



Support Group Method to Reduce Quarter Life Crisis

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ABSTRACT In every phase of development, individuals usually begin to feel uncertainty in facing reality, filled with feelings of doubt and tend to overthink what is happening in their lives. Quarter life crisis is a common phenomenon in individuals in the age range of 20-29 years, which is characterized by anxiety, confusion, and uncertainty about the future. This study aims to explore the effectiveness of the support group method in helping individuals deal with quarter life crisis. This study used a quasi-experimental design with one group pre-test and post-test, involving 5 subjects selected by purposive sampling. The support group intervention was conducted in 3 sessions, with experience sharing activities and assignments to help subjects recognize and overcome their problems. The results showed that there was a significant difference between the pre-test and post-test scores ($p=0.043$). The support group method is proven to reduce anxiety levels and provide psychological support to individuals experiencing a quarter life crisis. Keywords: <i>Emerging Adulthood, Support Group, Quarter Life Crisis</i>			

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INTRODUCTION

Everyone will go through phases of development and have their own tasks. In early adulthood, it has its own challenges, namely individuals will seek and create a future for themselves with tasks that are generally related to meeting various demands and expectations of society. (Wibowo et al., 2018). However, not all individuals are able to complete all their developmental tasks, so this often makes them feel trapped by the many changes that occur from adolescence to adulthood.

In each phase of development, individuals usually begin to feel uncertainty in facing a reality filled with repeated changes, which often causes individuals to feel doubt and tend to overthink what is happening in their lives. The emotional crisis often faced by adolescents transitioning to adulthood in their 20s and early adulthood is often associated with the quarter-life crisis (Herawati and Hidayat, 2020). According to Fischer, Quarter life crisis is a problem that commonly occurs in individuals in their 20s where there is a

feeling of worry that is present over the uncertainty of life to come including relationships, careers, and social life (Habibie et al., 2019).

Individuals with emerging adulthood find various problems and confusion to achieve the desired career is one of the parties that often experience Quarter life crisis. For some early adulthood individuals today feel that the ideal job is worth pursuing and must meet their actualization needs and must be related to what they like. Byock defines quarter life crisis as a clash between entering adulthood and the urge to achieve a more challenging life because of the many choices to be made, for example in terms of interpersonal relationships, work and community relations (Khabib, 2020).

The cause of this crisis itself is the pressure and demands from the environment as well as oneself in life achievements and unfulfilled dreams. Because of the severity of this, it can have an impact on daily productivity and put psychological pressure on a person to be in a Quarter Life Crisis. A quarter-life crisis that occurs in the emerging adulthood phase usually occurs in a period of about a year, but it can last faster or longer depending on how the individual deals with it (Agustina et al., 2022).

Interviews conducted by Rahmah et al., (2023) with members of the youth organization in their neighborhood, involving 12 respondents consisting of 11 women and 1 man, with an age range of 20 to 23 years. The results of the interview showed that all respondents had a good understanding of quarter life crisis. A total of 9 out of 12 respondents felt that they were experiencing this phase, which was caused by various problems that made them feel confused, worried, anxious, depressed, hopeless, overthinking, and not confident about their lives, as well as confusion about the direction or purpose of their lives. In line with research conducted by Herawati and Hidayat (2020) the level of quarter life crisis experienced by early adults in Pekanbaru, the majority is at a moderate stage of 43.22%. This was followed by a high level of 27.97%, a low category of 14.83%, a very high level of 10.17%, and finally, a very low category of 3.82%.

An intervention that can help individuals experiencing Quarter Life Crisis is through the support group method. This is because group members have similar problems and can share their experiences with each other, which can then lead to a new understanding of more adaptive behaviors. In these groups, members share difficult experiences with the aim of supporting each other and creating mutual support. Support groups become a place for psychological healing as people with similar problems share their experiences within the group (Rahmania and Tasaufi, 2020). The main purpose of support groups is for members to develop effective skills in dealing with the problems they face (Saraswati et al., 2019). This method was also used by Febristi and Antoni (2022) to reduce quarter life crisis.

Based on the explanation above, researchers use the support group method to reduce quarter life crisis. This study aims to determine the effectiveness of support groups to reduce quarter life crisis in individuals. The information obtained is useful for individuals who are experiencing quarter life crisis.

RESEARCH METHOD

The variables in this study are divided into two, namely the independent variable and the dependent variable. The independent variable in this study is a support group, which is carried out by sharing experiences and providing support to individuals with the same problem. The dependent variable in this study is quarter life crisis, which is a period of emotional crisis experienced by individuals aged 20 to 30 years, characterized by confusion and anxiety related to careers, relationships, finances, and self-identity, which will be measured using the Quarter Life Crisis Scale developed by Petrov et al., (2022) based on aspects of Robbins and Wilner's (2001) quarter life crisis theory before and after treatment.

Research Design

This research is a type of quasi-experimental research with the research design used one group pre-test and post-test. In this study, there were two assessments, namely before and after treatment. In addition, this study only used 1 group, namely the experimental group, without a control group. The research was conducted for one day with 3 sessions.

Research Target/Subject

The sampling technique uses purposive sampling with predetermined characteristics. The number of research subjects used was 5 subjects. With the characteristics of individual research subjects aged 20-29 years, currently experiencing a quarter life crisis, female and male gender.

Research Procedure

Researchers prepared and compiled a module to serve as a field guide in the context of psychoeducation to deal with quarter life crisis. Determination of subjects based on the category of individuals experiencing quarter life crisis. Followed by researchers providing treatment in the form of support groups with 3 sessions and with follow-up activities in the form of sharing between subjects.

In the first session, the facilitator explained the topic to be discussed, namely quarter life crisis, then asked participants to share their own problems, as a form of catharsis. The subjects took turns sharing their experiences in facing quarter life crisis and how they dealt with it. Also, the facilitator helped direct the subjects to determine their position in the quarter life crisis phase they were facing. The activity continued in the form of providing motivational videos on understanding and how to deal with quarter life crisis to the subjects. Followed by the second session, namely giving assignments to subjects in the form of making a Johari window containing the strengths and weaknesses possessed by the subject, and writing about what the subject needs to do to overcome his shortcomings. After the assignment was completed, the subjects took turns talking and discussing the Johari window. In addition, in this second session the subjects took turns giving each other their input and suggestions in overcoming obstacles to achieving their dreams. They gave each other emotional support so that each of them did not feel alone in facing the quarter life crisis they were facing. In the last session, the third session, the activity is to discuss and explore the subject's ability to apply what they have learned. In addition, this stage is the closing and ending of a series of group intervention activities that have been carried out.

Instruments, and Data Collection Techniques

The quarter life crisis scale used in this study uses a scale developed by Petrov et al., (2022) from 7 dimensions of quarter life crisis by Robbins and Wilner (2001). The scale has 25 items, there are 3 items for the dimension of indecision in making decisions, 2 dimensional items feel hopeless, 7 dimensional items have a negative assessment of self, 4 dimensional items feel trapped in difficult situations, 3 dimensional items feel anxious about the future, 3 dimensional items are pressured by demands, and 3 dimensional items have concerns about interpersonal relationships. This scale uses a Likert scale with a score range of 1 to 5, scale responses from very unsuitable to very suitable. One of the items on the scale instrument created by (Petrov et al., 2022) and has been adapted is "I find it difficult to make decisions and I worry about the decisions I have made". Based on the results of validity and reliability tests using V Aiken that the quarter life crisis scale shows the validity of the range between 0.835 to 0.924 with a minimum error rate of 5% is 0.64. So from that the quarter life crisis scale the validity of its own content is acceptable.

Data Analysis Technique

After data collection was carried out, the researcher conducted a data analysis process using table and diagram analysis to see differences before and after treatment. Statistical data management using SPSS version 25 with non-parametric analysis (subjects under 5 people) Wilcoxon seta explained descriptively by comparing pre-test and post-test scores with the aim of seeing the difference in treatment. If the post-test value is lower, it means that the treatment given has an effect.

RESULTS AND DISCUSSION

Based on the results of the pre-test score, it is known that subjects 1, 2 and 5 experience quarter life crisis in the moderate category. Meanwhile, subjects 3 and 4 experienced quarter life crisis in the high category. Based on the results of the pre-test, the researchers then conducted psychoeducation to help the subjects deal with the quarter life crisis by using the support group method.

After giving treatment, namely Support group. **The results show that support groups have an influence on individuals who are experiencing a quarter life crisis. These results can be described through the table below.**

Table. 2 Statistical test of *Mean Pre and Post*

		RANKS		
		N	Mean Rank	Sum of Rank
Pre-Post	Negative Ranks	5 ^a	3,00	15,00
	Positive Ranks	0 ^b	0,00	0,00
	Ties	0 ^c		
	Total	5		

Table. 3 *Wilcoxon test of pre-test and post-test data*

Pre - Post	
Z	-2,023 ^b

Asymp. Sig. (2-tailed)

0,043

In the table above, the results show that the asymp. Sig on the subject with a value of $p < 0.05$ ($p = 0.043$). These results indicate that there is a significance assessment of 0.043, meaning that there is a significant difference between quarter life crisis in the subject before and after the intervention. Where the quarter life crisis in the subject group after being given the intervention treatment is lower by 15% compared to before being given the intervention treatment. Thus the provision of interventions to deal with quarter life crisis is proven to be effective in reducing quarter life crisis.

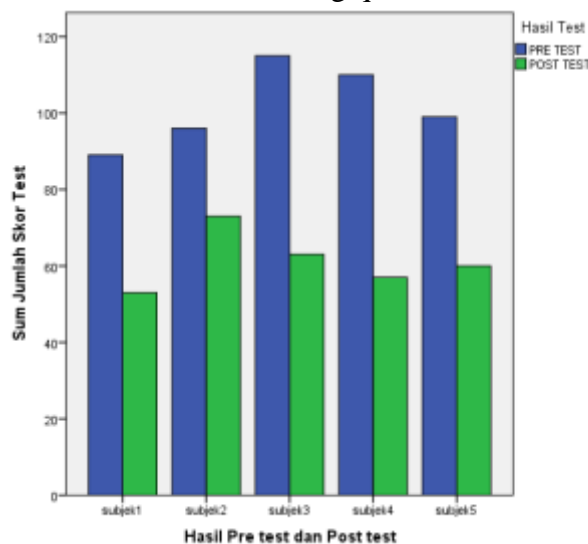


Image 1. Diagram of *pre-test* and *post-test* comparison scores

The diagram above is a diagram that illustrates the results of the pre-test and post-test with 3 categories, namely; 1) Low category (< 65.33); 2) Medium category ($65.33 \leq X < 102.67$); 3) High category ($102.67 \leq X$). Based on the bar chart with the comparison of pre-test and post-test scores, it can be seen that the post-test results are lower than the pre-test results. This means that in subjects 1, 2 and 5 before being treated the subject has a quarter life crisis in the moderate category, but after being treated the results show that the post-test value drops to the low category. Then, in subjects 3 and 4 before being treated the subject had a quarter life crisis in the high category, but after being treated the results obtained that the post-test value decreased. Subject 3 experienced a decrease to the medium category, and subject 4 experienced a decrease to the low category. So it can be said that the pre-test and post-test values have changed.

The results of the intervention with reference to the phases experienced by individuals when experiencing a quarter life crisis, where the subjects are already in the same phase, namely the 4th phase which is building a new foundation where individuals can control the direction of their life goals. It can be seen that the subjects began to reorganize the direction and purpose of their lives. Following each activity session with enthusiasm. The subjects were very enthusiastic about sharing stories and sharing their experiences when experiencing quarter life crisis. In addition, the subjects have also written

about their strengths and weaknesses through the Johari window, and shared with other subjects.

In the span of life, everyone will go through several stages of development ranging from childhood, adolescence, adulthood, to old age. Along the way, individuals will face greater demands and pressures from the environment, especially when transitioning from adolescence to adulthood. In this phase, individuals will face many demands, from mastering certain skills to reaching emotional maturity. During this transition, individuals seek to explore themselves and experience changes in education, work, and romance, more so than in previous developmental phases. However, not all individuals are able to overcome the challenges of the transition. Quarter life crisis is a period when individuals experience emotional upheaval in the transition from adolescence to adulthood. This period is also known as the transition from education to real life (Robbins and Wilner, 2001). Quarter life crisis is usually also experienced by individuals who are trying to get out of the developmental stage called emerging adulthood, which is the period from early to mid-twenties.

Some members of this group experienced quarter life crisis despite having completed their education in college, they were confused about future choices. This is in accordance with the statement of Robbins and Wilner (2001) that quarter life crisis is the reaction of individuals who have just left the comfort gained in college and then have to face the reality of instability, constant change, and too many life choices, making them feel helpless. This has also been conveyed by Rahmania and Tasaufi (2020) that fresh graduates often experience confusion about their future choices. Pressure and demands from the surrounding environment also indicate an indication of quarter life crisis.

In addition, there are also subjects who feel they are in the quarter life crisis phase because it is related to work. He felt left behind by his friends because he had not worked while many of his friends were already working. He felt left behind from his friends and also felt less confident. This is in line with the results of research conducted by Khairunnisa and Wulandari (2023) which states that individuals who have not worked have a high level of quarter life crisis compared to individuals who have worked. Herawati and Hidayat (2020) also said that, when an early adult individual has not found a job that suits his desires, he will tend to experience quarter life crisis. This is due to the many pressures and demands from within the individual and from his environment so that he experiences quarter life crisis.

According to Robbins and Wilner (2001) uncertainty in decision-making is one of the main components of quarter life crisis. Individuals who are looking for a job often face many choices and uncertainties, especially in determining the type of job that is desirable or suitable for themselves. After making a decision, they may still question whether the choice is the best one for them. This heightened uncertainty is often caused by significant life changes. Early adults looking for a job typically explore a range of options that match their interests, abilities and principles. This process of change and decision-making often leads to feelings of instability and uncertainty in life, especially regarding employment. As

stated by Arnett (2023) 18-25 years old (emerging adulthood) is a period of early adulthood that is full of changes and self-exploration.

CONCLUSION

This study shows that the support group method is effective in reducing the level of quarter life crisis. Through the group sessions conducted, subjects get the opportunity to share, listen and learn from the experiences of others, which can provide new perspectives and coping strategies. The support provided between subjects plays an important role in helping them understand that they are not alone in facing this crisis that others are also experiencing similar challenges. So that through this activity the subjects were able to develop more adaptive strategies to deal with their life challenges.

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