Abstract

Abstract

This study aims to determine the relationship between Quarter-Life Crisis and Life Satisfaction in early adulthood in Gorontalo City. Early adulthood is a developmental phase filled with life's demands, such as completing education, entering the workforce, establishing social relationships, and achieving emotional and financial independence. These demands often trigger a psychological condition known as Quarter-Life Crisis, a state in which individuals feel confused about their life's direction, anxious about the future, emotionally unstable, and have difficulty making important decisions. This condition is thought to influence individuals' levels of life satisfaction. The study used a quantitative approach with a correlational method. The study population was 54,164 early adults aged 18–29 in Gorontalo City. A sample of 397 respondents was obtained through purposive sampling. Data collection was conducted using the Quarter-Life Crisis scale based on Robbins & Wilner (2001) and the Life Satisfaction scale based on Biswas-Diener (2008). Data analysis used the Spearman Rank correlation test because the data were not normally distributed but had a linear relationship. The results showed a significant negative relationship with an rs value of -0.533 and p <0.05, meaning that the higher the quarter-life crisis, the lower the individual's life satisfaction.

Keywords: *Early adulthood; Life Satisfaction; Quarter-life crisis.*

Abstrak

Penelitian ini bertujuan untuk mengetahui hubungan antara *Quarter life crisis* dan *Life Satisfaction* pada dewasa awal di Kota Gorontalo. Masa dewasa awal merupakan fase perkembangan yang penuh dengan tuntutan kehidupan, seperti menyelesaikan pendidikan, memasuki dunia kerja, menjalin hubungan sosial, dan mencapai kemandirian emosional maupun finansial. Tuntutan tersebut sering memicu kondisi psikologis yang dikenal sebagai *Quarter life crisis*, yaitu keadaan ketika individu merasa bingung menentukan arah hidup, cemas terhadap masa depan, emosi tidak stabil, dan kesulitan mengambil keputusan penting. Kondisi ini diduga berpengaruh terhadap tingkat kepuasan hidup individu. Penelitian menggunakan pendekatan *kuantitatif* dengan *metode korelasional*. Populasi penelitian adalah dewasa awal berusia 18–29 tahun di Kota Gorontalo dengan jumlah 54.164 jiwa. Sampel penelitian sebanyak 397 responden diperoleh melalui *teknik purposive sampling*. Pengumpulan data dilakukan menggunakan *skala Quarter life crisis* berdasarkan Aspek Robbins & Wilner (2001). serta skala *Life Satisfaction* berdasarkan Biswas-Diener, (2008). Analisis data memakai uji *korelasi Spearman Rank* karena data tidak berdistribusi normal tetapi memiliki hubungan *linier*. Hasil penelitian menunjukkan adanya hubungan negatif signifikan dengan nilai rs = -0,533 dan p < 0,05, yang berarti semakin tinggi *Quarter life crisis*, maka semakin rendah kepuasan hidup individu.

Kata kunci:Dewasa awal*; Life Satisfaction; Quarter life crisis*.