Abstract

This study aimed to examine the relationship between hope and quarter-life crisis among students at Universitas Muhammadiyah Gorontalo. Quarter-life crisis refers to a transitional period from adolescence to early adulthood characterized by worry, anxiety, and uncertainty about one's future direction. Meanwhile, hope is a cognitive and emotional process involving the ability to establish life goals, develop strategies to achieve them, and sustain motivation throughout the process. This study employed a quantitative correlational approach involving 317 active undergraduate students at Universitas Muhammadiyah Gorontalo, selected through accidental sampling. Data were collected using a quarter-life crisis scale developed based on the dimensions proposed by Robbins and Wilner (2001) and a hope scale developed based on the dimensions proposed by Snyder (2022). Both instruments underwent validity and reliability testing. The data were analyzed using Spearman's rank correlation test with SPSS version 26. The results revealed a significance value of $p = 0.000$ ($p < 0.05$), indicating a statistically significant negative correlation between hope and quarter-life crisis among students at Universitas Muhammadiyah Gorontalo. These findings suggested that higher levels of hope were associated with lower levels of quarter-life crisis.

Keywords: *Quarter-Life Crisis; Hope; University Students; Early Adulthood*