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The Relationship Between Hope, Civic Disposition, and Quarter-Life Crisis Among University Students: A Study at Muhammadiyah Gorontalo University

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Abstract

This study aims to determine the relationship between *hope* and civic resillience *quarter life crisis* in students of the University of Muhammadiyah Gorontalo. *A quarter life crisis* is understood as a transition period from adolescence to early adulthood characterized by worry, anxiety, and confusion about the direction of life, while *hope* is a cognitive and emotional process that involves an individual's ability to set goals, design strategies, and maintain motivation for his or her achievements. Using a correlational quantitative approach, this study involved 317 active students who were selected through *accidental sampling* techniques. The research instruments used are *the quarter life crisis* scale and *the hope* scale which have been tested for validity and reliability. Based on data analysis using *the Spearman Rank* correlation test through SPSS version 26, a significance value (p) = 0.000 (p < 0.05) was found, which showed a significant negative relationship between *hope* and *quarter life crisis*. These results conclude that the higher the level of *hope* that students have, the lower the level of *quarter life crisis* they experience.

Keywords: *Civic Disposition; Quarter Life Crisis; Hope Students; Early Adulthood*

Abstrak

Penelitian ini bertujuan untuk mengetahui hubungan antara *hope* and civic resillience mahasiswa Universitas Muhammadiyah Gorontalo yang mengalami *quarter life crisis*. *Quarter life crisis* dipahami sebagai periode transisi dari masa remaja menuju dewasa awal yang ditandai dengan kekhawatiran, kecemasan, dan kebingungan mengenai arah kehidupan, sedangkan *hope* merupakan proses kognitif dan emosional yang melibatkan kemampuan individu dalam menetapkan tujuan, merancang strategi, serta mempertahankan motivasi untuk mencapai tujuan tersebut. Penelitian ini menggunakan pendekatan kuantitatif korelasional dengan melibatkan 317 mahasiswa aktif yang dipilih melalui teknik *accidental sampling*. Instrumen penelitian yang digunakan berupa skala *quarter life crisis* dan skala *hope* yang telah melalui uji validitas dan reliabilitas. Analisis data dilakukan menggunakan uji korelasi *Spearman Rank* dengan bantuan SPSS versi 26. Hasil analisis menunjukkan nilai signifikansi (p) = 0,000 (p < 0,05), yang menunjukkan adanya hubungan negatif yang signifikan antara *hope* dan *quarter life crisis*. Dengan demikian, semakin tinggi tingkat *hope* yang dimiliki mahasiswa, semakin rendah tingkat *quarter life crisis* yang dialami. Hasil penelitian ini menunjukkan bahwa *hope* dapat menjadi salah satu

faktor psikologis yang berkaitan dengan kemampuan mahasiswa dalam menghadapi tantangan dan ketidakpastian pada masa dewasa awal.

Kata kunci: *Civic Disposition; Quarter Life Crisis; Hope; Mahasiswa; Dewasa Awal*

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INTRODUCTION

The space between ideal expectations and the demands of reality often demands instant independence. Uncertainty in determining career direction, completing studies, and social pressure to succeed immediately creates a psychological burden that manifests in the form of anxiety. Especially in the transition phase from late adolescence to early adulthood, it is called *Emerging Adulthood*. During this time individuals begin to explore themselves more deeply, such as exploring in the field of education, Career, living independently of parents, and establishing relationships with the opposite sex. This process of exploration leads individuals to a variety of significant changes that can lead to feelings of discomfort, potentially leading to emotional instability (Nugsria et al. 2023). Early Adulthood (*Early Adulthood*) is a stage of development characterized by various emotional, social, and psychological dynamics. In this phase, individuals face conflicts and emotional tensions, social isolation, commitment demands, dependence, changes in values, and the process of adjusting to a new lifestyle. This change occurs as part of the transition from adolescence, which is still colored by freedom and exploration, to adulthood that is required to be more responsible in facing life's various challenges (Rahmah, Sarwindah Sukiatni, and Kusumandari 2023).

According to Nash and Murray (2010), there are individuals who feel happy and enthusiastic, because they feel challenged by new life conditions that have never been felt before, but on the other hand there are also those who feel anxious, depressed and empty. Individuals who respond negatively to developmental challenges have the potential to experience psychological problems, such as uncertainty in dealing with uncertainty and emotional crises, known as *Quarter Life Crisis*. *Quarter life crisis* It is often experienced by individuals in early adulthood and is characterized by instability, complexity in decision-making, feelings of anxiety, and a sense of hopelessness towards oneself (Robbins and Wilner 2001). These findings are supported by the results of a survey in the UK which stated that 70% of 1,000 respondents experienced a difficult time in their lives in their 20s (Robinson 2019).

Quarter life crisis In early adulthood, it is often experienced by college students. According to Robbins & Wilner (2001), people with higher education are more susceptible to *Quarter Life Crisis* Because they are faced with many life choices, such as changing their lives according to their personal principles and ideals or achieving success in the field they love. College students typically worry about when they will graduate, what the job prospects will be after graduation, whether the job is a good fit for their academic field, and the various expectations and pressures from their families and environment.

Research conducted by Habibie *et al*. (2019) Of 219 students aged 18-25 years, it showed that the majority of respondents experienced symptoms *Quarter Life Crisis*. These symptoms are related to anxiety because of having to be independent, social pressure due to demands from parents, and confusion in life. So that they lose the meaning of life and are confused about determining the direction forward. The same thing was also revealed by Sallata & Huwae (2023), with 113 students and 15 others as interview participants who highlighted the role of social pressure and expectations from the environment as the main triggering factors *Quarter Life Crisis*. Many students feel that they are lagging behind compared to their peers who are considered more "successful", both in terms of academics, relationships, and personal achievements.

Meanwhile, qualitative research by Qanita *et al*. (2024) at the University of Muhammadiyah East Kalimantan involving 20 respondents, with 3 students interviewed directly and 17 others online. The results of observations and interviews revealed that students experienced challenges and pressures during lectures such as loss of motivation, difficulty in determining career direction, feeling dissatisfied with their personal achievements, feeling inferior to other peers, and feeling burdened by expectations from those around them.

The Student Creativity Program Team in the Social Humanities Research (PKM-RSH) of Gadjah Mada University (UGM) researched *Quarter Life Crisis* students in Yogyakarta using the theory *The Knowledge of the Soul* Ki Ageng Suryomentaram which is rooted in Indonesian culture. The study included final year students aged 20 to 23 and found that they experienced education-related anxiety, Career, social relations, and financial conditions. These factors are influenced by personal expectations and pressure from the surrounding environment. These worries trigger feelings of insecurity, self-comparison, doubt, and dissatisfaction, which have an impact on emotional, physiological, and self-functioning aspects (Zharifa et al. 2023).

Based on interviews conducted with three students of the University of Muhammadiyah Gorontalo on May 1, 2025, an overview of the confusion, anxiety, and pressure they experienced during higher education was obtained, especially related to the phenomenon of *quarter life crisis*. The student with the initials MB said that he felt confused when choosing a college major and did not feel ready to enter the world of lectures. The major taken was not his personal choice, but on the encouragement of his parents. He experiences anxiety related to academic grades, graduation on time, and his future after graduation.

The student with the initials MT also expressed his experience of confusion when choosing a major and finally entered the University of Muhammadiyah Gorontalo as the last choice after not being accepted to his dream campus. He was worried that he could not graduate on time because the scholarship he received was only valid until the 8th semester, while most students graduated in the 9th semester. Parental pressure related to academic grades and economic problems made him feel like a failure and had lost enthusiasm until he thought about quitting college. The student with the initials AM revealed that he felt depressed during the thesis preparation period due to the lack of support and the incompatibility of the department with his personal interests. He often loses motivation, especially when facing obstacles, both in terms of material such as the need for funds, and

emotionally when he experiences impasse in writing. He often felt like giving up, and even now admits that he really wants to quit college.

The phenomenon experienced by the three students shows that individuals who experience *Quarter Life Crisis* generally face anxiety in the intake of satisfaction, feelings of anxiety, and stress. An individual can experience *Quarter Life Crisis* Because due to various factors, one of the factors that can affect *Quarter Life Crisis* is *waist* or hope in various aspects of life, such as academics, spirituality and religion, Career, interpersonal relationships with family and friends, as well as aspects of romance and identity (Nash and Murray 2010). *Back* play an important role in the psychological aspects of individuals to set goals, devise strategies to achieve them, as well as have the motivation to make them happen. *Back* also works in improving resilience and psychological well-being. As per the research February (2022) which shows that *waist* can help maintain motivation and confidence in facing challenges thereby increasing recidivism. Meanwhile, Salsabila & Asyanti, (2023) It was found that expectations contribute greatly to the psychological well-being of final year students, making them a crucial internal factor in maintaining mental health in the face of academic pressure. As a dynamic motivation system, *waist* Affect a person's emotions according to his awareness in pursuit of goals. In addition, the concept *waist* It is also related to other psychological components such as self-esteem, problem-solving ability, control of thoughts, optimism, and positive mindset (Snyder 2002).

According to research conducted by Setiawan & Milati (2022) about expectations and *Quarter Life Crisis* students who experience *toxic relationship* involving 92 respondents, there was a significant negative correlation between expectations and *Quarter Life Crisis*. That is, the lower the *waist*, then the higher the *Quarter Life Crisis*. On the contrary, the higher the *Waist,* then the lower it will be *Quarter Life Crisis*. Similar findings were also obtained from the study Maslakha (2022) in 384 students about the relationship between *waist* and peer pressure with *Quarter Life Crisis* in early adulthood. The results show that *waist* have a significant negative relationship with *Quarter Life Crisis*. In addition, research conducted by Adharina *et al*., (2022) in a study titled *An Analysis of The Role of Hope In The Quarter life crisis In Early Adulthood* Also supporting previous findings, the study was conducted on 330 early adult college students where individuals with *waist* those who are high tend to experience *Quarter Life Crisis* lower levels, while individuals with *Quarter Life Crisis* high has a level of *waist* lower. Research by Aisyah & Rinaldi (2024) of 195 final year students in West Sumatra have *waist* high, with *Quarter Life Crisis* in the medium category.

But different results were found in the study Stuttgart *et al*., (2023) final students in Makassar City, this study reveals that the hope (*waist*) has no significant effect on *Quarter Life Crisis* in final year students in Makassar City. Based on descriptive analysis, most of the final students in Makassar show a level of *waist* low. Of the 390 participants: 164 people were included in the category *waist* Low, 113 people are in the high category, 92 people have *waist* Meanwhile, 21 people are classified as very high, and 10 people are in the very low category.

Some studies have shown significant results regarding the relationship between *waist* and *Quarter Life Crisis*, while other research such as those conducted by Stuttgart *et al*. (2023), did not find a significant influence. This shows that the results of the study regarding the relationship between *waist* and *Quarter Life Crisis* still diverse. In addition, there has not been a study that specifically examines the relationship between these two variables in

students in Gorontalo. The student subjects were chosen because they were in the early adulthood phase, which is a critical transition period from the world of education to the world of work. In this phase, they face various academic, social, and professional challenges that can trigger *Quarter Life Crisis*. In addition, students often experience pressure in completing their studies on time, determining Career, as well as meeting the expectations of the people around them.

The inconsistency of the findings (*research gap*) between studies that show a significant relationship between *hope* and *quarter life crisis* and studies that find the opposite results provides a strong urgency for the authors to review the dynamics of the two variables. In the midst of the phenomenon of students of the University of Muhammadiyah Gorontalo who are actually facing academic anxiety, graduation pressure, and the burden of social expectations, *hope* is seen as an essential cognitive and emotional instrument to minimize emotional crises. However, given that the reality in the field still shows the high vulnerability of students to emotional instability, this study focuses on empirical evidence of the extent to which the level of individual expectations is able to become an internal protector in the face of early adulthood crises. Thus, the focus of this study is directed to analyze the relationship between *hope* and *quarter life crisis* in students of the University of Muhammadiyah Gorontalo in order to provide a more comprehensive understanding for the development of student resilience in the area.

RESEARCH METHODS

This study uses a correlational quantitative approach. According to Sugiyono (2017), The quantitative method is a research method based on the philosophy of positivism, used to research on a specific population or sample, data collection using certain instruments or samples, data collection using research instruments, analysis of data/statistical properties, with the aim of testing the hypothesis that has been determined. Meanwhile, according to Samsu (2017), the correlational method is a type of research that aims to describe the relationship between two or more facts and characteristics of the object being studied. This research was conducted to find out the similarities and differences between these facts based on a certain frame of mind. Therefore, the researcher chose a type of correlational quantitative research to find out if there is a relationship between *waist* with *Quarter Life Crisis* to students.

Population is a generalized area consisting of: objects/subjects that have certain quantities and characteristics that are determined by the researcher to be studied and then drawn conclusions (Sugiyono 2018). The population in this study is active S1 students who are studying at the University of Muhammadiyah Gorontalo which amounts to around 3,032 students. A sample is a part of the number and characteristics that the population has. If the population is large, and it is impossible for the researcher to study everything in the population, for example due to limited funds, manpower and time, the researcher can use samples taken from that population (Sugiyono 2018). The sampling technique in this study uses the *Non probability sampling* i.e. *accidental sampling*. According to Sugiyono (2023) *accidental sampling is* The technique of determining samples based on chance, i.e. anyone

who happens to meet the researcher can be used as a sample, if it is seen that the person who happens to be met is suitable as a data source.

The determination of the number of samples was carried out using a sample determination table developed by Isaac and Michael. With an error rate of 5%, the number of samples considered representative of the total population of 3,032 is 317 respondents. For the instrument, the Quarter Life Crisis and Hope Scale was used by choosing one of the four alternative answers provided, namely: strongly agree (SS), agree (S), disagree (TS), strongly disagree (STS). Furthermore, this study uses a validity test with the *criterion of corrected item-total correlation* ≥ 0.25, which produces a final blueprint of 35 items for the *Quarter Life Crisis* scale and 38 items for the *Hope* scale, and supported by *Cronbach's Alpha* reliability value high (0.840 and 0.885) so that the instrument is declared consistent. Data analysis was carried out through an assumption test that included *the Kolmogorov-Smirnov* normality test and the linearity test, which was then followed by a hypothesis test using *Spearman Rank correlation* through the SPSS 26 application to test the relationship between *the hope* variable and *the quarter life crisis* in students in Gorontalo based on the significance level of $p \leq 0.05$.

RESULTS OF RESEARCH AND DISCUSSION

A. Results of the Relationship Between *Hope* and *Quarter Life Crisis* in Students of the University of Muhammadiyah Gorontalo

1. Description of the Research subject

The subjects in this study are active S1 students of the University of Muhammadiyah Gorontalo, with a total of 317 people. More details on the subject are presented below:

a. Frequency Distribution by Gender

The gender distribution of the study subjects is presented in the table below:

Table 4.1 Distribution by Gender

Gender	Quantity (N)	Present (%)
Male	73	23,0%
Women	244	77,0
Total	**317**	**100%**

Source: SPSS 2025 Processing Results

Based on the table above, the results of the study show that the number of male respondents was 73 people (23.0%) and female respondents were 244 people (77.0%). Thus, based on gender, the dominant respondents are women.

b. Frequency Distribution by Age

The age distribution of the research subjects is presented in the table below:

Table 4.2 Distribution by Age

Age	Quantity (N)	Present (%)
18 Years	6	1,9%
19 Years	29	9,1%
20 Years	49	15,5%
21 Years	70	22,1%

22 Years	110	34,7%
23 Years	43	13,6%
24 Years	10	3,2%
Total	**317**	**100%**

Source: SPSS 2025 Processing Results

Judging from the age category, the respondents in this study consisted of: 18 years old totaling 6 people (1.9%), 19 years old totaling 29 people (9.1%), 20 years old totaling 49 people (15.5%), 21 years old totaling 70 people (22.1%), 22 years old totaling 110 people (34.7%), 23 years old totaling 43 people (13.6%) and 24 years old totaling 10 people (3.2%).

c. Frequency Distribution by Faculty

The faculty distribution of the research subjects is presented in the table below:

Table 4.3 Distribution by faculty

Faculty	Quantity (N)	Present (%)
Faculty of Social Sciences	49	15,5%
Faculty of Science & Computer Science	41	12,9%
Faculty of Health Sciences	75	23,7%
Faculty of Psychology	70	22,1%
Faculty of Teacher Training & Education	66	20,8%
Faculty of Medicine	11	3,5%
Faculty of Islamic Religion	5	1,6%
Total	**317**	**100%**

Source: SPSS 2025 Processing Results

Based on the table above, the distribution by faculty shows that the majority of respondents come from the Faculty of Health Sciences as many as 75 people (23.7%). Furthermore, respondents came from the Faculty of Psychology as many as 70 people (22.1%), and the Faculty of Teacher Training & Education as many as 66 people (20.8%), and the Faculty of Social Sciences as many as 49 people (15.5%). The respondents from the Faculty of Science & Computer Science amounted to 41 people (12.9%), the Faculty of Medicine as many as 11 people (3.5%), and the Faculty of Islamic Religion as many as 5 people (1.6%).

d. Frequency Distribution by Force

The force distribution of the research subjects is presented in the table below:

Table 4.4 Distribution by Force

Force	Quantity (N)	Present (%)
2020	9	2,8%
2021	140	44,2%
2022	84	26,5%
2023	37	11,7%

2024	47	14,8%
Total	**317**	**100%**

Source: SPSS 2025 Data Processing

Based on the table above, the distribution of respondents by class shows that the class of 2021 is the largest group with 140 people (44.2%). Then followed by the class of 2022 with 84 people (26.5%), the class of 2024 with 47 people (14.8%), and the class of 2023 with 37 people (11.7%). Meanwhile, the class of 2020 has the least number of respondents, namely 9 people (2.8%).

2. Description of Research Data

Based on the research data that has been obtained, the following is a description of the data presented in the table.

Table 4.5 Description of Research Data

Variable	N	Min	Max	Red	SD
Quarter life crisis	317	50	98	75,36	10,68
Back	317	38	132	102,95	11,05

Source: SPSS 2025 Data Processing

Based on the results of data processing of instruments filled in by 317 respondents, this study presents descriptive statistics for *the variables of quarter life crisis* and *hope*. In the *quarter life crisis variable*, the minimum score of the respondents was 50 and the maximum score was 98. The mean of this variable is 75.36 with a standard deviation of 10.68. Meanwhile, for the *hope* variable, the minimum score obtained is 38 and the maximum score is 132. The mean of this variable is 102.95 with a standard deviation of 11.05

After the descriptive data analysis is carried out, the next stage is to categorize the score variations into low, medium, and high categories based on respondents' observations.

Table 4.6 Categorization Formula

Formula	Categories
X ≤ M-1SD	Low
M-1SD ≤ X < M+1SD	Medium
M+1SD ≤X	Height

Description:
X = Total score
M = Red
SD = Standard Deviation

The results of the categorization of *the quarter life crisis* and *hope* scale are as follows.

a. Categorization *of Quarter life crisis*

Table 4.7 Categorization of Quarter life crisis

Categories	*Score*	Frequency	Present (%)
Low	X < 65	54	17,0%
Medium	65 ≤ X < 86	208	65,6%
Height	X > 86	55	17,4%
Total		**317**	**100%**

Source: SPSS 2025 Data Processing

Based on the table above, it was found that as many as 54 people (17.0%) had *a low quarter life crisis*, 208 people (65.6%) had a moderate *quarter life crisis* and 55 people (17.4%) had a high *quarter life crisis*. This shows that most of the respondents were found in the medium category.

b. Categorization *of Hope*

Table 4.8 Categorization of Hope

Categories	*Score*	Frequency	Present (%)
Low	X < 92	26	8,2%
Medium	92 ≤ X < 114	250	78,9%
Height	X > 114	41	12,9%
Total		**317**	**100%**

Source: SPSS 2025 Data Processing

Based on the table above, it was found that as many as 26 people (8.2%) had *a low quarter life crisis*, 250 people (78.9%) had a moderate *quarter life crisis* and 41 people (12.9%) had a high *quarter life crisis*. This shows that most of the respondents were found in the medium category.

3. Data Analysis

a. Normality Test

To ascertain whether the distribution of data for each variable corresponds to the normal distribution, a normality test is performed. In the study, testing the normality of the data can be carried out using two statistical methods, namely *Kolmogorov–Smirnov* and *Shapiro–Wilk*. The interpretation guidelines applied state that the data is considered to be normally distributed if the significance value (p) exceeds 0.05 (p > 0.05). Conversely, if the p value is less than 0.05 (p < 0.05), the data distribution is considered abnormal. Given that the number of participants in this study was 317 people, the interpretation of normality results was specifically based on the values obtained from the *Kolmogorov–Smirnov test*.

Table 4.9 Normality Test Results

Variable	K-SZ	p	Remarks
Quarter life crisis	0,065	0,003	Abnormal
Back	0,116	0,000	Abnormal

Source: SPSS 2025 Data Processing

The results of the data normality analysis, as presented in the table above, indicate that the score distribution for *the quarter life crisis* variable is in an abnormal condition. This is indicated by its significance value of 0.000, where the figure is less than the threshold of 0.05 (p < 0.05).

Similar conclusions also apply to *the hope* variable with a significance value of 0.003 (p < 0.05), confirming that the distribution is also abnormal. Thus, it can be concluded that the data of these two variables do not meet the assumption of normality. Therefore, non-parametric statistical tests will be used for subsequent analysis.

b. Linearity Test

The linearity test aims to evaluate the existence of a linear relationship between independent variables and bound variables. This test was carried out using SPSS statistical software through *the analysis of Test of Deviation from Linearity*. The criterion used is the significance value in the ANOVA table: if the significance value is more than 0.05 (p > 0.05), then the relationship between the variables is considered linear. Conversely, if the significance value is less than 0.05 (p < 0.05), it indicates that the relationship formed is non-linear. The results of this test are presented in the following table:

Table 4.10 Linearity Test Results

Variable	*F Deviation from Liniearity*	p	Remarks
Quarter life crisis with *Back*	0,683	0,884	Linear

Source: SPSS 2025 Data Processing

Based on the results of the linearity test conducted using SPSS, as presented in the table above, the value of F *deviation from linearity* was obtained of 0.683 with a significance value of p = 0.884 (p > 0.05). These findings indicate that the relationship between *the hope* variable and *the quarter life crisis* is linear and does not deviate from a straight line. Thus, it can be concluded that there is a linear relationship between the two variables.

c. Hypothesis Test

The next step is hypothesis testing. Since the two variables are not normally distributed, the hypothesis test was carried out using *Spearman's rho*. This method is used to analyze the relationship between *hope* and *quarter life crisis* in students of the University of Muhammadiyah Gorontalo as stated in the following table:

Table 4.11 Hypothesis Test Results

Variable	*Spearman,s Rho*	p	Remarks
Quarter life crisis with *Back*	-0,282	0,000	Significant

Source: SPSS 2025 Data Processing

The results of the hypothesis test showed that the value of the correlation coefficient between the *hope* variable and *the quarter life crisis* was -0.282, with a significance value (p) of 0.000 (p < 0.05). These findings indicate that although there was a statistically significant negative relationship between the two variables in the study sample, the strength of the relationship was relatively weak. This means that the higher a person's *level of hope*, the lower *the quarter life crisis*. On the other hand, the higher *the quarter life crisis* experienced, the lower the level *of hope* for students of the University of Muhammadiyah Gorontalo. Thus, it can be concluded that the research hypothesis is accepted.

d. Coefficient of Determination Test (r2)

The determination coefficient (r^2) is used to assess the model's ability to describe variability in bound variables. This information is reflected through *the r-value of Square* as presented in the following table:

Table 4.12 Determination Coefficient Test Results

Variable	R square (r^2)
Quarter life crisis with *Back*	0,0460

Source: SPSS 2025 Data Processing

Based on the table, the r^2 value is 0.046, this value shows that *hope* contributes 4.6% to the *quarter life crisis*, while the other 95.4% is influenced by other variables that are not studied in this study.

B. Discussion of the Relationship Between *Hope* and *Quarter Life Crisis* in Students of the University of Muhammadiyah Gorontalo

This study aims to determine the relationship between *hope* and *quarter life crisis* in students of the University of Muhammadiyah Gorontalo. Based on the results of the correlation test, *the Spearman rank* showed a significant relationship between *hope* and *quarter life crisis* with a significance value (p) = 0.000 (p < 0.05). The correlation coefficient (r) of the two variables is -0.282, which shows that the strength of the relationship between the two variables is relatively weak with a percentage value of 28.2%. This means that the other 71.8% are influenced by factors other than *Hope.*

These findings support the research hypothesis that there is a relationship between *waist* and *Quarter Life Crisis* with the direction of negative correlation, i.e. the lower the *waist* then the higher the *Quarter Life Crisis,* Or conversely, the higher the hope, the lower the *Quarter life Crisis*. This is in line with the results of the research Aisyah & Rinaldi (2024) that found a significant negative relationship between *waist* and *Quarter Life Crisis* in final year students in West Sumatra. Individuals who have *waist* will easily lose motivation in life, and individuals who have *waist* will be easier to face a life full of challenges. Similar research by Setiawan & Milati (2022) also revealed that the higher the *waist* that an individual has, the lower the likelihood of experiencing *Quarter Life Crisis*, because *waist* give a sense of control over the future. Research (Flesia et al. 2023) indicates that the hope (*waist*) acts as a protective factor against *psychological distress*, which is characterized by depressive symptoms namely sadness, despair, loss of interest, and anxiety. These findings indicate that individuals with high levels of hope show low symptoms of distress.

Reviewed on the basis of theory *waist* (Snyder 2002) which consists of three aspects, namely, *Goals*, *Pathway Thinking*, and *agency thinking*. *Goals* serves as a clear direction for students in determining life goals, such as completing college on time, getting a suitable job, or building healthy relationships. With purpose in place, individuals have a handle to navigate the transition to adulthood (Asyfa and Metia 2025). *Pathway thinking* allows students to devise alternative strategies to achieve these goals, even when they face obstacles such as academic failure, career uncertainty, or social pressure (Born 2025). Meanwhile, *agency thinking* provides motivational energy that makes students keep trying and not give up easily in the process of achieving goals (Fitriani et al. 2025). The combination of these

three aspects explains the research findings that *waist* acts as a protective factor against *Quarter Life Crisis*.

The relationship between hope and quarter life crisis can also be explained through the theory of psychosocial development Erikson (1950). In the developmental stage, according to Erikson, the early adulthood (18–30 years) of the individual is at the stage of *Intimacy vs Isolation*. This stage is characterized by the search for a stable self-identity, the formation of intimate relationships, and future planning. The inability to cope with challenges at this stage can trigger an emotional crisis or *Quarter Life Crisis*. In line with that, research Nur *et al*., (2023) It found that the cognitive development of students in early adulthood underwent a shift from formal operational thinking based on Piaget's theory, to postformal thinking that was relative, reflective, flexible, and pragmatic. This mindset allows students to adapt to complex situations, develop more realistic life strategies, and integrate logic and emotions in decision-making. Thus, the hope (*waist*) can serve as a handle to achieve the transition period, as students have reflective thinking skills and a clear goal orientation.

Although the relationship was found to be significant, the value of the determination coefficient (r^2) of 0.046 indicates that the *waist* only explains 4.6% of the factors that affect *Quarter Life Crisis*. This means the majority (95.4%) of variability *Quarter Life Crisis* are influenced by other factors that were not studied in this study. Descriptive analysis also shows that the majority of students of the University of Muhammadiyah Gorontalo are in the category *Quarter Life Crisis* moderate, which is 65.6%. The process of identity exploration in early adulthood is often accompanied by stress and confusion due to future uncertainty that can lead to *Quarter Life Crisis*. This condition describes the ongoing process of searching for identity and direction of life, where individuals begin to realize their potential, determine the direction of life, take responsibility for the decisions taken, and begin to achieve financial independence from their parents (Stuart and Stuart 2024). However, *Quarter Life Crisis* did not reach the high category, which indicates the presence of other protective factors that suppress the intensity *Quarter Life Crisis*.

These factors include religion and spirituality, identity or self-identity, challenges in education, work life, and relationship dynamics with friends, partners, and family. Therefore, although *waist* make a significant contribution, *Quarter Life Crisis* is a complex phenomenon that is likely influenced by the interaction of a wider range of other factors (Ratih and Winta 2024).

A factor that may explain these results is cultural influences, which play an important role in shaping the way individuals cope with the early adult transition period. Cross-cultural research by (Duara, Hugh-Jones, and Madill 2023), found that cultural context plays a major role in shaping the experience of a quarter life crisis. In an individualistic society like the United Kingdom, the quarter life crisis is largely triggered by the pressure of personal achievement, while in a collectivist culture like India, the pressure comes more from responsibility to family and social demands.

In the context of Gorontalo, a culture that upholds family values (Huyula) and collectivism also plays a role in explaining why *Quarter Life Crisis* students of the University of Muhammadiyah Gorontalo are in the medium category. Huyula is a value system based on togetherness, mutual cooperation, and mutual help in community life (Sabidullah, Yunus, and M. Wantu 2025). It not only has a social meaning, but it also contains morals such as sincerity,

patience, and gratitude. These values form strong social solidarity among members of society, creating strong social support and emotional support that can help individuals cope with life's pressures, so that students do not face life's challenges individually.

Research Oktaviani & Soetjiningsih, (2023), stated that individuals who receive social support from family, friends, or the surrounding environment are generally more resilient in facing challenges, able to relieve worries, and more easily accept the results that have been achieved, which ultimately increases confidence. Social support from parents, friends, and the campus environment is also an important variable that affects the intensity of the quarter life crisis.

Thus, the results of this study show that *waist* Plays a role in lowering the risk *Quarter Life Crisis*, with an influence contribution of 4.6%. This means that there are other external factors such as challenges in education, work life, and social support which include friends, romance, and family, as well as local culture (Huyula) (Lestari, 2023); Sandani & Rusli, 2024; Adlu et al., 2024; Nash & Murray, 2010; Oktaviani & Soetjiningsih, 2023). This confirms that *Quarter Life Crisis* is a complex phenomenon that is not only influenced by internal factors such as *waist*, but also by the interaction of various external factors that surround student life.

CONCLUSION

The results of the study showed that there was a significant relationship between *hope* and *quarter life crisis* in students of the University of Muhammadiyah Gorontalo, thus the research hypothesis was accepted. This shows that the higher the level of *hope* that students have, the lower their tendency to experience *a quarter life crisis*. On the other hand, the lower the expectations, the higher the level *of quarter life crisis* experienced. Descriptively, the majority of students of the University of Muhammadiyah Gorontalo in this study were in the medium category, both for the *quarter life crisis* variable (65.6%) and for the *hope* variable (78.9%). This suggests that most respondents experience both conditions at an intermediate level. However, the value of the determination coefficient (R^2) shows that the *hope* variable only contributes 4.6% to the *quarter life crisis*. This means that there are still other factors that are not disclosed in this study and have the potential to affect the level *of quarter life crisis* in students.

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