

**HUBUNGAN *QUARTER LIFE CRISIS* DENGAN *SUBJECTIVE WELL-BEING*  
DEWASA AWAL MAHASISWA FAKULTAS PSIKOLOGI DI  
UNIVERSITAS PRIMA INDONESIA**

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**ABSTRAK**

Tahap dewasa awal merupakan periode peralihan dalam kehidupan individu yang sering disertai munculnya fenomena *quarter life crisis*. Pada fase ini, individu kerap mengalami kebingungan dalam menentukan arah hidup, tekanan akademik, serta ketidakpastian mengenai masa depan. Situasi tersebut dapat memengaruhi tingkat *subjective well-being* mahasiswa, yang berkaitan dengan kepuasan hidup serta pengalaman emosi positif dan negatif.

Penelitian ini dilakukan untuk mengkaji keterkaitan antara *quarter life crisis* dan *subjective well-being* pada mahasiswa dewasa awal di Fakultas Psikologi Universitas Prima Indonesia. Pendekatan yang dipergunakan pada studi ini ialah kuantitatif melalui desain korelasional. Sampel terdiri dari 100 mahasiswa pada tahap uji coba instrumen dan 200 mahasiswa pada penelitian utama yang diambil mempergunakan *purposive sampling*. Pengumpulan datanya mempergunakan skala Likert guna mengukur tingkat *quarter life crisis* dan *subjective well-being*.

Instrumen penelitian memperlihatkan tingkat reliabilitas yang sangat baik, melalui skor Cronbach's Alpha 0,950 pada skala *quarter life crisis* dan 0,927 pada skala *subjective well-being*. Teknik analisis data yang dipergunakan mencakup statistik deskriptif dan uji korelasi Pearson Product Moment. Temuan analisis memperlihatkan adanya hubungan negatif yang signifikan antara kedua variabel, dengan nilai koefisien korelasi  $r = -0,693$  dan tingkat signifikansi  $p < 0,001$ . Temuan ini mengisyaratkan bahwa peningkatan tingkat *quarter life crisis* pada mahasiswa, cenderung diikuti oleh penurunan tingkat *subjective well-being*. Secara keseluruhan, hasil penelitian mengindikasikan bahwa hubungan antara kedua variabel tergolong dalam kategori kuat.

**Kata kunci:** quarter life crisis, subjective well-being, dewasa awal

***THE RELATIONSHIP BETWEEN QUARTER LIFE CRISIS AND SUBJECTIVE WELL-BEING IN EARLY ADULTHOOD AMONG STUDENTS OF THE FACULTY OF PSYCHOLOGY AT UNIVERSITAS PRIMA INDONESIA***

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**ABSTRACT**

Early adulthood represents a transitional stage in which individuals begin to encounter various life challenges. During this period, many young adults experience what is known as a quarter life crisis, characterized by confusion about life direction, academic pressure, and uncertainty about the future. Such conditions may influence students' subjective well-being, which relates to life satisfaction and the experience of positive and negative emotions.

This investigation was conducted to examine the relationship between quarter life crisis and subjective well-being among early adult students at the Faculty of Psychology, Universitas Prima Indonesia. The method utilized was a quantitative approach with a correlational design. The sample consisted of 100 students involved in the instrument try-out stage and 200 students in the main study, chosen through purposive sampling. Data were collected using Likert-scale instruments to measure levels of quarter life crisis and subjective well-being.

The research instruments demonstrated strong reliability, with Cronbach's Alpha values of 0.950 for the quarter life crisis scale and 0.927 for the subjective well-being scale. The data analysis techniques employed in this study included descriptive statistics and the Pearson Product Moment correlation test. The results showed a significant negative relationship between the two variables, with a correlation coefficient of  $r = -0.693$  and a significance level of  $p < 0.001$ . This outcomes reveal that an increase in the level of quarter life crisis among students tends to be associated with a decrease in their level of subjective well-being. Overall, the outcomes reveal that the relationship between the two variables falls within a strong category.

**Keywords:** quarter life crisis, subjective well-being, early adulthood