

# The Relationship Between Self Esteem and Quarter Life Crisis among Students of Faculty of Health Sciences, Sebelas April University In 2024

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## ABSTRACT

Quarter life crisis is a condition in which a person experiences despair, helplessness and confusion about the future. A person experiencing a quarter life crisis is prone to experiencing stress symptoms if they do not have self-esteem (Self Esteem). The purpose of this study was to determine the relationship between self-esteem and quarter life crisis in final year students of the Faculty of Health Sciences, Eleven April University 2024. The research method used was quantitative research with a Cross Sectional approach . The population in this study were 114 final year students of the Faculty of Health Sciences and the sample of this study was 114 students because it used total sampling. Data analysis used univariate and bivariate analysis using the Spearman Rank test to test whether there was a relationship between the two variables. The results of this study showed a relationship between self-esteem ( $p = 0.000$ ) and quarter life crisis . So it can be concluded that there is a relationship between self-esteem and quarter life crisis in final year students. Therefore, if someone has high self-esteem , the level of quarter life crisis is low and if someone has low self-esteem , the level of quarter life crisis is high.



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## 1. INTRODUCTION

Quarter life crisis can be defined as a condition that develops when a person leaves high school or university and faces more challenging conditions (Robinson & Wright, 2013). Quarter life crisis is more common in graduates or students who are completing their education. This phase is also related to stress. This is reinforced by research conducted by Allison who explained some experiences of someone aged 20 years to identify stressors that commonly occur in students).

Based on the analysis conducted, it is known that the Quarter life crisis experienced by early adults in Pekanbaru is at a moderate stage and then continued with a high stage. The level of quarter life crisis of respondents in the study was mostly at a moderate stage, namely 43.22%, continued in the high category of 27.97%, then in the low category of 14.83%, then very high 10.17% and finally in the very low category of 3.82%. This means that most individuals who are in the early adult stage in Pekanbaru experience a quarter life crisis (Icha & Ahmad, 2020).

Based on the results of research conducted by previous researchers, it shows that the majority of final year students at STIKes X Cianjur, West Java experienced a moderate quarter life crisis, namely 24 people (43.6%), 14 people (25.5%) experienced a low quarter life crisis, and 17 people (30.9%) experienced a high quarter life crisis (Sifa Fauziah, Ernawati Hamidah, Nafa Anggraeni, 2024).

Self Esteem is a very important aspect of personality, so it is widely studied by psychologists. Where we know that every individual will experience a development process in the form of a process of changing the structure and mental schemes faced in their lives, from simple to more complex things (Dariyo, 2004).

Based on interviews that have been conducted directly and via WhatsApp involving several final year students of the Faculty of Health Sciences, Sebelas April University, that from student representatives experiencing quarter life crisis at low, medium and high levels. With an intervention value of 3 people experiencing low quarter life crisis (30%), 2 people experiencing moderate quarter life crisis (20%) and 5 people experiencing high quarter life crisis (50%).

In the Health Psychology course in the Public Health Study Program and the Mental Health Nursing course in the Nursing Study Program, there are many discussions, one of which is how important it is to maintain mental health. Therefore, this research was conducted at the Faculty of Health Sciences, Sebelas April University. In addition, it is seen from the interests of advancing science and improving health services. Thus, there are several main reasons, namely, the relevance of science where this research is related to health, disease, natural prevention that is within the scope of this faculty. Then, as an academic and practical goal where research in the faculty of health sciences is not only aimed at advancing academic knowledge but also at developing interventions, treatments and policies that can improve public health and welfare.

Thus, the researcher is interested in examining the level of relationship between self-esteem and quarter life crisis in final year students of the Faculty of Health Sciences, Eleven April University, Sumedang.

## 2. METHOD

The type of research used is quantitative with a cross-sectional approach. The sample in this study amounted to 114 people with a sampling method using total sampling . Data analysis using the Spearman Rank test to test whether there is a relationship between Self Esteem and Quarter Life Crisis in Final Year Students of the Faculty of Health Sciences, Sebelas April University. The measuring instrument used in this study is Statistical Product and Services Solution ( SPSS) 24 for windows .

## 3. RESULTS AND DISCUSSION

### 3.1. Results

Table 1. Overview based on the level of Quarter Life Crisis in Final Year Students of the Faculty of Health Sciences, Sebelas April University

Category		Range	Frequency	%
Tall	$\geq M + 1SD$	$\geq 52$	10	8.8%
Currently	$M - 1SD < X < M + 1SD$	44-52	91	79.8%
Low	$\leq M - 1SD$	$\leq 44$	13	11.4%

Based on the table above, out of 114 respondents, there are 10 individuals or equivalent to 8.8% who have a high level of quarter life crisis , 91 individuals or equivalent to 79.8% who have a moderate level of quarter life crisis , and 13 individuals or equivalent to 11.4% who have a low level of quarter life crisis

Table 2. Overview Based on Self Esteem in Final Year Students of the Faculty of Health Sciences, Sebelas Maret University

Category		Range	Frequency	%
Tall	$\geq M + 1SD$	$\geq 95$	16	14.0%
Currently	$M - 1SD < X < M + 1SD$	83-95	79	69.3%
Low	$\leq M - 1SD$	$\leq 83$	19	16.7%

Based on the table above, out of 114 respondents, there were 16 individuals or equivalent to 14.0% who had high levels of self-esteem , 79 individuals or equivalent to 69.3% who had moderate levels of self-esteem , and 19 individuals or equivalent to 16.7% who had low levels of self-esteem .

Tabel 3 Results of Correlation Test between Self Esteem and Quarter Life Crisis in Final Year Students of the Faculty of Health Sciences, Sebelas April University

Self Esteem	Quarter Life Crisis								P Value
	Low		Currently		Tall		Total		
	F	%	F	%	F	%	F	%	
Low	1	6.3%	11	68.8%	4	25.0%	16	100%	0,000
Currently	9	11.4%	67	84.8%	3	3.8%	79	100%	
Tall	0	0.0%	13	68.4%	6	31.6%	19	100%	
Total	10	8.8%	91	79.8%	13	11.4%	114	100%	

Based on the results of the hypothesis test above, then seen from the significance value of  $0.000 < 0.05$ , there is a significant relationship between self-esteem and quarter life crisis in final year students of the Faculty of Health Sciences, Sebelas April University. The majority of students with a good level of Self Esteem and a moderate level of quarter life crisis have the highest frequency, namely 67 (84.8%).

### 3.2. Discussion

The results shown in this study show that the majority of students with the highest frequency of quarter life crisis are in the medium category of 91 students (79.8%), while for the high category there are 10 students (8.8%) and for the low category there are 13 students (11.4%). After conducting the study, it can be concluded that final year students are susceptible to experiencing quarter life crisis. This is caused by the form of worry, confusion, not knowing the direction and fear of the future in each individual. In addition, most students often have very high expectations about what they want to achieve during their studies. But it turns out that the facts are not that beautiful.

According to Robbins and Wilner's theory, quarter life crisis is a feeling of worry that arises from the uncertainty of life that includes career, friendship, family, even love life that generally occurs in the 20s. In this phase, every individual will experience a quarter life crisis which is the beginning of the transition process towards adulthood.

In previous research from the results of research conducted by Sita Fuziah et al. , (2024) entitled "The Relationship between Social Support and Quarter Life Crisis in Final Year Students at Stikes X Cianjur" showed that 14 students experienced a high level of quarter life crisis (25.5%), 24 students experienced a moderate level of quarter life crisis (43.6%) and 17 (30.9%) students experienced a low level of quarter life crisis. It can be concluded that students experience more moderate levels of quarter life crisis. This is because final year students will face various crises including confusion about continuing college or working, fear of failing in college, anxiety and stress when working on final assignments . Sita Fauziah, 2024).

According to researchers, every individual, especially in early adulthood, will definitely experience a quarter-life crisis phase in their life. Feelings of helplessness, confusion in determining the direction of their dreams, comparing themselves too much with others and feeling left behind have become daily occurrences. However, all of that can be overcome by finding a way out. This phase is only temporary, therefore researchers really hope that anyone who is experiencing this phase will always fight it with self-confidence and believe in themselves that we are able to achieve success according to our respective measures.

The description of the results shown in this study is that the majority of students with the highest frequency of self-esteem are in the moderate category, which is 79 students (69.3%), while for the high category of self-esteem there are 16 (14.0%) students, and for the low category of self-esteem there are 19 (16.7%) students. In the results of this study, the majority of students experience moderate levels of self-esteem because self-esteem is not fully aware of the importance of self-esteem. In addition, someone experiences moderate levels of self-esteem due to changes in their own identity. College is an important period in the formation of self-identity. The process of finding out who they really are and what they want in life can be a source of uncertainty and can affect self-esteem.

According to Burns' theory (1993), self-esteem is based on an individual's assessment of themselves, either positively or negatively, and shows their belief that they are capable, valuable, and successful. Individuals with high self-esteem will take self-development strategies, while those with low self-esteem tend to choose strategies to protect themselves. Someone with high self-esteem will accept risks to improve themselves, while individuals with low self-esteem tend to protect themselves and avoid the risk of public humiliation, even for success in increasing self-worth (Baumeister, et al., 1989).

Based on research conducted by Muharnia Dewi Adilia in 2020 entitled "The Relationship between Self Esteem and Optimism in Achieving Career Success in Students of the Faculty of Psychology, UIN Syarif

Hidayatullah Jakarta" shows that students who experience low levels of self-esteem are 11 (11%), students who experience moderate levels of self-esteem are 79 (79%) and students who experience high levels of self-esteem are 10 (10%). It can be concluded that the majority of students experience a level of self-esteem in the moderate category. This is because if someone has self-esteem, then he is confident in his ability to achieve the success he hopes for. In addition, a person's level of self-esteem will affect all aspects of his life (Andrewho in Muharnia 2020).

According to the researcher's assumption, a person must have high self-esteem in themselves. Because everything starts from believing in yourself. No matter how bad we are in the eyes of others, do it according to your own beliefs as long as it does not bother others. Self-esteem must always be instilled in yourself in order to realize one by one the dreams you want to achieve.

From the results of this study with a significance value of 0.000, there is a significant relationship between self-esteem and quarter-life crisis in final year students of the Faculty of Health Sciences, Eleven April University in 2024. This means that the higher the level of self-esteem of students, the lower the quarter-life crisis, and vice versa, the lower the level of self-esteem, the higher the quarter-life crisis (Agus Mujianto, 2020)

Based on research from 114 respondents, on average, Final Year Students of the Faculty of Health Sciences have a moderate level of quarter-life crisis. The details are 19 (17.4%) students have a high level of quarter-life crisis, 71 (65.1%) students have a moderate level and 19 (17.4%) students have a low level. Likewise, for self-esteem from 114 respondents, on average, student respondents are at a moderate level of self-esteem. The details are 20 (18.3) students have a high level of self-esteem, 77 (70.6%) students have a moderate level and 12 (11%) students have a low level.

This study is in line with Agus Mujianto (2020) with the title *The Relationship between Self Esteem and Quarter Life Crisis in Final Year Students of the Faculty of Da'wah IAIN Salatiga* which aims to determine how high the level of quarter life crisis and self esteem is in final year students. In addition, this study also aims to determine the relationship between self esteem and quarter-life crisis in Final Year Students of the Faculty of Da'wah IAIN Salatiga. The results of this study show the significance value of Sig. (2-tailed) between self esteem and quarter life crisis is  $0.00 < 0.05$  which means there is a significant relationship between self esteem and quarter life crisis. Thus the hypothesis ( $H_a$ ) there is a relationship between self esteem and quarter life crisis in Final Year Students of the Faculty of Da'wah IAIN Salatiga which the researcher can accept.

A discordant study was conducted by Lee, K., and Chen, M with the research title "Rethinking the Influence of Self Esteem on Quarter Life Crisis Among University Graduates" in 2023. The results of this study found that there was no significant correlation between self-esteem and quarter life crisis . Researchers highlighted that factors such as work pressure, economic uncertainty, and social support play a more dominant role in influencing quarter life crisis.

According to the researcher's assumption, someone who has a high level of self-esteem can function as a protector against the quarter-life crisis phase . Individuals with high self-esteem tend to have more positive thoughts, are confident and are able to fight anxiety that arises from within. In addition, in the context of a quarter-life crisis, someone who is able to see failure in a constructive way will be better able to increase their self-esteem and overcome the negative impacts of the crisis phase.

#### 4. CONCLUSION

Based on the results of the study on the relationship between self-esteem and quarter life crisis in final year students of the Faculty of Health Sciences, Eleven April University, the researcher concluded:

1. The description of those experiencing Quarter Life Crisis in final year students of the Faculty of Health Sciences, Sebelas April University with the highest frequency in the moderate category, namely 71 students (65.1%).
2. The description of those experiencing Self Esteem in final year students of the Faculty of Health Sciences, Sebelas April University with the highest frequency in the moderate category, namely 77 students (70.6%).
3. There is a relationship between self-esteem and quarter-life crisis in final year students of the Faculty of Health Sciences, Eleven April University in 2024 with a significance value of 0.000.

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