

**EKSISTENSI THE EXISTENCE OF QUARTER LIFE QRISIS
PHENOMENON IN YOUNG ADULTS ON MENTAL HEALTH PRE-
COVID-19 AND DURING COVID-19 IN THE COMMUNITY OF THE
CITY OF PAREPARE**

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ABSTRACT

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The formulation of the problem in this study are; (1) What is the impact of the quarter- life crisis, on adulthood before and before the pandemic; (2) How do the quarter-life crises in early adulthood affect mental health; (3) The effect of the Workshop on people who feel lost and even experience a quarter-life crisis. The aims of this study were: (1) to find out how the impact of the quarter-life crisis in early adulthood and before the pandemic; (2) Knowing the impact of the quarter-life crisis in early adulthood on mental health; (3) Knowledge of the influence of the Workshop on people who feel lost and even experience the Crisis of a quarter of life. The benefits of this research. This type of research is exhibition fact research. The results showed that there was an effect of the quarter-life crisis on the prevention of Covid-19 in the people of Pare-Pare City as indicated by the value of Sig. $0.002 < 0.005$ and there is an effect of a quarter of life crisis on mental health in the people of Pare-Pare City with a value of Sig. $0.014 < 0.05$.

KEYWORDS:

Quarter Life Crisis, Mental Health, Covid-19

INTRODUCTION

Human life has several stages, starting from childhood, adolescence, old age or old age. The journey of each period has different obligations and demands for each individual. With age, these demands will be more and more. Reactions that appear with age at each period of each individual will be different. Starting from enthusiasm, fear to worry.

Some individuals can overcome this phase and move on with their lives, but some individuals are confused and need help finding solutions to get through the teenage phase to adulthood. Individuals who have not made it through this phase are very likely to experience a sense of heaviness and difficulty, feel helpless, not confident in their abilities and have a fear of failure. This condition is known as a quarter-life crisis which greatly affects the mental health of every individual.

According to Atwood and Scholtz in Putri (2019), the quarter-life crisis that occurred in your 20s began to emerge in the early 19th century. At that time, there was a fairly rapid technological progress that led to globalization and an increasing standard of living, not to mention increasing individual competition. Young adults in their 20s are forced to comply with the demands placed on the people, because many of these demands make individuals feel confused to choose which one to do.

As a result, many become stressed and feel burdened. Therefore, it is necessary to understand more about the quarter-life crisis so that people who experience it are prepared, and can take care of themselves so that mental illness does not appear. Mental health certainly plays a big role in

this, plus the pandemic that has been endemic since 2019 until now.

The emergence of this epidemic has caused many workers to have to work from home and many workers are subject to unilateral termination or layoffs. This makes people more confused in living life. Thus, it is important for researchers to find out more information about the comparison of the conditions of people who are experiencing a quarter of life crisis both before the pandemic and after the pandemic.

Furthermore, to reduce the potential for adverse effects such as the disruption of daily activities that have the potential to interfere with mental health, a mental health workshop will be held together with partners.

RESEARCH METHODS

This research is a quantitative research that uses an *expost facto* research approach which is a process or steps to improve research that has been done previously and can be accounted for. In general, this research aims at compiling and developing and applying the field of science as a program to improve mental health in young adults in the city of Parepare. In this study there are

2 (two) variables, namely the independent variable and the dependent variable, namely: The independent variable is Quarter Life Qrisis in Young Adults and

“EKSISTENSI THE EXISTENCE OF QUARTER LIFE QRISIS PHENOMENON IN YOUNG ADULTS ON MENTAL HEALTH PRE-COVID-19 AND DURING COVID-19 IN THE COMMUNITY OF THE CITY OF PAREPARE”

the dependent variable is Mental Health Pre-Covid-19 and During Covid-19

This research was conducted in the city of Parepare, South Sulawesi. The population in this research is young adults who do not have permanent jobs who will be the respondents for quantitative data collection. The time of the study was carried out from March to October 2022. Sample

The sampling technique used purposive sampling with consideration of time, effort and cost limitations with a large and large population tends to be difficult and impossible to obtain.

data collection is carried out

This sampling method, the researcher uses or refers to the opinion of Malhotra in Jogiyanto (2013), which says that the number of samples is determined by 5 to 10 times the number of indicators so that the number of samples is 56 indicators x 5 = 300 respondents, the respondents were taken disproportionately in 5 health centers Pare- pare region.

Descriptive Statistical Analysis

The data analysis technique used in this research is descriptive statistical technique and inferential statistics. Measuring the score of the questionnaire data is calculated using a Likert scale measurement scale. With categories strongly agree (SS), Agree (S), Disagree (TS), Disagree (KS) and Strongly Disagree (STS).

1. Inferential Statistical Analysis

In the inferential statistical analysis, several tests were carried out, namely the prerequisite analysis test which consisted of normality, linearity and

hypothesis testing. The hypothesis test in this study is a simple linear regression test because there are only two variables used in this study. Simple linear regression will give results regarding the significance and correlation coefficient

RESEARCH RESULTS AND DISCUSSION

1. Research result

This research was conducted in the city of Parepare, South Sulawesi. The population in this research is young adults who do not have a permanent job who will be the respondents for the collection of quantitative data. The time of the study was carried out from March to October 2022. The results of this study are the answers to the problem formulations that have been previously determined and aim to determine how the impact of the quarter life crisis, in early adulthood before and after the pandemic, determine the effect of the quarter life crisis on early adulthood on mental health, Knowing the impact of the Workshop on people who are feeling lost and even experiencing a quarter-life crisis. Collecting data in this study is by

distributing	questionnaires	Or
questionnaires,	interviews	And
observations		

A. Prerequisite Test

Regression Model 1 (Effect of a Quarter Life Crisis on Covid-19 Prevention)

“EKSISTENSI THE EXISTENCE OF QUARTER LIFE QRISIS PHENOMENON IN YOUNG ADULTS ON MENTAL HEALTH PRE-COVID-19 AND DURING COVID-19 IN THE COMMUNITY OF THE CITY OF PAREPARE”

1.) Normality Test

	N	Sig. (2-tailed)	Description
	100	0,311	Normal distribute

A good regression will give a normally distributed residual value. The basis for making the decision on the Kolmogrov Smirnov normality test is if the significance value is >

0.05. Then the data is normally distributed. If the significance value is < 0.05 then the data is not normally distributed. Based on the basis for making these decisions, the data is normally distributed because the value of Sig. (0.311) >0.05.

2.) Heterosc edasticity Test

Variabel	Sig.	Description
Quarter Life Crisis	0.536	Not occur Heteroscedasticity

Based on the Heteroscedasticity test table above, the Sig value is obtained 0.536. On the quarter-life crisis variable. Therefore the value of Sig. > 0.05 so there is no heteroscedasticity.

3.) Linearity Test

	Sig. Linearity	Description
Prevention of Covid 19* Lives a Quarter Crisis Linearity	0,002	Linear

The basis of decision making for linearity test is if the value of Sig. Literacy <0.05 then there is a linear relationship between the variables.

Independent with the dependent variable, and if the value of Sig. literacy > 0.05 then there is no linear relationship between the independent variable and the dependent variable. Based on the table above, it is known that the value of Sig. literacy < 0.05 so there is a linear relationship.

Regression Model II (Effect of a quarter life crisis on Mental Health)

1.) Normality test

	N	Sig. (2-tailed)	Description
Unstandardized	100	0,065	Distribute Normal

The normality test aims to determine whether the residual value is normally distributed or not. A good regression model will provide a normally distributed residual value. The basis for making the decision on the Kolmogrov Smirnov normality test is if the significance value is >0.05 then the data is normally distributed and if the significance value is < 0.05 then.

“EKSISTENSI THE EXISTENCE OF QUARTER LIFE QRISIS PHENOMENON IN YOUNG ADULTS ON MENTAL HEALTH PRE-COVID-19 AND DURING COVID-19 IN THE COMMUNITY OF THE CITY OF PAREPARE”

2.) Heteroscedasticity Test

Variable	Sig.	Information
Krisis seperempat	0.764	There is no Heterostesdascity

3.) Linearity Test

	Sig. Linearity	Description
Mental Health * Quarter Life Crisis	0,005	Linear

The basis of decision making for linearity test is if the value of Sig. literacy < 0.05 then there is a linear relationship between the independent variable and the dependent variable, and if the value of Sig. literacy > 0.05 then there is no linear relationship between the independent variables with the dependent variable. Based on the table above, it is known that the value of Sig. <0.05 so there is a linear relationship.

B. Hypothesis Test

Regression Model I

1.) Simple Linear Regression Equation.

Model	B	Std. Error
Constanta	29.962	9,586
X	0,287	0,092

Based on the results of the SPSS 22 print out, the coefficients in the regression calculation above are

obtained, and then the regression equation becomes:

$$Y_1 = 29,6 + 0,287 X$$

Based on the equation above, it is known that the constant value is 29.6 mathematically; this constant value states that during a crisis, a quarter of life has a value of 0, so the prevention of COVID-19 has a value of 29.6. Furthermore, the value of 0.28 contained in the regression coefficient of the quarter life crisis variable illustrates that the direction of the relationship between the independent variable X and the dependent variable Y1 (covid-19 prevention) is positive, where every one unit increase in the Quarter Life Crisis variable will cause an increase of 0.28.

4.) Partial Test

Model	Sig.	t count	Description
Quarter life crisis	0,002	3,112	Take Effect

The significance value of the variable Quarter Life Crisis (X) of 0.002 < (0.05). This means that the Quarter Life Crisis has an influence on preventing COVID- 19. In addition, the value of t count (3.112) > t table (1.984) it is concluded that H0 is rejected so that there is an effect of the Quarter Life Crisis on the prevention of covid 19.

Regression Model II

1.) Persamaan Regresi Linear sederhana

“EKSISTENSI THE EXISTENCE OF QUARTER LIFE QRISIS PHENOMENON IN YOUNG ADULTS ON MENTAL HEALTH PRE-COVID-19 AND DURING COVID-19 IN THE COMMUNITY OF THE CITY OF PAREPARE”

Model	B	Std. Error
Constanta	60,227	11,815
X	0,283	0,114

Based on the SPSS printout

22 the coefficient obtained in the regression calculation above, then the regression equation becomes:

$$Y_2 = 60,227 + 0,283 X$$

Based on the above equation, it is known that the constant value is 60.227 mathematically; this constant value states that at the time of crisis, one quarter of life has a value of 0, so mental health has a value of 60.227. Furthermore, the value of 0.283 contained in the regression coefficient of the crisis variable of a quarter of life illustrates that the direction of the relationship between the independent variable X and the dependent variable Y₂ (mental health) is positive, where everyone unit increase in the crisis variable of a quarter of life will causing an increase of 0.283

2) Partial Test

Model	Sig.	t count	Description
Quarter life crisis	0,014	2,490	Take effect

The significance value of the variable Quarter Life (X) crisis of $0.014 < (0.05)$. This means that the Quarter Life crisis has an impact on mental health. In addition, the value of t arithmetic ($2.490 > t$

table (1.984) it is concluded that H₀ is rejected so that there is an effect of the crisis of a quarter of life on mental health.

5.) Coefficient of Determination

Regression Model I

Model	R	Square R
1	0,300	0,090

The value of the coefficient of determination or Square R is 0.090, which means that the quarter-life crisis variable has an influence on the prevention of COVID-19 by 9% while the rest is influenced by other variables not included in this study.

Regression Model II

Model	R	R Square
1	0,244	0,060

The value of the coefficient of determination or R square is 0.060, which means that the quarter-life crisis variable has an effect on mental health of 6% while the rest is influenced by other variables not included in this study.

2. Discussion

a) The Impact of the Quarter Life crisis on Covid-19 Prevention

“EKSISTENSI THE EXISTENCE OF QUARTER LIFE QRISIS PHENOMENON IN YOUNG ADULTS ON MENTAL HEALTH PRE-COVID-19 AND DURING COVID-19 IN THE COMMUNITY OF THE CITY OF PAREPARE”

Based on the results of the study, it shows that there is an effect of the quarter life crisis on the prevention of Covid-19 which is indicated by the value of Sig. $0.002 < 0.005$. This can happen because someone who experiences anxiety in his life will find it increasingly difficult to overcome other problems. Karpika and Ni Wayan (2021) further explained that the characteristics of a person who experiences a quarter of life crisis are having confusion between expectations and the reality that occurs. In the phase of someone experiencing confusion, and then coupled with the state of the world with the covid-19 outbreak, it can make individual terse but semakin tertekan dan tidak melakukan hal-hal yang dapat menurunkan peningkatan covid-19.

b) The Impact of the Quarter Life Crisis on Mental Health

The results of the inferential analysis show that there is an effect of a quarter life crisis on mental health with a Sig value. $0.014 < 0.05$. This can happen because of the crisis conditions for a quarter of life due to new challenges that must be faced both in the world of education and work, which when the crisis conditions are not handled it will result in mental health which reaches 86% of individuals in that phase can experience loneliness and depression. (Mahmud et al., 2021).

The effect of the quarter-life crisis is further explained by Herawati and Ahmad (2020) that at the age of 20-30 years there are many stress factors so that the individual finds it difficult and even gets stuck in thinking about whether or not life will be good in the future. In this phase it will be difficult to regulate their emotions, and it will be difficult to live in the world so that it has an impact on their mental health.

The presence of the Covid-19 pandemic has an unusual impact on human life in several aspects, even affecting a person's physical and mental condition. Brooks et al. (2020) states that the psychological impact experienced by a person since the presence of the covid-19 outbreak, namely post-traumatic stress disorder, confusion, anxiety, frustration, fear of affection, insomnia and lack of sleep. Have a zest for life even to the point of xenophobia and even suicide. In line with this, Rizki et al., (2021) stated that with the COVID-19 pandemic, is strongly associated with decreased mental health. This is due to the lack of activities outside the home that can trigger boredom and depression. Someone who has a healthy mentality is not certain to be free from mental disorders that may occur, because they cannot also be free from feelings of anxiety and guilt.

c) Implementation of the Workshop

Due to the serious impact of someone experiencing a quarter of life crisis, especially during the COVID-19 pandemic, a solution is needed to immediately overcome this. According to Azania and Naan (2021) that mental health can be pursued in several ways, namely:

1) Attention. This state is the condition of a person who is not bound by past thoughts and does not plan for the future.

“EKSISTENSI THE EXISTENCE OF QUARTER LIFE QRISIS PHENOMENON IN YOUNG ADULTS ON MENTAL HEALTH PRE-COVID-19 AND DURING COVID-19 IN THE COMMUNITY OF THE CITY OF PAREPARE”

2) Guided Imagery. This situation makes a person to form an imagination that makes him happy.

3) Self-Talk. Talking to you in good words can influence what we think.

4) Expressive writing. Calm the mind by doing other things such as pouring out problems in writing.

The above efforts can be carried out through the provision of mental health education such as mental health workshops that can be held together with partners. Through the workshops, the level of crisis of a quarter of life or mental health will be obtained by using interviews and questionnaires at early adults. The purpose of the workshop was to describe the crisis of a quarter of life and its effect on mental health.

CONCLUSION

Paying attention to the theoretical study and the results of the data analysis that have been described previously, it is formulated.

Some research conclusions as follows:

1. There is an effect of the Quarter of Life crisis on the prevention of covid-19 in the people of Pare-Pare City.
2. There is an effect of the quarter life crisis on mental health in the people of Pare-Pare City.

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“EKSISTENSI THE EXISTENCE OF QUARTER LIFE QRISIS PHENOMENON IN YOUNG ADULTS ON MENTAL HEALTH PRE-COVID-19 AND DURING COVID-19 IN THE COMMUNITY OF THE CITY OF PAREPARE”

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