

Connection Loneliness and Emotion Regulation with Quarter Life Crisis in Adolescents in Gresik

Lingga Kusuma Wardani^{1*}, Heri Saputro², Wiwik Widiyawati³

^{1,2} Universitas STRADA Indonesia, Indonesia

³ Universitas Muhammadiyah Gresik, Indonesia

*Corresponding author: linggakusumawardani@gmail.com

ABSTRACT

Background: Teenagers are often described as agents of change who certainly have their own challenges and needs. This means that people who have reached adulthood must be ready to face the social world. If a person feels unable to cope with the changes and challenges that arise, they may develop negative reactions or emotional crises within themselves. Quarter life crisis is what people experience in response to instability, distrust, fear of failure, isolation, constant change, multiple choices, and also fear of impotence.

Purpose: The aim of this research is to reveal the relationship between Loneliness (X1) and emotion regulation (X2) with the quarter life crisis (Y) in Adolescents in Gresik.

Methods: This research is a quantitative study with a cross-sectional approach. This is done to test a predetermined hypothesis. This research uses a cross-sectional study, which means that data on the independent and dependent variables are each collected and observed only once. There were 468 populations and researchers involved 215 students of the Faculty of Health, Muhammadiyah University of Gresik, the sample was obtained randomly.

Results: There is no relationship between loneliness and emotion regulation with quarter life crisis. *And no p-value results were obtained in the statistical test of the correlation of Emotion Regulation with Quarter Life Crisis and a p-value of 0.5 (>0.05) was obtained, which means there is no relationship between loneliness and quarter life crisis.*

Conclusion: There is no relationship between loneliness and emotion regulation with quarter-life crisis. The occurrence of quarter-life crisis can be due to external factors such as work, social pressure, or changes in lifestyle, not just individual psychological factors.

Keywords: emotional regulation, loneliness, quarter life crisis

Received November 10, 2024; Revised December 12, 2024; Accepted January 3, 2025

DOI: <https://doi.org/10.30994/jnp.v8i2.748>



The Journal of Nursing Practice, its website, and the articles published there are licensed under a Creative Commons Attribution-Non Commercial-ShareAlike 4.0 International License.

BACKGROUND

Each individual will certainly go through various developmental phases in their life, each with different characteristics, demands and developmental obligations. The phases of childhood, adolescence, adulthood and old age are some of these phases (Salsabila, 2022). Teenagers are often portrayed as agents of change who certainly have their own challenges and needs. Teenagers also have a role in society's social life as conveyers of society's aspirations (Setiawan & Milati, 2022).

The many problems that Teenagers face include academic challenges, interpersonal and personal relationship problems, decision in choosing among the many available options and considering long-term goals and tasks. This makes it difficult for some teenagers to survive and get through these times, which can cause emotional problems (Setiawan & Milati, 2022). According to research (Pebriangi, 2020), the current phenomenon of modern life always raises many questions in society. Growing up during maturity creates many demands in society, such as the target of graduating, the target of getting married, even the target of working, and the target of starting a family which seems to never end. This means that people who are growing up must be ready to face the social world. If a person feels unable to cope with the changes and challenges that arise, they may develop negative reactions or emotional crises within themselves. Quarter life crisis is what people experience in response to instability, distrust, fear of failure, loneliness, alienation, constant change, multiple choices, and also fear of impotence (Fatkhiya, Nura, 2024). This quarter life crisis is often experienced in late teens and early adulthood who are just discovering "adult" problems and can also occur in teenagers. According to a 2017 LinkedIn survey, 75% of young adults around the world experienced a quarter life crisis at an average age of 25 to 33 years. (2001), internal factors are characterized by individuals who question themselves about various aspects of their lives, such as: 1) self-identity 2) instability 3) many life choices 4) self-actualization 5) hopes and dreams 6) emotions (emotion regulation). And there are also external factors such as: 1) romantic relationships, family and friendships, 2) academic challenges, and 3) work life. Loneliness or loneliness can even make someone experience the Quarter Life Crisis phase. One of the impacts of a quarter life crisis is excessive worry and confusion about life and the decisions Depression will arise because a person's lack of self-confidence in their ability to achieve their goals can cause a person to experience a quarter life crisis (Maslakha, 2022). And what is a general concern is that according to (Musfara et al., 2024) several mass reports say that suicides in teenagers are thought to be due to depression. Apart from that, a quarter life crisis can also have an impact on a person's emotions that need to be taken.

A preliminary study conducted by researchers on teenagers in Gresik found that 6 out of 10 teenagers aged 21-22 years experienced a quarter life crisis due to feelings of low self-esteem and lack of confidence in their future. Meanwhile, 4 other teenagers stated that they felt confident and knew how to plan their future. The quarter life crisis of life can be avoided or reduced at the transition stage from adolescence to early adulthood by understanding one's own potential and shortcomings, talking to people you trust and stopping comparing yourself with others, making life plans, learning from mistakes, and learning from failure. There are many solutions to overcome excessive quarter life crises. Researchers assume that loneliness and emotion regulation are related to the quarter life crisis. This research is an update of (Fatkhiya, Nura, 2024)previous research examining the relationship between hope and emotion regulation and the quarter life crisis without the loneliness variable.

METHODS

This research is a quantitative research with a cross-sectional approach. This is done to test a predetermined hypothesis. This research uses a cross-sectional study, which means that data on the independent and dependent variables are each collected and observed only once. Random sampling using the Slovin formula.

RESULTS

Table 1. Frequency gender distribution in 2023

No.	gender	frequency (n)	Percentage (%)
1.	Man	25	11.6%
2.	woman	190	88.4%
	Total	215	100%

Based on table 1. Gender Frequency Distribution of Adolescents in Gresik shows that almost all of the Adolescents are 190 (88.4%) female.

Table 2. Frequency Distribution Based on the Number of Family Structures in Adolescents in Gresik in 2023

No.	Semester	Frequency (n)	Percentage
1.	1	28	13%
2.	2	7	3.3%
3.	3	55	25.6%
4.	5	80	37.2%
5.	7	45	20.9%
	Total	215	100%

Based on table 3. Frequency Distribution Based on the Number of Family Structures for Adolescents in Gresik shows that almost half of the Adolescents are in the 5th semester, 80 (37.2%) people.

Table 3. Frequency Distribution of Emotion Regulation Variables in Adolescents in Gresik in 2023

No.	Emotion Regulation	Amount (n)	Percentage (%)
1.	<i>Cognitive Reappraisal</i>	215	100%
2.	<i>Expressive Suppression</i>	0	0%
	Total	215	100%

Based on table 3. Frequency Distribution of Emotion Regulation Variables in Adolescents in Gresik, it was found that all 215 (100%) people had cognitive emotion regulation.

Table 4. Frequency Distribution of Quarter Life Crisis Variables in Adolescents in Gresik in 2023

No.	Quarter Life Crisis	Amount (n)	Percentage (%)
1.	Not Experience <i>Quarter Life Crisis</i>	65	30.2%
2.	Experience <i>Quarter Life Crisis</i>	150	69.8%
	Total	215	100%

Based on table 4. Frequency Distribution of Quarter Life Crisis Variables in Adolescents in Gresik, it can be interpreted that from the quarter life crisis variable data, the majority of Adolescents experienced a quarter life crisis as many as 150 people with a percentage of 69.8%.

Table 5. Frequency Distribution of Loneliness Variables Among Teenagers in Gresik in 2023

No.	Loneliness	Amount (n)	Percentage (%)
1.	Low	114	53%
2.	Currently	58	27%
3.	Elevated	43	20%
	Total	215	100%

Obtained from table 5. Frequency Distribution of Loneliness Variables in Adolescents, there are 114 Adolescents with low levels of loneliness, 58 Adolescents with moderate levels of loneliness, and 43 Adolescents with high levels of loneliness.

Table 6. Cross Tabulation of Emotion Regulation with Quarter Life Crisis in Teenagers in Gresik

Emotion Regulation	Quarter Life Crisis		Total
	No experience	Experience	F
<i>Cognitive Reappraisal</i>	65	150	215
<i>Expressive Suppression</i>	0	0	0
Total	65	150	215
		Correlation Coefficient (r)	p -value
		-	-

Based on table 6. Cross tabulation of Emotion Regulation with Quarter Life Crisis in Adolescents in Gresik, it can be interpreted that there are 150 Adolescents who have emotion regulation cognitive reappraisal and who experience a quarter life crisis and none of the Adolescents who have emotion regulation expressive suppression experiences a quarter life crisis. . Meanwhile, there were 65 teenagers who had emotion regulation cognitive reappraisal and did not experience a quarter life crisis and none of the teenagers who had emotion regulation expressive suppression did not experience a quarter life crisis.

Table 7. Cross Tabulation of Loneliness with Quarter Life Crisis in Adolescents in Gresik

Loneliness	Quarter Life Crisis		Total
	No experience	experience	F
Low	33	81	114
Currently	17	41	58
elevated	15	28	43

Total	85	150	215
		Correlation Coefficient (r)	p -value
		-0.4	0.55

Obtained from table 7. Cross tabulation of Loneliness with Quarter Life Crisis in Adolescents in Gresik shows that 33 Adolescents did not experience a Quarter Life Crisis with a low level of loneliness as many as 33 Adolescents, there were also 17 Adolescents who did not experience a quarter life crisis with a moderate level of loneliness, and there were 15 Adolescents not experiencing a quarter life crisis with high levels of loneliness. Then, in table 9, there are 81 teenagers experiencing a quarter life crisis with low levels of loneliness, 41 teenagers experiencing a quarter life crisis with moderate loneliness and 28.

Teenagers experience a quarter-life crisis with high loneliness. By obtaining a p-value of 0.5 (>0.05), which means there is no relationship between loneliness and quarter life crisis, the difference in the results of this research and previous research is possible because of differences in coping between individuals. Healthy coping in individuals is an individual's effort to try to calm the heart and mind temporarily by doing positive activities, such as exercising, taking care of oneself, cleaning the house, gardening and doing activities one likes. And the most important thing is how an individual is able to provide physical and psychological protection for himself to avoid bad conditions mentally and physically.

DISCUSSION

The Relationship between Emotion Regulation and *Quarter Life Crisis* On Teenagers In Gresik

From the research results, 69.8% of teenagers who had emotional regulation cognitive reappraisal and experienced a quarter life crisis were 69.8% and none of the teenagers who had emotional regulation expressive suppression experienced a quarter life crisis. Meanwhile, on the other hand, there are 30.2% of teenagers who have emotional regulation cognitive reappraisal and do not experience a quarter life crisis and none of the teenagers who have emotional regulation expressive suppression do not experience a quarter life crisis. The statistical results showed that 215 (100%) people in Gresik had constant emotion regulation (X2) in the cognitive category, meaning that there was no relationship between emotion regulation and the quarter life crisis in Gresik teenagers. According to Thouless (2000) emotion regulation is one of the factors that influence the occurrence of a quarter life crisis, however from this research the results show that there was no relationship between emotion regulation and the quarter life crisis in teenagers in Gresik, this result is inversely proportional to the research conducted conducted (Pebriangi, 2020) which states that there is a significant influence of emotional regulation on the quarter life crisis. According to his research, the higher the level of emotional regulation, the lower the incidence of quarter life crisis, and vice versa.

From the research results, 69.8% of teenagers who had emotional regulation cognitive reappraisal and experienced a quarter life crisis were 69.8% and none of the teenagers who had emotional regulation expressive suppression experienced a quarter life crisis. Meanwhile, on the other hand, there are 30.2% of teenagers who have emotional regulation cognitive reappraisal and do not experience a quarter life crisis and none of the teenagers who have emotional regulation expressive suppression do not experience a quarter life crisis. The statistical results showed that 215 (100%) people in Gresik had constant emotion regulation (X2) in the cognitive category, meaning that there was no relationship between emotion regulation and the quarter life crisis in Gresik teenagers. According to Thouless (2000) emotion regulation is one of the factors that influence the occurrence of a quarter life crisis,

however from this research the results show that there was no relationship between emotion regulation and the quarter life crisis in teenagers in Gresik, this result is inversely proportional to the research conducted conducted (Pebriangi, 2020) which states that there is a significant influence of emotional regulation on the quarter life crisis. According to his research, the higher the level of emotional regulation, the lower the incidence of quarter life crisis, and vice versa.

According to researchers, there are several factors that can influence research results, one of which is gender because it is a factor that influences a person's emotion regulation according to Gross and Thompson's (2007) theory. In this study, 190 (88.4%) teenagers were female and 25 (11.6%) were male. Emotion management (emotion regulation) there are biological and psychological differences between men and women so that they can influence the way they think, feel and behave. According to the theory of Salovey and Sluyter (1997), the emotions shared by men and women are closely related to the social roles they hold. In social environments, girls often seek more protection from the people around them to help them control their emotions, on the other hand, boys are more likely to channel them into physical activity. Other differences can also be seen in women who are considered to find it easier to identify emotions felt verbally or through expression, but men tend to use their physical abilities to express their feelings. Brody and Hall's (1993) theory states that men use more problem-solving strategies than women, such as problem solving, behavioral regulation and emotional externalization, and participating in physical activities such as sports. However, women now use more internalized social support practices, such as focusing on emotions that require passive attention, such as self-blame and rumination. Asking women to constantly think about events that give rise to negative emotions (rumination), rather than acting on their negative impact. Even though women have cognitive emotion regulation, women are too focused on the negative events they experience, so they will think about it for too long, making it easy for them to experience a quarter life crisis.

The Relationship between Loneliness and Quarter Life Crisis in Adolescents in Gresik

Quarter life crisis is generally known by many people as two interrelated things, which can be interpreted as the higher the level of loneliness, the higher the level of quarter life crisis in individuals, likewise, the lower the level of loneliness, the lower the level of quarter life crisis. This statement is in line with research (Artiningsih & Savira, 2021) which states that their research also shows that the correlation between social loneliness and QLC is positively correlated with moderate strength. This means that the more an individual feels that he is experiencing increased loneliness, he will also experience an increase in QLC. The emergence of concerns about interpersonal relationships was found to be one of the causes of QLC. The better an individual's interpersonal relationships and the better the social support that comes, the lower the quarter life crisis experienced by a person. The social support received can also help individuals carry out good coping or self-protection strategies in overcoming the crisis they are experiencing. Individuals who are in a high quarter life crisis will also experience high levels of loneliness. The more individuals experience social loneliness, the more individuals will experience an increase in quarter life crisis. This can explain the correlation between loneliness and quarter life crisis (Rustandi, Oktafani, 2022). The condition of being alone or self-isolating that early adults experience when experiencing a quarter-life crisis can turn into a feeling of being alienated by society so that they experience loneliness. Therefore, the quality of relationships with other people in early adulthood is something that needs to be paid attention to. However, in research related to loneliness and QLC in Adolescents in Gresik, it is inversely proportional to several previous studies, in previous research it was stated that loneliness and QLC were related, as was the

case in research (Zuraida, Psychology et al., 2024) which stated that the research results showed a correlation coefficient $r = 0.720$ with $p = 0.000$ which shows that there is a very significant relationship between quarter life crisis and loneliness in adults studying at Muhammadiyah University in Aceh. What can be concluded is that the higher the quarter life crisis, the higher the level of loneliness, conversely, the lower the quarter life crisis, the lower the loneliness in this research sample. Meanwhile, in research on the relationship between loneliness and QLC involving teenagers in Gresik, it was stated that there was no relationship, which is proven in the table. Obtained from table 7. Cross tabulation of loneliness with quarter life crisis in teenagers in Gresik shows that 33 teenagers did not experience a quarter life crisis with a low level of loneliness. Of the 33 teenagers, there were also 17 teenagers who did not experience a quarter life crisis with a moderate level of loneliness, and there were 15 teenagers who did not experience a quarter life crisis with a high level of loneliness. Then, in table 7, there are 81 teenagers experiencing a quarter life crisis with low levels of loneliness, 41 teenagers experiencing a quarter life crisis with moderate loneliness and 28 teenagers experiencing a quarter life crisis with high loneliness.

CONCLUSION

After testing all the hypotheses put forward in this research, the following conclusions can be drawn:

1. There is no relationship between loneliness and emotion regulation with quarter life crisis.
2. The occurrence of a quarter-life crisis can be due to external factors such as work, social pressure, or changes in lifestyle, not just individual psychological factors.
3. Loneliness and emotion regulation are not directly related, but it is possible that these two variables are supporting factors behind the occurrence of a quarter-life crisis.
4. The researchers suggest that further research should conduct in-depth interviews to understand the factors they consider most influential, **case studies** of individuals who have different quarter-life crisis experiences.

REFERENCES

- Artiningsih, RA, & Savira, SI (2021). The Relationship Between Loneliness and Quarter Life Crisis in Early Adulthood. *Charater: Journal of Psychological Research* , 8 (5). <https://ejournal.unesa.ac.id/index.php/character/article/view/41218/35541>.
- Fatkhiya, Nura, D. (2024). *THE RELATIONSHIP BETWEEN HOPE AND EMOTION REGULATION WITH QUARTER LIFE CRISIS IN ADOLESCENTS IN GRESIK*.
- Maslakha, AQ (2022). *The Relationship Between Hope and Peer Pressure with Quarter Life Crisis in Early Adulthood*.
- Musfara, DD, Wiwik Widiyawati, & Widya Lita Fitriyanur. (2024). Depression, Anxiety, Stress Correlated with Suicide Idea on Students of The Faculty of Health. *Jurnal Ners Dan Kebidanan (Journal of Ners and Midwifery)* , 11 (1), 049–056. <https://doi.org/10.26699/jnk.v11i1.art.p049-056>.
- Pebriangi, Z. (2020). The Influence of Emotional Regulation on Quarter Life Crisis in Adolescents. *Doctoral Dissertation, Universitas Islam Riau* , 1. <http://repository.uir.ac.id/id/eprint/10708>.
- Rustandi, Oktafani, D. (2022). The Relationship Between Loneliness and Quarter Life Crisis in Early Adulthood in Pekanbaru. *Journal of Economic Perspectives* , 2 (1), 1–4. [http://www.ifpri.org/themes/gssp/gssp.htm%0Ahttp://files/171/Cardon - 2008 - Coaching d'équipe.pdf%0Ahttp://journal.um-surabaya.ac.id/index.php/JKM/article/view/2203%0Ahttp://mpoc.org.my/malaysian-](http://www.ifpri.org/themes/gssp/gssp.htm%0Ahttp://files/171/Cardon%202008%20Coaching%20d%27equipe.pdf%0Ahttp://journal.um-surabaya.ac.id/index.php/JKM/article/view/2203%0Ahttp://mpoc.org.my/malaysian-)

- palm-oil-industry/%0Ahttps://doi.org/10.1080/23322039.2017.
- Salsabila, Tuada, I. (2022). *Salsabila, IT (2022). Psychological Dynamics of Early Adult Women Experiencing Quarter Life Crisis. In Braz Dent J. (Vol. 33, Issue 1). Sultan Agung Islamic University Semarang . 8.5.2017 , 2003–2005.* <https://dataindonesia.id/sektor-riil/detail/angka-konsumsi-ikan-ri-naik-jadi-5648-kgkapita-pada-2022>.
- Setiawan, NA, & Milati, AZ (2022). The Relationship Between Hope and Quarter Life Crisis in Adolescents Experiencing Toxic Relationships. *ANFUSINA: Journal of Psychology* , 5 (1), 13–24. <https://doi.org/10.24042/ajp.v5i1.13985>.
- Zuraida, Psychology, PS, Psychology, F., Ar-raniry, UIN, & Aceh, B. (2024). *The Relationship Between Loneliness and Quarter Life Crisis in Early Adulthood at University.*