



Comparison of Quarter Life Crisis in Adolescents

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ABSTRACT

Quarter Life Crisis is a new term related to the stages of human socio-emotional development. Approaching the age of 25, individuals usually have to face new life situations such as work and marital status, as well as changes in mindset that are more mature from adolescence to adulthood. This situation also makes individuals at the peak of self-maturity, when entering the age of 25, question their own lives, doubt their own choices, feel confused about the things they are living, and begin to recall the past. The type of research used for this research is qualitative with interview techniques. The primary data source is in the form of interviews regarding their understanding of the quarter life crisis. Our secondary data sources are information from journals or other internet sources. Interview results show that individuals in early adulthood who experience a quarter life crisis feel anxious and afraid, which is caused by uncertainty about the future, social pressure, hormonal changes, and others. In the publication, we present two contents on the Instagram page (reels and feed). Our reels upload reached 714 views until October 16, 2023 at 4.10 PM. Meanwhile on Instagram feeds, our content reached 36 users within 15 hours through mass media the information conveyed can be accessed more widely and spread quickly. It is expected that this social campaign can change several aspects of the target audience, such as awareness, attitude, & action.

KEYWORDS

Quarter Life Crisis, Adulthood, Social, Campaign

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INTRODUCTION

Humans experience the most complex developmental stages in their life span. Starting from the stages of children, adolescents, adults, to the stages of elderly development. Each of these developmental stages has characteristics, tasks, and demands that must be fulfilled by individuals. Early adulthood is a search stage that is full of problems, emotional tensions, periods of social isolation, as well as changes in values and adjustments to life patterns. In the early years of adulthood there are new problems that individuals must face that demand responsibility. The changes that exist at this time individuals experience many changes - changes both physically, cognitive, as well as psychosocial - emotional, towards an increasingly mature and wise personality (Fahmi 2021).

The current phenomenon in life always raises questions from society. In becoming an early adult, one of the developmental tasks that must be undertaken is facing the social world. In fact, to become an early adult, many questions arise from society, such as when to graduate, when to get married, when to get a job, and when others that never seem to end. The first question that often arises is when at the end of college, the individual will face a lot of being asked when to graduate. This makes individuals who will step into adulthood to always be ready to face social challenges that view them as adults. One of the psychological problems in the early adult stage that has been widely discussed in recent years is the Quarter Life Crisis.

Quarter Life Crisis is a new term related to the stages of human socio-emotional development. A quarter-century crisis, the term means the age of twenty-five. Approaching the age of 25, individuals usually have to face new life situations such as work and marital status, as well as changes in mindset that are more mature from adolescence to adulthood. This situation also makes individuals at the peak of self-maturity, when entering the age of 25, question their own lives, doubt their own choices, feel confused about the things they are living, and begin to recall the past. Review what they have done in this life, and ask themselves What are you doing. What kind of life will they live in the future (Herawati, Hidayat, and Riau 2020).

MATERIALS AND METHODS

The type of research used for this research is qualitative with interview techniques. This research was used to find out the comparison between teenagers who experienced a quarter life crisis and those who did not. In this case, we conducted research around the Faculty of Sports Science building, State University of Malang on Thursday, October 12 2023 with a sample of 5 people. The primary data source that we use is in the form of interviews as the main data in the form of people who answer questions either directly or indirectly regarding their understanding of the quarter life crisis. As well as our secondary data sources in the form of information from journals or other internet sources.

This research was conducted by interviewing people within the university, especially sports science faculties, who were willing to be asked questions regarding the quarter life crisis. This quarter life crisis research is a comparison between teenagers who experience a quarter life crisis and those who do not, so that with the emergence of this research we hope to be able to provide understanding to teenagers that this quarter life crisis is a normal thing and that when they are in that phase they can immediately recover to reorganize their future. In this research we use qualitative research to understand social phenomena naturally using the perpetrator's perspective. We use interview methods to strengthen the cognitions and assumptions of the subjects we choose.





RESULTS AND DISCUSSION

Video Content

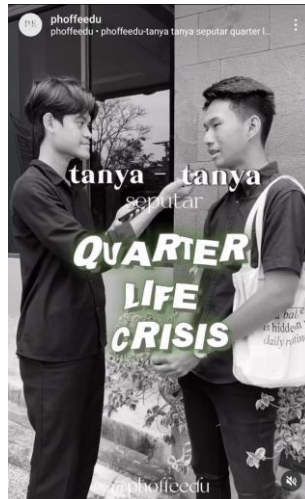


Figure 1.Reel Instagram

We conducted interviews with 5 people selected randomly. The result of the first question, do they know what a Quarter Life Crisis is? 4 out of 5 people answered that they didn't know. However, after we briefly explained the Quarter Life Crisis, only one person had never experienced it. Then, we asked the interviewees to explain how they felt when the thought of this situation hit them. Anxiety and fear were the answers of the majority of them. They said that this is a normal behavior that many people face, especially those aged 18-30 years, because they are not yet able to figure out what they will do in the future. The interview results show that individuals in early adulthood who experience a quarter life crisis are anxious and afraid, this is due to several reasons. According to (Marsidi et al., 2022), early adults (18-29) often experience anxiety and fear, which stems from:

1. Uncertainty about the Future

At the beginning of adulthood, a person experiences a transition period from teenage life to adult life. The transitions experienced give rise to uncertainty and worry about the future, such as work, career and finances.

2. Social Pressure

The social pressure that a person experiences can come from family, friends or the surrounding community. This pressure can take the form of expectations to achieve success in a career or personal life.

3. Hormonal Changes

In early adulthood, hormonal changes occur which can affect mood and emotions, which can cause feelings of anxiety and fear to appear more frequently

4. Limited Experience

Lack of experience is also a factor in someone experiencing anxiety and fear. Limited experience in dealing with situations in life acts as a driving force for someone to feel afraid and anxious in making decisions or facing new challenges.



5. Environmental Conditions

Surrounding environmental conditions, such as financial problems, health, and social relationships can also influence the level of anxiety and fear in early adulthood.

Instagram Post

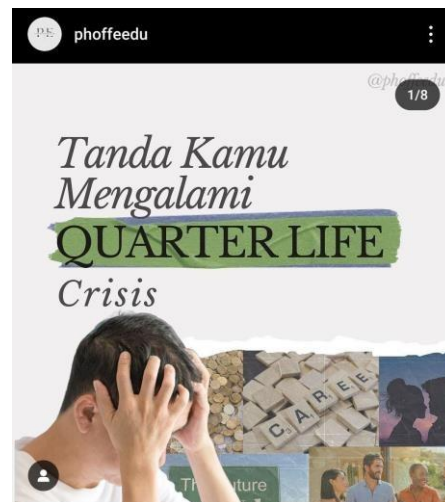


Figure 2.Feed Instagram

In the publication, we present two contents on the Instagram page. The first is QnA videos/reels with random sources and posts in feeds about the characteristics of someone experiencing a quarter life crisis. Our reels upload reached 714 views until October 16, 2023 at 4.10 PM. Meanwhile on Instagram feeds, our content reached 36 users within 15 hours. With a total number of likes of 150, accounts reached 451 with 414 users being non-followers, 198 interactions, and an average reel viewing time of 4 hours 50 minutes. There were 45 comments, where users felt helped by the information we presented because it was something or a topic that was new to them.

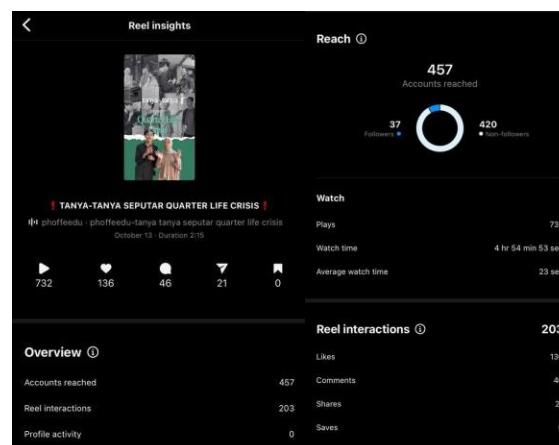


Figure 3.Overview Reel Instagram



By publishing quarter life crisis content via mass media, the information conveyed is more widely accessible and spreads quickly. This content gives a positive impression to the intended target, in this case a student or someone in early adulthood. According to Roger and Storey in a social campaign is a series of planned communication activities with the aim of having a certain impact on a number of target audiences carried out periodically over a certain time period (Wijaya, Hartanto, and Sylvia 2014). Social campaigns aim to change several aspects of the target audience, namely awareness, attitude, & action. Based on the processing and analysis of the data that has been collected, it was found that the campaign media that is relevant to the target audience of the Quarter-Life Crisis Social Campaign is Digital Media which has become an inseparable part of the daily lives of young adults.

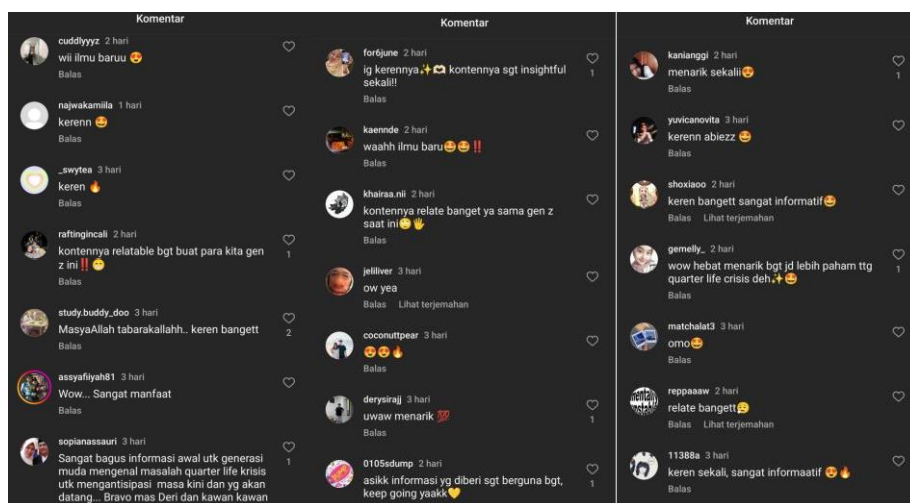


Figure 4. Comment of Reel Instagram

CONCLUSIONS

Based on the results of the interview, it was found that quarter life crisis is normal and is often experienced by people aged 18-30 years. This age group is classified as a young adult group where almost all people in this age group experience a phase of fear and anxiety about a future that they cannot yet think about. This anxiety and fear is caused by various things, such as uncertainty about the future, social pressure, hormonal changes, limited experience, and environmental conditions that affect a person.

The results of the interviews that researchers obtained were then published into QnA video/reel content and feed posts on Instagram @phoffeedu about the characteristics of people experiencing quarter life crisis as a form of comparison between people who experience QLC and those who do not experience QLC, obtained 714 views as of October 16, 2023 at 16.10 WIB on video content and reached 36 users within 15 hours on posts that had been uploaded. There were 45 comments, where users felt helped by the information we presented because it was a new thing or topic for them.

This shows that through mass media the information conveyed can be accessed more widely and spread quickly. It is expected that this social campaign can change several aspects of the target audience, such as awareness, attitude, & action. Data processing and analysis have been carried out, and it was found that the campaign media relevant to the target audience of the Quarter-Life



Crisis Social Campaign is digital media which has become an inseparable part of young adults' daily lives. So the researcher hopes that in the future digital media can be used applied by all informants as an effective information dissemination media.

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Conflict of Interest

No conflict of interest

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