


RESEARCH ARTICLE

Coping with quarter-life crisis: An analysis of the role of social support and coping stress on senior university students

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ABSTRACT

A quarter-life crisis is a phase in which individuals face a crisis in various aspects of life, such as prospects, romance, achievements, life goals, and careers. With appropriate support and the ability to manage stress, individuals can better confront challenges and succeed. This research aims to determine the influence of social support and stress coping on a quarter-life crisis. The study employs a quantitative approach with multiple linear regression analysis. The sample for this research consisted of 247 students, with 89 male and 158 female respondents aged between 21 and 25 years. The results of this research, based on data analysis at a significance level, indicate that for social support, the F-value is 36.598 with a p-value $<.01$, and social support has a 13% influence on the quarter-life crisis. For stress coping, the significance level yields an F-value of 93.425 with a p-value $<.01$, contributing to a 27.6% influence on the quarter-life crisis. Additionally, there is a significant influence between social support and stress coping on the quarter-life crisis, with an F-value of 54.992, $p <.01$ and R-squared .311, meaning that social support and stress coping together can contribute to a 31.1% influence on the quarter-life crisis. In conclusion, the presence or absence of social support and stress coping can affect the intensity of a quarter-life crisis.

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INTRODUCTION

Human development manifests human abilities from stage to stage of human life. Human development consists of emotional, cognitive, physical, and social. The stages of development occur in several stages, starting from infancy, toddlerhood, childhood, adolescence, early adulthood, middle adulthood to late adulthood, or older people (Mariyati & Rezania, 2021). Early adulthood takes place around the age of 18-40 years. The early adult development phase certainly has developmental tasks that need to be completed. Early adult developmental tasks consist of independent experimentation and exploration, making decisions related to career matters, and taking responsibility as a productive individual in education, relationships, and finance (Hurlock, 1991).

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Arnett (2000) states that emerging adulthood is the transition period from adolescence to adulthood, from 18 to 25. Academically, this age corresponds to an individual's study period in college or as a student. Emerging adulthood is one period that will reveal much about his identity, future career, interpersonal relationships, and how he views life. When someone cannot carry out this transition period, it can be referred to as a quarter-life crisis. Internal and external factors affect a person experiencing a quarter-life crisis. Instability is one of the internal factors, and external factors themselves consist of family, friends, coworkers, and academic challenges. According to Robbins and Wirner (2001), a quarter-life crisis is an emotional condition at a quarter, including fear of facing future life related to career, education, relationships, and social life. One of those affected by the quarter-life crisis is students because students themselves are entering early adulthood, especially final-year students who are working on their final project.

As social beings, students need support from others, and one form of support is social support. Social support is assistance others provide to understand the problems individuals face. Through social support, students feel valued, loved, cared for, and connected to their social group. One way to help overcome or reduce the impact of a person's quarter-life crisis is through social support. Positive support provided by those around them can play an essential role in helping individuals face and overcome their problems (Asrar, 2022).

In addition, stress coping is the steps that people can take to tolerate, control, minimize, or reduce the effects of stress, and one can include behavioral and psychological strategies. Coping stress, according to Lazarus and Folkam (1984) states that coping with cognitive and behavioral changes is a constant effort to manage particular external or internal demands that are considered to burden or exceed one's resources. Coping strategies are a form of application that reduces stress and improves coping skills through psychological and behavioral processes (Hanifah et al., 2020). Stress coping is a psychological effort and action to deal with external or internal demands seen as pressure. Effective stress coping can help individuals solve lecture problems daily (Situmorang & Desiningrum, 2018).

The research conducted by Wijaya and Saprowi (2022) states that social support correlates with the quarter-century age crisis in which family support has a more significant influence than friend support. In addition, research conducted by Munaya Asrar (2022) shows that peer social support affects quarter-life crises and positively impacts dealing with high stress. Based on previous research, it is only related to the influence of social support and a quarter-life crisis. This means that the higher the social support, the lower the quarter-life crisis.

Based on this description, it can be concluded that early adults, especially final-year students, will face problems that can interfere with their activities and the need for social support in overcoming the stress an individual faces, especially during his quarter-life crisis. In this study, researchers tried to prove the effect of social support and coping stress on quarter-life crises in active students working on their final project at Universitas Muhammadiyah Purwokerto.

METHOD

This study uses a quantitative survey method, collecting data by distributing research scales to participants. The participants in this study totaled 247 (89 male; 158 female) students working on their final project with an age range of 21-25 years. The average age of the research subjects was 23 years. The sampling technique used purposive samples to determine the number of samples used in this study using the Isaac and Michael table (Isaac & Michael, 1981) with an error tolerance of 10%. The method of data collection in this study by taking data directly to the subject at Muhammadiyah Purwokerto University, previously conducted a scale test on 52 final year students via Google form

using a social support measuring scale instrument made based on the Cohen and Syme (1985) scale, a stress coping scale made based on a modification of the Lazarus and Folkam (1984) coping scale and a quarter-life crisis scale using a scale adapted from Wijaya and Saprowi (2022).

Analisis data yang digunakan dalam penelitian ini yaitu regresi linear berganda. Analisis regresi linear berganda ini dilakukan untuk mengetahui seberapa besar pengaruh variable bebas terhadap variabel terikat (Sugiyono, 2007). Untuk membuktikan hipotesis (lihat Gambar 1), peneliti menggunakan program analisis statistik SPSS (Statistical Package for the Social Sciences) versi 25.

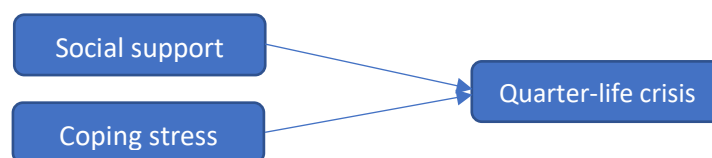


Figure 1. Research hypothesis

RESULT

This study's assumption test consisted of a normality, linearity, and multicollinearity test. In addition, hypothesis testing was also carried out. Respondents in this study were dominated by women, with 158 respondents, and men, with 89 respondents, aged 21-25 years, with the average age being 23 years. The most respondents were 22 years old, with 126 respondents, and the least respondents were 25. It was found in this research that the participants' social support and stress coping were quite varied, considering that the standard deviation of the two variables was quite comprehensive (see Table 1), meaning that there was variation in data scores from the mean data.

Table 1. Data description

Variable	n	Min	Max	Mean	SD
QLC	247	50	85	69.38	5.57
SS	247	54	107	82.41	10.09
CS	247	81	132	107.156	7.12

Based on the normality test results, it is indicated that the three variables have a normal distribution. This can be seen in Table 2, where the normality test of the three variables has a significance value of $.200 > .05$.

Table 2. Variable score categorization

Variable	Very high	High	Medium	Low	Very low
QLC	8%	35%	30%	24%	3%
SS	8%	20%	42%	32%	6%
CS	10%	24%	49%	12%	5%

Based on the normality test results, it is indicated that the three variables have a normal distribution, meaning that the average subject score is well distributed, and the data can be analyzed by parametric analysis. This can be seen in Table 3, where the normality test of the three variables has a significance value of $.200 > .05$.

Table 3. Normality test

Variable	p	Explanation
QLC	.200	Normal
SS	.200	Normal
CS	.200	Normal

Based on Table 4, the results of the linearity test obtained by the social support variable on quarter-life crisis and stress coping on quarter-life crisis fall into the linear category, meaning that the direction of the relationship between the two variables shows a linear direction when one variable is high or low, it will affect other variables to be high or low as well.

Table 4. Linearity test

Variable X	Variable Y	Sig. Linearity	Sig. Deviation	Explanation
SS	QLC	< .01	.739	Linear
CS	QLC	< .01	.274	Linear

Based on the results of the multicollinearity test, it is found that the variables of social support and stress coping have a tolerance value of .874 and VIF = 1.144, so it can be concluded that the regression model of the influence of social support and stress coping on quarter life crisis does not occur multicollinearity or there is no correlation between independent variables (see Table 5).

Table 1. Multicollinearity test

Variable	Tolerance	VIF	Explanation
SS	.874	1.144	No multicollinearity
CS	.874	1.144	No multicollinearity

Based on the assumption test conducted, it can be concluded that the analysis can continue for parametric analysis with multiple regression tests. The results were found by the proposed hypothesis that there is an influence between social support and stress coping on the quarter-life crisis ($p < .01$). The direction of the effect of the two independent variables of social support and stress coping is negative (see Table 6) on the quarter-life crisis, meaning that social support and stress coping in the direction of the relationship can reduce the quarter life crisis faced.

Table 6. Hypothesis test

Model	Unstandarized Coeficien (B)	F	p	R Square
	117.347	54.992	< .01	.311
SS	-.110	36.598	< .01	.130
CS	-.356	93.425	< .01	.276

The results of the hypothesis test analysis also obtained the results of the coefficient of determination R Square of .311, meaning that social support and stress coping have an influence of 31.1% on quarter life crisis, and there are still other factors of 68.9% that can affect quarter life crisis.

DISCUSSION

Based on the results of hypothesis testing, it can be seen that the effect of each independent variable on quarter-life crisis shows that social support and stress coping are significant factors that can reduce quarter-life crisis. Previous research conducted by Asrar (2022) supports this finding that social support and a quarter-life crisis have a significant negative correlation.

The problems that must be faced by someone who is experiencing a quarter-life crisis can come from many sources, such as work-related demands, marriage plans, and family-related issues become the root cause of quarter-life crises, which are characterized by disturbing negative thoughts and feelings (Putri, Lestari, & Khisbiyah, 2022).

In addition, this study also found that stress-coping factors can affect quarter-life crises, meaning that when individuals have good stress-coping skills, they can overcome the quarter-life crises they experience. This is reinforced by previous research that found stress coping used by early adults in dealing with quarter-life crises, coping that is done not only focuses on the problem but also on resolving emotions arising from the crisis (Putri, 2023).

Based on the results of the literature conducted, the role of stress coping in final-year students is quite capable of regulating behavior in solving a problem that serves as a release from the problem. However, not all coping strategies can be done in all situations. Stress coping depends on who, when, and how coping is used (Wijianti & Purwaningtyas, 2020). It can be concluded that when someone has reasonable and appropriate stress-coping skills, they can solve a problem well. Likewise, the quarter-life crisis will decrease if a person's stress coping is high.

Individuals' coping strategies to solve any psychological problem (Andriyani, 2019) will vary greatly depending on the issue and the stress level experienced (Hanifah, Lutfia, Ramadhia, & Purna, 2020). One of the coping quarter-life crises that can be done is trying to solve problems involving religious beliefs. This has been proven in Utami et al.'s research (2023), which found religious coping significantly plays a role in 17.5% of quarter-life crises. Other research also supports the existence of religiosity coping, which is statistically significant at 3.4%, reducing quarter-life crises in college students (Habibie, 2019). Individuals with quarter-life crisis problems such as marriage, finance, parenting, and social media (Putri, 2023) can use various strategies. One strategy can involve their beliefs (Habibie, 2019; Utami et al., 2023).

Although religiosity is an alternative coping strategy, previous research found that religiosity was statistically insignificant in resolving quarter-life crises (Ihsani & Utami, 2022). This is because internal factors, such as self-efficacy, are more significant in supporting an individual facing a quarter-life crisis (Ihsani & Utami, 2022). Self-efficacy, a person's confidence in dealing with problems, can affect the level of a quarter-life crisis (Muttaqien & Hidayati, 2020). In line with the findings obtained in this research, it means that the coping skills of individuals have a more substantial influence than external factors such as social support. This is reinforced by the findings of previous research, which states that the effect of social support on the quarter-life crisis in early adults with disabilities is only around 5%, and even then it is proven in the aspect of family support only (Korah, 2022; Anggraeni & Hijrianti, 2023), in the element of support from valuable people and help from friends is not proven to have an effect (Anggraeni & Hijrianti, 2023).

Not only social support and stress coping factors can influence the level of quarter-life crisis to be studied, but several factors can also influence the level of quarter-life crisis by 3.4%, such as religiosity factors carried out by (Habibie et al., 2019). Emotional intelligence is a person's ability to control themselves when faced with problems. This can also affect the level of a quarter-life crisis (Aristawati et al., 2021). Other factors, such as perceived loneliness, will significantly affect the quarter-life crisis ($r = .571$) experienced by individuals (Artiningsih & Savira, 2021).

CONCLUSION

Based on the research and discussion results, it can be concluded that there is a significant negative influence between social support and stress coping on quarter-life crises. Statistically, the role of stress coping is higher in describing quarter-life crises than social support. Future researchers who conduct quarter-life crisis research can discuss other variables that can affect quarter-life crisis, such as religiosity, self-efficacy, loneliness, emotional intelligence, and family support.

DECLARATION

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Author contribution statement

Dewi Ratnasari designed, wrote, collected, and analyzed data. Gisella Arnis Grafiyana guided scaling, data collection, analysis, and interpretation. Nur'aini provided input on the research results. Fatin Rohmah Nur Wahidah provided feedback on the research results.

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Additional information

No additional information is available for this paper.

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