



## Quarter Life Crisis Shape of Inconsistency of Generation Z Facing Students' Self Maturation

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### Abstrak

Seiring dengan dampak yang diterima Indonesia menuju Golden era pada tahun 2045, muncul fenomena-fenomena yang dianggap dampak dari keberuntungan yang didapatkan. Fenomena yang tengah marak adalah quarter life crisis. Wilner dan Robbin (2001) mengungkapkan pertama kalinya konsep quarter- life crisis ke media dari sebuah proses studi yang terdiri dari wawancara mendalam dengan anak muda Amerika tentang pengalaman dan pengalaman mereka. Pendekatan penelitian yang digunakan adalah pendekatan kualitatif dengan Metode yang digunakan adalah Teknik pengumpulan data terdiri dari: studi literatur Penelitian ini menggunakan metode penelitian kepustakaan. Dengan mengumpulkan data kepustakaan, membaca, dan mencatat serta mengolah bahan penelitian. Peneliti berhadapan langsung dengan teks atau data yang ada dan tidak melakukan penelitian lapangan. Dalam menyusun artikel, peneliti menggunakan data pustaka dari berbagai sumber seperti buku, jurnal, artikel, website resmi, dan sumber internet lainnya berupa materi utama mengenai Quarter Life Krisis disebabkan oleh 2 (dua) faktor penyebab, yaitu : (1). Faktor dari dalam diri, (2). Faktor dari luar diri. Persiapan diri sangat penting dilakukan agar terhindar dari masa Quarter life crisis akut, yaitu dengan membekali diri dengan softskill untuk pengembangan skill dalam diri dan selalu memposisikan diri di lingkungan positive.

**Kata Kunci:** *Quarter Life, Inkonsistensi, Generasi Z, Peserta didik*

### Abstract

*Along with the impact received by Indonesia towards the Golden era in 2045, there are phenomena that are considered the impact of luck obtained. The phenomenon that is*

currently rife is the quarter life crisis. Wilner and Robbin (2001) revealed the concept of quarter-life crisis to the media for the first time from a study process consisting of in-depth interviews with young Americans about their experiences and experiences. The research approach used is a qualitative approach with the method used is a data collection technique consisting of: literature study This research uses literature research methods. By collecting literature data, reading, and recording and processing research materials. Researchers deal directly with existing texts or data and do not conduct field research. In compiling articles, researchers use library data from various sources such as books, journals, articles, official websites, and other internet sources in the form of main material about Quarter Life Crisis is caused by 2 (two) causative factors, namely: (1). Factors from within, (2). Factors from outside oneself. Self-preparation is very important to avoid the acute Quarter life crisis, namely by equipping yourself with soft skills for skill development in yourself and always positioning yourself in a positive environment.

**Keywords:** Quarter Life, Crisis Shape, Facing Student, Self MAuration

## Introduction

Indonesia is flooded with productive human resources (HR), especially for early adults entering the age of 20-30 years. A quarter-life crisis is most likely to occur in early adulthood, around the age of 20-35 years. The crisis of a quarter of life experienced leads people to difficult times, which gives rise to emotional crises and influences the emergence of anxiety [1]. This coincides with the results of a study by Nicole & Carolyn (2010) concluding four groups of early adulthood The highest level of fear in the Quarter Life Crisis phase is individual undergraduate students [2], who are productive and established forces.

Indonesia's demographic bonus as already mentioned, Indonesia's position is very profitable. In 2020-2030, Indonesia must get a demographic bonus. That is, the total age of the labor force between 15 and 64 years will reach 70% and 30% of those who are not of working age (14 years and under 65 years). That is, in the next 3-13 years, Indonesia will have many human resources that have reached the peak of their productive age. The productive age rose to 180 million, while only 60 million people Which is nproductive[3]. Why is this productive age important?

Because it has an impact on people's welfare. When the level of productive population is high, the dependency ratio of the population is low. The population dependency ratio is the level of productive population that supports non-productive residents (elderly and children). From this figure, the dependency ratio is estimated at 44 per 100 productive population. The abundance of working-age population is an asset because it can encourage economic growth to a higher level. The effect is also an increase in general social well-being.

Seeing the facts about Indonesia's human resources, especially its workforce, it would be nice if all parties, except of course the government, take advantage of the demographic bonus opportunities that will arise soon. It is conceivable that if the number of educated Indonesian workers increases in the coming years, it is not impossible that Indonesia will dominate the world economy. Indonesia not only dominates the labor market with demographic growth, but also does not lose its domestic market with a large population. In other words, the large number of highly qualified workers creates many jobs in the country, opens various business opportunities and absorbs labor. People not only become consumers of

various foreign products, but also become producers of various goods and services at home and abroad.

Along with the impact received by Indonesia towards the golden era in 2045, there are phenomena that are considered the impact of luck obtained. The phenomenon that is currently rife and becoming a discussion is the quarter life crisis. Wilner and Robbins (2001) first introduced the concept of quarter-life crisis to popular media from a study consisting of in-depth interviews with American youth about their experiences and experiences of stressors. A quarter-life crisis according to Robbins & Wilner (2001) is a term for a crisis phase that occurs in a quarter of a person's life, that is, in their twenties, when people constantly doubt their future, and usually occurs . . . in so-called Emerging adulthood. that occurs between the ages of 18 and 25, a period synonymous with the exploration of identity, instability, opportunity, selfishness, and parental conflict [4]. Fischer (2008) further explains that quarter life crisis is anxiety, fear of the future of the next life, identity confusion and disappointment with something that can provoke a reaction in the form of stress and even depression that occurs when a person reaches the age of 20 years[5] defines a quarter life crisis as a period when individuals realize and fulfill the desires, dreams and expectations of parents, build careers, form appropriate identities, be part of a group or community, commit to deciding want a partner, adapt to the social environment and develop emotional stability. The phenomenon that

Fear, confusion, and uncertainty about the future. According to [6] Early adulthood is marked by the emergence of experimental and exploratory behavior. Five characteristics of individuals entering early adulthood, namely the emergence of

identity exploration, instability, self-focus, feeling in a transitional period, and a list of possibilities. Changes that occur have a positive and negative impact on individuals, such as emotional instability which results in anxiety, uncertainty, confusion, fear, and lack of self-confidence. So the assumption that adulthood is beautiful has become a myth for the Twenty Something circle.

### Method

The research approach used is a qualitative approach with the method used is a data collection technique consisting of: literature study This research uses literature research methods. By collecting literature data, reading, and recording and processing research materials. Researchers deal directly with existing texts or data and do not conduct field research. In compiling articles, researchers use library data from various sources such as books, journals, articles, official websites, and other internet sources in the form of main material about Quarter Life Crisis, and Society 5.0. From searching for the data needed, researchers took data from various sources on the internet with the keywords "Quarter Life Crisis" and "Society 5.0" and the results turned up various kinds of articles on websites, news, articles, journals, books, and others. Researchers review and process every data obtained for suitability with the topic being studied

### Result And Discussion

In 2022 in (Amanda Permatasari, 2022) The latest data from We Are Social and Hootsuite shows that YouTube has become the most active social media platform in Indonesia (88%), followed by Facebook (82%) and Instagram (79%). In comparison, WhatsApp (84%) has become the most active messenger or chat application (88%), followed by Line (50%)

and Facebook Messenger (50%) (Kemp, 2020). From the data above, we can conclude that social media platforms and their content have a significant effect on the lives of Indonesian youth.

The concept of society 5.0 allows the use of modern science (AI, Robots, IoT) for human needs with the aim that humans can live comfortably. The results of research obtained through literature studies there is a correlation related to anxiety. In research conducted by

[7] from a total of 65 sample participants, 26 participants (40%) had experienced a quarter life crisis, as many as 15 (23%) participants were experiencing a quarter life crisis, as many as 13 (20%) participants had probably experienced and with 11 other people or equivalent (17%) different reasons. Then another proof is also proven by Dr. Oliver Ribonson (2018), researcher and lecturer in psychology at the University of Greenwich in London, who grouped the Quarter Life Crisis into four phases including: The first level or stage, a person feels trapped in space, and education, work, relationships, or all three. He felt himself in this situation Falling and it is not easy to get out of the area. The second stage, at this stage the person feels more able to change the original state if he understands his vulnerable position, he will strive to achieve his goals and change something for the better. Be careful where you step because if you fail this step, go back to the first step. The third stage, at this stage arises the desire to start a new life. That is what happens when a person manages to achieve his life goals. For example, when successfully completing a degree brings relief, pride and satisfaction can be seen from the success of the final stage of lectures. It did not last long because later he felt the need to develop a higher search spirit dream job or continue his studies to a higher level, The fourth

stage is the initial stage of commitment to education, work or married life At this stage, the individual is ready to face challenges and a new life his whole life.

In [8] raising, Yulius Stevan in his book Quarter Life Crisis, 2019 states that quarter life crisis has phases, as follows: (1). The crisis begins, the crisis begins when the individual feels bored with what is done at that time. When the individual is stuck in a routine, thus making the individual become desperate, (2). Time out, Time to rest for a while. At this time the individual tries to avoid reality and it is difficult to start over. Because of the fear of failure, (3). Separation, when the individual feels incompatible with what he is doing and decides to leave it just like that, even though there are no plans for the future, (4). Exploration, where individuals try to return to reality by trying to explore and re-recognize the character of themselves and Passion owned before choosing an option, (5). Re-building, the individual has already risen and begins to determine his goals again.

Quarter life crisis is caused by 2 causative factors, namely: (1). Factors from within, (2). Factors from outside the self. Factors from within are the main factors in the emergence of quarter life crisis problems, (1). it occurs when individuals do not really know who and how they are, (2). there is no motivation, individuals often experience conditions of absence of motivation. There is not even a desire to do his hobbies or hobbies, (3). Often comparing themselves to others, this sense is often found when individuals feel what they have or what they do is less compared to others. In addition to factors from within, factors from outside oneself also have a great influence on the occurrence of a quarter life crisis in a person, including: (1). depressed by the environment, in addition to factors from within the

environment also have a strong contribution to individuals who experience a quarter life crisis, (2). Feeling that they have no achievements, a person sometimes feels that he has no achievements, feels that he has not done something to be proud of and feels that he is just walking in place. (3). fear of getting out of the comfort zone, (4). Afraid of future lives, some people experience conditions that do not dare to live in the future, some are actually excited in facing their future [9]. Therefore, there is a need for goals and achievements to be achieved in life. Having a goal helps give a person a clear direction. When the individual does not have a clear goal, it causes anxiety, fear of failure, unwillingness to realize his dreams and a feeling that it is too late to achieve his dreams. Believing in dreams and goals increases fear. 2. Improve skills The ability to perform tasks and various activities effectively and efficiently. Acquiring a variety of useful skills to perform better can boost your career and provide an opportunity to earn a better income. Overall, developing and improving skills is a key factor in personal and professional development. Skills are things that are beneficial to an individual's life, with the help of skills a person can interact with the social environment and exercise good self-control. So it is important for individuals to deal with different life situations, be it soft skills or hard skills. Motivate as an additional source of energy that helps individuals raise morale. Some of the reasons why motivation is important in life, namely the ability to motivate individuals to achieve their goals, create and generate positive energy, increase productivity, the ability to improve personal well-being, the spirit of achievement and the ability to fulfill commitments, to face the conditions faced in the crisis phase. Quarter Life Crisis

It can be overcome by turning a crisis situation into a turning point for a better life, committing to setting clear life goals, improving skills to achieve those goals, and offering motivation and positive hope for the desired future.

### Conclusion

Early adulthood is a transitional period for developmental tasks. Quarter life crisis is a thing that is a life that must be faced in early adulthood, which is a bridge connecting a person's readiness to become an adult. Self-preparation is very important to avoid the acute Quarter life crisis, namely by equipping yourself with soft skills for skill development in yourself and always positioning yourself in a positive environment.

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