



## Quarter-Life Crisis: Dealing with a Reality that Doesn't Align with Expectations and Aspirations

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### ABSTRACT

Quarter life crisis occurs when a person reaches the age of 18 to 29 years. A person will begin to find it difficult to face the world, find it difficult to control their emotions, and begin to question whether the life they are living is the right life. So there is a need for more information about the quarter life crisis. One solution that can be considered is to provide information and disseminate it so that individuals recognize and understand how to respond to the quarter life crisis by using posters. The research method used in this research is qualitative with a survey of Instagram posts with the characteristics of respondents, namely people aged 20 years and over who have Instagram and see posts that researchers have posted on the Instagram page. The instrument used was in the form of an Instagram post containing the meaning, characteristics and factors causing the quarter life crisis which were then analyzed using descriptive analysis. The results of this research show that the majority of respondents are experiencing a quarter life crisis. It is hoped that with this post about the quarter life crisis, they will be able to realize that they are experiencing a quarter life crisis and can face the appropriate measures.

### KEYWORDS

Quarter Life Crisis, Poster, Instagram

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## INTRODUCTION

Every human being goes through complex stages of development throughout his life. Starting from childhood, adolescence, and adulthood, to advanced stages of development. Each stage of development has characteristics, tasks, demands, and challenges that must be met by individuals (Muhammad Syifa'ussurur et al., 2021). One of the stages of development that humans go through is the transition period from adolescence to young adulthood. This early adult period is called emerging adulthood, which occurs between the ages of 18 and 25 years. During emerging adulthood, individuals will begin to solve their problems, explore the environment and lifestyle, and build relationships (Huwaina & Khoironi, 2021). Apart from that, early adulthood is an opportunity for individuals to seek and take advantage of opportunities that will help them improve themselves, build relationships, broaden their horizons, and hone their special skills (Permana & Astuti, 2021).

Early adulthood is a period of exploration full of problems, emotional tension, social isolation, as well as changes in values and lifestyle adjustments. The first years of adulthood bring new challenges that require responsibilities that individuals must face. During this period, humans experience various physical, cognitive, and psychosocial-emotional changes to develop an increasingly mature and wise personality (Muhammad Syifa'ussurur et al., 2021). According to Atwood & Scholiz (in Black, 2010), people experience negative reactions and emotional crises in early adulthood. The psychological crisis that occurs in people in their 20s is characterized by feelings of helplessness, isolation, doubt about one's abilities, and fear of failure, this condition is called a quarter-life crisis.

The quarter-life crisis or quarter-century crisis was coined by Robbins and Wilner in 2001 based on the results of a survey they conducted among young people in America with the nickname "twentysomethings". From the results of the study they conducted, they concluded that the quarter-life crisis is a feeling that occurs when a person reaches the age of 18 to 29 years. In this situation, a person experiences fear and anxiety about their future life related to work, education, finances, romantic relationships, and social relationships, which can then cause depression and other psychological disorders (Robbins & Wilner, 2001).

Based on a brief description and the results of studies from several experts, it can be concluded that the transition period from adolescence to young adulthood is a complex thing that can bring about various changes in individuals, ranging from physical changes to psychological changes. Many things become stressors that cause various challenges and disorientation in adult life. Individuals begin to find it difficult to face the world, have difficulty controlling their emotions, and begin to question whether the life they are living is the right life. Based on the facts that have been described, there is a need for more information regarding the quarter-life crisis. Posters are one solution that can be considered to provide information and disseminate it so that individuals recognize and understand how to respond to the quarter-life crisis.





## MATERIALS AND METHODS

The research method used was qualitative with an Instagram post-survey. The choice of this research method was an Instagram post-survey approach to research people aged 20 years and over who experienced a quarter-life crisis. This qualitative research uses humans as research instruments. The population in this study has specific characteristics and has the same opportunity to choose from as the research sample. The research team involved respondents, namely people aged 20 years and over who had Instagram, and looked at the posts that had been posted with a sample size of 85 respondents. This research was carried out to find out how the quarter-life crisis affected respondents. Data collection will be carried out in October 2023.

The instrument used in this research is in the form of an Instagram post containing the meaning, characteristics, and factors that cause the occurrence of a quarter-life crisis which is mostly experienced by everyone aged 20 years and over. The data collection method is primary data, which is obtained from the results of views on Instagram posts which show the characteristics and factors that cause a quarter-life crisis in people aged 20 years and over. Analysis The data used is descriptive analysis to describe the magnitude and distribution of events. All the data that has been collected is then analyzed to describe the many events that have occurred in the field and then presented in the form of diagrams, graphs, and narratives.

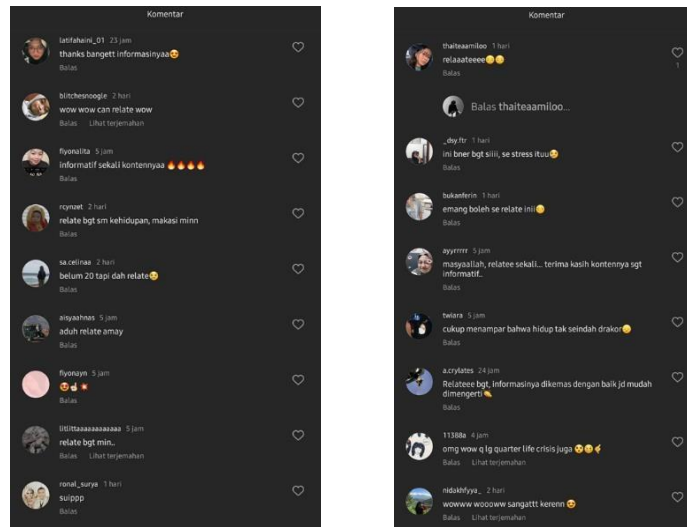
## RESULTS AND DISCUSSION

Based on data analysis and interpretation, the results showed that engagement an instagram post comments of all the people who saw our content about a quarter-life crisis.

Table 1. Engagement an instagram post of all the people who saw our content about a quarter-life crisis

Engagement	Total
Impressions	290
Accounts reached	166
Likes	83
Comments	18
Shares	24
Saves	3





Figures 1. Comments an instagram of all the people who saw our content about a quarter-life crisis

Of all the people who saw our content about a quarter-life crisis, some of them felt. Some are not yet 20 years old but have experienced a quarter-life crisis, and some feel depressed when experiencing a quarter-life crisis until some comment that the content we create is informative and provides new information for them. Besides, some comment that the posts we present are well organized so that information is easily conveyed to the audience.

Quarter life crisis is a condition where a person experiences a crisis such as experiencing doubts in making decisions, feeling hopeless, having a negative assessment of themselves, feeling stuck in the life they are living, feeling anxious and worried about the future, being stressed by demands, and having worries about interpersonal relations (Robbins & Wilner, 2001). The results of research with 84 respondents showed that the majority of respondents were experiencing a quarter life crisis. This is proven by 18 comments on the researcher's Instagram post which stated that they really related to the post. Respondents felt related because they felt that they were feeling and facing the characteristics of someone in the quarter life crisis phase. This condition is certainly not a good thing considering how much impact a person feels if they are unable to get out of the crisis they are facing. Those who are trapped in this crisis will feel helpless and feel inferior regarding their long-term plans and life goals (Artiningsih & Savira, 2021).

One of the factors that causes a person to experience a quarter life crisis in early adulthood is a mismatch between expectations and reality in the context of work, love and social relationships. Someone's high hopes for something is a bad start because we don't know what kind of reality we will find and face. If the reality is inversely proportional to expectations, there will be a feeling of being trapped in an unwelcome situation, a feeling of panic and frustration because they are not prepared to face a reality that turns out not to be in line with expectations (Novita Siswanti et al., 2023).



In the researcher's Instagram post, several respondents also commented on how informative the post was. This certainly provides them with information regarding the definition, characteristics and causes of someone experiencing a quarter life crisis in a clear and concise manner. The researcher's Instagram posts have also been delivered to 166 accounts with an age range of 20-29 years. It is hoped that by conveying this post about the quarter life crisis, they can realize that they are experiencing a crisis and can face and overcome it with appropriate efforts so as not to have a bad impact on the individual because the quarter life crisis can make the individual feel uncomfortable, lonely, and depression in their lives thus affecting the productive level of each individual (Dwisani Manurung et al., 2023).

## CONCLUSIONS

From the results of evaluating the content of Instagram posts, some are not yet 20 years old but have experienced a quarter-life crisis, and some feel stressed when experiencing a quarter-life crisis, so some comment that the content we create is informative and provides new information for them. The results of Instagram content insight research with 84 respondents showed that the majority of respondents experienced a quarter-life crisis. This is proven by the existence of 18 comments on the researcher's Instagram post which stated that they were truly related to the post. Respondents felt related to the researcher's Instagram post because they felt they were feeling and facing the characteristics of someone who is in the quarter-life crisis phase.

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## Conflict of Interest

The authors declare no conflict of interest

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