

QUARTER-LIFE CRISIS IN EARLY ADULTHOOD: THE ROLES OF RELIGIOSITY AND SOCIAL SUPPORT

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ABSTRAK

Quarter-Life Crisis (QLC) merupakan fase transisi pada masa dewasa awal yang ditandai oleh ketidakpastian, kecemasan, kebingungan dalam menentukan arah kehidupan, serta kekhawatiran terkait pendidikan, pekerjaan, relasi, dan masa depan. Kondisi tersebut dapat menghambat penyesuaian individu apabila tidak dikelola secara adaptif. Faktor internal dan eksternal, termasuk religiusitas dan dukungan sosial, diduga berperan dalam membantu individu menghadapi berbagai tuntutan pada fase perkembangan ini. Penelitian ini bertujuan untuk menganalisis pengaruh religiusitas dan dukungan sosial terhadap Quarter-Life Crisis pada dewasa awal. Penelitian menggunakan pendekatan kuantitatif dengan desain cross-sectional. Partisipan penelitian berjumlah 100 mahasiswa pada salah satu perguruan tinggi negeri di Provinsi Jambi. Data dikumpulkan menggunakan Skala Religiusitas IIUM, Skala Dukungan Sosial, dan Skala Quarter-Life Crisis, kemudian dianalisis menggunakan regresi linier berganda. Hasil penelitian menunjukkan bahwa religiusitas berpengaruh negatif dan signifikan terhadap Quarter-Life Crisis. Dukungan sosial juga berpengaruh negatif dan signifikan terhadap Quarter-Life Crisis. Secara simultan, religiusitas dan dukungan sosial berpengaruh signifikan terhadap Quarter-Life Crisis pada dewasa awal. Temuan ini menunjukkan bahwa tingkat religiusitas dan dukungan sosial yang lebih tinggi berkaitan dengan tingkat Quarter-Life Crisis yang lebih rendah. Hasil penelitian menegaskan pentingnya penguatan sumber daya psikologis dan sosial dalam membantu individu pada masa dewasa awal menghadapi tuntutan transisi kehidupan secara lebih adaptif.

Kata kunci: Quarter-Life Crisis, Religiusitas, Dukungan Sosial, Kecemasan, Dewasa Awal

ABSTRACT

Quarter-Life Crisis (QLC) is a transitional phase in early adulthood characterized by uncertainty, anxiety, confusion about life direction, and concerns about education, career, relationships, and the future. If not managed adaptively, these challenges may hinder individuals' adjustment during this developmental stage. Both internal and external resources, including religiosity and social support, may play an important role in helping individuals cope with the demands of this transition. This study aimed to examine the effects of religiosity and social support on Quarter-Life Crisis among young adults. A quantitative approach with a cross-sectional design was employed. The participants were 100 students from a public university in Jambi Province, Indonesia. Data were collected using the IIUM Religiosity Scale, Social Support Scale, and Quarter-Life Crisis Scale and were analyzed using multiple linear regression. The results showed that religiosity had a significant negative effect on Quarter-Life Crisis. Social support also had a significant negative effect on Quarter-Life Crisis. Furthermore, religiosity and social support jointly had a significant effect on Quarter-Life Crisis among young adults. These findings indicate that higher levels of religiosity and social support are associated with lower levels of Quarter-Life Crisis. The findings highlight the importance of strengthening psychological and social resources to help young adults navigate the demands of life transitions more adaptively.

Keywords: Quarter-Life Crisis, Religiosity, Social Support, Anxiety, Early Adulthood



INTRODUCTION

Early adulthood is a period of individual development ranging from ages 18 to 40, during which individuals adjust to new lifestyles and social roles. At this stage, individuals are considered to have successfully reduced their dependence on their parents from adolescence but have not yet fully entered adulthood. This transitional period is highly critical for an individual, as it is during this time that they begin to deepen their self-understanding, whether by exploring areas such as education, career, independent living like their parents, or even by forming relationships with members of the opposite sex. Such exploration leads individuals to face various changes that create a sense of discomfort, causing stress and ultimately resulting in emotional imbalance (Arnett & mitra,2020)

From childhood through adulthood and into old age, humans undergo developmental processes, both physically and mentally. As individuals transition from adolescence to the next stage, As they mature, they begin to understand themselves, solve their problems independently, separate from their parents, and build relationships. There are many aspects that can be developed so that people can fulfill their developmental tasks to the fullest, thereby experiencing well-being in life. For example, having a fit body, optimal mental health, and a social environment that consistently provides support (Anggraeni & Hijrianti, 2023).

From interviews conducted by Damon with individuals aged 12–22, it was revealed that only about 20% of them had a clear vision of their life goals, what they wanted to achieve, and why they wanted to achieve those goals. As many as 60% of them have engaged in useful activities such as service-learning or consultations with career counselors, yet they have not demonstrated the commitment or planning necessary to achieve their goals. The remaining 20% indicated that they lack ambition; some even stated that they could not find a reason to have ambition (Agustiarini, 2023). At this stage, they often feel confused about making the right choices and end up feeling stressed (Khairunnisa & Wulandari, 2023) .

A quarter-life crisis is a reaction to extreme uncertainty, constant change, the growing variety of life choices becoming available, and feelings of anxiety stemming from a sense of helplessness. A quarter-life crisis leaves individuals feeling trapped in confusion and questioning themselves about life's uncertainties, ultimately leading to chaos (Nugsria et al., 2023). It is important to manage or avoid a quarter-life crisis (QLC), as theoretically, this situation represents a developmental crisis phase characterized by identity confusion, anxiety about the future, and social pressures that can hinder self-actualization. If not properly addressed, the QLC can lead to prolonged stress, reduced motivation, and hinder the achievement of early adult developmental tasks such as independence, career development, and healthy interpersonal relationships. Thus, addressing the QLC is crucial so that individuals can navigate this life transition phase in a more adaptive, productive manner and with a clear vision.

Lestari et al. noted that during a quarter-life crisis, individuals face issues related to aspirations and expectations, academic challenges, and aspects of work and career (Lestari et al., 2022). These issues arise when individuals reach the age of 19–29 or after completing secondary education, for example, college students. Two factors, internal and external can influence the onset of a quarter-life crisis. Internal factors stem from the individual themselves; some of these include commitment to goals. This means that individuals strive to fulfill every commitment and life goal they have set for the future (Syifa'ussurur et al., 2021).

The quarter-life crisis is more commonly experienced by college graduates or individuals who are completing their education, and this phase is also associated with stres (Melati, 2025).



Additionally, a survey on the quarter-life crisis among adults in Indonesia was conducted. A study by (Artiningsih & Savira, 2021) involving 63 young adults in Surabaya showed that 55.6% of the participants were identified as experiencing a quarter-life crisis. This finding is further supported by a study by (Qonita & Puspitadewi 2022), which revealed that among 40 young adults, 73% exhibited signs of a quarter-life crisis. A survey by Asrar and Taufani of 2,000 millennial respondents in the UK showed that 56% of them were experiencing a quarter-life crisis. Nearly 60% expressed confusion in their lives due to social pressure, frustration, and negative self-perception when constantly under pressure (Asrar & Taufani, 2022). They also face financial difficulties, with more than 30% of them spending more money than they earn (Melati, 2024). The effects of the quarter-life crisis vary widely, with the impact generally leaning toward the negative. These impacts include emotional instability, increased stress, high anxiety, a decline in mental health, and a tendency toward depression, as individuals feel pressure from uncertainty about the future, particularly regarding their careers and personal lives.

El Hafiz and Aditya explain that religiosity is a state within a person that describes the extent to which they believe in, understand, internalize, and apply religious principles in their lives (El Hafiz & Aditya, 2021). Religiosity is not only manifested through the performance of religious rituals (such as prayer) but is also reflected in one's beliefs, spiritual experiences, knowledge of religious teachings, and in daily attitudes and behaviors that align with religious values. In the context of the Quarter-Life Crisis, religiosity plays a crucial role as a source of life's meaning, inner peace, and guidance in decision-making. This helps individuals better cope with the confusion, anxiety, and social pressures that arise during the transitional phase toward adulthood (Sujadi, 2022; Sujadi & Bustami, 2023).

Another factor influencing the quarter-life crisis is social support. Gunarta explains that social support is an exchange between individuals manifested through providing assistance to others, where such assistance typically comes from people who hold special significance for the individual in question. Social support can take the form of information, behavioral assistance, or material resources derived from close social relationships, which can make individuals feel cared for, valued, and loved (Gunarta, 2016).

Adnyaswari and Adnyani explain that social support refers to comfort, attention, self-esteem, or any other form of assistance received from other individuals or groups (Adnyaswari & Adyani, 2017). Social support gives individuals the confidence that they are loved and valued, thereby reducing the signs of burnout they experience (Alawiyah et al., 2022). Social support is obtained from family, partners, relatives, friends, and also from the social community (Putra et al., 2022; Sujadi et al., 2023). However, even the presence of positive social dynamics does not eliminate the possibility of juvenile delinquency. According to the aforementioned report, if adolescents face social failure within a particular community, they tend to seek an escape and begin to engage in substance abuse.

Asrar and Taufani define the quarter-life crisis as an emotional crisis faced by individuals in their 20s who are caught up in worries about the future and the pressure to confront the realities of life (Asrar & Taufani, 2022). During this crisis, individuals tend to experience anxiety regarding work, career, finances, and personal relationships. Support from peers is considered quite effective in helping to address the problems that arise during this crisis. Social support from peers can reduce levels of stress, depression, and mental health disorders. Oktaviani and Soetjningsih also state that when facing the quarter-life crisis phase, social support from close people such as family, partners, or friends can help reduce anxiety, lighten the mental burden, foster greater acceptance of achievements already made, and serve as a psychological process to maintain positive behavior this



will boost a person's self-confidence and capabilities (Oktaviani & Soetjningsih, 2023).

The purpose of this study is to examine the extent to which religiosity and social support contribute to preventing or reducing the occurrence of a midlife crisis in individuals who have recently entered adulthood. This study aims to examine whether religiosity can provide inner peace, a sense of direction in life, and existential meaning, as well as whether social support from family, friends, or the community can serve as a source of emotional strength and encouragement to cope with life's pressures. Therefore, this study aims to uncover the relationship and influence of these two factors on an individual's level of resilience or ability to navigate the quarter-life crisis phase in a more adaptive manner

METHODS

2.1 Research Design and Participants

The research method used was a cross-sectional survey. A correlational study is a method used to identify the existence of a relationship and the strength of the relationship between two or more variables without attempting to influence those variables (Hasbi et al., 2023). This study was conducted among a population of 100 students at IAIN Kerinci, with the aim of identifying whether reality and social support play a role in the quarter-life crisis among young adults. The sampling technique used was convenience sampling, which involved sending participation requests to students, followed by the completion of personal identification data, demographic variables, and questionnaire statements.

Table 1 shows the characteristics of the 100 respondents in this study: 39 were male and 61 were female. By age, 43 respondents were aged ≥ 20 years, and 57 were aged ≤ 20 years. Based on the semester they are currently enrolled in, the majority of respondents are in their 4th semester (28 respondents), followed by those in their 7th semester or higher (25 respondents), 18 respondents in their 6th semester, 14 respondents in their 2nd semester, and 2 respondents each in their 1st and 3rd semesters. Furthermore, based on residence status, 61 respondents lived with others in rented rooms, , 35 respondents and 4 respondents had other living arrangements.

Table 1. Characteristics of Participants

Characteristics	Category	Frequency	Percentage
Gender	Male	39	39%
	Female	61	61%
Age	Over 20	43	43%
	Under <20	57	57%
Semester	One	2	2%
	Two	14	14%
	Three	2	2%
	Four	28	28%
	Six	18	18%
	Seven	11	11%
	Above >7	25	25%
Living Arrangement	Living with Parents	61	61%
	Living in a Dorm	35	35
	Other	4	4%

2.2. Scale

2.2.1 Religiosity Scale

The instrument used to measure religiosity in this study is the IIUM Religiosity Scale (IIUMRelS), developed by (Mahudin et al., 2016). This instrument consists of 10 statement items,



which aim to measure a Muslim's understanding and practice of Islam, both in terms of rituals and in daily life. The scale in this study uses a 4-point Likert format ranging from "Strongly Disagree" (1) to "Strongly Agree" (4). An example of a statement item is "I strive to maintain a balance between worldly and spiritual matters as recommended by the Prophet Muhammad (peace be upon him)." The results of the internal consistency reliability test using Cronbach's Alpha yielded a score of 0.92, indicating high reliability.

2.2.2 Social Support Scale

The social support scale used in this study was developed by Zimet to measure perceived social support in a multidimensional context (Zimet et al., 1988). This instrument originally consisted of 12 items on a 7-point Likert scale (1 = Very Strongly Disagree to 7 = Very Strongly Agree), which was later simplified to 10 items to accommodate the characteristics of early-adult college students. The scale used in this study employs a 4-point Likert format ranging from "Strongly Disagree" (1) to "Strongly Agree" (4). An example of a statement item is "There is someone special who is always there when I need them." The results of the internal consistency reliability test using Cronbach's Alpha yielded a score of 0.88, indicating high reliability.

2.2.3 The Quarter-Life Crisis (QLC) Scale in Early Adulthood

The scale used in this study is the Quarter-Life Crisis (QLC) scale developed by Afandi et al. to measure quarter-life crisis in early adulthood in Indonesia (Afandi et al., 2023). This instrument originally consisted of 28 statement items on a 4-point Likert scale (1 = Strongly Agree to 4 = Strongly Disagree), which was subsequently simplified to 10 statement items to align with the research subjects in this study. The scale used in this study employs a 4-point Likert format ranging from "Strongly Agree" (1) to "Strongly Disagree" (4). An example of a statement item is "I have difficulty carrying out the adult responsibilities assigned to me by my family." The results of the internal consistency reliability test using Cronbach's Alpha yielded a score of 0.85, indicating high reliability.

2.3 Statistical Analysis

In this study, descriptive statistics were used to describe the respondents' characteristics for each variable, with indicators including percentages, standard deviations, and mean values. Next, to test the hypotheses, we applied multiple regression analysis, a statistical technique designed to assess the relationship between the dependent variable and several independent variables, while also determining the extent of the predictors' influence on the dependent variable to generate more accurate predictions. Before conducting the regression analysis, several classical assumptions were tested, including tests for normality, heteroscedasticity, and multicollinearity. The entire data analysis process was performed using SPSS 29.

RESULTS AND DISCUSSION

3.1 Descriptive Data

Descriptive data are results that provide an overview of the research data. Descriptive data illustrate the mean, standard deviation, and categorization of the research data. Based on the results of the descriptive analysis, it can be seen that the religiosity variable has a mean of 30.25 with a standard deviation of 6.63, where the majority of respondents fall into the high (55%) and very high (31%) categories, while the moderate (2%), low (5%), and very low (7%) categories are only a small minority. The social support variable has a mean of 29.53 and a standard deviation of 7.10, with research respondents tending to fall into the high (36%) and very high (35%) categories, while those in the moderate (12%), low (11%), and very low (6%) categories. Furthermore, the "quarter-life crisis" variable had a mean of 24.54 and a standard deviation of 3.43, with the majority of



respondents falling into the “moderate” (65%) and “low” (19%) categories, while those in the “high” (12%), “very low” (3%), and “very high” (1%) categories were relatively few.

Table 2. Descriptive Analysis

Variables	Mean (SD)	Category				
		Very Low	Low	Moderate	High	Very High
Religiosity	30.25 (6.63)	7	5	2	55	31
Social Support	29.53 (7.10)	6	11	12	36	35
Quarter-Life Crisis	24.54 (3.43)	3	19	65	12	1

3.2 Data on Classical Assumption Testing

Based on Table 3 regarding the testing of classical assumptions, it can be concluded that the data used in this study meets the normality requirement because the significance value of the normality test is $0.116 \geq 0.05$, so the data distribution is considered normal. The results of the multicollinearity test also show a VIF value of $2.07 \leq 10$; therefore, it can be concluded that there is no multicollinearity issue among the independent variables. Furthermore, the heteroscedasticity test using the Glejser approach yielded significance values of 0.128 for the religiosity variable and 0.926 for the social support variable, both of which exceed the threshold of ≥ 0.05 . This indicates that there is no heteroscedasticity, so the regression model is deemed suitable for use as it meets the basic assumptions of classical regression.

Table 3. Classical Assumptions

Classical Assumptions	Sig.	Decision
Normality	$0.116 \geq 0.05$	Normal
Multicollinearity	$2.07 \leq 10^*$	No multicollinearity
Test for Heteroscedasticity of the Religiosity Variable	$0.128 \geq 0.05^{**}$	No heteroscedasticity
Test for Heteroscedasticity of the Social Support Variable	$0.926 \geq 0.05^{**}$	No Heteroscedasticity

*VIF

**Glejser

3.3 Simple Regression Test of Religiosity on Quarter-Life Crisis in Early Adulthood

After the classical assumption tests were conducted and met, the researcher proceeded to test the hypotheses using simple and multiple regression, where simple regression was used to examine partial effects, while multiple regression was used to test the simultaneous effects among variables. The analysis results indicate that religiosity has a significant effect on the quarter-life crisis in early adulthood, with a constant term of 30.273 ($t = 20.090$; sig. 0.000) and a regression coefficient of -0.190 with a beta value of -0.366, a t-value of -3.894, and a significance level of 0.000. A negative (-) value indicates a negative direction of influence. These findings confirm that the higher a student's level of religiosity, the less likely they are to experience a quarter-life crisis in their lives, and this relationship is statistically significant.

Table 4. Simple Regression Analysis of Religiosity on Quarter-Life Crisis in Early Adulthood



Model		Unstandardized Coefficients	Standardized Coefficients	t	Sig.
		B	Beta		
1	(Constant)	30.273		20,090	.000
	Religiosity	-.190	-.366	-3,894	.000

3.4 Simple Regression Test of Social Support on Quarter-Life Crisis in Early Adulthood

The second hypothesis tested in this study is that social support influences quarter-life crisis in early adulthood. The results of the simple regression analysis indicate that social support has a significant effect on quarter-life crisis in early adulthood. The analysis results indicate that social support has a significant effect on the quarter-life crisis in early adulthood, with a constant term of 28.292 ($t = 19.778$; sig. 0.000) and a regression coefficient of -0.127 with a beta value of -0.263, a t -value of -2.697, and a significance level of 0.008. A negative (-) value indicates a negative effect. This confirms that the stronger the social support for early-adult college students, the lower their tendency to experience a quarter-life crisis, and this relationship is statistically significant.

Table 5. Simple Regression Analysis of Social Support on Quarter-Life Crisis in Early Adulthood

Model		Unstandardized Coefficients	Standardized Coefficients	t	Sig.
		B	Beta		
1	(Constant)	28,292		19,778	.000
	Social Support	-.127	-.263	-2,697	.008

3.5 Results of Multiple Regression Analysis

The next step was to test the hypotheses simultaneously. An F-test was conducted to determine whether, collectively or simultaneously, the variables of religiosity and social support had a significant effect on the quarter-life crisis in early adulthood. Based on Table 6, it can be seen that the influence of religiosity and social support on the quarter-life crisis in early adulthood, with a calculated f -value $\geq$ the critical f -value ($7.506 \geq 3.09$) and a significance level ($0.001 \leq 0.05$), leads to the rejection of H_0 and the acceptance of H_1 ; meaning that, together or simultaneously, the variables of religiosity and social support have a significant effect on the quarter-life crisis in early adulthood.

Table 6. Results of Multiple Regression Analysis of Religiosity and Social Support on the Quarter-Life Crisis in Early Adulthood

Model		Sum of Squares	df	Mean Square	F	Sig.
1	Regression	156.648	2	78,324	7,506	.001 ^b
	Residual	1,012,192	97	10,435		
	Total	1,168,840	99			

DISCUSSION

The results of the hypothesis testing indicate that there is a significant partial effect of the religiosity variable on the quarter-life crisis in early adulthood, with a calculated t -value of -3.894 and a significance level of $0.000 \leq 0.05$. This indicates that religiosity is a form of religion-based mechanism to minimize the occurrence of a quarter-life crisis, which involves practicing religious



rituals and maintaining faith in the One God. Individuals with high religiosity have a strong sense of purpose in living their lives. Self-acceptance embracing various aspects of oneself, both positive and negative, is a key characteristic of mental health in terms of psychological well-being, which determines a person's maturity (Sayyidah et al., 2022). The results of this study align with research conducted by (Habibie et al., 2019), which stated that religiosity influences the quarter-life crisis among college students with a significance value of $0.006 \leq 0.05$. This indicates that the values of goodness inherent in religion can assist individuals in facing challenges, particularly the quarter-life crisis. Furthermore, a case study conducted by (Sinta et al., 2024) demonstrated that religiosity, as manifested through religious practices such as prayer, reciting the Quran, supplication, and giving alms, demonstrates its contribution to coping with a quarter-life crisis by relying on Islam-based mechanisms; research participants were able to manage negative emotions and reduce anxiety through a spiritual connection with Allah SWT.

The results of testing the research hypothesis on the social support variable, when analyzed partially, indicate a significant effect on the quarter-life crisis in young adults, with a calculated t-value of -2.697 and a significance level of $0.008 \leq 0.05$. This suggests that strong social support is capable of providing psychological and physical comfort which is important in coping with the stress and uncertainty often experienced by early- adult college students. Early-adult college students often experience anxiety about the future; in this context, social support can provide emotional resources that help them cope with these challenges. Social support not only provides a sense of security and comfort but can also boost early-adult college students' self-confidence and problem- solving abilities. Social support can serve as an important psychological buffer for early-adult college students facing a quarter-life crisis. The results of this study align with research conducted by (Ermita et al., 2022), which found that social support has a significant effect on the quarter-life crisis among college students, with a significance level of $0.001 \leq 0.05$. Theoretically, social support is often considered a factor influencing the quarter-life crisis. A high level of social support can help students cope with the quarter-life crisis (Ermita et al., 2022). Social support from family and close friends can help reduce stress levels and improve psychological well-being during the quarter-life crisis phase (Wijaya & Saprowi, 2022).

The results of testing the research hypotheses on the variables of religiosity and social support, when considered together or simultaneously, showed a significant effect on the quarter-life crisis in young adults, with a significance level of $0.001 \leq 0.005$. This indicates that a combination of high religiosity and strong social support can help young adults cope with the quarter-life crisis phase. Religiosity helps reduce various negative feelings experienced. Religiosity provides a moral foundation and inner strength that help individuals think positively, surrender to God, and overcome the challenges of the quarter-life crisis (Sinta et al., 2024). Although it does not bring about instant change, the consistent practice of religiosity helps individuals experience inner peace, face changes with a positive attitude, and lead a more structured and secure life. Furthermore, adequate social support is effective in reducing psychological stress, depression, and anxiety, and helps individuals adapt better to stress (Ermita et al., 2022). Thus when religiosity and social support work together, they create a positive synergy that can help individuals better navigate the Quarter-Life Crisis by providing support, direction, and peace of mind in facing the challenges of early adulthood. The results of this study align with research conducted by Fauzi which states that religiosity and social support together have a significant effect on the quarter-life crisis, with a significance level of $0.001 \leq 0.005$. Religiosity and social support contribute to helping senior college students overcome the quarter-life crisis by emphasizing the importance of integrating the two factors that influence it: religiosity as an internal factor and social support as an external factor.



Religiosity provides meaning and direction in life, while social support offers the comfort needed to face the crises and challenges individuals experience during the quarter-life crisis (Fauzi, 2024).

This study simultaneously examines both internal and external psychological factors. Internally, a high level of religiosity has been shown to be negatively correlated with the quarter-life crisis in early adulthood, as the spiritual values held by young adults can provide a foundation of meaning in life and reduce anxiety during the transitional period of early adulthood. Meanwhile, from an external perspective, the study shows that social support also correlates negatively with the quarter-life crisis in early adulthood, as social support from family, peers, and the surrounding environment plays a crucial role in helping individuals reduce psychological stress when facing future uncertainty.

This study has a number of limitations that should be noted. First, the use of a quantitative research design with a correlational approach means that the relationship between religiosity, social support, and the quarter-life crisis in early adulthood can only be explained correlationally; thus, a direct cause-and-effect relationship cannot be established. Second, the sampling technique used convenience sampling, so there is a possibility of sample bias because the participants do not fully represent the broader population of young adults. Third, data collection was conducted by administering questionnaires directly to respondents, which may have led to social bias or dishonesty on the part of respondents in answering the questions. Furthermore, this study focused only on two predictor variables, religiosity and social support while other factors such as economic conditions, personality, career demands, and family pressures, which also have the potential to influence the emergence of a quarter-life crisis, were not examined in this study. Therefore, future research is recommended to broaden the sample characteristics and consider other variables to obtain a more comprehensive picture of the dynamics of the quarter-life crisis in young adults.

CONCLUSION

Based on the research findings, it can be concluded that religiosity and social support have a significant negative influence on the quarter-life crisis in early adulthood; the higher the level of religiosity and the stronger the social support provided, the lower the likelihood that early-adult college students will experience a quarter-life crisis. These findings highlight the crucial role of religiosity among early-adult college students in navigating the quarter-life crisis phase, as religiosity serves as an Islamic-based coping mechanism to minimize the occurrence of the quarter-life crisis in early adulthood. Additionally, social support plays a vital role through the support provided by family, relatives, and friends in addressing the quarter-life crisis phase in early adulthood.

It is hoped that the results of this study will contribute to early-adult students, particularly in navigating the quarter-life crisis phase, by helping them minimize excessive anxiety and confusion regarding their life direction. Furthermore, these findings are also expected to assist parents in consistently paying attention to and providing social support to their children who have entered early adulthood, thereby reducing the likelihood of a quarter-life crisis in their lives. Furthermore, this study expands scientific knowledge in the fields of Psychology, Guidance, and Counseling by examining the quarter-life crisis from a more comprehensive perspective. Future research is recommended to involve a larger and more diverse sample of respondents and to consider other factors, such as family functioning and financial issues, in order to gain a deeper and more comprehensive understanding of the quarter-life crisis in early adulthood.



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