

**PENGARUH *PSYCHOLOGICAL WELL-BEING* DAN *LONELINESS*
TERHADAP QLC PADA MAHASISWA DEWASA AWAL DI PROGRAM
STUDI PSIKOLOGI UNIVERSITAS PRIMA INDONESIA**

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INTISARI

Masa dewasa awal merupakan periode yang penuh tantangan, terutama dalam hal penentuan arah hidup, karier, hubungan interpersonal, dan pencapaian tujuan jangka panjang. Banyak individu pada fase ini mengalami kebingungan, ketidakpastian, dan tekanan emosional yang dapat memengaruhi kesejahteraan psikologis serta kemampuan mereka dalam mengambil keputusan penting. Tujuan dari penelitian ini adalah untuk mengkaji korelasi *psychological well-being* dan *loneliness* terhadap *Quarter-life crisis* (QLC) pada mahasiswa Fakultas Psikologi Universitas Prima Indonesia. Sampel penelitian terdiri dari 198 mahasiswa yang ditetapkan melalui metode *purposive sampling*. Instrumen pengumpulan data menggunakan skala Likert yang mencakup skala QLC, *psychological well-being*, dan *loneliness*. Analisis data dilakukan menggunakan regresi linear berganda dengan bantuan SPSS *Statistics 21 for Windows*. Hasil analisis memperlihatkan bahwa hipotesis utama didukung, yakni ditemukan hubungan signifikan antara *psychological well-being* dan *loneliness* terhadap QLC ($F = 103.221$; $p = 0.000$; $p < 0.05$). Uji hipotesis minor memperlihatkan bahwa *psychological well-being* berhubungan negatif signifikan dengan QLC ($\beta = -0.483$; $p = 0.000$), sedangkan *loneliness* menunjukkan hubungan positif signifikan dengan QLC ($\beta = 0.301$; $p = 0.000$). Nilai *Adjusted R Square* sebesar 0.509 mengindikasikan bahwa kedua variabel tersebut berkontribusi sebesar 50.9% terhadap QLC, sementara sisanya (49.1%) dipengaruhi oleh faktor-faktor lain yang tidak diteliti dalam studi ini.

Kata Kunci: QLC; *psychological well-being*; *loneliness*; dewasa awal; mahasiswa.

**THE EFFECT OF PSYCHOLOGICAL WELL-BEING AND LONELINESS
ON QLC IN EARLY ADULT STUDENTS IN THE PSYCHOLOGY STUDY
PROGRAM, PRIMA INDONESIA UNIVERSITY**

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ABSTACT

Early adulthood is a challenging period, especially in determining the direction of life, career, interpersonal relationships, and achieving long-term goals. Many individuals in this phase experience confusion, fatigue, and emotional stress that can affect their psychological well-being and ability to make important decisions. The purpose of this study was to examine the correlation between psychological well-being and loneliness with Quarter-life Crisis (QLC) in students of the Faculty of Psychology, Prima Indonesia University. The research sample consisted of 198 students determined through a purposive sampling method. The data collection instrument used a Likert Scale that includes the QLC scale, psychological well-being, and loneliness. Data analysis was carried out using multiple linear regression with SPSS Statistics 21 for Windows. The results of the analysis showed that the main hypothesis was supported, namely a significant relationship was found between psychological well-being and loneliness with QLC ($F = 103.221$; $p = 0.000$; $p < 0.05$). The minor hypothesis test showed that psychological well-being was significantly negatively related to QLC ($\beta = -0.483$; $p = 0.000$), while loneliness showed a significant positive relationship with QLC ($\beta = 0.301$; $p = 0.000$). The Adjusted R Square value of 0.509 indicated that both variables contributed 50.9% to QLC, while the remaining 49.1% was influenced by other factors not examined in this study.

Keywords: *QLC; psychological well-being; loneliness; young adult; students.*