

**HUBUNGAN ANTARA *LONELINESS* DENGAN *QUARTER LIFE*
CRISIS PADA DEWASA AWAL**

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ABSTRAK

Penelitian ini bertujuan mengetahui hubungan antara *loneliness* dengan *quarter life crisis* pada dewasa awal di kota Jombang. Hipotesis yang diajukan ada hubungan antara *loneliness* dengan *quarter life crisis* pada dewasa awal. Metode yang digunakan adalah kuantitatif dengan desain korelasional, melibatkan 102 responden berusia 18–29 tahun yang dipilih dengan teknik *purposive random sampling*. Instrumen penelitian berupa skala *loneliness* dan skala *quarter life crisis*. Hasil analisis menggunakan korelasi *Product Moment Pearson* didapatkan $r_{xy} = 0,546$ nilai sig 0,000, ($p < 0,05$), menunjukkan ada hubungan positif yang signifikan antara *loneliness* dengan *quarter life crisis*. Artinya, semakin tinggi *loneliness*, semakin tinggi pula *quarter life crisis*, dan sebaliknya. Jadi hipotesis yang diajukan diterima.

Kata Kunci: *loneliness*, *quarter life crisis*, dewasa awal

***THE RELATIONSHIP BETWEEN LONELINESS AND THE
QUARTER-LIFE CRISIS IN YOUNG ADULTS***

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ABSTRACT

The aim of this study is to investigate the relationship between loneliness and quarter-life crisis in early adulthood in Jombang city. The hypothesis that was proposed was that there is a relationship between loneliness and quarter life crisis in early adulthood. The quantitative study employed a correlational design and involved 102 respondents aged 18–29 years, selected using purposive random sampling. The research instrument was a loneliness scale and a quarter life crisis scale. The results of the analysis using Pearson's product-moment correlation showed $r_{xy} = 0.546$, $\text{sig} = 0.000$ ($p < 0.05$), indicating a significant positive relationship between loneliness and quarter life crisis. In other words, the higher the loneliness, the higher the quarter life crisis, and vice versa. Therefore, the proposed hypothesis is accepted.

Keywords: loneliness, quarter-life crisis, young adults