

ABSTRAK

Andamari, Lydia Kristi. 2022. *Interpretative Phenomenological Analysis* tentang *Quarter-life Crisis* Sarjana *Fresh Graduate* (Kasus di Jabodetabek). Skripsi. Yogyakarta: Psikologi, Fakultas Psikologi, Universitas Sanata Dharma.

Quarter-life crisis merupakan krisis yang muncul pada masa transisi dari tahap perkembangan *emerging adulthood* menuju dewasa awal dan lebih umum dialami oleh individu usia 20-an. Penelitian ini bertujuan untuk mengeksplorasi pengalaman *quarter-life crisis* sarjana *fresh graduate* di Jabodetabek. Partisipan dalam penelitian ini merupakan 2 sarjana *fresh graduate* perempuan dan satu sarjana *fresh graduate* laki-laki; ketiganya berusia 23 tahun dan lulus dari program S-1 dalam rentang waktu 1 – 2 tahun terakhir. Pengambilan data dilakukan dengan menggunakan wawancara semi-terstruktur secara daring melalui konferensi video. Data yang didapatkan kemudian diolah menggunakan metode *Interpretative Phenomenological Analysis* (IPA). Hasil penelitian menunjukkan bahwa area kehidupan partisipan yang terdampak *quarter-life crisis* adalah area pekerjaan, impian dan harapan, pendidikan, identitas, agama dan spiritualitas, situasi tinggal, hubungan dengan keluarga, hubungan pertemanan, serta hubungan romantis. Kedua partisipan perempuan mengalami krisis *locked-in*, salah satu berada di fase *locked-in* dan lainnya berada di fase *exploration*. Partisipan laki-laki mengalami krisis *locked-out*. Kehidupan di Jabodetabek juga memengaruhi dinamika pengalaman *quarter-life crisis* partisipan. Dukungan dari keluarga, religiusitas, dan penerimaan membantu partisipan dalam menghadapi *quarter-life crisis*.

Kata kunci: *emerging adulthood*, *quarter-life crisis*, Jabodetabek, sarjana *fresh graduate*

ABSTRACT

Andamari, Lydia Kristi. 2022. An Interpretative Phenomenological Analysis of Fresh Graduates' Quarter-life Crisis Experience (Case of Jabodetabek). *Thesis*. Yogyakarta: Psychology, Psychology Faculty, Sanata Dharma University

Quarter-life crisis is a crisis that emerges throughout one's developmental transition period from emerging adulthood to early adulthood, more commonly experienced by twentysomethings. This study is aimed to explore the quarter-life crisis experience of fresh graduates in Jabodetabek. The participants of this study were 2 female fresh graduates and 1 male fresh graduate who had graduated university in the past 1 – 2 years. To collect data, semi-structured interviews were carried out online using video conference. Collected data was then analyzed using Interpretative Phenomenological Analysis (IPA). The findings of this study showed that work, dreams and hopes, education, identity, religion and spirituality, living situation, relationship with family, friends, and romantic relationship were life areas that are affected by quarter-life crisis. Both female participants were in a locked-in crisis, one of which was experiencing the locked-in phase and the other was in the exploration phase. Male participant was in the locked-out crisis. Life in Jabodetabek also affects the dynamics of participants' quarter-life crisis experience. Support from family, religiosity, and acceptance helped participants in facing quarter-life crisis.

Keywords: *emerging adulthood, quarter-life crisis, Jabodetabek, fresh graduate*