



## Predicting Quarter-Life Crisis in Emerging Adulthood through Self-Efficacy and Resilience

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**Abstract.** Emerging adulthood is a transitional stage toward adulthood that often brings about feelings of anxiety and despair, which are characteristic of a quarter-life crisis. This study aims to examine the influence of self-efficacy and resilience on quarter-life crisis among individuals in the emerging adulthood stage in Karawang. This research employed a quantitative approach using multiple linear regression analysis, conducted with SPSS version 25.0. The sample consisted of 352 respondents aged between 20 and 25 years. The instruments used were the General Self-Efficacy Scale 12-Item (GSES-12) and the 10-Item Connor-Davidson Resilience Scale (CD-RISC-10), which were adopted scales, as well as the Quarter Life Crisis Scale, which was adapted for this study. The results of the hypothesis testing indicated a simultaneous effect of self-efficacy and resilience on quarter-life crisis, with a significance value of 0.000 ( $p < 0.05$ ) and a total contribution of 26%. Partially, self-efficacy contributed 23.89%, while resilience contributed 2.52%, and both variables showed a positive relationship with quarter-life crisis. These findings highlight the importance for individuals in emerging adulthood to develop realistic expectations and the ability to manage negative emotions, anxiety, and worries that may arise during the quarter-life crisis phase.

**Keywords:** *Emerging Adulthood; Resilience; Self-Efficacy; Quarter-Life Crisis*

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## Introduction

Individuals experience a developmental phase known as emerging adulthood. According to Arnett (as cited in Perante et al., [2023](#)), emerging adulthood refers to the transitional period between late adolescence and early adulthood, typically encompassing ages 18 to 25. During this stage, individuals are afforded broad opportunities to explore their identities, particularly in the domains of love, work, and worldview. Cognitive, emotional, physical, and social changes frequently occur during this phase. Moreover, individuals often exhibit attitudes or behaviors characterized by confusion, uncertainty, frustration, and insecurity—feelings that arise from perceiving themselves as not yet ready to assume adult roles while simultaneously no longer identifying as adolescents (Martin, as cited in Qolbi et al., [2020](#)).

Maghfiroh ([2023](#)) posited that emerging adulthood represents a distinctive and often challenging period of life due to several factors, including the intensive search for identity, pressures related to education and career, tangible financial challenges, complexities in interpersonal relationships, and difficulties in achieving work–life balance. In some cases, individuals at this stage are confronted with realities that differ from the expectations or aspirations they envisioned for themselves (Brigham, as cited in Perante et al., [2023](#)). Consequently, they may experience a crisis regarding their sense of identity and perceived competence in coping with life’s challenges—a condition commonly referred to as a quarter-life crisis.

A survey conducted by Gumtree.com found that 86% of 1,100 respondents in the United Kingdom reported having experienced a quarter-life crisis. Respondents described feeling pressured to achieve success in areas such as finances, career, and romantic relationships before reaching the age of 30. Additionally, 32% of participants reported feeling pressured to marry and have children, 40% expressed concern over financial instability, 30.6% considered relocating to start a new life, and 21% desired a career change (Kirnandita, [2023](#)). Research examining the phenomenon of the quarter-life crisis has been increasingly conducted in Indonesia. For instance Aryani et al., ([2023](#)) investigated quarter-life crises among Batak women in the emerging adulthood stage and found that 130 participants reported high levels of such crises. Similarly, Herawati & Hidayat ([2020](#)) found that individuals in Pekanbaru exhibited moderate levels of quarter-life crisis at 43.22% and high levels at 27.97%. Factors contributing to these experiences included social status, occupation, and gender (Herawati & Hidayat, [2020](#)).

Robbins and Wilner (as cited in Lestari et al., [2022](#)), define the quarter-life crisis as an identity crisis that often arises from an individual’s lack of preparedness to face the transitional

stage from adolescence to early adulthood. According to Robbins and Wilner (as cited in Herawati & Hidayat, [2020](#)) several common characteristics indicate that an individual in the emerging adulthood stage is experiencing a quarter-life crisis. These include uncertainty regarding personal desires and the meaning or purpose of life, unmet expectations of achievements in one's twenties, fear of failure, difficulty letting go of childhood and adolescence, indecisiveness in making life choices, and a tendency to compare one's achievements and circumstances with those of others—ultimately leading to feelings of inadequacy and despair. This notion is supported by the findings of Melati ([2024](#)) who reported that quarter-life crises are more commonly experienced by individuals aged 20 to 24 years, followed by those aged 25 to 29 years.

According to Robbins and Wilner (as cited in Sakinah et al., [2023](#)) the dimensions of a quarter-life crisis include confusion in decision-making, feelings of despair, negative self-evaluation, entrapment in difficult circumstances, anxiety, pressure, and concerns regarding interpersonal relationships. Furthermore, Robbins and Wilner (as cited in Fazira et al., [2023](#)), propose that two primary factors contribute to the occurrence of a quarter-life crisis: internal and external factors. Internal factors include personal dreams, aspirations, and religiosity, whereas external factors involve interpersonal relationships, academic challenges, social support, occupational demands, and identity formation. Additionally, Hasyim et al., ([2024](#)) assert that low self-efficacy and resilience constitute internal factors contributing to the onset of a quarter-life crisis.

A preliminary survey conducted by the researcher in January 2025 among 30 respondents aged 20 to 25 years in Karawang revealed that 96.7% of participants experienced confusion, anxiety, and distress concerning their life direction, career, or interpersonal relationships. The primary causes of these feelings were career or financial concerns (88.3%), followed by education and interpersonal relationships (11.7%). Furthermore, 63.3% of respondents reported feelings of failure in achieving their goals, 73.3% frequently engaged in self-evaluation by comparing themselves with others' achievements, and 66.7% reported having high personal expectations but difficulty in fulfilling them. Additionally, 72.4% of respondents acknowledged that these factors influenced their decision-making processes.

Individuals experiencing a quarter-life crisis require preparation, improvement, and engagement in positive activities to enhance their belief in their capabilities and confidence in achieving personal goals—this is referred to as self-efficacy. According to Bosscher and Smit (as cited in Nabila & Wahyuni, [2022](#)), self-efficacy is defined as an individual's belief in their capacity to control and perform behaviors necessary to achieve specific goals. Hasyim et al., ([2024](#)) identified self-efficacy as an internal factor contributing to a quarter-life crisis. Bosscher and Smit

(as cited in Nabila & Wahyuni, [2022](#)), outline three aspects of self-efficacy: initiative, effort, and persistence.

Walshe (as cited in Alfian & Iriani, [2024](#)) emphasizes that self-efficacy plays a crucial role in coping with a quarter-life crisis. Individuals who lack confidence in their abilities and fail to exert adequate effort toward goal attainment are more likely to experience crises (Oktavian, as cited in Alfian & Iriani, [2024](#)). Consistent with this, Gendolang and Ambarwati ([2023](#)), highlight that low self-efficacy increases vulnerability to a quarter-life crisis, while high self-efficacy reflects confidence and belief in one's ability to face various challenges. Such belief significantly influences behavioral choices, goal achievement strategies, and the duration of effort invested in completing tasks or overcoming difficulties. Consequently, individuals with higher self-efficacy are better able to adjust their decisions and goals effectively.

Empirical studies have demonstrated that self-efficacy assists individuals in maintaining positive thinking, fostering self-motivation, developing positive self-assessment, and recognizing environmental factors that contribute to future well-being (Muttaqien & Hidayati, [2020](#)). Similarly, found that self-efficacy, as an individual's belief in their capacity to deal with life events, significantly impacts the occurrence of a quarter-life crisis. Sakinah et al., ([2023](#)) further demonstrated that self-efficacy influences the intensity of quarter-life crisis experiences.

In addition to self-efficacy, resilience has been identified as a crucial factor in coping with a quarter-life crisis. According to Rojas (in Sallata & Huwae, [2023](#)) resilience plays an essential role in helping individuals face life's challenges and adversities. The ability to adapt and develop positively during the quarter-life phase is vital for managing stress and depressive symptoms. Connor and Davidson (as cited in Rahmanisa et al., [2021](#)) define resilience as an individual's capacity to cope with stress, anxiety, and depression. The dimensions of resilience, according to Connor and Davidson (as cited in Azmi et al., [2024](#)) include personal competence, trust in one's instincts and tolerance of negative emotions, positive acceptance of change and secure relationships, control, and spirituality.

Pinggolio (as cited in Sallata & Huwae, [2023](#)) identifies resilience as an internal factor associated with the quarter-life crisis. This finding is supported by Balzarie and Nawangsih (as cited in Khairunnisa & Wulandari, [2023](#)) who also emphasize resilience as a key determinant in the development of a quarter-life crisis. According to Rahmah et al., ([2023](#)), resilience enhances positive aspects of life by enabling individuals to adapt to adversity, rebuild themselves through new experiences, cultivate enthusiasm, and foster positive emotions.

The positive effects of resilience include reducing the negative impact of stress, improving adaptability to new situations, and strengthening coping skills to confront life's challenges and transitions (Keye & Pidgeon, as cited in Rahmah et al., [2023](#)). Khairunnisa and Wulandari ([2023](#)) further found that resilience significantly affects the quarter-life crisis. Similarly, Argasiam and Putri ([2023](#)) report that resilience contributes to individuals' ability to overcome life difficulties associated with a quarter-life crisis. Masten (as cited in Argasiam & Putri, [2023](#)) conceptualizes resilience as a positive pattern of adaptation during or after exposure to adversity.

Based on previous studies and the preliminary survey, it can be inferred that a quarter-life crisis is not merely a period of stress but rather an identity and existential crisis triggered by both internal and external pressures. The inability of individuals in emerging adulthood to respond adaptively to these pressures represents a central concern. Therefore, it is essential to identify and examine protective factors that may mitigate the adverse effects of a quarter-life crisis, such as self-efficacy and resilience, particularly within specific regional contexts. The urgency of this study lies in the fact that, although previous research has established the separate roles of self-efficacy and resilience in relation to a quarter-life crisis, the integration of these two independent variables within a single research model—especially in the Karawang region—remains underexplored.

Accordingly, this study aims to determine the extent to which self-efficacy and resilience influence the quarter-life crisis among emerging adults in Karawang. The proposed hypotheses are as follows: (H1) self-efficacy and resilience simultaneously exert a negative effect on the quarter-life crisis among emerging adults in Karawang; (H2) self-efficacy negatively influences the quarter-life crisis among emerging adults in Karawang; and (H3) resilience negatively influences the quarter-life crisis among emerging adults in Karawang. By examining both the partial and simultaneous effects of self-efficacy and resilience, this research is expected to provide substantial theoretical contributions and practical implications for the development of integrated psychological intervention programs in Karawang.

### **Method**

This study employed a quantitative research method with a causal-associative design. According to Sugiyono ([2019](#)), a causal-associative design aims to determine the cause-and-effect relationship between independent variables (predictors) and a dependent variable (outcome). In this study, the dependent variable was quarter-life crisis, while the independent variables were self-efficacy (Independent Variable 1) and resilience (Independent Variable 2).

The population of this study comprised individuals in the emerging adulthood stage residing in Karawang, aged 20 to 25 years, with an estimated total of 606,242 individuals based on data from Badan Pusat Statistik (2024). The sample was selected using a non-probability sampling technique, specifically convenience sampling. As defined by Sugiyono (2019), convenience sampling is a sampling technique based on the availability and accessibility of participants rather than random selection, which would otherwise provide each individual with an equal opportunity to be chosen. The final sample consisted of 352 respondents using the Isaac and Michael formula (as cited in Sugiyono, 2019).

Data collection was conducted through a Google Form and utilized three psychological scales. To measure self-efficacy, the researcher employed the General Self-Efficacy Scale 12-Item (GSES-12), which is the Indonesian adaptation developed by Soetjipto et al., (2023). The validity of this scale, based on factor loading values, ranged from 0.478 to 0.851, while the reliability coefficient (Cronbach's  $\alpha$ ) was 0.830. The GSES-12 consists of 12 items, including 5 favorable and 7 unfavorable statements, rated on a 5-point Likert scale ranging from (1) Strongly Disagree to (5) Strongly Agree. An example item from this scale is, "When I have a plan, I am confident that I can successfully complete it."

To assess resilience, the 10-Item Connor-Davidson Resilience Scale (10-Item CD-RISC) was used, adapted into Indonesian by Perwitasari and Wulandari (2024). The validity of this scale was demonstrated by item-total correlations (r-count) ranging from 0.711 to 0.906, exceeding the r-table value of 0.361, and a Cronbach's  $\alpha$  of 0.940. The 10-Item CD-RISC comprises 10 favorable items rated on a 4-point Likert scale from (1) Strongly Agree to (4) Strongly Disagree. A sample item from this scale is, "I am able to overcome any challenges I face."

To measure quarter-life crisis, the Quarter-Life Crisis Scale adapted from Afandi et al., (2023) was utilized. The scale underwent expert judgment and Aiken's V analysis, yielding results between 0.833 and 1.000. Subsequent pilot testing demonstrated validity coefficients ranging from 0.347 to 0.773 and a reliability coefficient (Cronbach's  $\alpha$ ) of 0.950. This scale consists of 26 items, including 14 favorable and 12 unfavorable statements, rated on a 4-point Likert scale from (1) Strongly Disagree to (4) Strongly Agree. An example item is, "I never realized how difficult it would be to make life choices as an adult."

Data analysis was conducted using multiple linear regression, employing both simultaneous F-tests and partial t-tests. All statistical analyses were performed using SPSS version 25.0.

## Result

Based on the data obtained from questionnaires distributed online via Google Forms, a total of 352 respondents participated in the study, as presented below:

Table 1.

### Demographic

Characteristics	Amount	%
<b>Gender</b>		
Male	137	39%
female	215	61%
<b>age</b>		
20 years old	49	14%
21 years old	70	20%
22 years old	85	24%
23 years old	67	19%
24 years old	44	13%
25 years old	37	10%
<b>Status</b>		
University students	184	53%
Employed	149	42%
Unemployed	19	5%

Table 1 presents the demographic characteristics of the respondents, indicating that 39% were male and 61% were female. Furthermore, the majority of respondents were 22 years old (24%) and predominantly university students (53%). These findings suggest that the study primarily involved participants from the university students.

To provide a comprehensive overview of the research data, descriptive statistical analyses were performed for each of the study variables. These analyses include the total number of participants (N), median values, and the cut-off scores defining the low and high categories for each construct. The detailed results of the descriptive statistics are summarized in Table 2.

Table 2.

### Descriptive Statistics Categorization

Variabel	N	Median	Low	High
<i>Quarter Life Crisis</i>	352	86	165	187
Self-efficacy	352	52	174	178
Resilience	352	35	128	224

The categorization results indicated the frequency distribution for the levels of quarter-life crisis, self-efficacy, and resilience, each divided into two categories: low and high. The majority of respondents exhibited a high level of quarter-life crisis (n = 174), which was slightly higher than those with a low level (n = 165). Meanwhile, the respondents' self-efficacy levels were relatively balanced between the low category (n = 174) and the high category (n = 178). However,

in terms of resilience, the majority of respondents ( $n = 224$ ) fell into the high category, considerably exceeding those in the low resilience group ( $n = 128$ ).

### Assumption Testing

Prior to conducting the regression analysis, a normality test was performed on the residual data to ensure that the assumption of normality was satisfied. The results of the Kolmogorov–Smirnov test, as presented in Table 3, indicate the distribution characteristics of the residuals.

Table 3.  
Normality Test

<b>Kolmogorov-Smirnov</b>	<b>Sig. (2-tailed)</b>	<b><i>p value</i></b>	<b>Description</b>
Residual Normality	0.073	> 0.05	Normal

To assess the normality of the data, a One-Sample Kolmogorov-Smirnov Test was conducted. The results of the normality test, as presented in Table 3, indicate a significance value (Sig. 2-tailed) of 0.073. Since this value exceeds the conventional threshold of 0.05 ( $p > 0.05$ ), it can be concluded that the residuals of the tested regression model are normally distributed. Meeting this assumption is an essential prerequisite for conducting multiple linear regression analysis. The normal distribution of the data ensures that the regression model can accurately and validly estimate the relationships among variables. This result strengthens the validity of subsequent statistical analyses and provides a solid foundation for interpreting the research findings.

To ensure that the assumption of linearity was met, a linearity test was carried out between the independent and dependent variables. The results presented in Table 4 demonstrate the Deviation from Linearity values for each variable pair.

Table 4.  
Linearity Test

<b>Variabel</b>		<b>Sig.</b>	<b><i>p value</i></b>	<b>Description</b>
Quarter Life Crisis * Self- efficacy	Deviation from Linearity	.781	> 0.05	Linear
Quarter Life Crisis * Resilience	Deviation from Linearity	.222	> 0.05	Linear

The linearity test indicated that the relationship between quarter-life crisis and both self-efficacy and resilience was linear. As shown in Table 4, the deviation from linearity value obtained for the relationship between quarter-life crisis and self-efficacy was 0.781, which is greater than the significance level of 0.05. This result suggests that the data exhibit a linear relationship. Similarly, the deviation from linearity value for the relationship between quarter-life crisis and

resilience was 0.222, which is also greater than the significance level of 0.05, indicating that the data demonstrate linearity.

### Hypothesis Testing

To determine whether the independent variables jointly have a significant influence on the dependent variable, a multiple linear regression analysis was performed using the F-test. The results of the simultaneous significance test are displayed in Table 5.

Table 5.  
Multiple Linear Regression Analysis (Simultaneous Test)

Model		Sum of Squares	df	Mean Square	F	Sig.
1	Regression	26428.617	2	13214.309	62.608	.000
	Residual	73660.993	349	211.063		
	Total	100089.611	351			

Based on Table 5, the results of the multiple linear regression analysis (F-test) indicate that the regression model has a significant effect. This is evidenced by an F-value of 62.608 with a significance level (Sig.) of 0.000. Since the obtained significance value (Sig.) of 0.000 is smaller than 0.05 ( $p < 0.05$ ), it can be concluded that the independent variables (self-efficacy and resilience) simultaneously have a significant influence on the dependent variable (quarter-life crisis).

In order to assess the individual effect of each predictor on the dependent variable, a multiple linear regression analysis using the t-test was performed. The results, which include the unstandardized and standardized coefficients, are summarized in Table 6.

Table 6.  
Multiple Linear Regression Analysis (Partial Test)

Model		Unstandardized Coefficients		Standardized Coefficients Beta	t	Sig.
		B	Std. Error			
1	(Constant)	32.241	6.922		4.658	.000
	Self-efficacy	.699	.071	.473	9.808	.000
	Resilience	.450	.212	.102	2.123	.034

Table 6 illustrates that the constant value in the regression coefficient is 32.241, which indicates that if the independent variables, namely self-efficacy and resilience, do not exert a significant influence on the dependent variable, quarter-life crisis, the resulting value would be 32.241. Furthermore, the significance value for self-efficacy is 0.000, suggesting that self-efficacy has a significant effect on quarter-life crisis, with a regression coefficient value of 0.699. In addition, the significance value for resilience is 0.034, indicating that resilience also has a significant effect on quarter-life crisis, with a regression coefficient value of 0.450.

To evaluate how well the independent variables jointly predict the dependent variable, the coefficient of determination (Adjusted R Square) was examined. The results of the simultaneous determination coefficient test are displayed in Table 7.

Table 7.  
Simultaneous Determination Coefficient Test (Adjusted R Square)

Model	R	R Square	Adjusted R Square	Std. Error of the Estimate
1	.514	.264	.260	14.52801

The test of the coefficient of determination revealed that self-efficacy and resilience simultaneously influence the quarter-life crisis, accounting for 26% of the variance. This finding also indicates that the remaining 74% is influenced by other factors.

To determine the relative contribution of each independent variable in explaining the variance of the dependent variable, a partial coefficient of determination test was conducted. This analysis was carried out by multiplying the standardized Beta coefficient by the Zero Order correlation coefficient. The detailed results are presented in Table 8.

Table 8.  
Partial Coefficient of Determination Test (Beta x Zero Order)

	Beta	Zero Order	Beta X Zero Order	%
Self- efficacy	.473	.505	.238865	23.89%
Resilience	.102	.247	.025194	2.52%

Then, to determine the influence of each independent variable on the dependent variable, a partial coefficient of determination test was conducted. The results revealed that self-efficacy contributed 23.89% to the variance in quarter-life crisis, while resilience contributed 2.52% to the variance in quarter-life crisis.

## Discussion

This study, conducted among emerging adults in Karawang, aims to examine the extent to which self-efficacy and resilience influence the occurrence of a quarter-life crisis within this population group. Based on the collected data and simultaneous regression analysis, it was found that self-efficacy and resilience have a significant simultaneous effect on quarter-life crisis, indicated by a significance value of  $0.000 < 0.05$ . The coefficient of determination ( $R^2$ ) was 26%, suggesting that self-efficacy and resilience are internal factors capable of predicting the occurrence of a quarter-life crisis, while the remaining 74% is influenced by other variables beyond these two independent variables.

Partial regression analysis revealed significant but unexpected findings that contradicted the initial hypotheses. Self-efficacy was found to have a significant positive effect on the quarter-

life crisis, as indicated by a regression coefficient (B) of 0.699 with a significance value of  $0.000 < 0.05$ . This finding does not support Hypothesis H2, which predicted a negative relationship. Similarly, resilience demonstrated a significant positive effect on the quarter-life crisis, with a regression coefficient (B) of 0.450 and a significance value of  $0.034 < 0.05$ . This result also contradicts Hypothesis H3, which predicted a negative association.

These unexpected findings provide intriguing new insights. Instead of functioning as protective factors, self-efficacy and resilience in this population appear to increase the likelihood of experiencing a quarter-life crisis. Several theoretical perspectives can help explain this phenomenon.

High self-efficacy may drive individuals to set exceedingly high standards and expectations for themselves. Polivy and Herman (as cited in Mahdiani & Ungar, [2021](#)) noted that individuals with elevated hopes and expectations during transitional life stages such as emerging adulthood may, paradoxically, suffer adverse consequences from their optimism. Similarly, high resilience may lead individuals to persistently confront challenges without acknowledging personal limits, resulting in cumulative stress and eventual crisis. Mahdiani and Ungar ([2021](#)) also highlighted that excessive social and psychological demands linked to heightened resilience may reveal the “dark side” of resilience, reflecting potential dysfunctional aspects of positive adaptation. Consequently, Hypothesis H1—which predicted a simultaneous negative effect—was also rejected, as both independent variables consistently demonstrated positive associations.

Demographic data show that most respondents in this study were 22 years old (24%) and primarily university students (53%). Elevated self-efficacy in this group may prompt individuals to set unrealistic standards and exhibit ambition toward life achievements. A study by Laurenza et al., ([2024](#)) involving 112 fresh graduates aged 21–25 found an inverse relationship between self-efficacy and quarter-life crisis, indicating that higher self-efficacy reduces the intensity of quarter-life crisis experiences. This contrasts with the current findings, which, according to Sugiyono ([2019](#)), may stem from differences in respondent characteristics and research context. Moreover, when high expectations are unmet or confronted with uncertainty typical of emerging adulthood, the gap between aspirations and reality may trigger frustration, anxiety, and self-doubt—core features of a quarter-life crisis.

A study by Nabila and Wahyuni ([2022](#)) on 361 university students revealed that self-efficacy contributes to life satisfaction, as individuals with strong confidence and motivation are more likely to achieve desired outcomes. However, in the present study, the positive relationship between self-efficacy and quarter-life crisis may reflect individuals with high self-efficacy but unrealistic expectations regarding life achievements. According to Bandura’s theory (as cited in

Garrido, [2025](#)), mastery experiences are the most potent source of self-efficacy. Thus, although high self-efficacy is generally protective, when it is not supported by realistic experiences or expectations, the discrepancy between belief and reality may intensify or even trigger a quarter-life crisis.

Similarly, the findings suggest that high resilience levels among emerging adults in Karawang are associated with strong self-belief and a tendency to maintain optimism when navigating quarter-life challenges. A study by Khairunnisa and Wulandari ([2023](#)) involving 107 young adults aged 21–25 found that resilience negatively predicted quarter-life crisis, as it facilitates adaptation, openness to new experiences, and positive emotional responses to challenges. Resilience was also shown to enhance emotional regulation, adaptability, self-confidence, and self-awareness, all of which promote recovery from adversity (Khairunnisa & Wulandari, [2023](#)).

Rahmah et al. ([2023](#)), further emphasized that resilience supports individuals in managing stress and overcoming difficulties during emerging adulthood. However, the present findings suggest that high resilience may also have alternative implications. Emerging adults with strong resilience may overlook or suppress signs of psychological fatigue associated with a quarter-life crisis. As (Bonanno, [2021](#)) noted, this excessive endurance can lead individuals to ignore burnout signals, believing they can withstand the pressure, while suppressing negative emotions—potentially exacerbating psychological distress. Consequently, individuals may later realize that their endurance has led them toward an unintended path, triggering existential confusion characteristic of the quarter-life crisis.

Overall, this study indicates that emerging adults in Karawang exhibit a unique dynamic: high self-efficacy tends to foster unrealistic expectations, thereby intensifying the quarter-life crisis, while high resilience may lead individuals to dismiss emotional distress, preventing self-reflection that could alleviate their current or future difficulties.

This study has several limitations. The sample was predominantly composed of university students and focused solely on the Karawang region. Furthermore, it examined only the effects of self-efficacy and resilience on the quarter-life crisis without considering potential mediating or moderating variables. Practically, these findings suggest that addressing quarter-life crises requires more than merely enhancing self-efficacy and resilience. Future research is recommended to replicate these findings in different populations and to include variables such as unrealistic expectations, perfectionism, or social pressure as mediators or moderators to better understand the mechanisms underlying these positive relationships.

### Conclusion

Based on the results and discussion above, it can be concluded that self-efficacy and resilience have a significant influence on the quarter-life crisis, both partially and simultaneously. Self-efficacy shows a positive effect on the quarter-life crisis, and resilience also demonstrates a positive effect on the quarter-life crisis. These findings indicate the importance for individuals in emerging adulthood to develop the ability to manage feelings of stress, anxiety, and uncertainty about the future, as well as to regulate and engage in positive behaviors to achieve their goals. Furthermore, it is acknowledged that there are various other factors or variables that may also influence the degree of quarter-life crisis among individuals, which should be explored in future research.

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