




The Existence Of The Quarter Life Crisis Phenomenon and Its Effect On Student Self Confidence

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Abstract

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Tujuan penelitian ini adalah untuk mengetahui tingkat quarter life crisis, tingkat kepercayaan diri mahasiswa UIN Syarif Hidayatullah Jakarta dan apakah terdapat pengaruh quarter life crisis terhadap kepercayaan diri. Objek dalam penelitian ini adalah mahasiswa UIN Syarif Hidayatullah Jakarta yang berusia 20 sampai 25 tahun. Jumlah responden pada penelitian ini adalah 40 responded. Data dan penelitian ini dikumpulkan dengan teknik metode kuesioner, selanjutnya data dianalisis menggunakan teknik kualitatif dengan menggunakan analisis fenomenologi. Setelah data dianalisis dapat disimpulkan bahwa tingkat quarter life crisis pada mahasiswa UIN Jakarta menunjukkan kategori sedang, sedangkan tingkat kepercayaan diri pada mahasiswa UIN Jakarta menunjukkan kategori sedang. Hasil penelitian menunjukkan bahwa quarter life crisis ini merupakan perubahan emosional yang terjadi pada masa perkembangan dari remaja menuju dewasa yang menimbulkan perasaan cemas dan khawatir yang berlebihan terhadap kehidupan yang akan datang.

INTRODUCTION

According to (Robbins and Wilner 2001). Life changes like this are accompanied by the emergence of various kinds of emotional reactions such as frustration, panic, feeling helpless, confused with goals and so on. Self-confidence is the belief in a person that he can do something as needed and as expected (Engko 2008). According to (Fatimah, Manuardi, and Meilani 2021) self-confidence is a positive attitude possessed by individuals who believe they have the ability to develop positive values for themselves and the environment and situations around them. Each individual has a different sense of self-confidence, where individuals in certain situations feel confident and capable, but in other situations individuals feel unsure.

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(Salsabila 2021) if the individual feels inferior, usually the individual will find it difficult to express his opinion to others and is afraid to speak in public for fear of being blamed. Individuals who have high self-confidence are usually more visible in person than others and easier to interact with. Confidence is an important thing that must be owned by every individual. Having good self-confidence can facilitate interpersonal relationships.

Adulthood is the longest period in the stages of human development. At this time, individuals are required to solve, face, and survive in the face of problems that exist in their lives. The feelings experienced in this phase are feelings of anxiety, confusion, panic, and stress. Individuals who experience this are very likely to have a hard time. Forms of emotional crisis in individuals aged 20 years are feelings of helplessness, isolation, doubts about their own abilities and fear of failure. This term is known as the quarter life crisis.

The impact of the quarter life crisis is in the form of stress, and feeling that their life is less stable because what the individual wants is not in accordance with what is imagined. The individual has planned something he wants but the circumstances that occur are not as expected or planned, this arises because expectations are too high and contrary to reality. Individuals during difficult times will be motivated to seek new understandings of themselves and words and find new ways to face the challenges of various life (O. C. Robinson, Demetre, and Litman 2017)

The purpose of this study was to determine the level of quarter life crisis in UIN Jakarta students, determine the level of confidence in UIN Jakarta students and find out whether there is an effect of quarter life crisis on self-confidence of UIN Jakarta students. So in this case the author is interested in researching more deeply about "The Existence of the Quarter Life Crisis Phenomenon and Its Effect on Student Confidence" and should be the focus of this research.

METHODOLOGY

The method used in this research is a qualitative method with a phenomenological approach. Phenomenology is one type of qualitative research method that is applied to reveal the similarity of the essence of a concept or phenomenon that is consciously or phenomenon that is consciously and individually experienced by a group of individuals in their lives. As a method to reveal the essence of meaning of a group of individuals, phenomenology is a research method that is close to philosophy and psychological and its application requires philosophical and psychological efforts. This method seeks to capture the problems that exist in the student environment and reveal the meaning contained therein. The phenomenological approach is carried out in a natural state, so that researchers are free to analyze the data obtained, there are no restrictions on interpreting the phenomenon under study.

The data obtained in this study are based on the results of 40 respondents in the category of quarter life crisis and self-confidence towards students. The study also revealed that the quarter life crisis and its effect on students' self-confidence were caused by feelings of anxiety, confusion, panic, and stress about the life to come.

The data collection technique used in this research is using the questionnaire method. Questionnaires are a way of collecting data by providing a list of questions to respondents to fill out. The questionnaire that will be used in this study is a Likert scale. On the Likert scale, the questionnaire used by the author uses 5 options, namely Strongly agree (SA), agree (A), neutral (N), disagree (D), strongly disagree (SD).

RESULT

Based on the results of research data obtained from 40 respondents, 59.5% or 24 students experienced a quarter life crisis and were not confident. On average, female students aged 20-22 years are more likely to experience a quarter life crisis phase.

a. *Quarter Life Crisis Statement*

Statement	Strongly Agree (SA)	Agree (A)	Neutral (N)	Disagree (D)	Strongly Disagree (SD)
I often have difficulty in studying	3,2%	32,4%	58,5%	5,9%	0%
When i fail, i give up	3,2%	11,8%	14,7%	58,5%	11,8%
What i dreamed of was never achieved	3,1%	3,1%	23,5%	58,8%	11,8%
I'm always compared to others	0%	23,5%	38,2%	38,2%	0%
I'm dissappointed because i get grades whichis not good	2,95%	50%	20,6%	23,5%	2,95%
I'm often burdened with task final project	8,8%	26,5%	50%	14,7%	0%
I'm worried about the life the come	17,6%	38,2%	32,4%	5,9%	5,9%
I'm afraid of having trouble getting a job	11,8%	44,1%	14,7%	26,5%	2,9%
I'm often restless when i'm in a new environment	8,8%	32,4%	38,2%	14,7%	5,9%
I often feel uncomfortable with my surroundings	5,9%	14,7%	47,1%	26,5%	5,9%

b. *Self Confident Statement*

Statement	Strongly Agree (SA)	Agree (A)	Neutral (N)	Disagree (D)	Strongly Disagree (SD)
I often feel unsupported by my family and my friends	0%	0%	17,6%	52,9%	29,4%
I often feel ashamed of what it	2,9%	29,4%	29,4%	32,4%	5,9%
I'm able to ask questions and express opinions well	11,8%	20,6%	61,8%	5,9%	0%
I dare to try something new	20,6%	29,4%	47,1%	0%	2,9%
I often make decisions quickly	2,9%	29,4%	50%	11,8%	5,9%
I dare to task risks with the dicisions i choose	8,8%	55,9%	32,4%	0%	2,9%
I'm able to neutralize the tension that arises in various situations that i face	5,9%	38,2%	50%	0%	5,9%
I often feel pessimistic if my college assignments/final assignments do not reach the maximum	11,8%	23,5%	47,1%	17,6%	0%
When there is a problem in my environment, i find to try a solutions	14,7%	64,7%	17,6%	3%	0%
I can adjust my own abilities that i have with the abilities of others	0%	47,1%	47,1%	5,9%	0%

DISCUSSION

From the data obtained based on the table above, it can be seen that the level of quarter life crisis in UIN Jakarta students is in the moderate category. Individuals who experience a moderate quarter life crisis usually experience worry or anxiety, depression. This is supported by the results of the questionnaire that 24 respondents were worried about the life to come. In addition, individuals also feel burdened with the problems they face, such as doing final assignments. In this quarter life crisis statement, we use the dimensions according to Robins and Wilner, namely: indecision in decision making, feeling hopeless, negative self-assessment, being stuck in a difficult situation, feeling anxious, depressed and feeling worried about interpersonal relationship that will or will happen, and under construction.

According to (Fisher 2008) the quarter life crisis is a period of emotional crisis that occurs in the early 20s caused by the uncertainty of life in the future of relationship, career and social life. This quarter life crisis is also an emotional change that occurs during the developmental period from early adolescence to adulthood that causes feelings of anxiety, worry, uncertainty in future life such as career, relationships, and social life. In addition to this, the transition process from college life to real life can also cause emotional changes. Emotional changes like this usually.

It is felt in the age range of 20-25 years and this quarter life crisis can also attack individuals who are about to or have just finished their education. Agung Setyo Widodo in his book describes the characteristics of people who experience a quarter life crisis, there are 16 characteristics, some of which are similar to the respondents in this study:

- 1) No or lack of confidence in self-ability
- 2) Fear of change or discomfort
- 3) Fear of trying new things.

According to (O. Robinson 2015) there are 5 phases that individuals go through in a quarter life crisis, including: The first phase, a feeling of being trapped in various choices and unable to decide what to live with in life. The second phase, there is a strong urge to change the situation. The third phase, taking actions that are very crucial in nature, for example leaving work or breaking a relationship that is being undertaken and then starting a new experience. The fourth phase, builds a new foundation where individuals can control the direction of their life goals. The fifth phase, building a new life that is more focused on things that are of interest and in accordance with the values held by the individual himself.

In this study, the level of self-confidence of UIN Jakarta students was in the medium category. This is in accordance with the theory of several figures regarding the characteristics of self-confidence: confident in their abilities, dare to face problems experienced, happy to seek new experiences, be optimistic. While in the book "Building self-confidence" about the characteristics of self-confidence in accordance with the statement in the questionnaire, namely believing in one's own abilities, and being able to motivate oneself without being dependent, having an internal locus of control, namely the ability to try on your own and not easily give up on circumstances, have good self-control (not dependent on mood and stable emotions).

People who have self-confidence when he feels satisfied with himself. Feeling satisfied is defined by people who feel they have the skills and abilities, and can show the success achieved in the family and society. And in this study the researchers took several characteristics found in individuals who have self-confidence according to Ignoffo, namely: having a positive perspective on themselves, being confident in their abilities, doing things according to what they think, thinking positively in life and having a positive attitude towards life, potential and ability.

Previous research by (Habibie, Syakarofath, and Anwar 2019) with the title "The Role Of Religiosity in The Quarter Life Crisis in Students" Who face a quarterlife crisis. The effect of religiosity on the quarter life crisis is 3,4% while 96,6% are factors other than religiosity such as internal and external factors. Based on the results of the data table above, it is also known that

there is an influence between the quarter life crisis on the self-confidence of UIN Jakarta students. Individuals who experience a quarter life crisis usually do not realize that they are experiencing it and not all individuals experience it.

(Robbins and Wilner 2001) first coined the term quarter life crisis. The two experts gave the nickname to teenagers as “twenty somethings”, namely teenagers who had just left the comfort of life and began to enter the real world. Having new responsibilities, freedoms, and new choices makes it difficult for individuals. When individuals have completed education leading to real life, they will experience doubts, doubts, because of the difference in life between education and real life.

This quarter life crisis can attack individuals who are about to or have just finished their education. The factors that cause this to happen are very diverse, such as worrying, indecisive about life in the future, career, or financial problems that cannot be independent. Apart from this, there are other contributing factors such as relationships with family, partners, and friends. Finding a job after completing education is something that many students fear. Many of them think that higher education is a bridge to make it easier to find work.

According to (Cook, Burgess-Limerick, and Papalia 2004) revealed that the source of stress faced by students is the high academic demands, because students are considered adults and are required to be independent. This is in line with the research by (Launspach et al. 2016) which examined the comparison of stressors during the quarter life crisis in individuals who underwent college education and those who did not undergo college education. The results of the study indicate that individuals who undergo college education experience high levels of stress. The cause of the emergence of stress is due to the emphasis on career studies.

According to the results of research by (Riyanto and Arini 2021), entitled "Descriptive analysis of quarter life crisis in college graduates from the Musi Charitas Catholic University," most of the respondents who have just finished college are worried about work problems. Based on the results of the research interview, it was concluded that students who had just graduated and had not yet worked experienced the early stages of a quarter life crisis. This is the same as the characteristics of the early quarter life crisis, which is feeling trapped with life choices, complaining about inappropriate living conditions (O. Robinson 2015). According to the results of interviews, other respondents who have got jobs complained about being trapped in life choices and confused about leaving. After being concluded from the respondent's statement, that individuals who are already working can still experience a quarter life crisis.

In the theory above, it is explained that the quarter life crisis is an emotional change such as feeling hopeless, depressed, feeling anxious, trapped in a difficult situation regarding the uncertainty of life in the future and experiencing changes in life transitioning from collage to a very different life. Individuals experience a quarter life crisis at the age of 20-25 years old. In the early 20's many individuals who are or have completed education and are heading to real life.

This transfer or transition process creates feelings of anxiety, worry, confusion, and stress. The feelings experienced by the individual can affect self-confidence. The factor of decreasing self-confidence apart from the transition process, is due to other factors. Seeing the condition of the surrounding environment, where many peers have completed their final assignments and started working. The more often you see the same environmental conditions can increase stress, anxiety, fear of life to come. Conditions like this can make self-confidence go down. Apart from the transition process, other factors can also lower self-confidence. Things like this can make individuals less confident in their abilities and think negatively about the life to come.

According to (Adillah 2021) to a study entitled, it was found that as many as 82% of final year BKI students experienced a moderate level of quarter life crisis. Efforts made by individuals are by getting closer to God, telling feelings experienced to others, doing a lot of activities, seeking information about future careers, and doing. And the results of research conducted by

(Yusparini 2020) there are four points of picture of increasing self-confidence, namely believing in one's abilities, understanding oneself/conditions, taking positively in dealing with problems

According to (Fatchurahman 2012) self-confidence is influenced by several factors, namely parenting which is a parenting pattern that gives children freedom and responsibility to express their opinions and do things that are their responsibility. Second, age maturity when individuals are treated as adults when they are adults, it will form an early mature age, it can shape individuals to develop a pleasant self-concept, so they can adapt well. Third, gender, Men tend to feel more confident because from a young age it has been explained that the dignity of men is more respectable than women, on the other hand women are considered weak and have many rules that must be obeyed. Fourth, physical appearance greatly affects self-confidence, attractiveness affects the assessment of the person and fifth, close, harmonious family relationships, mutual respect for each other are good examples and provide a positive view on the process of forming self-identity. Individual who have a close relationship with the family will identify and develop the same personality pattern.

In addition to depression, the impact of the quarter life crisis can also affect individual self-confidence. When individuals are experiencing a crisis and see their peers succeed, it can make individuals feel unsure of their abilities, always compare themselves with others, usually withdraw from their environment. Confidence that continues to decline will have a greater impact. According to (Erikson 1968) when an individual experiences a crisis, it can cause difficulties and setbacks, besides that it can also lead to individual growth and development. In times of crisis, individuals are motivated to seek new understandings of themselves and the world, and to find ways to cope with life's problems (O. C. Robinson, Demetre, and Litman 2017).

So, the thing that must be done for individuals who are experiencing a crisis is to find out about a job or something they like or dislike and dare to take the risks that have been considered. Seeking experiences and meeting new people can lift your spirits. Strengthening faith is one way to deal with crises. When individuals feel pressured by the surrounding environment because of the transition period, many of them increase their religiosity and self-introspection.

CONCLUSIONS

Based on the results of data collection, data analysis and discussion that has been presented. Several conclusions can be drawn about the existence of the quarter life crisis phenomenon and its effect on student self-confidence. The level of quarter life crisis in UIN Jakarta students is in the medium category, by showing an attitude of anxiety about the life to come, feeling burdened with life's problems, afraid to try new things, afraid of discomfort, and lack of self-confidence. Then, the level of confidence in UIN Jakarta students has a medium category. In the moderate category, the attitude shown is to believe in one's own abilities, and can motivate without being dependent, dare to face the problems experienced, is happy with new experiences. And there is the effect of the quarter life crisis on the self-confidence of UIN Jakarta students. That way the factors that cause the quarter life crisis are none other than internal factors, namely too high expectations, social media, the environment.

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