

HUBUNGAN ANTARA *SELF EFFICACY* DENGAN *QUARTER LIFE CRISIS* DEWASA AWAL

SRI REJEKI AMININGSIH
212373201064

**FAKULTAS PSIKOLOGI UNIVERSITAS DARUL ‘ULUM
JOMBANG
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ABSTRAK

Penelitian ini bertujuan untuk mengetahui adanya hubungan antara *self efficacy* dengan *quarter life crisis* dewasa awal. Subjek dalam penelitian ini berjumlah 106 dewasa awal usia 20-25 tahun yang sudah bekerja dan belum menikah di kota Jombang. Teknik pengambilan data menggunakan teknik *purposive sampling* yang dilakukan secara *online* melalui *Google Form*. Metode penelitian yang digunakan dalam penelitian adalah metode kuantitatif. Instrumen yang digunakan dalam penelitian ini adalah skala *self efficacy* dan skala *quarter life crisis*. Penelitian ini menggunakan analisis korelasi *product moment*, data dianalisis menggunakan program SPSS (*Statistical Package for the Social Science*). Berdasarkan dari hasil analisis uji korelasi Pearson diperoleh koefisien korelasi r sebesar -0,701 dengan nilai sig 0,000 ($p < 0,05$). Hal tersebut menunjukkan bahwa terdapat korelasi negatif yang signifikan antara *self efficacy* dengan *quarter life crisis*, semakin tinggi *self efficacy* maka semakin rendah individu dalam mengalami *quarter life crisis*. Hipotesis dalam penelitian ini diterima. Nilai koefisien determinasi (r^2) sebesar 0,4914 menunjukkan *self efficacy* memiliki pengaruh sebesar 49,14% terhadap *quarter life crisis* sementara sisanya sebesar 50,86% dipengaruhi oleh faktor lain.

Kata kunci : *Self Efficacy*, *Quarter Life Crisis*.

***THE RELATIONSHIP BETWEEN SELF EFFICACY AND QUARTER LIFE
CRISIS EARLY ADULTHOOD***

SRI REJEKI AMININGSIH
212373201064

FACULTY OF PSYCHOLOGY, DARUL 'ULUM UNIVERSITY
JOMBANG
2025

ABSTRACT

This research aims to determine the relationship between self efficacy and the quarter life crisis in early adulthood. The subjects in this study were 106 early adults aged 20-25 years who were working and unmarried in the city of Jombang. The data collection technique uses a purposive sampling technique which is carried out online via Google Form. The research method used in the research is a quantitative method. The instruments used in this research were the self efficacy scale and the quarter life crisis scale. This research uses product moment correlation analysis, data is analyzed using the SPSS (Statistical Package for the Social Science) program. Based on the results of the Pearson correlation test analysis, the correlation coefficient r was obtained at -0.701 with a sig value of 0.000 ($p < 0.05$). This shows that there is a significant negative correlation between self-efficacy and a quarter life crisis, the higher the self-efficacy, the lower the individual's experience of a quarter life crisis. The hypothesis in this research is accepted. The coefficient of determination (r^2) value of 0.4914 shows that self-ability has an influence of 49.14% on the quarter life crisis while the remaining 50.86% is influenced by other factors.

Keywords : Self Efficacy, Quarter Life Crisis.