The Journey to Adulthood: A study of the relationship between self-acceptance and quarter life crisis in emerging adulthood

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ABSTRACT

The hardest transition phase in human development is the transition from adolescence to adulthood, which is often referred to as emerging adulthood. This emerging adulthood phase will determine the success of the next phases of development. The purpose of this study is to determine the relationship between self-acceptance and quarter life crisis in emerging adulthood. The hypothesis proposed to be tested in this study is that there is a negative relationship between self-acceptance and Quarter Life Crisis in emerging adulthood. The subjects in this study were students with active college status who had a vulnerable age of 18-25 years old and were preparing a thesis. Data collection in this study used a quarter life crisis scale and a self-acceptance scale. The data analysis method used is Pearson correlation analysis. Based on the results of product moment analysis with a correlation coefficient $(rxy) = -0.242$ with $p = 0.015$ ($p < 0.050$) based on the responses of 100 participants. This shows that there is a negative relationship between self-acceptance and quarter life crisis in students who are in emerging adulthood. Analysis of the coefficient of determination ($R2$) of this study, which was obtained at 0.59, showed that the self-acceptance variable provided 5.9% of the effective contribution to the quarter life crisis variable, with the remaining 94.1% contributed by other variables.

Keywords: *Quarter Life Crisis, Self-Acceptance, Emerging Adulthood*

Introduction

Every human being will experience stages of development in their lives. The toughest phase of human development is the transition from adolescence to adulthood, often referred to as emerging adulthood (Arnett, 2007). These tough developmental tasks include the need to have a good romantic relationship, career, and education (Atwood & Scholtz, 2008; Wood et al., 2018). The obstacles that individuals experience in the process of achieving this developmental stage can lead to an identity crisis. This phenomenon is known as quarter life crisis (Martin, 2017). Quarter life crisis is an identity crisis that arises due to individual unpreparedness when experiencing the transition from adolescence to adulthood (Robbins & Wilner, 2001). In addition, individuals experience an unstable state, full of choices, worries, and even a sense of hopelessness for individuals entering early adulthood (Umah, 2021).

Research conducted by Robinson & Wright (2013) found that around 70% of early adult individuals are at risk of experiencing a life crisis in their 20s. This condition occurs due to stress arising from a mismatch of expectations with reality in work and relationships. Another study by Herawati & Hidayat, (2020) showed the same results. Research conducted in

Pekanbaru, involving 236 early adult subjects, revealed that 43.22% of individuals experienced quarter-life crisis at a moderate level, while 27.97% experienced quarter-life crisis at a high level. These studies show that there are many cases of adolescents to early adults who experience quarter-life crisis. The impact of individuals experiencing a quarter-life crisis is experiencing emotional distress (Habibie et al., 2019), lack of motivation in themselves Karpika et al., (2021), often comparing themselves to others (Tarigan, 2023) and fear of facing the future (Martin. 2017). These various problems can prevent individuals from developing and pose a risk of psychological problems.

Based on research by Robinson et al (2021), it is explained that the life crisis experienced by individuals can occur due to a lack of self-acceptance, so that they are unable to fully optimize their potential when trying to improve themselves. Self-acceptance is an individual's awareness of their personal characteristics, and readiness to live life in accordance with these characteristics (Sari & Nuryoto, 2002). Individuals who accept themselves have a realistic assessment of their circumstances, so they are able to appreciate themselves. In addition, individuals who have self-acceptance can be sure of the principles and knowledge of themselves without being fixated on the opinions of others (Yang et al, 2016). Individuals who are in the quarter life crisis phase need good self-acceptance skills, in order to carry out productivity effectively. This is because people who accept themselves well tend to be more able to adapt themselves to the emotional conditions faced and have confidence in their abilities. Individuals with good self-acceptance see themselves as individuals who are valuable, responsible, firm in principles, and can wisely accept their strengths and limitations.

Individuals facing a quarter life crisis need self-acceptance in order to survive the problems that arise. However, research on the relationship between quarter life crisis and self-acceptance has not been conducted. Based on this information gap, the question of this research is whether there is a relationship between self-acceptance and quarter life crisis in emerging adulthood?

Methods

The subjects in this study were students who were in the emerging adulthood period in the age range of 18-25 years. The number of subjects of this participant was 100 people. The sampling technique used in this study was purposive sampling den method. Measurement of quarter life crisis is carried out using the quarter life crisis scale adapted from researchers (Umah, 2021). The quarter life crisis scale has an aitem power index of 0.586 with a Cronbach's Alpha value of 0.822. Measurement of self-acceptance is carried out using a self-acceptance scale adapted from researchers (Widarini, 2020). The self-acceptance scale has a power index of 0.538 with an Alpha Cronbach value of 0.881. The Self-Acceptance Scale and Social Adjustment Scale are compiled based on the Likert method with 2 statement models, consisting of favorable and unfavorable statements.

Results

The quarter life crisis scale consists of 20 items. 1 is used for the lowest score and 4 is the highest score. The hypothetical minimum score is 1 x 20 = 20, the hypothetical maximum score is 4 x 20 = 80. With a standard deviation of (80 - 20) : 6 = 10, the hypothetical mean is (80 + 20) : The empirically determined minimum and maximum scores are 30 and 77, respectively. The empirical mean is 55.09, while the empirical standard deviation is 10.837.

The Self-Acceptance Scale has 36 items. 1 is the lowest score and 4 is the highest score. The hypothetical minimum score is 1 x 36 = 36, and the hypothetical maximum score is 4 x 36 = 144. standard deviation (144 - 36): 6 = 18 and hypothetical mean (144 + 36) : 2 = 90. The empirical minimum score is 45 and the empirical maximum score is 99. The empirical mean is 73.50 with an empirical standard deviation of 13.955.

Tabel 1. Description Data

	Data Hipotetik					Data Empirik				
	N	Min	Max	Mean	SD	N	Min	Max	Mean	SD
Quarter Life Crisis	100	20	80	50	10	100	25	80	55.59	13.533
Self-Acceptance	100	36	144	90	18	100	36	99	72.40	14.152

The pre-requisites test is carried out by conducting normality and linearity tests. The normality test results show that the Quarter Life Crisis variable data distribution is in accordance with the normal distribution of data, based on the findings of the normality test which presents the K-S Z value = 0.076 with a p value = 0.169. The Self-Acceptance variable tested normality with K-S Z = 0.087 and p = 0.058, which shows that the data distribution is normally distributed. The linearity test results for both variables resulted in an F value of 6.686 and a p value = 0.012 (<0.050). The findings indicate a linear relationship between self-acceptance and quarter life crisis.

The results of hypothesis testing conducted with product moment correlation analysis (pearson correlation) obtained a correlation coefficient (rxy) = -0.242 with p = 0.015 (p < 0.050). The results present a negative relationship between self-acceptance and quarter life crisis in college students. Students experience lower quarter life crisis when students have higher self-acceptance. On the other hand, quarter life crisis will be higher if self-acceptance is lower, so the hypothesis put forward by the researcher can be accepted.

Discussions

This study aims to determine the relationship between self-acceptance and quarter life crisis in students who are in emerging adulthood. Based on the results of product moment analysis with a correlation coefficient (rxy) = -0.242 with p = 0.015 (p < 0.050). This shows that there is a negative relationship between self-acceptance and quarter life crisis in students who are in emerging adulthood. This means that the higher the self-acceptance of students, the lower the quarter life crisis in students. On the other hand, the higher the students experience quarter life crisis, the lower the self-acceptance in students.

The results of this study are in line with previous research by Karpika & Segel (2021) who found that the internal factor that triggers a quarter life crisis is that individuals cannot

accept themselves, so they are too focused on comparing themselves with others. Individuals who are in emerging adulthood need high self-acceptance to help control themselves in the quarter life crisis phase. In addition, research by Ameliya (2020) is also in line with this research. Individuals unable to accept themselves will be sensitive to crisis. Individuals who are unable to accept themselves tend to be disappointed with their shortcomings. This can have an impact on individual life so that it can result in crises such as anger at oneself, and unstable in making decisions.

Based on the results obtained in this study, it shows that self-acceptance in individuals in emerging adulthood is in the low category, namely 53% (53 respondents). The characteristics of individuals who have low self-acceptance are feeling dissatisfied with themselves, easily regretting past events, finding it difficult to have an open attitude, tending to be isolated, and feeling frustrated in interpersonal relationships as a result cannot commit to maintaining relationships with others (Ryff et al., 2004) According to Waney et al (2020) if individuals feel anxious in dealing with problems, then individual social life relationships will be disrupted. In addition, in terms of quarter life crisis, the subjects were in the moderate category, namely 52.0% (52 respondents). Individuals who have a moderate level of quarter life crisis tend to have an identity crisis caused by unpreparedness due to the transition from adolescence to adulthood (Widya et al., 2017).

Individuals who have self-acceptance are able to accept their strengths and limitations. Positive self-acceptance helps individuals recognize their identity, understand their shortcomings and strengths, so that they can overcome various problems and respond better to the demands of society (Bernard, 2014; Putri, 2018). Individuals who accept themselves show a realistic assessment of the situation and appreciate themselves. The existence of self-acceptance allows individuals to be more flexible in adjusting emotional conditions to the reality at hand, have confidence in their abilities, see themselves as valuable individuals, and be responsible and have principles. The ability to accept oneself unconditionally is very important when experiencing stressful life events such as quarter life crisis (Macinnes, 2006).

This research certainly has a weakness. The weakness in this study lies in the data collection technique which was carried out online via Google Form, so that the researcher did not have the opportunity to make direct observations or take documentation on the subject while undergoing the research scale. This allows the subject to not be serious in working or pretending to be good.

Conclusion

Based on the results of the study, it can be concluded that there is a negative relationship between self-acceptance and quarter life crisis. This shows that these results are in accordance with the hypothesis proposed by the researcher that there is a negative relationship between self-acceptance and quarter life crisis in individuals who are in emerging adulthood. The negative relationship is indicated by the higher the quarter life crisis for individuals who are in emerging adulthood, the lower the self-acceptance and vice versa, the higher the self-acceptance, the lower the quarter life crisis in individuals who are in emerging adulthood.

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