

HUBUNGAN ANTARA RESILIENSI DAN *QUARTER-LIFE CRISIS* PADA *EMERGING ADULTHOOD*

ABSTRAK

Matasak, Ancer. (2023). Hubungan Antara Resiliensi dan *Quarter-life Crisis* Pada *Emerging Adulthood*. Skripsi. Yogyakarta: Psikologi, Fakultas Psikologi, Universitas Sanata Dharma.

Penelitian ini merupakan penelitian kuantitatif berdesain korelasional yang bertujuan untuk mengetahui hubungan antara resiliensi dan *quarter-life crisis* pada *emerging adulthood*. Hipotesis dari penelitian ini adalah terdapat hubungan antara resiliensi dan *quarter-life crisis* pada *emerging adulthood*. Partisipan dari penelitian ini adalah 161 orang dewasa yang berusia 22-29 tahun. Pengumpulan data dalam penelitian ini dilakukan dengan menggunakan dua skala Likert, yaitu *Adult Personal Resilience Scale* dan *The Developmental Crisis Questionnaire* (DCQ-12). *Adult Personal Resilience Scale* yang digunakan untuk mengukur resiliensi terdiri dari dimensi *determination* ($\alpha = 0.822$), *endurance* ($\alpha = 0.840$), *adaptability* ($\alpha = 0.792$), dan *recuperability* ($\alpha = 0.901$). *The Developmental Crisis Questionnaire* (DCQ-12) yang digunakan untuk mengukur *quarter-life crisis* terdiri dari dimensi *disconnection & distress* ($\alpha = 0.745$), *lack of control & clarity* ($\alpha = 0.739$), dan *transition & turning point* ($\alpha = 0.835$). Data penelitian dianalisis menggunakan uji korelasi dengan teknik *Spearman's Rho*, karena data yang diperoleh tidak berdistribusi normal. Hasil uji korelasional menunjukkan koefisien korelasi sebesar -0.433 dengan nilai signifikansi 0.000 ($r = -0.433$, $p < 0.01$). Hasil tersebut menunjukkan bahwa terdapat hubungan negatif yang signifikan antara resiliensi dan *quarter-life crisis* pada *emerging adulthood*.

Kata kunci: *Quarter-life crisis*, krisis perkembangan, resiliensi, *emerging adulthood*

CORRELATION BETWEEN RESILIENCE AND QUARTER-LIFE CRISIS IN EMERGING ADULTHOOD

ABSTRACT

Matasak, Ancer. (2023). Correlation Between Resilience and Quarter-life Crisis in Emerging Adulthood. *Thesis*. Yogyakarta: Psychology, Psychology Faculty, Sanata Dharma University.

This research was a quantitative study with a correlational design that aimed to determine the correlation between resilience and quarter-life crisis in emerging adulthood. The hypothesis of this study is that there is a relationship between resilience and quarter-life crisis in emerging adulthood. The participants in this study were 161 adults aged 22-29 years old. The data collection in this study was carried out using two Likert scales, namely the Adult Personal Resilience Scale and The Developmental Crisis Questionnaire (DCQ-12). The Adult Personal Resilience Scale used to measure resilience consists of the dimensions of determination ($\alpha = 0.822$), endurance ($\alpha = 0.840$), adaptability ($\alpha = 0.792$), and recoverability ($\alpha = 0.901$). The Developmental Crisis Questionnaire (DCQ-12) used to measure quarter-life crisis consists of dimensions of disconnection & distress ($\alpha = 0.745$), lack of control & clarity ($\alpha = 0.739$), and transition & turning point ($\alpha = 0.835$). The research data were analyzed using a correlation test with the Spearman's Rho technique, because the data obtained was not normally distributed. The results of the correlational test showed a correlation coefficient of -0.433 with a significant value of 0.000 ($r = -0.433$, $p < 0.01$). This result indicates that there is a significant negative correlation between resilience and quarter-life crisis in emerging adulthood.

Keywords: *Quarter-life crisis, developmental crisis, resilience, emerging adulthood*