

Statistical Analysis of the Influence of Self Compassion on Quarter Life Crisis on Emerging Adulthood at University Alkhairaat, Palu - Indonesia

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Abstract: Quarter life crisis is a crucial discussion related to mental health among late adolescents and early adults, because at that time individuals will experience various uncertainties and significant changes in their lives, starting from role transitions, social responsibilities and environmental demands that can affect the individual's psychological condition. In moments of uncertainty and change, a compassionate attitude towards oneself is expected to help individuals see the positive side of the situation by appreciating small achievements, failures and kindness received as a form of gratitude that can help relieve stress and anxiety during the quarter life crisis so that it can form a healthier and more prosperous individual mentality. The purpose of this study was to see the relationship between self-compassion and quarter life crisis in emerging adulthood. This study used a quantitative method using the Quarter Life Crisis Scale (QLCS), Self-Compassion Scale (SCS). The results of this research show that self-compassion has a relationship with quarter life crisis with scores $r = 0.192$ ($p < 0.01$). It means that the higher the self-compassion score, the lower the quarter life crisis score.

Keywords: *Quarter Life Crisis, Self Compassion, Emerging Adulthood*

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I. INTRODUCTION

In March 2022, the results of the National Socio-Economic Survey (Susenas) of the Central Statistics Agency (BPS) stated that the majority of Indonesia's population is in the youth category. The large number of young people can be indicated as a demographic bonus where Indonesia has a greater number of young people compared to other ages. The demographic bonus in Indonesia means that there is a larger number of productive age population than other categories. Data obtained from BPS shows that 66.13 million Indonesians have completed their education at undergraduate or diploma level and make the population of productive age have to work. However, even so, with the large number of young people completing their education, the problems and demands that come from their families and environment are also increasing, ranging from demands regarding

interpersonal relationships, careers and work (Atwood & Scholtz, 2008).

In addition, issues related to mental health in young people have recently become a special concern in Indonesia, especially among students. Based on data from the Central Statistics Agency (BPS), the prevalence of mental health disorders in Indonesian students in 2023 was 3.7%. This figure is equivalent to 9,162,886 students who experience mental health disorders. The most common mental health disorder experienced by students is depression, with a prevalence of 3.2%. The phenomenon related to mental health occurred in October related to cases of suicide that occurred to students who were suspected of being depressed due to the many demands they experienced while being students.

The process of exploring identity in meeting the demands that exist at this age will cause symptoms of anxiety and depression caused by existing disorders and obstacles. Reported by the Ministry of Health, Republic of Indonesia in 2018 that the level of depression in Indonesian people aged over 15 years increased by 3.8% in the last 5 years from 2013 to 2018 (Ministry of Health, Republic of Indonesia, 2018). After exploring oneself and getting choices such as education, career, or romantic relationships (Hurlock & Elizabeth B., 2015), individuals at this age will begin to doubt and question the choices they have and will take whether they are in accordance with their abilities and interests, whether the reality they are currently living is in accordance with the expectations and demands of the surrounding environment. The uncomfortable feelings experienced, the career uncertainty that is often faced and the excessive anxiety that occurs at this age are often referred to as a quarter life crisis.

The term Quarter Life Crisis was first introduced by Alexander Robbins and Abby Wilner which is intended for individuals ranging from 18 to 20 years old and above who have just let go of the comfort of student life to real life. From the results of their research, individuals aged 20 years will experience various anxieties about the uncertainty of the future (Alexandra Robbins & Abby Wilner, 2001). (Thorspecken J M, 2005) said that quarter life crisis is a response effect to the instability of life that is being lived, constant changes in generations or eras, life choices and varying possibilities, and excessive panic and worry about the choices made. Entering the age of 20, individuals will begin to question their condition, loss of identity, career choices (Alexandra Robbins & Abby Wilner, 2001).

The dynamics of problems that occur during the quarter-life crisis based on Robbins and Wilner's theory are reinforced by research conducted by (Adellia & Varadhila, 2023) on what problems occur in 30 Mercu Buana University students aged 20 years and over, the factors that cause them and how they respond to these problems. Participants in this study were students who were studying as final year students. Data was taken using a case study approach with observation and structured interview methods. After that, the data was analyzed with the steps of data reduction, data presentation, and drawing conclusions. The results of the study conducted by Adellia & Varadhila showed that psychosocial problems that often occur in students in their 20s are emotional reactions such as anxiety, looking down on themselves, deep sadness, seeing themselves as worthless and loss of self-confidence. Then the factors that cause these problems are divided into two categories, namely internal factors such as feeling trapped in a difficult situation and external factors; daily activities, lectures, obstacles in finding a partner, demands from the environment, friendships and obstacles in finding a job. The process of this problem occurs when they start entering their final year of college and get demands and

pressure from family and people around them related to their thesis and work problems, causing anxiety, worries about the future, self-doubt, and starting to compare their own achievements with the achievements of people around them.

Based on Robbins & Wilner's theory and Adellia & Varadhila's research, it can be concluded that quarter life crisis usually occurs when individuals are about to or have completed their education at college, this happens when social status changes from students to workers, changes in school routines that were previously structured to be more independent during college or work (Chevalier et al., 2007; Daly & Robinson, 2021; Wijaya & Utami, 2021). Quarter life crisis is also experienced when early adulthood individuals begin to experience several common transitions such as graduating from high school, transitioning directly to professional life without college education, freshman transitions, and life after college which can be stressful for some people, entering the workforce, to repeated rejection of jobs that lead to unemployment (Robinson, 2015).

The problems and issues that occur in early adulthood that occur always go hand in hand and are related to the developmental tasks that must be passed during that period. (Gregory E Miller et al., 2011) stated that the developmental tasks in emerging adulthood are living separately from parents, making improvements in both work and academic careers, building deep interpersonal relationships, making decisions independently and having good emotional maturity. Therefore, the early adulthood development stage is the most dynamic stage throughout the human life span, because during this period, individuals will experience many progressive changes both physically, cognitively, and psycho-socio-emotionally in the process of becoming individuals who have mature and wise personality integrity. In early adulthood, individuals will also be required to face a period of adjustment to new life patterns and increasing social expectations. So with the dynamic changes that occur in early adulthood, it is increasingly vulnerable to mental health problems among early adults.

Protective factors for quarter-life crisis include self-compassion, research (Anisa Novianti, 2022) on 89 people on the role of self-compassion towards quarter-life crisis at emerging adulthood age with the aim of seeing the extent of the role of self-compassion towards quarter-life crisis. This study uses a simple linear regression analysis technique with the self-compassion scale and quarter-life-crisis scale instruments. The results of the study showed that self-compassion played a role of 46.8% of the quarter-life crisis with the direction of the role of self-compassion towards quarter-life crisis being negative, meaning that the higher the level of self-compassion, the lower the level of quarter-life crisis ($F^2 = -0.684$, $p < 0.001$).

Self-compassion is the most contributing factor to self-acceptance during times of crisis with a contribution of 46.8%. This can be done by understanding one's feelings and shortcomings, accepting the fact that everyone is imperfect, including oneself, and reducing excessive self-judgment, especially during difficult times (NEFF, 2003). In addition, focusing on current experiences as part of self-compassion can prevent someone from excessively reflecting on negative aspects of themselves, and with a high level of self-compassion, someone tends to have high self-esteem because there is an attitude of acceptance of all strengths and weaknesses in oneself (Neff, 2011).

With the background that has been explained, the researcher will conduct a study on the correlation of self-compassion with quarter life crisis in emerging adulthood.

II. LITERATUR REVIEW

➤ *Definition of Quarter Life Crisis*

The term quarter-life crisis was first introduced by Robbins and Wilner (2001) in their book entitled "Quarter-life crisis: The Unique Challenges of Life in Your Twenties". Robbins and Wilner explained that the quarter-life crisis phase includes feelings of insecurity regarding life choices, confusion about self-identity, and pressure to achieve significant achievements in various aspects of life. Robbins and Wilner highlighted that in the era of globalization and rapid social dynamics, young individuals are often faced with complex demands, including career development, interpersonal relationships, and the search for the meaning of life. In this phase, individuals begin to have crisis vulnerabilities, especially when individuals are less prepared to enter the social world, they are often burdened with expectations from their surroundings regarding the careers they will pursue in the future, questioning the description of what roles and responsibilities they will pursue can also cause worry and discomfort because individuals will be in the midst of a dilemma whether the decision for the steps they will take is right or still far from expectations. This worry about the future is what causes excessive stress in individuals so that it often causes excessive anxiety. Quarter life crisis is seen as a natural response to significant changes in young adult life, requiring deep self-understanding and adaptation to new roles and responsibilities..

The term Quarter life crisis defined by Alexandra Robbins & Abby Wilner is a phase of psychological crisis involving uncertainty and anxiety in young adults aged around 18 to early 30s where individuals continually experience doubts about their future, feel afraid, anxious about their future life, identity confusion, despair and disappointment over something that can cause a response in the form of stress and even depression and a phase where individuals want to achieve and realize their desires, dreams and hopes of parents, build a career, form an appropriate

identity, become part of a group or community, choose a partner, adjust to the social environment, and develop emotional stability. Quarter life crisis is also defined as a response to peak unstable conditions, constant change, and many choices that arise in individuals between the ages of 18 and 25, which are characterized by emotional characteristics such as frustration, panic, worry, lack of direction, tendencies towards depression, anxiety, disappointment, loneliness, not progressing in life, and not liking their life and other psychological disorders (Robbins & Wilner, 2001; Stapleton, 2012; Balzarie & Nawangsih, 2019).

The quarter life crisis theory proposed by Robbins and Wilner is also supported by research on quarter life crisis explained by Atwood and Scholtz that quarter life crisis is a phase of psychological development that occurs in the age range of 18 to 29 years which is a transition period between the adolescent phase to the adult phase (Atwood & Scholtz, 2008). In the transition period from the adolescent phase to the adult phase, this includes the transition of roles, status and demands of life that will be experienced by individuals dynamically. During adolescence, individuals are often faced with exploring self-identity and finding out their place and position in the surrounding community so that the individual's existence looks more prominent. However, when entering adulthood, this transition becomes a kind of stage where social roles and responsibilities will develop significantly and dynamically. Starting from their role as a student who then transforms into a worker or university student, so that individuals will experience changes in financial responsibility, interpersonal relationships, and community expectations of them. This process will also involve adjusting to new roles that are their responsibility, overcoming professional challenges, and navigating increasingly complex personal relationships. Thus, the transition period experienced at this age includes complex dynamics, where individuals face opportunities for substantial growth and development, while undergoing adjustments to changes in roles, status, and life demands that define adulthood.

From the various explanations about quarter life crisis above, the definition of quarter life crisis that is used as a reference in this study is quarter life crisis based on Robbins and Wilner's theory (2001), namely a phase of psychological crisis involving uncertainty and anxiety in young adults aged around 18 to early 30s which is marked by seven indicators, namely being hesitant in making decisions, desperate, having a negative assessment of oneself, being trapped in the life that is being lived, anxious about the future, feeling pressured by existing demands and worried about interpersonal relationships (Robbins & Wilner, 2001).

➤ Definition Self Compassion

Self-compassion in general is a form of self-love, specifically self-compassion comes from Buddhist Psychology where Buddhists at that time believed in the importance of having feelings of compassion for oneself and others. In addition, from a western perspective, the meaning of the word compassion itself can be conceptualized as showing compassion for others, so it can be simply concluded that self-compassion means showing compassion or affection for oneself including how someone responds and treats themselves when they have to experience suffering or failure (Neff, Self-Compassion: Theory, Method, Research, and Intervention, 2023).

Neff, one of the figures in positive psychology, describes self-compassion as a person's conscious attitude and sensitivity to the suffering that is being or has been experienced by themselves, facing the suffering experienced, having the desire to resolve the suffering experienced by not running away from the suffering and resolving it in a loving way, responding well to the suffering, shortcomings, or failures experienced by understanding what they are experiencing without judging themselves. Self-compassion is also seen as how individuals can regulate emotions by realizing and understanding the uncomfortable feelings they are experiencing and being able to view these feelings as something human. That way, the negative emotions that are being felt or experienced can be modified to be more positive so that they can help individuals think more clearly and adapt to their situation or environment.

According to Neff (2003), self-compassion is defined as an attitude of caring and kindness towards oneself when facing various difficulties in life or shortcomings in oneself. Self-compassion tends to have self-involved affection such as being kind to oneself and not criticizing oneself, but rather seeing suffering, failure and shortcomings as part of human life in general, and realizing the failures that exist in oneself objectively as a whole, it includes the recognition that weaknesses and disappointments are part of the human experience and every human being will experience them, therefore we ourselves also deserve compassion. Neff (2003) also explains self-compassion as an alternative concept of steps towards a healthy individual without involving self-evaluation.

From the various explanations about self-compassion that have been put forward by Neff (2003), the definition of self-compassion that is used as a reference in this study is self-compassion based on Neff's theory (2003), namely an attitude of attention and kindness towards oneself when facing various difficulties or shortcomings in oneself which is characterized by self-compassion, not judging, seeing problems as universal experiences not the other way around and seeing failure objectively not fixated on negative things.

This attracts researchers to use this definition as the main basis in this study.

III. METHODOLOGY

This research method uses a quantitative model with a data analysis method, namely regression analysis to determine the relationship between the two variables. This regression analysis technique is used to determine the accuracy of predictions and is shown to determine the magnitude of the influence of the independent variables (*independent variable*) that is self compassion on quarter life crisis at emerging adulthood (*dependent variable*). The respondents in this research Indonesian citizen male/female aged between 20-30 years old, researchers refer to determining the number of samples from a certain population developed by Isaac and Michael (1981) with an error rate of 5%. The sample size used was 366 people. In this research, researchers used techniques *non probability sampling* which means the probability that members of the population will be sampled is unknown. Technique *nonprobability sampling* that researchers use is *accidental sampling*.

IV. RESULT AND DISCUSSION

➤ Data Normality Test

This descriptive statistical analysis is used by researchers to see the overall picture of information related to research variables, namely quarter life crisis and self-compassion in research respondents. The following is a general explanation of descriptive statistics of the two research variables.

Table 1 normality Test

Variabel	Range	Minimum	Maksimum	Mean	Median	Modus	SD
Quarter Life Crisis	75	25	100	62.79	64	68	13.59
Self-Compassion	63	36	99	71.79	71	75	9.29

The table above explains data related to range, minimum score, maximum score, mean, median, mode and standard deviation. In the first variable, namely quarter life crisis, the range obtained from respondents as a whole is 75 with a minimum score of 25 and a maximum score of 100. The mean or average score of respondents in the data is 62.79, with a middle score or median of 64 and a score with the highest frequency or mode of 68. For the standard deviation or estimated average deviation of the respondent's score obtained is 13.59. Self-compassion variable, the range obtained overall from the respondent data is 63 with a minimum score of 36 and a maximum score of 99. The mean or average score of respondents in the data obtained is 71.79,

with a middle or median score of 71 and the largest frequency score or mode obtained is 75. For the standard deviation or estimated average deviation of the respondent scores obtained is 9.29.

➤ Correlation Test

The following are the results of the correlation test to determine the relationship between psychological well-being and teacher performance. The analysis used uses the *Pearson's correlation test technique*.

Table 2 Correlation Matrix

Correlation Matrix			
		Quarter Life Crisis	Self Compassion
Quarter Life Crisis	Pearson's r	-	
	Df	-	
	p-value	-	
	95% CI Upper	-	
	95% CI Lower	-	
	N	-	
Self Compassion	Pearson's r	0.181	-
	df	63	-
	p-value	0.131	-
	95% CI Upper	0.416	-
	95% CI Lower	-0.057	-
	N	366	-

Based on the information contained in the table above, it can be interpreted that there is a significant positive correlation between the self compassion and quarter life crisis with $r = 0.181$ ($p < 0.01$). Thus, it can be interpreted that the higher the self compassion score, the lower the quarter life crisis score.

➤ Linear Regression Test

Furthermore, to strengthen the results above, researchers conducted a linear regression test to determine the relationship between self compassion and quarter life crisis. The analysis used uses the Pearson's correlation test technique.

Table 3 Linear Regression

Model Fit Measures				
Model	R	R ²		
1	0.192	0.0367		
Model Coefficients				
Predictor	Estimate	SE	t	p
Intercept	51.271	6.7832	7.58	<.001
Self Compassion	0.1345	0.0874	1.52	0.131
Cook's Distance				
Range				
Mean	Median	SD	Min	Max
0.075	0.00719	0.0353	3.94e-7	0.217

Based on the information contained in the table above, it can be interpreted that there is a significant positive correlation between the self compassion variable and quarter life crisis with $r = 0.192$ ($p < 0.01$). Thus, it can be interpreted that the higher the self compassion score, the lower the quarter life crisis score.

V. CONCLUSION

The conclusion of this research is that self compassion has a significant influence on quarter life crisis with scores $R = 0.192$ ($p < 0.01$). The results of the study showed that someone who has high self-compassion tends to be better able to overcome the quarter-life crisis. With an understanding attitude towards oneself, individuals can accept imperfections, manage negative emotions better, and reduce feelings of anxiety and stress that often arise in this phase. Self-compassion also helps someone to be less harsh on themselves and focus more on personal growth, so that they can go through the quarter-life crisis more calmly and confidently.

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