

The Relationship Between Loneliness and Quarter Life Crisis in Early Adulthood in Medan City

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Abstract

Quarter Life Crisis is a situation experienced by individuals entering early adulthood or what is known as the process of emerging adulthood, when they feel pressured by various demands that must be done to become adults. Early adults who experience a quarter life crisis sometimes take steps to withdraw from the environment due to shame, fear, or feeling incompatible with others, resulting in loneliness. The purpose of this study was to determine whether there is a relationship between loneliness and quarter life crisis in early adulthood in Medan City. The subjects in this study were early adults aged 20 to 29 years who were in Medan City, with a sample size of 150 people. This study used a quantitative method with a sampling technique in this study was simple random sampling. The measuring instruments used were the quarter life crisis scale and the loneliness scale version 3 (UCLA). The results of this study indicate that there is a positive relationship between the loneliness variable and the quarter life crisis, with a correlation value of 0.613 with $p = 0.000 < 0.05$, which means that the research hypothesis is accepted. It can be concluded that the higher the loneliness experienced by early adults, the higher the quarter life crisis, conversely, the lower the loneliness, the lower the quarter life crisis in early adults in Medan City.

Keywords: Loneliness; Quarter Life Crisis; early adulthood; Medan City.

INTRODUCTION

Early adulthood is a time when many people focus on working and entering into romantic relationships. However, often in this phase, people also tend to neglect a little time for other things (Santrock, 2017). The transition period to adulthood is considered an important period in human development. So individuals need to prepare themselves to fulfill adult roles. When entering early adulthood, the demands of life and developmental responsibilities are increasing. Iswari (2016). According to Erikson (Santrock, 2014) Early adulthood lasts in the range of 18-29 years. Early adulthood is a stage of life development characterized by changes in the individual's cognitive, emotional, physical and social context that takes place dynamically and through the reciprocal relationship between the individual and his environment (Wood et al., 2017). Early adulthood often compares their success with others, resulting in a sense of disappointment that drives the quarterly *life crisis*. When entering early adulthood will undergo many changes and try to adjust, they can experience a *quarter life*.

The *Quarter Life Crisis* phenomenon is a situation experienced by individuals who enter early adulthood or known as *the process of emerging adulthood*, when they feel pressured by various demands that must be made to become an adult individual (Martin, 2016). *Quarter life crisis* according to (Robbins and Wilner, 2001) is a period in which individuals experience a difficult transition between the academic world and the real world, which usually occurs in the age range of 18-25 years. Symptoms that are often experienced by early adults who experience a *Quarter Life Crisis* will usually feel feelings of anxiety, panic, depression, instability, confusion, and loss of self-control (Mutiara, 2018). People who experience a *Quarter Life Crisis* usually experience altered and unstable feelings, such as feeling insecure, alone, confused, anxious, and concentrated. However, after a while, they may feel more confident and calm.

Quarter life crisis has a negative effect that will affect daily life, according to Tambunan (2021). First, self-confidence decreases because they feel incapable of doing what they are doing. This happens

because individuals don't know their passion or are too focused on one thing so they don't try another. Second, the emergence of loneliness because the social circle is increasingly narrowed and isolated from the comfort zone. Third, weak beliefs and fear of failure lead to a decrease in motivation. Many early adults are afraid to step out of their comfort zone because this transition doesn't make them feel trapped between wanting to thrive but not wanting to get out of their comfort zone. Early adults who are in the *quarter life crisis phase* will experience feelings of helplessness, doubt, and fear of failure (Martin, 2016). Robinson and Wright (2013) argue that the turmoil experienced by individuals will result in individuals experiencing mental illness and make individuals withdraw from the environment so that they have the potential to experience *loneliness* (DiTommaso & Spinner, 1993).

According to Peplau and Perlman (1982), *Loneliness* is an unpleasant situation experienced by a person when he feels unable to meet expectations in his social relationships. In this condition, a person feels isolated and does not have a satisfying connection with the people around them. Loneliness itself can be generally defined as a feeling of emotional isolation and isolation that arises when a person feels a lack of adequate social relationships or satisfying relationships. It can involve feeling lonely even though there are many people around, and it often has to do with the quality, not quantity, of social relationships.

Research related to *loneliness* and *quarter life crisis* has been described in Robinson (2015). He mentioned that the condition of isolation or isolation carried out in early adulthood when he experiences *a quarter life crisis* can turn into loneliness and feelings of isolation (Robinson, 2015). Therefore, the quality of relationships with others in early adulthood is important.

Based on previous research conducted by Rizky Ananda Artiningsih and Siti Ina Savira (2021) showed that there was a positive relationship between *loneliness* and *quarter life crisis* with a correlation result of 0.571. From these results, it can be seen that the higher the loneliness, the higher the *quarter life crisis* in early adulthood in Surabaya, and vice versa. Subsequently, research conducted by Militya Christy Melalondo, Dewita Karema Sarajar (2024), shows that the hypothesis is accepted where there is a significant positive relationship between *loneliness* and *quarter life crisis*, which is shown by the values $r = 0.891$ and $\text{sig} = 0.000$ ($p < 0.05$) where H_a is accepted and H_o is rejected.

Based on the above background, it can be concluded that individuals who experience *loneliness* will also feel what is called *a quarter life crisis* where *loneliness* often triggers deep self-reflection. When a person feels lonely, they tend to spend more time alone and think about the basic things about their life. It seems that questions arise about life goals, achievements, education, relationships with the opposite sex, and personal satisfaction, which are characteristic of *the quarter life crisis*. Both of these phenomena can lead to high levels of stress and anxiety, where *loneliness* can increase stress due to lack of social support, while *quarter life crises* can cause anxiety about the future and unmet expectations. When a person feels dissatisfied with the relationships or social relationships they have, they can experience feelings of loneliness.

METHOD

This research was conducted using a quantitative method. There are two variables studied in this study, namely *loneliness* and *quarter life crisis*. *Loneliness* is an unpleasant situation that a person experiences when he feels unable to meet expectations in his social relationships. In this study, *loneliness* was measured by the loneliness scale using *emotional loneliness* and *social loneliness* proposed by (Peplau and Perlman, 1982). *A quarter life crisis* is a period in life that includes an interval aspect that includes the transition from the academic world to the real world, where the individual is constantly questioning his or her future. In this study, *the quarter life crisis* was measured on the scale of *the quarter life crisis* by using aspects of indecision in making decisions, feeling disconnected, negative self-assessment, being trapped in difficult situations, feeling anxious, feeling depressed, and worried about interpersonal relationships raised by (Robbins and Wilner 2001). According to Sugiyono, (2017) the sample is part of the population that is the source of data in the study, where the population is part of the number of characteristics possessed by the population. The sampling technique was carried out using *a simple random sampling* technique. The sample was determined using G*Power where 150 early adults in the city of Medan with an age range of 20-29 years were obtained.

The data collection technique used to obtain data in this study is to use a psychological scale by distributing questionnaires or questionnaires online. The scale used in this study is the Likert scale. The Likert scale in measuring *loneliness* and *quarter life crisis* has 2 statements, namely favorable and

unfavorable, with the choice of answers using the Likert scale consisting of four statements, namely Strongly Agree (SS), Agree (S), Disagree (TS), Strongly Disagree (STS). The assessment criteria move from 4321 for Favorable answers and 1234 for Favorable answers.

In searching for respondents, researchers distributed questionnaires through social media, sent messages to several group chats, and asked research friends for help to fill out and share questionnaires. This research was conducted in early adults in Medan City. The data analysis used by the author in this study is a normality test, a linearity test and a hypothesis test, the data is processed using the SPSS 20.0 for windows program.

RESULTS AND DISCUSSION

Result

This research was carried out from July 27, 2024 to August 19, 2024 which was carried out online until all data had been collected, and the subjects needed in this study were early adults aged 20-29 in the city of Medan. Next, the researcher conducted data analysis but before the researcher first described the research respondents based on gender, age, ethnicity, occupation and domicile. After that, an assumption test was carried out for *loneliness* and *quarter life crisis* by conducting normality tests, linearity tests and hypothesis tests.

Table 1. Overview of Research Subjects by Gender

Gender	Sum	Percentage
Woman	112	74.7%
Man	38	25.3%
Sum	150	100%

Based on the gender table, it can be seen that the female sample amounted to 112 people (74.7%) and the male sample amounted to 38 people (25.3%).

Table 2. Dispersion of Subjects by Age

Age	Sum	Percentage
20	13	8.7%
21	17	11.3%
22	58	38.7%
23	26	17.3%
24	21	14.0%
25	9	6.0%
26	3	2.0%
27	2	1.3%
28	1	0.7%
29	0	0%
Sum	150	100%

Based on the age results, it can be seen that the sample of 20-year-olds totaled 13 people (8.7%), 21-year-olds totaled 17 people (11.3%), 22-year-olds totaled 58 people (38.7%), 23-year-olds totaled 26 people (17.3%), 24-year-olds totaled 21 people (14.0%), 25-year-olds totaled 9 people (6.0%), 26-year-olds totaled 3 people (2.0%), 27 years old is 2 (1.3%), 28 years old is 1 (0.7%), 29 years old is 0 (0%).

Table 3. Categorization of Loneliness in the Subject

Categorization	person	%
Low	31	20.7 %
Keep	112	74.7 %
Tall	7	4.7%
Sum	150	100%

Based on the loneliness categorization criteria in the table above, it can be seen that subjects who have *loneliness* in low categorization are 31 people (20.7%), medium categorization is 112 people (74.7%), and high categorization is 7 people (4.7%).

Table 4. Categorization of Quarter Life Crisis on the Subject

Categorization	person	%
Low	23	15.3%
Keep	122	81.3%
Tall	5	3.3%
Sum	150	100%

Based on the Quarter Life Crisis *categorization criteria* in the table above, it can be seen that subjects who have a *Quarter Life Crisis* in low categorization are 23 people (15.3%), medium categorization is 122 people (81.3%), and high categorization is 5 people (3.3%).

Assumption Test

Normality Test

In this study, the normality test was used to find out whether the research data from *the loneliness* variable with *the quarter life crisis* were distributed normally or abnormally. The normality test was carried out using *the Kolmogrov-Smirnov one-sample* test with the help of *SPSS for windows 20.0*. The category used in this normality test is if $p > 0.05$ then the data is said to be normal and vice versa if $p < 0.05$, then it is said to be abnormal. The results of the normality test in this study can be seen in the table below.

Table 5. Normality Test

Variable	Sig (2 tailed)
<i>Loneliness and Quarter life crisis</i>	.216

It is known that the significance value of the *loneliness* variable with *a quarter life crisis* of .216 which means $.216 > 0.05$, it can be concluded that the data is normally distributed.

Linearity Test

The linearity test is useful to determine the linearity of the relationship between *the loneliness* variable and *the quarter life crisis*. The linearity test was carried out by looking at the value of the linearity F calculated to be greater than the F table or $p < 0.05$. The results of the linearity test can be seen in the following table:

Table 6. Linearity Test

Variable	F	Sig
<i>Loneliness and Quarter life crisis</i>	91.819	.000

Based on the table above, it can be seen that the value of the coefficient $F = 91.819$ and the significance or p obtained is .000 or $p < 0.05$ on the *loneliness* and *quarter life crisis* scales so that it can be concluded that there is a linear relationship between the two scales.

Hypothesis Test

The hypothesis test was carried out to test the relationship between the X variable (*Loneliness*) and the Y variable (*Quarter life crisis*). In this study, the hypothesis test uses *the Pearson Product Moment correlation analysis technique* where the results can show whether there is a relationship between the two variables. The results of the hypothesis test in the following table:

Table 7. Hypothesis Test

Variable	Spearman Correlation	Sig (2 tailed)	N
<i>Loneliness Quarter Life Crisis</i>	0.613	0,000	150

Based on the results of the table above, there is a significance value of the *Loneliness* scale and *Quarter Life Crisis* both have a value of $r = 0.613$. Therefore, the GIS value is $0.000 < 0.05$, which means that there is a significant relationship between the *Loneliness* variable and *the Quarter Life Crisis*, thus it is conveyed that the hypothesis is accepted.

Discussion

The purpose of this study is to find out if there is a relationship between *Loneliness* and *Quarter life crisis* in Early Adulthood in Medan City. Based on the results of data analysis in this study, it was found that there was a relationship between *Loneliness* and *Quarter life crisis* in Early Adulthood in

Medan City. Based on the Pearson Product Moment *correlation analysis technique*, it found that there was a positive relationship between *Loneliness* and *Quarter Life Crisis*, which was 0.613 with a sig value = 0.000 ($p < 0.05$), this explains that the hypothesis is accepted, namely that there is a positive relationship between *Loneliness* and *Quarter Life Crisis* in early adulthood in Medan City. It can be interpreted that the higher the loneliness, the higher the *quarter life crisis* in early adulthood in Medan City. On the other hand, the lower the loneliness, the lower the *Quarter Life Crisis*.

The results of this study are in line with research conducted by Rizky Ananda (Artiningsih and Siti Ina Savira, 2021) showing that there is a positive relationship between *loneliness* and *quarter life crisis* with a correlation result of 0.571. From these results, it can be seen that the higher the loneliness, the higher the *quarter life crisis* in early adulthood in Surabaya, and vice versa. The results of the study also showed that the correlation between *social loneliness* and *quarter life crisis* was positively correlated with moderate strength. This means that the more a person feels experiencing social loneliness, the more he will also experience an increase in the *quarter life crisis*.

The results showed that more than 81.3% of the subjects who participated in the study were in a moderate *quarter life crisis* condition. In this condition, the subject experiences doubt and fear of failure in the future, indecision making and lack of motivation that the individual gets from family, friends, or people in his or her neighborhood, but this does not reach a very high level. So this can reflect that even though they are facing pressure and worry, they can still manage the situation without feeling trapped in a severe crisis situation.

Based on gender, it shows that the majority of female respondents experience a *quarter life crisis* level in a moderate categorization. This can be interpreted that many of the women in this study face significant challenges and pressures in their lives, but not to a very high or low level. Robinson and Wright (2015) also showed that women were found to report more crises in early adulthood than men.

Based on the age in this study, the *quarter life crisis* at the age of 20, 22-26 years is in the medium to low categorization, then at the age of 21 years the medium category is high, and the age of 27-28 years is in the medium category. So at the age of 20-28 years is in the medium category, which means that individuals in that age range experience turmoil and confusion in life, but are still within normal limits and can be overcome well. *The quarter life crisis* itself is commonly experienced in individuals who are in the emerging adulthood period, where emerging adulthood respondents in Medan City are mostly 22 years old totaling 58 people. According to a survey conducted by Robinson & Wright (2013) in the United Kingdom, about 70% of young adults experience this crisis in their 20s and Kimandita Interview (2019) in her research on 23-year-old female respondents stated that the *quarter life crisis* is experienced since she was 22 years old, which makes her desperate when faced with future dreams and financial freedom.

Based on the results of the study, from the aspect of *quarter life crisis*, it was found that every aspect of indecision in making decisions, negative self-assessment, feeling depressed, and worried in interpersonal relationships leads to a moderate to high category, this shows that individuals who experience *quarter life crisis* often feel doubtful and confused in making important decisions regarding their future. Research shows that this inability to make decisions contributes to feelings of anxiety, and individuals tend to underestimate themselves compared to others, which exacerbates their psychological condition that is characteristic of *quarter life crisis*. This is in line with the statement of Agustina et al., (2022) who stated that indecision in making decisions is a condition when it is difficult and doubtful about the decision to be made or has been made. According to Fischer (2008), a *quarter life crisis* is a feeling of worry that is present due to the uncertainty of future life around relationships, career, and social life that occurs around the age of 20.

From the results of the categorization of *loneliness* variables based on the results of a study with 150 respondents, it is known that the *loneliness* variable is in a moderate categorization, leading to a low level, this happens because most respondents may experience feelings of loneliness from time to time, but not consistently. This could mean that they have positive social moments that can reduce feelings of loneliness. Indications that loneliness is low indicate that many respondents have a good social network or are able to cope with feelings of loneliness in a healthy way. This could include support from friends, family, or involvement in social activities.

Overall, when viewed from the loneliness variable by age, subjects aged 22-25 years experienced moderate levels of loneliness, factors such as good social support, involvement in activities, and focus on self-development contributed to a decrease in loneliness rates towards the low category.

This suggests that individuals in this age range have the ability to cope well with feelings of loneliness, even if they remain in a challenging transition phase.

Loneliness also showed that *individual social loneliness* was in the moderate level category of 72.0% as many as 108 people and low 37 (24.7%). This suggests that many individuals feel lacking in social relationships, which can include feelings of not having enough friends or social support. When individual expectations related to relationships with the social environment are not met, individuals will feel unintegrated in their environment, resulting in *social loneliness* (DiTommaso & Spinner, 1993). In the aspect of *emotional loneliness*, it is in the low category of 75 (50%) to moderate, indicating that half of the respondents feel that they have a good emotional connection. The subject has a satisfying bond with the people closest to them, such as family or friends, which helps to reduce feelings of loneliness.

Individuals who experience *loneliness* will also feel what is called a quarter life crisis where loneliness often triggers deep self-reflection. When a person feels lonely, they tend to spend more time alone and think about the basic things about their life. It seems that questions arise about life goals, achievements, education, relationships with the opposite sex, and personal satisfaction, which are characteristic of *the quarter life crisis*. Based on the results of the study, it can be concluded that there is a relationship between *loneliness* and *quarter life crisis* in early adulthood in Medan City. This shows that the higher *the loneliness*, the higher *the quarter life crisis* in early adulthood in Medan City. On the other hand, the lower *the loneliness*, the lower *the quarter life crisis*.

CONCLUSION

Based on a study conducted by a researcher entitled *The Relationship between Loneliness and Quarter Life Crisis in Early Adulthood in Medan City*, it was concluded that the results of the study showed that there was a positive relationship between the Loneliness variable and *the Quarter Life Crisis*, with a correlation value of 0.613 with $p=0.000<0.05$ which means that the research hypothesis was accepted. The correlation value of 0.613 shows with a classification level, which is strong with a positive relationship direction, which means that the higher the Loneliness score, the higher the *Quarter Life Crisis* in early adulthood in Medan City, and vice versa, the lower the level of *Loneliness* in early adulthood, the lower *the Quarter Life Crisis* rate in early adulthood in Medan City.

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