater than 0.05. So it can be concluded that the Social Support variable and the Quarter Life Crisis variable have a linear relationship.

Hypothesis testing

Correlations

		Social Support	Quarter Life CrisisL
Social Support	Pearson Correlation	1	-.165
	Sig. (2-tailed)		,003
	N	78	78
Quarter Life CrisisL	Pearson Correlation	-.165	1
	Sig. (2-tailed)	,003	
	N	78	78

Based

on the results of the hypothesis testing analysis using the product moment correlation analysis technique in the table above, the significance value obtained between the social support variable and the quarter life crisis variable has an empirical correlation coefficient (r_{xy}) value of 0.003 ≥ 0.05 and a calculated r value of -0.165 < 0.223 so it can be concluded that there is a very significant negative relationship between social support and the quarter life crisis which shows that the Alternative Hypothesis (H_a) is accepted and the Null Hypothesis (H_o) is rejected because there isconnections significant negative. Thus, this shows that the higher the social support, the lower the quarter life crisis experienced by early adults in Kolongan Village, conversely, the lower the social support, the higher the quarter life crisis experienced by Early Adults in the Village Kolongan Tomohon City. The results of this research analysis show that the significance value = 0.003, which means the research hypothesis (H_a) is accepted

3.2. Discussion

This research aims to determine the relationship between social support and quarter life crisis in early adulthood in Kolongan Village, Tomohon City. Correlation analysis shows that there is a significant negative relationship between social support and the quarter life crisis (accepted hypothesis) with a correlation coefficient (r) of (r) = -0.165 with a significance level of 0.003 which indicates that the Alternative Hypothesis (H_a) is accepted and the Null

Hypothesis (Ho) is rejected because there is a significant negative relationship, this shows that the higher the social support, the lower the quarter life crisis experienced by someone, conversely the lower the social support, the higher the level of quarter life crisis in Early Adults in Kolongan Village, Tomohon City

Based on empirical descriptive analysis, the results of this study state that the level of social support is in the high level category, namely 47 respondents with a percentage of (60%), while the rest are in the medium category, namely 29 or (37%) respondents and (2%) respondents were in the low category. It can be concluded that in general the level of social support in early adulthood in Kolongan Village, Tomohon City is in the high level category. Then the quarter-life crisis variable was in the medium category as many as 45 respondents or (58%) out of 78 samples, while the remaining 23 respondents (29%) were in the low category.

Quarter life crisis is a period of peak instability, constant change, too many choices and feelings of panic and helplessness that appear in individuals aged 18 to 29 years (Robbins & Wilner, 2001). When individuals are in this period, individuals often feel anxious and restless because they begin to question the direction and goals of their future lives, the achievements they have achieved or not yet made in the present. It is not uncommon for individuals to be faced with many demands from their environment so that individuals often feel depressed and hopeless. Therefore, social support is really needed by individuals in going through the quarter life crisis phase.

The results of this study show that there is social support in the high level category, namely 47 respondents with a percentage of (60%), this shows that individuals experience various kinds of anxiety, which is an emotional response that arises as a result of the individual's perception of uncertainty and uncertainty. pressure in his life if he receives high levels of social support he can overcome the problems of the quarter life crisis he is experiencing,

Based on the test results above, it was found that the rsquare value = 0.027, which means that there is a negative influence of social support on the quarter life crisis. With this value it can be seen that the quarter life crisis variable is influenced by 2.7% by the social support variable. It is important to remember that the quarter life crisis is influenced by various complex factors, such as personal development, social pressure, self-exploration and emotional maturity. The process of searching for identity and self-exploration in early adulthood can be a significant factor in the quarter life crisis. Uncertainty regarding personal identity, values, and interests can lead to high levels of confusion and anxiety. Furthermore, the demands of achieving professional success or building a satisfying career, finding the right job,

From the research results, there is a relatively small 2.7% influence of social support on the quarter life crisis. This is because young adults in Kolongan Village currently communicate more via social media (social media) than in the real world of their social life. Accessibility and ease of using social media provides easy and fast access to communicate with other people without being limited by geographic distance so they can connect with friends and family wherever they are. Furthermore, self-exploration from social media itself provides space for self-expression and building self-image. Emerging adults can share their lives, accomplishments, and thoughts through photos, posts, and statuses, which can provide a sense of recognition and validation from others. By using social media, early adults can communicate their thoughts and feelings without having to face direct confrontation or risk conflict. This can make them feel safer and more comfortable in sharing their experiences and the problems they face.

However, it is important to remember that although social media provides a broad communication platform, it is important to realize that real-world interactions and direct social support remain important. Although social media can provide social support in the form of recognition and emotional support, real social support through direct interaction with people closest to you and physical presence can have a more significant impact in overcoming the quarter life crisis and strengthening emotional well-being in early adulthood.

According to Wijaya & Utami, one of the factors that influences the quarter life crisis is social support. Wijaya and Utami's research also revealed that the quarter life crisis has a negative relationship with social support, where the higher the social support one has, the lower the quarter life crisis felt by the individual (Wijaya & Utami, 2021). This is also supported by research conducted by Rossi and Mabert which states that the maximum social support given to individuals who are in the quarter life crisis phase makes the individual less likely to experience depression during Emerging Adulthood or early adulthood (Rossi & Mebert, 2011).

The results of this research are supported by research conducted by Wijaya and Saprowi (2022) who examined Dimensional Analysis: Social Support and the Age Crisis of a Quarter of a Century in Emerging Adulthood. This research uses the Quarter-life Crisis Scale, and The Multidimensional Scale of Perceived Social Support (MSPSS) as measuring tools. The results of this study show that social support is correlated with the quarter-century crisis with the highest aspect being family support at 11%. In more detail, this research reveals that aspects of support from family are higher than aspects of social support from friends and significant others.

Young adult individuals have challenges and difficulties they face as they make choices regarding careers, finances, living arrangements, relationships, and other matters related to their developmental tasks. These difficulties can produce feelings of helplessness, ignorance, doubt and fear, which are real and common experiences and are called quarter-life crises (Rossi & Mebert, 2011).

Then another research conducted by Rossi & Mebert (2011) which examined "Does Quarter life crisis Exist?" revealed that the maximum social support given to individuals who are in the quarter life crisis phase makes the individual less likely to experience depression during Emerging Adulthood or early adulthood.

Quarter life crisis is often related to feelings of loneliness, confusion, and uncertainty. Social support from closest relations such as friends, family, or partners can provide emotional support to early adult individuals who are experiencing a quarter life crisis and help them overcome these feelings. In an effort to increase self-esteem, social support can help individuals feel appreciated, and being accepted by others, thereby increasing self-confidence and feeling better about oneself.

The results of this study show that social support has an influence, although not statistically significant, in reducing the level of quarter life crisis and has a negative and significant relationship. The practical implication of this research is the importance of increasing social support for emerging adults to help them face the challenges and stress associated with the transition to responsible adulthood.

4. CONCLUSION

Based on the results of data analysis in this study, a correlation coefficient value (r) was obtained of $(r) = -0.165$ with a significance level of 0.003, which shows that there is a negative and very significant relationship between social support and the quarter life crisis in early adulthood. is in Kolongan Village, Tomohon City which shows that the Alternative Hypothesis (H_a) is accepted and the Null Hypothesis (H_o) is rejected. This means that the higher the social support, the lower the level of quarter life crisis experienced by the individual, conversely, the lower the social support, the higher the level of quarter life crisis experienced. Thus, the hypothesis proposed in this research is accepted because it shows a significant negative relationship.

5. ADVICE

1. For Research Subjects (Early Adults in Kolongan Village):

Maintaining and enhancing social relationships: Research subjects are advised to realize that real-world interactions and direct social support remain important. Although social media can provide social support in the form of recognition and emotional support, real social support through direct interaction with people closest to you and physical presence can have a more significant impact in overcoming the quarter life crisis and strengthening emotional well-being.

2. For Family and Social Environment:

Paying attention to the importance of social support: Families and the social environment in Kolongan Village need to realize the importance of providing social support to early adult individuals directly, not just through social media. Support from family and the environment can help reduce the risk of a quarter life crisis and help individuals overcome the challenges they face.

3. For Further Researchers:

Expanding the scope of the research: Future researchers can expand the scope of this research by involving a larger sample or by considering a variety of different social contexts. Further research could also involve other factors that can influence the relationship between social support and quarter life crisis, such as cultural factors or internal individual factors.

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