

## AN ANALYSIS OF THE ROLE OF HOPE IN THE QUARTER LIFE CRISIS IN EARLY ADULTHOOD

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### ABSTRACT

*Early adulthood will experience stress, insecurity, worry, and social pressure regarding life goals, including students, which is called a quarter-life crisis. One factor that affects the quarter-life crisis is hope. This study aims to analyze the relationship of hope with the quarter-life crisis in early adulthood. This study uses a quantitative approach. The measuring instrument in this study uses a quarter-life crisis scale based on Robbins and Wilner's theory and a hope scale based on Snyder's theory. The sample amounted to 330 early adult students. Sampling using non-probability sampling method with purposive sampling technique. The hypothesis of this study was tested using Pearson's product-moment correlation. The study results showed a correlation coefficient ( $r_{xy} = -0.249$ ) with  $p = 0.000$  ( $p < 0.05$ ), namely there is a very significant negative relationship between hope and quarter-life crisis in early adulthood, so the hypothesis is accepted. The higher the level of hope in individuals, the lower the level of quarter-life crisis experienced, and vice versa, the lower the hope, the higher the quarter-life crisis experienced by individuals.*

*Keywords: Hope, Quarter Life Crisis, Early Adult*

## SUATU ANALISIS PERAN HARAPAN TERHADAP *QUARTER LIFE CRISIS* PADA DEWASA AWAL

### ABSTRAK

Dewasa awal akan mengalami fase periode *stress, insecure*, kekhawatiran dan tekanan sosial mengenai tujuan hidup tak terkecuali mahasiswa yang disebut dengan *quarter life crisis*. Salah satu factor yang mempengaruhi *quarter life crisis* adalah *hope*. Penelitian ini bertujuan untuk menganalisis hubungan *hope* dengan *quarter life crisis* pada dewasa awal. Penelitian ini menggunakan pendekatan kuantitatif. Alat ukur pada penelitian ini menggunakan skala *quarter life crisis* berdasarkan teori Robbins dan Wilner dan skala *hope* berdasarkan teori Snyder. Sampel berjumlah 330 mahasiswa dewasa awal. Pengambilan sampel menggunakan metode *non-probability sampling* dengan teknik *Purposive Sampling*. Hipotesis penelitian ini diuji menggunakan korelasi *product moment* dari Pearson. Hasil dari penelitian menunjukkan koefisien korelasi ( $r_{xy} = -0.249$ ) dengan  $p = 0.000$  ( $p < 0.05$ ) yaitu ada hubungan negatif yang sangat signifikan antara *hope* dengan *quarter life crisis* pada dewasa awal sehingga hipotesis diterima. Semakin tinggi tingkat *hope* pada individu, semakin rendah tingkat *quarter life crisis* yang dialami, begitupun sebaliknya semakin rendah *hope* maka semakin tinggi *quarter life crisis* yang dialami individu.

*Kata kunci: Hope, Quarter Life Crisis, Dewasa Awal*

## **Introduction**

The characteristics of students in terms of age are 18-25 years old which is characterized by the developmental stage of early adulthood where an individual reaches a perfect level of emotional and cognitive maturity. Hurlock (Pratiwi & Arumhapsari, 2019), explains that the characteristics in the early adulthood period are characterized by reproductive age, a problematic period in which a person must make adjustments to himself and his environment, a period full of emotional tension that makes a person often feel fear or worry and a period of dependence and value changes that make individuals dependent on parents or educational institutions that finance education and value changes are intended regarding several reasons for wanting to be accepted into adult social and economic groups.

In this phase, students are individuals who are vulnerable to experiencing a quarter-life crisis where at this time individuals begin to explore themselves more deeply, such as exploring the fields of education, and career, living independently from parents, or even establishing relationships with the opposite sex. This exploration exposes individuals to many changes that have an impact on feelings of discomfort within the individual, resulting in emotional instability (Fatchurrahmi, R & Urbayatun, S. 2022). Atwood and Scholz (2008) explain the personal symptoms of a quarter-life crisis can vary from mild anxiety to panic attacks and or depression where individuals experiencing this crisis tend to feel insecure, alone, confused, and anxious, but can also feel confident, social, centered, and calm in different periods.

According to Robinson (2018), a quarter-life crisis is a situation experienced by individuals with a description of an unstable situation, many choices that must be made, worry, and even feeling hopeless. In their research, Habibie, Syakarofath, and Anwar (2019) explained that problems that occur in students arise when individuals are required to make decisions regarding careers, education, and family demands regarding the courses taken. Setiawan and Milati (2022) said that the problems experienced by students today have many challenges, including academic difficulties, personal and interpersonal problems, and concerns about making decisions and thinking about future goals. Atwood & Scholtz (2008), said this emotional crisis can trigger a chain reaction of failures in various aspects of life. Individuals may have difficulty balancing different stress areas such as work, relationships, and life goals. Dissatisfaction in one area can affect balance and success in other areas, which in turn can exacerbate the emotional crisis experienced (Atwood & Scholtz, 2008).

Research conducted on students in Yogyakarta who experienced a quarter-life crisis with the age range of participants was 20-23 years old who were generally final year students.

Where this research reveals that the concerns experienced by students are in the form of concerns about career continuity, education, romance, and finance. The emergence of these concerns is due to the demands of self and environment. The worries experienced cause self-behavior in the form of self-comparison, insecurities, doubts, and dissatisfaction with conditions. The existence of these conditions has an emotional, physiological, and functional impact on the self (Grehenso, 2022).

One of the factors that can influence a quarter-life crisis comes from external factors, namely expectations in the form of academics, spirituality and religion, career life, interpersonal relationships with family, and friends, and romance and identity (Nash and Murray, 2009). College students generally have high hopes and expectations regarding work, relationships, and life as a whole. Pressures from the social environment, family expectations, and academic pressures also contribute to triggering quarter-life crises.

Hope is an individual's belief and desire to make a better quality of life accompanied by the motivation to achieve these hopes (Snyder, 2002). Hope is understood as the process of how individuals think about achieving a goal, with high motivation to achieve the goal (agency), and the way individuals can achieve these goals (pathways) (Snyder, 2002). If someone does not have strong hope, it can cause students to experience depression and emotional crises. The sense of depression arises because individuals feel that they are not sure they can reach their goals.

Hope can encourage quarter-life crisis with an attitude of belief and individual desire to make a better quality of life accompanied by motivation to achieve these hopes (Snyder, 2002). Hope is considered a rational activity rather than an optimistic activity which is a positive view of future events, not just a possibility, and is emotionally anxious (Julianto, et al. 2020). Likewise, according to research by Setiawan and Milati (2022), hope has a negative relationship with depression, anxiety, and hopelessness, so hope also has the opposite direction to a quarter-life crisis. This shows that when individuals experience difficulties in their lives, hope can influence their ability to control themselves and solve problems so that the quarter-life crisis they experience is lower.

Hope can act as a buffer against positive thinking with careful planning in achieving goals. According to Juliano, Cahayani, Sukmawati, and Aji, (2020), hope is a thinking activity that involves determination and planning to achieve goals. So hope means positive thinking or motivation for future goals that give individuals a conceptual picture of what steps will be taken

to achieve these goals. Hope is the overall willpower and strategy formed from experience, and used by individuals to achieve future goals (Snyder, 1994).

Based on research conducted by Setiawan and Milati (2022) entitled *The Relationship between Hope and Quarter-life Crisis in Students Who Experience Toxic Relationships*, it is concluded that there is a significant negative relationship between hope and quarter-life crisis. This means that the lower the hope, the higher the quarter-life crisis. Conversely, the higher the hope, the lower the quarter-life crisis.

In line with Sumartha's research (2020), the results of his research show that most final students are in a moderate quarter-life crisis where hope hurts quarter-life crisis, which means hope can be a source of strength and self-control over problem-solving for early adults in dealing with a quarter-life crisis. This is also supported by research conducted by Maslakha (2022) which explains that there is a significant relationship between the variable hope and quarter-life crisis which has a negative relationship. This means that the higher the hope experienced by early adult individuals, the lower the quarter-life crisis that the individual experiences.

## **Methods**

This study used a quantitative approach with correlation techniques. Sugiyono (2017) explains that quantitative research is a study based on the scientific method that focuses on the use of numerical data, statistical analysis, and generalization of results to study phenomena and answer questions in research. Meanwhile, correlational research aims to analyze how well a variable relates to other variables based on the correlation coefficient (Azwar, 2017). In this study, the independent variable (X) is Quarter-life crisis, which is a variable that affects other variables and the dependent variable (Y) is Hope, which is the affected variable.

The population that the researchers will use are active early adult students who are currently taking undergraduate courses at Muhammadiyah Aceh University, which totals around 5,161 students. The reason the researchers chose this population is because students are in the phase of completing the course curriculum, preparing academic grades, compiling a thesis, and heading towards graduation in preparing for life goals where it is very vulnerable that someone can experience a quarter-life crisis. The sampling method in this study used probability sampling with a purposive sampling technique. The purposive sampling technique according to Siyoto and Sodik (2015), is a sampling technique with certain considerations or

special selection based on the researcher's knowledge of the characteristics of the population to be studied. Before determining the sample criteria, the researcher determines the age limit of early adulthood based on the age of undergraduate students in general. Therefore, the sample criteria used by researchers in this study are early adults aged 18-25 years and active students at Muhammadiyah Aceh University.

Researchers used the sample size determination table developed by Isaac and Michael as a guide. Based on the criteria that have been determined referring to the 5% error rate and 95% confidence level using the Isaac and Michael table, the number of samples considered representative of the total population of 5,161 students for this study is 330 students.

In this study, the measuring instrument used is the quarter-life crisis scale which refers to the aspects put forward by Robbins and Wilner (2001), and the hope scale which refers to the aspects of Snyder (2002). Each scale consists of two types of statements, namely favorable and unfavorable. Favorable statements are statements that support the variable being studied, while unfavorable statements are statements that do not support or even oppose the variable being studied (Azwar, 2016).

In this study, the scale used was compiled using the Likert scale method. The Likert scale is a scale developed by Rensis Likert (1932). Sugiyono (2017) explains that the Likert scale is used to express statements of attitudes of a person or group of people towards a social object in a positive or negative form, as well as the level of agreement or disagreement with which the social object is then considered a research variable to be analyzed.

In this study, validity was tested using content validity analysis. Lawshe (in Azwar, 2016) developed the Content Validity Ratio (CVR) which is used to measure the content validity of an item based on empirical data. The validity computation that researchers use in this study is the CVR (Content Validity Ratio) computation obtained from the results of expert judgment (a group of experts) called Subject Matter Experts (SME). Subject Matter Experts (SME) assess whether the content of an item is essential. An item is said to be essential if it can present well the purpose of measurement (Azwar, 2016). The formulation of CVR (Content Validity Ratio) is between -1.00 and +1.00 with  $CVR = 0.00$  which means that 50% of SMEs explain that the item is essential and valid.

Based on the results obtained from the SME value on the quarter-life crisis scale, it is found that all CVR coefficients show values above zero (0), so the items of the quarter-life crisis scale can be declared valid. The results obtained from the SME value on the hope scale

obtained data that all CVR coefficients show a value above zero (0), so the items of the hope scale can be declared valid.

In this study, the reliability test was carried out using Cronbach's Alpha technique. The data processing process was carried out with the Statistical Package for Social Science (SPSS) version 22.0 for Windows program. Based on the results of the reliability test on the quarter-life crisis scale, the Cronbach Alpha value = 0,882 was obtained. The results of the reliability test on the hope scale obtained a Cronbach Alpha value = 0,936.

The data analysis technique in this study was carried out with 2 steps, namely 1) assumption test consisting of normality test and linearity test, and 2) hypothesis testing. This hypothesis test uses Pearson's Product Moment correlation statistical analysis. According to Sugiyono (2007), the limit used is if p is less than 0,05 ( $p < 0,05$ ) which indicates that there is a relationship between one variable and another, so the hypothesis is accepted. Conversely, if the p-value is greater than 0,05 ( $p > 0,05$ ), the hypothesis cannot be accepted.

## Result

### Description of Subjects

**Table 1**  
**Demographic Data of Subjects Based on Gender**

Category	Number (n)	Percentage (%)
Male	159	48,1 %
Female	171	51,9 %
Total	330	100%

The results showed that male subjects totaled 159 people (48,1%) and female subjects totaled 171 people (51,9%). Based on gender, the subject is more dominant is female.

**Table 1**  
**Demographic Data of Subjects Based on Age**

Category	Number (n)	Percentage (%)
18 Year	33	10 %
19 Year	49	14,9 %
20 Year	75	22,7 %
21 Year	71	21,5 %
22 Year	66	20 %

23 Year	31	9,4 %
24 Year	5	1,5 %
Total	330	100%

Based on the age category, the subjects in this study consisted of 18 years old totaling 33 people (10%), 19 years old totaling 49 people (14,9%), 20 years old totaling 75 people (22,7%), 21 years old totaling 71 people (21,5%), 22 years old totaling 66 people (20%), 23 years old totaling 31 people (9,4%) and 24 years old totaling 5 people (1,5%).

### Description and Categorization

**Table 3**  
**Description of Hope Data**

Variable	Empirical Data			
	Xmaximal	Xminimal	Mean	Standard Deviation
<i>Hope</i>	122	60	83,62	12,48

Based on the results of the research that has been conducted, the empirical descriptive analysis of the Hope variable shows that the minimum answer is 60 and the maximum answer is 122. Furthermore, the average value (mean) of the answer is 83,62, with a standard deviation of 12,48.

**Table 4**  
**Description of Quarter-Life Crisis Data**

Variable	Empirical Data			
	Xmaximal	Xminimal	Mean	Standard Deviation
<i>Quarter-Life Crisis</i>	123	45	89,47	12,13

Based on the results of the research that has been conducted, descriptive analysis empirically shows, the minimum answer is 45 and the maximum answer is 123. Furthermore, the average value (mean) of the answer is 89,47, with a standard deviation of 12,13.

**Table 5**  
**Categorization of Quarter-Life Crisis**

Category	Interval	Frequency (n)	Percentage (%)
Low	$X < 77,34$	57	17,3 %
Medium	$77,34 \leq X < 101,6$	231	70 %

High	$101,6 \leq X$	42	12,7 %
Total		330	100%

Based on the table above, the analysis of quarter-life crises in early adulthood shows that in the low category, there are 57 (17,3%), the medium category is 231 (70%), and the high category is 42 (12,7%).

**Table 6**  
**Categorization of Hope**

Category	Interval	Frequency (n)	Percentage (%)
Low	$X < 71,14$	51	15,5 %
Medium	$71,14 \leq X < 96,1$	212	64,2 %
High	$96,1 \leq X$	67	20,3 %
Total		330	100%

Based on the table above, the analysis of hope in early adulthood shows that in the low category, there are 51 (15,5%), the medium category is 212 (64,2%), and the high category is 67 (20,3%).

### Normality Test

**Table 7**  
**Normality Test with Skewness and Kurtosis For Quarter-Life Crisis and Hope**

Variable	Skewness	Kurtosis
<i>Hope</i>	-0,680	0,713
<i>Quarter-Life Crisis</i>	0,608	-0,436

Based on the results of the distribution normality test analysis above, the Skewness ratio for the hope variable has a value of 0,608 and a Kurtosis ratio of -0,436, which means that the hope variable data is normally distributed. The Skewness ratio for the quarter-life crisis variable is -0,680 and the Kurtosis ratio is 0,713, meaning that the quarter-life crisis variable data is also normally distributed. Thus, because both variables are normally distributed, the results of the study can be generalized to the population of this study.

### Linearity Test

The results of the linearity test of the relationship between Hope and Quarter-Life Crisis in this study obtained data as can be seen in the table below.



**Table 7**  
**Linearity Test of the Relationship between Hope and Quarter Life Crisis**

Variable	<i>F Linearity</i>	Linearity (p)
<i>Hope</i>	30,379	0,000
<i>Quarter-Life Crisis</i>		

Based on the table above, the F linearity value of the two variables is 30,379 with a value of P = 0,000 ( $p < 0,05$ ), it can be concluded that the two variables have linear properties and do not deviate from a straight line and there is a linear relationship between hope and the quarter-life crisis in this research sample.

### Hypothesis Test

After the assumption test is carried out, namely the normality test and linearity test with the results meeting the conditions set, it can be continued in the hypothesis test, as follows:

**Table 8**  
**Hypothesis Test of Hope and Quarter-Life Crisis**

Variable	Pearson Correlation	<i>p</i>
<i>Hope</i>	-0,249	0,000
<i>Quarter Life Crisis</i>		

The results of hypothesis testing show that the correlation coefficient between the hope variable and quarter-life crisis is  $(r) = -0,249$  with a significant value  $(p) = 0,000$ , this indicates that there is a very significant negative relationship between hope and quarter-life crisis in this research sample. That is, the higher the hope, the lower the quarter-life crisis, and vice versa, the higher a person's quarter-life crisis, the lower the level of hope in Muhammadiyah Aceh University students.

In addition, the results also showed a significant value of  $p = 0,000$ , which is smaller than  $(p < 0,05)$ , which is a commonly used significant threshold. This identifies that the research hypothesis is accepted which states there is a very significant relationship between hope and quarter-life crisis. The relative contribution of the research results of the two variables can be seen in the following Measure of Association analysis table.

**Table 9**  
**Measure of Association Test**

Variable	<i>r<sup>2</sup></i>
<i>Hope and Quarter Life Crisis</i>	0,062

Based on the measure of association table above,  $r^2 = 0.062$  is obtained, which means that there is a relative contribution of 6,2% of the influence of the hope variable on the quarter-life crisis, while the remaining 93,8% is influenced by other factors such as searching for the truth of the religion adhered to, challenges in the academic field, interpersonal relationships with family, friends, and romance (home friends, lovers, family), searching for self-identity, and loneliness.

## **Discussion**

This study aims to determine the relationship between quarter-life crisis and hope in students of Muhammadiyah Aceh University. After the product-moment correlation test from Pearson correlation, the correlation coefficient ( $r$ ) is -0.249 with a significant level ( $p$ ) = 0.000 ( $p < 0.05$ ) which indicates that there is a very significant negative relationship between the variable quarter-life crisis and hope. Based on the results of the correlation, the hypothesis proposed in this study is accepted. The relationship between the two variables shows that the higher the hope, the lower the quarter-life crisis, conversely the lower the hope, the higher the quarter-life crisis in students of Muhammadiyah Aceh University.

The magnitude of the influence of the two variables can be seen based on the measure of association where the researcher gets an R-squared ( $r^2$ ) value of 0,062. This value identifies that there is a relative contribution of 6,2% of the hope variable to the quarter-life crisis variable. In other words, about 6,2% of the behavioral changes that occur in quarter-life crises can be explained by the hope variable. While the remaining 93.8% cannot be explained by the hope variable. Other factors not measured in this study may have a significant influence on the quarter-life crisis. Therefore, although the hope variable makes a significant contribution, there are still other factors that also affect the quarter-life crisis such as seeking the truth of the religion adhered to, challenges in the academic field, interpersonal relationships with family, friends, and romance (home friends, lovers, family), searching for self-identity, and loneliness.

Based on the results of the study, it can be seen that in the quarter-life crisis variable category, the majority of students who experience the level of response are in the middle with the highest number in the moderate category as many as 231 (70%), followed by the low category as many as 57 (17.3%) and the high category as many as 42 (12,7%). The same thing also happened to the hope variable category, where the majority of students also experienced a response level that was in the middle with the highest number in the moderate category as many

as 212 (64,2%), followed by the high category as many as 67 (20,3%) and the low category as many as 51 (15,5%). From this data, it can be concluded that the most common category of quarter-life crisis experienced by students in early adulthood is in the medium category, while the most common category of hope is also in the medium category. This shows that the two variables both experience responses that are in the middle range of values, namely the moderate category.

The results of this study are by research conducted by Sumartha (2020), saying that hope has a negative influence on the quarter-life crisis. This identifies that hope can be a source of strength and self-control for early adults in dealing with quarter-life crises. As explained by Snyder (2002), individuals who have a high level of hope tend to form a positive mentality. With this, students are better able to find a way out in facing challenges, obstacles, and obstacles in achieving goals. Conversely, individuals who have low hope will easily despair in finding a way out of their problems or achieving their goals so these individuals easily experience a quarter-life crisis (Snyder, 2002).

In line with other research conducted by Maslakha (2022) which explains that there is a significant negative relationship between the variable hope and quarter-life crisis, namely with an influence contribution of 58%. Setiawan and Milati (2022), in their research, also showed the results that, a significant negative relationship between hope and quarter-life crisis. This means that the lower the hope, the higher the quarter-life crisis. Conversely, the higher the expectation, the lower the quarter-life crisis. So it can be concluded that it is in line with this study, which emphasizes the importance of hope as a factor that influences how individuals cope with life crises such as quarter life crisis.

Thus, this study's results show, that the variable hope has a significant negative relationship with a quarter-life crisis. This means that the higher the hope, the lower the quarter-life crisis experienced, and vice versa, the lower the hope, the higher the quarter-life crisis experienced by individuals.

### **Conclusion and Suggestion**

Based on the results of data analysis in this study, the hypothesis proposed in this study is accepted, meaning that the higher the hope, the lower the quarter-life crisis, otherwise the lower the hope, the higher the quarter-life crisis in early adulthood. Hope contributes 6,2% in influencing quarter-life crisis, while the remaining 93,8% is influenced by other factors.

Recommendations for early adults such as students to increase hope as a positive belief or expectation of the future to achieve the subject's goals and dreams. When the subject has hope, the subject will tend to develop positive emotions that can help deal with various obstacles and obstacles in life. Positive emotions are very important because they can improve psychological well-being, provide energy and motivation, and give a clearer direction toward what the subject is interested in and likes for his future.

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