Abstract

This research is motivated by the phenomenon of quarter-life crisis, which is often experienced by young adults, including employees facing work demands, financial stability, and future uncertainty. This study aims to determine the level of self-efficacy, the level of quarter-life crisis, and the relationship between self-efficacy and quarter-life crisis among employees at the RMJ Store in Gorontalo Regency. This study used a quantitative method with a correlational design. The sample size was 50 employees selected using a total sampling technique. Data collection was conducted using the General Self-Efficacy (GSE) scale developed by Schwarzer and Jerusalem (1995), based on Bandura's (1977) self-efficacy aspects, and the Quarter-Life Crisis scale developed by Robbins and Wilner (2001), which is structured based on aspects (QLC). Both instruments met validity and reliability criteria. Data were analyzed using the Pearson Product-Moment correlation test using SPSS 25. The results showed that self-efficacy and quarter-life crisis were in the moderate category. The hypothesis test yielded an r value of -0.057 with a significance level of p = 0.898 (p > 0.05). It was concluded that there was no significant relationship between self-efficacy and quarter-life crisis. This finding indicates that quarter-life crisis may be influenced by factors other than self-efficacy, such as economic conditions, work pressure, family relationships, future expectations, and social demands.

Keywords: *Self-Efficacy, Quarter-Life Crisis, Early Adulthood, Employees.*

Abstrak

Penelitian ini dilatarbelakangi oleh fenomena *quarter life crisis* yang sering dialami individu dewasa awal, termasuk karyawan yang menghadapi tuntutan pekerjaan, stabilitas finansial, dan ketidakpastian masa depan. Penelitian ini bertujuan untuk mengetahui tingkat *self efficacy*, tingkat *quarter life crisis*, serta hubungan antara *self efficacy* dengan *quarter life crisis* pada karyawan Toko RMJ di Kabupaten Gorontalo. Penelitian ini menggunakan metode kuantitatif dengan desain korelasional. Sampel penelitian berjumlah 50 karyawan yang dipilih menggunakan teknik *total sampling*. Pengumpulan data dilakukan menggunakan skala General *Self Efficacy* (GSE) yang dikembangkan oleh Schwarzer dan Jerusalem (1995) berdasarkan aspek *self efficacy* dari Bandura (1977), serta skala *Quarter Life Crisis* yang dikembangkan oleh Robbins dan Wilner (2001). Yang disusun berdasarkan aspek-aspek (QLC). Kedua instrumen telah memenuhi kriteria validitas dan reliabilitas. Data dianalisis menggunakan uji korelasi *Pearson Product Moment* dengan bantuan SPSS 25. Hasil penelitian menunjukkan bahwa *self efficacy* dan *quarter life crisis* berada pada kategori sedang. Uji hipotesis menghasilkan nilai r = -0,057 dengan signifikansi p = 0,898 (p > 0,05). Disimpulkan bahwa tidak terdapat hubungan yang signifikan antara *self efficacy* dengan *quarter life crisis*. Temuan ini mengindikasikan bahwa *quarter life crisis* kemungkinan dipengaruhi oleh faktor lain diluar *self efficacy* seperti kondisi ekonomi, tekanan pekerjaan, hubungan keluarga, harapan masa depan, dan tuntutan lingkungan sosial.

Kata Kunci: *Self Efficacy*, *Quarter Life Crisis*, Dewasa Awal, Karyawan.