

# The Relationship Between Psychological Well Being And Quarter Life Crisis In Fresh Graduate University Of Muhammadiyah Sidoarjo

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# Introduction

Fresh graduate is a term used to describe individuals who have just completed a diploma or bachelor's degree and are preparing to enter the workforce with no prior professional experience.

**Var Y:** Quarter life crisis is a state of panic, triggered by feelings of loss and uncertainty that individuals face as they make choices about careers, finances, living arrangements, and relationships (Mercy, 2023). Robbin and Wilner explained that quarter life crisis consists of seven aspects, namely anxiety, indecisiveness to make decisions, hopelessness, being trapped in difficult situations, low self-assessment, depression, and worry about interpersonal relationships (Siswanti, et al 2024).

**Var X:** Psychological well-being is a condition in which a person is able to accept himself and his life experiences, develop personally, establish healthy relationships with others, find meaning and purpose in life, make decisions independently, and manage his environment and life effectively (Lybia, et al 2024).

## **Purpose:**

This study aims to understand more about the relationship between quarter life crises and psychological well being in fresh graduates, who are a relatively new group entering the workforce and have unique needs and challenges.

# Research Question (Problem Formulation)

Is there a relationship between psychological well being and quarter life crisis in fresh graduates of Muhammadiyah Sidoarjo University?

**Hypothesis:** There is a relationship between psychological well being and quarter life crisis, so that the greater the psychological well being received, the smaller the degree of quarter life crisis a person feels. Conversely, when psychological well being, the magnitude of quarter life crisis that a person feels will be greater.

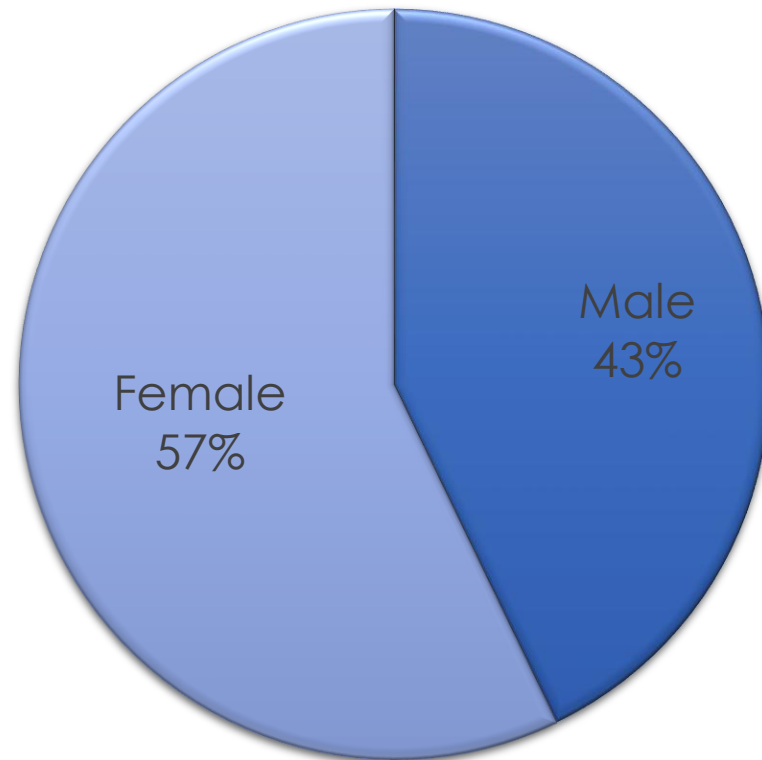
# Method

Type of research	: Correlation with quantitative
Population	: Fresh Graduate University Of Muhammadiyah Sidoarjo
Sample	: 279 (Referring to the table developed Isaac & Michael)
Sampling technique	: Accidental Sampling
Data collection technique	: Psychological scale with likert scale measurement
Data analysis	: Correlation

# Results and Discussion

## Analysis Deskriptif

Characteristic Frequency



The most respondent are female with a percentange of 57%.Quarter life crisis owned by respondentis included in the medium category with of 81 male and 108 female.

# Results and Discussion

## Pearson's Correlations

Variable	Psychological Well Being	Quarter life crisis
1. Psychological Well Being	Pearson's r — p-value —	
2. Quarter Life Crisis	Pearson's r -0.884 p-value < .001	— —

The hypothesis test results using Pearson correlation or product moment analysis obtained  $r = -0.884$  and  $p < 0.001$  ( $<0.05$ ). This indicates a substantial negative correlation between Psychological Well-Being and Quarter life crisis among fresh graduates University of Muhammadiyah Sidoarjo, meaning that the higher the Psychological Well-Being, the lower the level of quarter life crisis. Since the p-value is  $< 0.05$ , this relationship is statistically significant. Therefore, the hypothesis in this study can be accepted.

# Conclusions

This study demonstrates that psychological well-being plays a significant role in mitigating the emergence of quarter-life crisis among recent graduates. Individuals with a high level of psychological well-being tend to be more capable of coping with the stress, confusion, and uncertainty commonly experienced during the transition into adulthood. These findings support the notion that when individuals possess strong self-acceptance, clear life goals, and healthy social relationships, their likelihood of experiencing a quarter-life crisis is considerably reduced.

# Suggestions

Future research is encouraged to explore other contributing factors beyond psychological well-being, such as self-efficacy, social support, and the role of family.

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