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A Quarter-Life Crisis in Early Adulthood in Indonesia during the Covid-19 Pandemic

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Abstract. *Quarter-life crisis in youngsters in their 20s triggered by concerns over uncertainties of future life, notably regarding job prospects, romantic relationships linked with marriage plan, and social life. The purpose of this study is to understand the psychosocial dynamics of the quarter-life crisis and to comprehend the impact of the Covid-19 pandemic on the quarter-life crisis among early adults in various regions in Indonesia. The research uses a phenomenological method of qualitative approach. Research participants were selected using the purposive sampling technique, composed of 6 people who experienced a quarter-life crisis. The age range of the participants was 20 to 29 years. Semi-structured interviews through Whatsapp media were used to collect the data. The data were analyzed with Interpretative Phenomenological Analysis (IPA). The results showed that work-related demands, marriage plans, and family-related issues are the root causes of quarter-life crises marked by disturbing negative thoughts and feelings. Pandemic Covid-19 has also intensified the anxieties felt by some participants as the economic situation and job prospects got even bleaker. This study implies that to prevent a quarter-life crisis among youth, families are expected to be more supportive by providing support and trust for young adults to make decisions and be responsible for their choices for the future.*

Keywords: *content validity, confirmatory factor analysis, interreligious harmony.*

INTRODUCTION

A quarter-life crisis is experienced by individuals when they are transitioning from adolescence to adulthood (Stapleton, 2012). Robinson et al. (2017) revealed that the quarter-life crisis is a crisis phase encountered by people aged 20 to 29 years when they begin to shift from an unstable, open, and exploratory life structure to a more established, predictable, and rooted in productive roles. Thus, this crisis is faced by individuals when they reach early adulthood (Pinggolio, 2015; Uugwanga, 2020). Early adulthood is a transitional period from adolescence to adulthood marked by exploratory and experimental activities. This period occurs between the ages of 18 and 25 (Santrock, 2011).

Robinson and Wright (2013) mentioned some of the problems that individuals face during a quarter-life crisis are breaking up, being trapped in an unwanted relationship, financial difficulties,

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family conflicts, being trapped in work pressure, and physical illness. However, the most common feature of the crisis experienced by women is a focus on relationships, whereas men are more work-oriented. The phenomenon of early adulthood crisis is frequently presented with community-posed questions, such as when to marry, when to graduate, when to work, and anything else that appears to have no end. Individuals must be prepared to face social challenges as adults (Herawati & Hidayat, 2020). A person who experiences a quarter-life crisis has high expectations for life and career, which can lead to feelings of disappointment when adult life does not live up to what was hoped for as a teenager. This crisis occurs when people begin to take responsibility for their own desires, realize the meaning of life by understanding the values they choose, and strive to maintain those values (Iswati, 2019; Stapleton, 2012).

According to Haase et al. (2012), Individuals' crises are caused by the various demands of life they face. In general, the demands of parents in determining the steps to be taken for the future are the primary cause of the emergence of an emotional crisis. Another issue that contributes to individual emotional crises is the complex transition period filled with uncertainty, which can lead to depression in those who go through it. This can also be exacerbated by unpleasant experiences that have an impact on an individual's well-being and self-esteem (Robinson, 2018). Not to mention that the Covid-19 virus's emergence since the beginning of 2020 has resulted in psychological issues such as anxiety, depression, and trauma. During this pandemic, problems with mental health are unavoidable. Distance and social isolation are factors that contribute to psychological problems. Furthermore, the economic downturn caused by the Covid-19 virus has increased unemployment and economic pressure (Winurini, 2020).

Research on the quarter-life crisis has also been conducted in various countries. Agustin (2012) research found that women have problems that are generally related to interpersonal relationships. Rosalinda and Michael (2019) stated that the self-esteem of early adult women who do not have a partner influences their preferences for a life partner. According to Herawati and Hidayat (2020), the quarter-life crisis is mostly experienced by women who are not married and have not worked. Meanwhile, research by Uugwanga (2020) reported that working men experience far more life crises than women, the majority of which are related to career and/or family. This is most likely influenced by men's gender roles and expectations in Africa. (Robinson, 2018) discovered two types of crises in his research: locked-out and locked-in. Rossi and Mebert (2011) opined that working high school graduates have the most anxiety, followed by undergraduate graduates. Balzarie and Nawangsih (2019) argued individuals with high resilience will be able to develop and adapt positively in dealing with stress caused by worrying about life. In the meantime, student religiosity is influential in overcoming the quarter-life crisis (Habibie et al., 2019). Researchers also conducted preliminary interviews with two men and two women. According to the findings of the interview, women were more receptive to their parents' demands for immediate marriage, whereas men were more required to get a better job before marriage.

In contrast to the previous study, this research employs a qualitative phenomenological approach to better understand the causes and dynamics of the quarter-life crisis in individuals, particularly in Indonesia. Researchers want to delve deeper into the factors that contribute to the midlife crisis in men and women, not just in the work domain, but also in relationships with the opposite sex and other areas. Furthermore, researchers are interested in deepening the quarter-life crisis during the Covid-19 pandemic. This research aims to understand the psychological dynamics of the quarter-life crisis in early adult individuals during the Covid-19 pandemic. This research is expected to help people understand and provide information about the quarter-life crisis experienced by early adult individuals so that it can be used to develop assistance programs to

help people overcome the quarter-life crisis. Based on the foregoing, the researchers developed the following research questions: (1) What are the problems that cause individual crises? (2) How are the dynamics of the quarter-life crisis experienced by individuals during this pandemic? (3) How are individual efforts to overcome the crisis?

METHOD

The method used in this research was a qualitative approach using the phenomenological method. The data were collected through semi-structured interviews guided by an interview guide. The interview guide includes questions about the participants' background as well as questions about the crisis conditions they encountered. Interviews were conducted through voice calls and WhatsApp short messages for approximately 60 to 120 minutes. The data analysis was done using Interpretative Phenomenological Analysis (IPA). Analysis in IPA is a transcript analysis that employs three pillars of IPA research: 1) phenomenology that relies on epoche; (2) interpretation that relies on understanding each participant's words without removing them from the transcript; and (3) idiography that emphasizes the uniqueness of each participant. The steps in conducting an IPA analysis include multiple readings, making initial notes, transforming notes into emergent themes, and creating superordinate themes (Smith et al., 2009).

The respondents of this research came from various regions in Indonesia including Pinrang, Jambi, Bima, Surakarta, Surabaya, and Pontianak. Purposive sampling was used to select research participants. The procedures to obtain research participants are: 1) distributing a google form link containing the Quarter-life Crisis questionnaire via WhatsApp on 10 to 13 February 2021, which resulted in 34 participants from various regions in Indonesia; (2) calculating and categorizing questionnaire responses. The high score category is 81-90, the medium category is 50-77, and the low category is 37-48; (3) obtaining 6 participants by selecting two from each score category, namely high, medium, and low. Six participants who expressed an interest in participating were then interviewed further in order to gain a better understanding of their experiences dealing with the quarter-life crisis.

Table 1.
Demographic Profile of Research Participants

Initials	Age	Sex	Marital Status	Ethnic	Domicile	Education	Occupation
K	24	Female	Not married	Javanese	Pinrang	S1	Entrepreneur
S	24	Female	Not married	Kerinci	Jambi	S1	Unemployed
N	24	Female	Not married	Bima	Bima	D4 Nursing Profession	Nurse
D	25	Male	Not married	Javanese	Surakarta	SMA	Graphic Designer, College Student
U	24	Male	Not married	Javanese	Surabaya	D4 Nursing Profession	Nurse
M	23	Male	Not married	Sundanese	Pontianak	D4 Nursing Profession	Nurse

RESULTS AND DISCUSSION

The findings of the analysis revealed six major themes: achieving financial stability, women and marriage demands, pre-marital romantic relationships, family problems, and efforts to overcome problems. The following table 2 summarizes all of the major and subordinate themes.

Table 2.
Major Themes and Superordinate Themes

Major Themes	Superordinate Themes
Achieving financial stability	Society's expectations of work Self and parental demands to achieve the establishment
Women and marriage demands	Demands and pressure to get married Women's stigma
Pre-marital romantic relationships	Commitment in a romantic relationship
Family problems	Conflict with parents Divorced parents Separated parents Taking care of sick parents
Efforts to overcome problems	Problem-focused coping strategies Emotion-focused coping strategies

Achieving Financial Stability

The six participants faced a variety of challenges in achieving financial stability, which resulted in the emergence of crisis conditions. The issue was caused by societal expectations of participants in terms of work. A certain standard of work appeared to exist in society for someone who has completed higher education. This is the case for participant K, who decided to help her parents' business at home after finishing her higher education. However, this appeared to be the fault of those in the environment who expected K to work as a civil servant and/or bank employee. Her job was frequently undervalued by the community because it was thought to be unable to generate a high income. This caused her to recurrently take into account other people's questions about her job.

"They usually underestimate a certain job, especially if it involves selling because they believe that working as an employee, whether private or public, is a prestigious position" (W/K.1373-1376).

Furthermore, during the pandemic, K's sales turnover decreased, affecting her family's economy. K was also concerned with improving her family's financial condition.

"...this pandemic affects everyone's economy, causing business turnover to fall" (W/K.1383-1384).

"... restoring the family's finances, which had suffered as a result of the pandemic" (W/K.1395-1397).

In one area, higher education, particularly for women, was considered unimportant. It happened because society still had a conservative view of women's primary work in the kitchen. This type of occurrence was common in S's neighborhood. Women were not required to work unless they become civil servants.

"A woman only works in the kitchen. You know, a woman is merely a wife. So, you do not have to work unless you become a civil servant" (W/S.693-695).

Working as a civil servant was much more valued in her community than working as a non-civil servant unless they had a high economy. This also prompted S's parents to demand that she became a civil servant.

"Yes, it is not appreciated. However, if their families are financially secure, they are still respected by the community. In my area, no one will look at you if your family is not someone with a high position and you are not a civil servant. However, even though you are just an ordinary person but you are a civil servant, you will be loved". (W/S.1946-1950).

S's status as an unemployed made her depressed, and she continued to complain about her situation. When she saw her friends' success, S felt inferior. However, even though she was eager to find work, she had reservations about her ability to do so.

"It feels like you are tired from college, but still do not have any knowledge. This insecurity plagues me on a regular basis. When I met someone who already had a job with a basic salary, I felt insignificant" (W/S.1248-1252).

Meanwhile, when S was trying to find a job, the pandemic struck, making it even more difficult for her to find a job because many employees were laid off.

"[This pandemic] has a large impact. Now, finding a job is extremely [difficult]. In normal situations, we have to struggle to get a job, and this is especially true now. During this pandemic, employees who have worked for a long time are laid off, right? Then, what about fresh graduates who don't have work experience?" (W/S.1652-1658).

The findings of this research are consistent with Prastiwi and Rahmadanik (2020), who found that gender discrimination in the form of differences and inequalities is experienced by all people at different levels. There is also a belief that women living in rural areas are not required to pursue higher education. Even if you have completed higher education, it is still preferable to focus on your domestic duties rather than utilizing the expertise gained as a result of your education. According to Saptaningrum and Wiryawan, (2007), various kinds of attitudes and behaviors that become obstacles and differentiators for individuals in exercising all their rights on the basis of group, ethnicity, race, religion, class, economic status, social, language, gender, and political belief is referred to as discrimination based on social identity. Thus, the status of work as a civil servant or non-civil servant, as well as the economic status of a person determines the social status of individuals in the community. Meanwhile, the Covid-19 virus-caused economic downturn has increased unemployment and economic pressure. Many businesses have closed in order to prevent the virus from spreading and causing massive economic losses. Many people lost their jobs, and many employees were laid off and became layoff victims. This makes it difficult for adults to find a job during the pandemic (Livana et al., 2020; Winurini, 2020).

Meanwhile, parental demands in obtaining a job may arise because parents want their children to have the same job as them. This is a phenomenon that U, who also wishes to become a civil servant, has encountered.

"I really want to be a civil servant" (W/U.657).

"... there are frequent demands to become civil servants because both of my parents are civil servants" (W/U.669-671). (M was also tempted to become a civil servant because of the disparity in benefits received by honorary employees and civil servants. His parents suggested he try enlisting civil servants).

"The salary does not correspond to our work, and the work risk is significant" (W/M.878-879).

"My parents make no demands that I should become a civil servant, but they advise that if there is recruitment for a civil servant, just give it a try. We never know what will happen to us. The point is that there is no obligation to work as a civil servant" (W/M.904-907).

Like M, the low income she received as an honorary made respondent N want to become a civil servant until she became anxious about her ability to compete in the civil servant recruitment test.

"...I'm particularly worried almost every day. I always think "What if I can't answer the questions on the test?" "Oh, what should I do?" Those questions make me nervous" (W/N.1140-1144).

The findings concerning equal welfare at work fall into the problem area of quarter-life crisis as expressed by Nash & Muray in Agustin (2012), namely being trapped in earning large incomes while also beginning to question work pressures that can hinder their lives. According to the findings of research by Sulidah and Retnowati (2019), meeting financial needs to fulfill daily needs can increase job satisfaction for border nurses or midwives. In order to improve performance, the government must pay attention to the financial well-being of nurses and midwives.

Aside from the lack of welfare, the Covid-19 pandemic imposed a separate burden on N, M, and U, all of whom worked as nurses. The difficulty of educating the general public about the dangers of Covid-19 increased the workload of N and M as nurses.

"...it's difficult to persuade the general public to keep a safe distance and wear a mask when traveling" (W/N.1327-1330).

"In my opinion, it is difficult to educate the larger environment, especially if the effort is undertaken alone. Perhaps we can begin the educational process in the home and then pass this habit on to our neighbors. I believe it is challenging to educate a complex on your own" (W/M.491-498).

Furthermore, the pandemic causes anxiety about contracting the virus and dealing with patients, though, in the end, they are becoming accustomed to it.

"I was genuinely worried at the beginning of the covid-19 pandemic, especially since there was no research on the disease. As a result, I became overly protective. But this only happened at the start of the pandemic; after a while, I became less worried" (W/M.119-124).

"There was fear and anxiety at the beginning of the pandemic because we didn't know how Covid would be handled. Now that I'm used to it, it's not so burdensome" (W/U.77-81).

In line with research findings by Handayani et al. (2020), health workers accept a variety of risk factors for anxiety, including long work hours, stigma, socio-demography, and concerns about being exposed to the Covid-19 virus. Winurini (2020) claimed The emergence of this virus causes psychological problems such as anxiety, depression, and trauma.

This is in contrast to what happened to D, who decided to study while working in order to fulfill his mother's wish for her children to have a higher education. D was having financial difficulties. D was undeniably envious when he saw that other people could study comfortably at the expense of their parents, while he had to struggle to pay for his own tuition.

"Hmm.... one of the motivations came from my mother. My mother always strives for her children to be well-educated" (W/D.298-302).

"The challenge is the financial support" (W/D.1150-1152).

"Sometimes I felt envy looking at my friends studying comfortably at the expense of their parents" (W/D.1155-1157).

Baert et al. (2016) argued the main reason students work and study is to earn money to help them achieve their aspirations. Furthermore, on-the-job college allows individuals to develop skills in communication, work value, and time management. Studying while working allows students to apply what they have learned in college while also increasing their orientation to achieve their career objectives (Neyt et al., 2019). D intended to expand his mother's business after graduating from college. This condition depressed him, and he frequently compared his life to that of friends his age who were already married and could afford to pay for a house or vehicle in installments.

"...In the future, I hope to expand my mother's business" (W/D.526-528).

I see that my friends have been able to meet their needs. They can, for example, pay in installments for a motorcycle or a house, or save for a wedding. While I'm stuck in this situation.

"Things like that can be a burden and bring me down at times" (W/D.942-949).

The research findings regarding the six participants' occupations of interest, as well as parental demands for this work, are consistent with research by Tewal (2014), that civil servants are the most sought after jobs by students. Apart from civil servants, the second most desired job is self-employment, and the third is working in a bank. Socio-cultural factors such as parents' occupations and ancestry status influence the jobs that students are interested in, particularly civil servants and entrepreneurship. In addition to socio-cultural factors, the most important factors in selecting a job of interest are chance for self-actualization, close relative's success, prestige, and opportunity to apply knowledge and skills. According to Sukardi in Sahala (2014), factors influencing a person's career choice include talents, interests, intellectual abilities, achievements, attitudes, personality, values, hobbies, skills, aspirations and education, use of leisure time, work experience, physical abilities and limitations, knowledge of the world of work, and personal problems and limitations.

Women and Marriage Demands

The three female participants were asked about the family's demand for marriage. K's father frequently asked when she planned to marry, whereas N received marriage-related questions from her close family, specifically her aunt and cousin.

"The first demand is to get married. This is prompted by the fact that friends of my age are already married" (W/K.724-726).

"My father occasionally says things like "when will you... when will you..." It's as if he's having a monologue" (W/K.577-579).

"I was asked to get married" (W/N.1015).

"By my aunt, my cousin..." (W/N.1033).

Participant S was repeatedly betrothed by her parents. This matchmaking often led to squabbles because of differences in marriage principles between S and her parents. This forced marriage was precipitated by public inquiries to S's parents and the labeling of S as a spinster. This exacerbated the parents' concern that S would not marry.

"They are more terrified of rumors. They are concerned that society will label me as a spinster. Maybe they are tired of being terrorized, people keep saying that..." (W/S.893-896).

The findings regarding these demands are consistent with previous research conducted by Samaranayake and Takemura (2020), that young adults are sensitive to the pressures that come from people who play an important role in their lives. According to Haase et al. (2012), the main cause of the emergence of an emotional crisis is the demands of parents in determining what steps will be taken for the future.

There was a standard age for women to marry in the neighborhood where S, K, and N lived. Adult women who never marry are also labeled as spinsters by society.

"They appear to have a standard that when a 25-year-old woman is unmarried, she is considered old. When women become more educated, it becomes too rigid for them" (W/S.1566-1572).

"For example, if a woman is over the age of 30 and approaching the age of 40, she will be labeled as a spinster" (W/K.752-755).

"That is the viewpoint of Indonesians, particularly in my area, so if you are 25 or over, it's critical, you have to get married" (W/N.1037-1043).

This demand for marriage caused K to wonder when it would be her turn to marry. As a result, she was unable to concentrate at work. K became irritated when people asked her when she planned to get married and became easily offended when people inquired about her relationship status.

"For example, sometimes I went somewhere with my mother. My mother then ran into a friend there. The friend inquired in public " is she in a relationship? let me introduce you to someone". In situations like this, I frequently feel uneasy because people ask me about my personal matters in public" (W/K.613-618).

Meanwhile, S was exhausted by society's and her parents' demands and coercion of marriage. Even though she believes that everything has a time.

"So it appears to have an impact on me. I'm just tired of being chased and demanded, even though I believe that everything has a time. If people are talking about effort, I've tried it as well" (W/S.1782-1786).

The demands for marriage that N confronted at her current age caused her to question her ability to start a family almost every day, causing anxiety and worry.

"At this age, I'm not sure if I'm ready to start a family. Anxiety and worry creep in from time to time" (W/N.1052-1055).

This finding regarding the stigma of spinsters is consistent with research by Septiana and Syaifiq (2013), who discovered that unmarried adult women are assigned a negative or inferior identity status because they are perceived to be unnatural or abnormal. The patriarchal culture that the Indonesian people tend to have encourages women to be mothers and wives in order to be fully respected as members of society. In terms of gender, women accept far greater demands for marriage than men. One of the reasons for this is the negative stigma attached to women (Samaranayake & Takemura, 2020; Kumalasari in (Septiana & Syaifiq, 2013)) said that women face greater social pressures to perform multiple life roles at the same time. It may also have an impact on their future careers and family planning roles. Women, on the other hand, are more unable to ignore negative expectations because they have been culturally shaped to be capable of performing multiple roles in the future.

Pre-marital Romantic Relation

The three female participants encountered difficulties in establishing relationships and committing to the opposite sex. When K was around a man, she thought too much about bad things, whereas S was easily made uncomfortable in a relationship. As a result, they had difficulty maintaining and committing to relationships.

"Sometimes I find it difficult to establish a relationship and commit to that relationship" (W/K.849-850).

"I am the type of person who finds it difficult to connect with others in the sense of having a partner. I can easily turn off with someone" (W/S.600-605).

Amid the Covid-19 pandemic, S was still asked about her parents' demands for marriage and the possibility of holding a simple wedding reception.

"They frequently imply to me by saying "Don't you want a simple wedding? Just get married while there is a corona pandemic going on. So you have an excuse not to throw a party." (W/S.1621-1626).

Research by Widiyanto (2020) revealed that during the Covid-19 virus outbreak, the government advises prospective couples to postpone their marriage. However, there is no prohibition on continuing to marry. The current situation is a concern for people who want to get married. In addition to marriage postponement, some marriages are carried out with restrictions in their implementation, such as limiting activities that invite a large number of people, limiting the time of implementation, and a variety of other conditions that must be met and adapted to health protocols. As a result, the marriage can still be implemented in an unpretentious or simple manner (Arafah, 2020).

K and S both expressed their distrust for physical form. As a result, they were pessimistic about finding a partner and maintaining a relationship.

"I can be a bit pessimistic at times, for example, if I'm too fat" (W/K.867-875).

"Sometimes I also feel physically ugly, so it's hard for me to do anything. It's difficult to meet someone, and it's even more difficult to have a boyfriend." (W/S.1239-1244).

It is very different from N's experience. She was torn between accepting an established man's proposal and staying with her unemployed boyfriend. When N was bored with her boyfriend, she considered cheating. Meanwhile, she feared being associated with her father, who had an affair. N was also afraid of being dumped. On the other hand, she regretted rejecting the man to keep his boyfriend, who was still unemployed.

"But one thing that bothers me is that the people who come to me are already established. In the meantime, I've decided to stick with a person who is still starting from scratch" (W/N.1224-1227).

In contrast to the three female participants, U and M were currently in a relationship with a woman. U revealed that he had not considered taking their relationship to a more serious level because he wanted to prioritize his work, whereas M wanted to enjoy his life before deciding to marry. Meanwhile for participant D, having a lover was not a priority for him right now.

"We haven't considered it yet because we're both new to the workplace. So, for the time being, we will concentrate on our work. We can think about the next plan when we have a stable job." (W/U. 461-467).

"Yes, it's still early, I am still enjoying my life." (W/M.584-585).

"...in fact, I see dating as not a priority. It is not a must" (W/D.612-614).

As a result, women are more likely than men to experience problems with premarital romantic relationships. According to Agustin (2012), one of the issues that women face is related to relationships with the opposite sex. Individuals will go through the introduction and approach

stages before deciding to have a relationship with the opposite sex. If they believe they are ready, they will advance to a more serious level. If there is a mismatch caused by something, the individual will usually decide to end the relationship and look for a replacement. Utami et al. (2019) claimed Choosing a life partner is a difficult task because people have various considerations, one of which is self-esteem. The emergence of worries in choosing a life partner to trigger anxiety is influenced by a woman's self-esteem. The greater the individual's self-esteem, the higher their anxiety in selecting a life partner. In contrast, the lower an individual's self-esteem, the lower his anxiety in choosing a life partner. In addition, Cox in Utami and Murti (2017) revealed that low intimacy in a relationship is caused by a variety of factors, including anxiety about self-identity, past experiences, concerns about self-weakness, past hurts that carry over into the present, worries about expressing uncomfortable feelings, and unresolved childhood conflicts.

Family Problems

Problems in the family have an impact on each participant's life. S and her family held opposing beliefs. Because of this fundamental difference, she did not feel free to share her experiences with her parents because she was constantly judged.

"Parents, in my opinion, don't know how to ask their children's problems, and we are hesitant to share our thoughts and feelings. As a result, there is a gap between parents and their children. Furthermore, we frequently have conflicting principles with our parents. Children want A, while parents prefer E." (W/S.326-330).

The findings of this research are consistent with (Robinson & Wright, 2013) who discovered that a common characteristic experienced by individuals when they are in the crisis phase of a quarter-life is a conflict with parents. Ulfiyah (2016) considered parents instinctively regard their children as the most valuable part of the family. However, authority and power are frequently present in the relationship between parents and children. The relationship between parents and children is commonly characterized by various conflicts caused by differences in viewpoints. Conflicts between family members or scapegoating will never occur if the relationship is reciprocal.

S was also subjected to body shaming from her family because she was deemed too picky. This made S feel depressed and unaccepted by her own family.

"They frequently say "you shouldn't be too picky, you're ugly" or "no one wants a fat person like you" or "c'mon, be realistic" (W/S.1432-1435).

"I feel so down. Sometimes I wonder if my family won't accept me, then who will?" (W/S.1460-1461).

It was not the case with N's experience. When she was a child, she was frequently beaten or thrown something as an outlet for his mother's rage. This caused her to become a vengeful figure, and she frequently suffered panic attacks that interfered with her activities.

"When my mother was angry, I frequently became an outlet for her anger. When I was a kid, I was extremely mischievous, and when I was scolded, I became even more obnoxious. That's why I sometimes get beaten up and have things thrown at me. To be honest, it used to turn me into a vengeful figure" (W/N.209-214).

The findings regarding verbal and nonverbal violence are consistent with Rerkswattavorn and Chanprasertpinyo (2019), which found that 95% of parents experience or practice verbal and physical violence in their daily lives. Azumah et al. (2017) state that all forms of parental violence, both verbal and physical, have a negative impact on children because they put the child under stress and can cause emotional trauma.

Since she was a child, N's parents have been divorced. Her mother took care of all of her needs on her own, with no help from her father. She had no idea who her father was. She preferred to be alone at home and rarely spoke to anyone because she felt no one could understand her.

"My parents are divorced. Until now, my father has never paid for any of my living expenses, including the cost of my education, which is all paid for by my mother." (W/N.185-188).

"It's like I don't have any peers, so I feel like no one understands me. It is why I rarely talk to anyone." (W/N.97-103).

Similar to respondent N, D's parents have separated but are not yet legally divorced. Since he was a child, D has been witness to his parents' squabbles. As a result, he was estranged from his father and felt he had never received his father's love.

"I used to have a father, but they divorced a few years" (W/D.114-115).

"Maybe it's because I often heard my father and mother bickering when I was a kid; I was not sure what the problem was at the time. I think it is why I defended my mother more." (W/D.1112-1120).

This finding regarding parental divorce and separation is consistent with Eleoff in Madla et al. (2019), which found that being in a tumultuous family life provides a traumatic experience, a negative influence, and views family as the most despised person in life. This can have an impact on a young adult's life, particularly in their marital and emotional relationships. Being raised in an incomplete family has a significant impact on the life of a young adult. The social impact of parental divorce has a significant impact on children. Regardless of the child's age, the effects of a parent's separation or divorce on a child are still painful. Research by Madla et al. (2019) discovered that young adults from broken homes view their family origins as one of the negative aspects of their lives. When they enter a difficult-to-leave relationship, they tend to rely on their partner, which is known as an attachment problem.

D and his father did not communicate since his parents' separation. D was dissatisfied with his father because he was unable to make his mother happy.

"Ohh. I do not communicate with my father anymore." (W/D.369-370).

"I am disappointed... He was unable to make his wife happy" (W/D.1136-1137).

A strained relationship between the child and his father will have an effect on the child's life, as will the relationship between the child and his father. Mellita et al. (2018) discovered that a lack of positive interaction with fathers and a failure to build positive communication can result in a stiff

relationship with a father. Furthermore, a father's lack of support and attention can lead to feelings of worthlessness in individuals. This is consistent with Lerner's argument in Ashari (2018) that the absence of a father's role will result in low self-esteem as an adult, anger, and embarrassment for being different from other children, and not having experiences with fathers similar to what other children feel.

Being the oldest child at home entails more responsibility in caring for parents, especially when they are sick. D and M, as the oldest children at home, had greater responsibility in caring for their parents when they were ill. As a result, D was depressed and believed he had reached rock bottom in his life.

"I felt like I was at the lowest point in my life, particularly when my mother was sick" (W/D.843-845).

M was worried when his parents were sick, but he was unable to care for them because he must work, leaving him with only his younger brother at home.

"...I worked, while my parents were sick. I cared for others who were sick while my parents were also sick at home." (W/M.789-792).

According to Uugwanga (2020) research, working men face far more life crises than women, one of which is related to the family. When one's parents become ill, it creates its own stressor for the individual. Singh and Dubey (2016) said family caregivers are emotionally involved in the care process. Even though it is a responsibility, caregivers may experience physical or psychological threats. As a result, caregiving is associated with emotional, financial, and social costs. It is in line with Nainggolan and Hidajat (2013), the stressors experienced by each caregiver are different, and they tend to elicit negative emotions such as fear, sadness, high anxiety, anger, and guilt, resulting in low life satisfaction. The caregiver's stress level rises in direct proportion to the severity of the illness suffered by family members.

Efforts to Overcome Problems

The six participants made a variety of attempts to solve the problems they encountered. Concerning the efforts made, namely seeking assistance from family, coworkers, or other close friends in order to obtain suggestions, guidance, and support in order to overcome the problem.

"Hmm... [I look for assistance] from my family or closest friends." (W/N.633-634).

"My friends support me most of the time" (W/D.620).

"...in my room, there is always a senior who can help me become a better person." (W/U.631-634).

In terms of the five participants' efforts, they diverted negative thoughts that arose whenever they faced a problem, either by doing activities or by replacing negative thoughts with more positive thoughts.

"...distracting my mind by watching movies and spending time with family" (W/K.1328-1329).

"Sleep. Everything is healed by sleep." (W/S.2034).

"...stay at home and read a book or do whatever I want. When I'm bored at home, I go out" (W/D.806-812).

The three participants, S, N, and D, chose to avoid the problem by moving away or remaining alone. They attempted to avoid pain and disappointment.

"... we used to hang out most of the time, but not anymore. I try to keep my distance" (W/S.1467-1469).

"For example, if they are having a gathering and eating together, I usually prefer to be alone in the rented house watching drama or pretending to sleep." (W/N.757-760).

"I rarely leave the house when I'm at home. I usually stay in my room, but when I'm bored, I go out." (W/D.445-448).

The efforts made by the two participants, K and S, to meet their life partners, included beginning to open up to others and accept the presence of the opposite sex.

"... I try to be open up with others" (W/K.470-474).

"... I began to get to know people, to form relationships with others, and to accept that humans differ from one another..." (W/S.1767-1769).

Accepting oneself and whatever challenges come is an effort made by the three participants N, M, and U to overcome their difficulties. After realizing his mistake, U began to accept his situation, attempted to forgive himself and others' mistakes, and learned to be more responsible.

"But now I see that I was mistaken" (W/N.192-193).

"...Now, I am more accepting of myself, forgiving myself, forgiving others, and learning to be responsible because I am no longer a little kid..." (W/N.968-970).

Meanwhile, M and U demonstrated self-acceptance by working with all of their hearts, being grateful for the work they are currently doing, and trusting in God.

"... Even though I'm not particularly bright, I enjoy sharing my knowledge with others. At the very least, I have a basic understanding of our own bodies and what is healthy and what is not. I'm delighted to be of assistance to parents, especially in terms of monitoring their health" (W/M.868-873).

"... keep the spirit up, strengthen yourself mentally, try as hard as you can, and simply surrender to God. In any case, we simply do our best." (W/U.50-54).

A number of participants also made various attempts to solve their problems. M made a small effort through his family to overcome the difficulties in providing education to the wider community so that the surrounding community could imitate the implementation of health protocols. Furthermore, M tried to maintain a professional demeanor at work although the workload he must accept as a nurse was increasing during this pandemic, and sometimes he was worried about her parents' health at home.

"... I began implementing health protocols in the smallest environments, in this case, my family. I advised them to wear a mask on a regular basis. Later, the surrounding community will be able to see what we have done." (W/M.516-520).

"I try to be as professional as possible." (W/M.935-936).

S tried to listen to what his parents said to reduce the debate that often occurred between them. In addition, S received training to support his ability to work while applying for jobs in a variety of locations.

"...In order to avoid arguing, I try to listen to what they say." (W/S.1862-1863).

"I also received additional training and applied for jobs here and there." (W/S.1135-1136).

To minimize the losses that may occur, U tried to make a plan before doing something.

"... I always use plan A and plan B, so that if plan A fails, we can still try plan B to minimize losses." (W/U.554-558).

Participant N used the breath relaxation technique she learned on YouTube to help her cope with his situation, which was prone to anxiety and panic.

"...when I have a panic attack, I tell myself, "okay-okay...calm down." I inhaled deeply. That's all I can think of. So I tried to remain calm, and it helped me a little." (W/N.550-555).

Various efforts were made by these six participants to overcome negative thoughts and feelings that arise when they face various problems and difficulties that cause the emergence of a quarter-life crisis. This is consistent with the findings of Atwood and Scholtz (2008), who discovered that the midlife crisis is characterized by negative feelings such as insecurity, confusion, anxiety, disappointment, loneliness, helplessness, and fear of failure. According to Lazarus and Folkman in Maryam (2017), stressful situations can have negative psychological and physiological effects on individuals. Individuals will make an effort to overcome these negative effects so that they do not continue to occur. This is known as a coping strategy. Coping strategies are classified into two types: problem-focused coping strategies and emotion-focused coping strategies. A problem-focused coping strategy is an action that leads to the resolution of a problem. Individuals employ this strategy if the problems they face are deemed manageable and resolvable. As a result, individuals believe that the resources at their disposal can change the situation (Lazarus & Folkman in (Maryam, 2017)). Emotion-focused coping strategies make various attempts to change the function of emotions without changing the existing stressors. This type of coping is used when it is unable to change the

pressing situation and must accept the situation because the available resources are insufficient to overcome it (Lazarus & Folkman in (Maryam, 2017)).

The six participants' efforts are categorized into problem-focused and emotion-focused coping strategies. The problem-focused coping strategies involve seeking help, opening up and accepting the presence of the opposite sex, giving examples of the application of health protocols, being professional at work, listening to what parents say, planning, and doing breath relaxation. Meanwhile, the emotional-coping strategies include diverting negative thoughts, avoiding, and accepting oneself and whatever is being faced. The type of coping used and how it affects the individual are determined by the type of stress or problem encountered (Evans & Kim, 2013). According to Arnett (2000), how people move through this stage of life is determined by their personal, family, and social resources, as well as the dynamic and reciprocal interactions they have with their environment and the support they receive. Lazarus & Folkman in (Maryam, 2017) discovered that an individual's coping resources can influence the coping strategies used to overcome problems. They further argued that the various types of resources are health conditions, personality, self-concept, social support, and economic assets.

CONCLUSION

Individuals in their early adulthood accept a variety of demands from their community and family, which precipitates the onset of a midlife crisis. These demands are linked to work and marriage plans. The demands of work are felt by both men and women, whereas the demands of marriage plans are felt solely by women. Women reported a lack of self-confidence as a result of their physical body image. Family problems are another factor that contributes to the emergence of a quarter-life crisis. This midlife crisis is characterized by troubling negative thoughts and feelings. This has an impact on individuals' lives in terms of carrying out activities, establishing relationships, meeting life needs, self-adaptation, and mental health. Not to mention that the Covid-19 pandemic has increased individual anxiety because economic and job prospects are becoming increasingly uncertain. Various efforts have been made to survive and get through this life crisis period in order to avoid the negative effects that will be worse and more undesirable in the future. The relevance of this research is that warm and dialogical family relationships must be developed in order to reduce the emergence of parental demands on children, which contribute to the emergence of a quarter-life crisis. Families are expected to be more supportive by providing opportunities and trust in early adulthood for children to learn to make decisions and take responsibility for their future choices.

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