

**HUBUNGAN ANTARA KECERDASAN EMOSI DENGAN *QUARTER LIFE*
CRISIS PADA DEWASA AWAL**

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ABSTRAKSI

Penelitian ini bertujuan untuk mengetahui hubungan antara kecerdasan emosi dengan *quarter life crisis* pada dewasa awal. Hipotesis dalam penelitian ini yaitu adanya hubungan negatif antara kecerdasan emosi dengan *quarter life crisis* pada dewasa awal. Subjek penelitian ini yaitu 50 individu usia 19-30 tahun domisili di Jombang, sudah bekerja maupun belum bekerja dan belum menikah dengan menggunakan teknik sampling yaitu *purposive random sampling*. Berdasarkan hasil uji hipotesis diperoleh korelasi koefisien r_{xy} -0,862 dengan signifikansi 0.000 ($p < 0,05$). Hal tersebut menunjukkan terdapat hubungan negatif antara kecerdasan emosi dengan *quarter life crisis* jika semakin tinggi kecerdasan emosi individu maka *quarter life crisis* yang dialami individu semakin rendah dan sebaliknya jika kecerdasan emosi semakin rendah maka *quarter life crisis* semakin tinggi. Jadi hipotesis pada penelitian ini diterima.

Kata Kunci: Kecerdasan Emosi, *Quarter Life Crisis*, Dewasa Awal

THE RELATIONSHIP BETWEEN EMOTIONAL INTELLIGENCE AND QUATER LIFE CRISIS IN EARLY ADULTHOOD

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The background of the page features a large, semi-transparent watermark of the Universitas Darul Ulum logo. The logo is a shield-shaped emblem with a green outer border. Inside, there is a yellow arc with the text 'UNIVERSITAS DARUL 'ULUM' in white. Below the arc is a grey circular emblem containing a white stylized bird or wing design. Two yellow stars are positioned on either side of the central emblem.

ABSTRACT

This study aims to determine the relationship between emotional intelligence and quarter-life crisis in early adulthood. The hypothesis proposed in this study is that there is a negative relationship between emotional intelligence and quarter-life crisis in early adulthood. The subjects in this study were 50 early adults aged 19–30 years residing in Jombang, employed and unemployed individuals and not married, selected using a purposive random sampling technique. Based on the the results of the hypothesis test showed a correlation coefficient of $r_{xy} = -0.862$ with a significance value of 0.000 ($p < 0.05$). This indicates a negative relationship between emotional intelligence and quarter-life crisis. The higher an individual's emotional intelligence, the lower the quarter-life crisis they experience, and conversely, the lower the emotional intelligence, the higher the quarter-life crisis. Therefore, the hypothesis in this study is accepted.

Keywords: *Emotional Intelligence, Quarter Life Crisis, Early Adulthood*