



Dynamics Self-Healing Facing Quarter-Life Crisis on Students

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ABSTRACT

A quarter life crisis is a psychological condition disorder that can attack anyone, this condition begins with anxiety about the future. This is one of the things experienced by students who will experience a transition from the academic period to the real world. Based on these conditions, it is necessary to find a way to deal with them, one of which is self-healing. The process of self-healing provides better conditions for students to face the quarter-life crisis. This study aims to determine the dynamics of self-healing in the face of the quarter-life crisis for students in Purwokerto. This type of research is qualitative with a case study approach. The informants of this research came from students studying in Purwokerto totaling 6 people based on the criteria that had been prepared. The data collection methods in this study are observation, interviews, and documentation. The results of the research conducted by the author are the dynamics of self-healing facing quarter-life crisis starting with the first dimension of the quarter-life crisis, such as indecision in making decisions, anxiety, depression, negative self-assessment, hopelessness, and worry about interpersonal relationships that will be and are being built. The two self-healing activities are carried out to deal with these dimensions, such as doing activities that make you relax, worshipping Allah, introspection, self-talk, and exercising. Third, external support to achieve self-healing such as support from family, friends, and partners (girlfriends). The four changes for better conditions such as feeling comfortable, calm, able to accept yourself, thinking positively, and also feel more relaxed.

Keywords- Quarter-life crisis, Self-healing, Student

A. INTRODUCTION

Human life runs dynamically starting from the womb, babies, children, adolescents, adults and up to old age. Each phase passed by an individual has its own developmental task as occurs in the transition phase of adolescence to adulthood in this transitional phase known as emerging adult introduced by Arneet where individuals are in the age range of 18 years to

25 years (Ramadan Lucky Al Kahfi , 2017). In this phase has different life demands from the previous phase, namely the demand to be more able to live independently, explore and experiment with life, and also have an open mind from all points of view. This transition phase is a crucial period for each individual because this phase is often considered to be a decisive period to achieve success or failure of further developments (Sri Yulia Sari, 2017).

Individuals with an age range of 18 to 25 years in the community group one of them is a student. According to the big dictionary Indonesian (KBBI) a student is someone who studies at a university (KBBI, 2013) while according to some experts defines a student according to Siswoyo as an individual who is studying at the university level both public and private or other institutions that are the same level as universities. Having the status of a student is not an easy matter, there are many challenges faced by students today. Just as some people view a student as required to have high intellectuality, capable communication and critical thinking so that this is what makes students complained to be agents of change for a nation, but it is all not an easy matter where it is motivated by the conditions of the times that are currently in difficult times starting from the Covid 19 pandemic which suddenly shocked the world in early 2019, This has an impact on various changes in the field sector. Currently, students are in the midst of a precarious situation and it is difficult for students to think positively in this situation.

The precarious conditions of the era like this and also coupled with the changes in developmental tasks experienced by students make students feel whether they are able to carry out these tasks in conditions that are not easy like today. Various responses that arise from a student in dealing with a situation like this encourage the phenomenon of quarter life crisis that occurs among students today. Quarter life crisis itself is a psychosocial event that occurs a lot in emerging adulthood, namely in the age range of 18 to 25 years which is characterized by a sense of worry, panic, and feelings of helplessness so that if it cannot be controlled properly, it will cause psychological disorders such as depression, stress, or other psychological disorders (Muhammad Abdullah Sujudi, 2020).

The phenomenon of quarter life crisis is often an interesting conversation, based on Google Trends, including in the Indonesian region, the keyword quarter life crisis does show a drastic increase in search engines, besides that there are also many articles that discuss the dangers of quarter life crisis or tips in dealing with quarter life crisis, and also many content creators who raise the theme quarter life crisis as content on Youtobenya like Arief Muhammad who discussed "Quarter Life Crisis, How Dangerous?" Gita Savitri who talks about the "Quarter Life Crisis." And there are also many influencers who share their experiences when facing a quarter life crisis on their social media platforms such as Instagram. Thus, it shows that this quarter life crisis has become a phenomenon that is very often encountered among young people in their 20s, one of which is a student (Joan D. Atwood Æ Corinne Scholtz, 2008).

The problem of quarter life crisis that occurs in students cannot be separated from problems regarding dreams and hopes whether later they can realize the hopes that have been built or even these expectations will not be in accordance with what is expected, then also the problem of determining careers where students have been equipped with theoretical and practical knowledge will be able to accommodate this knowledge in carrying out their next career, Or just as a satisfying need. Another problem is that in the search for self-identity, there are still many students who are still looking for their true identity and are still

wondering about themselves, then there is a love problem for students who do not have a partner, feelings of envy will arise towards someone who already has a partner, while for students who already have a partner, they will think whether the partner they are currently with is the right person to become a life partner in the future.

There are several aspects of life problems that occur in a student explained by Wibowo in 2017 who said that individuals who experience quarterly crises feel dilemmas about their lives, feel less developed, while their friends around them are preempt, dissatisfied with what they have, feel unable to manage finances, difficult to make decisions, compare their circumstances with others and do not have clear affectionate relationships (Meilia Ayu Puspita Sari and Wiwien Dinar Prastiti, 2021). Not only conditions during college, quarter life crisis can be faced by students who have finished taking courses, namely final year students who complete their final project and have not found an ideal job are also vulnerable to this phenomenon (Robinson, 2018). The transition period of busy activities that were originally lectures every day into unscheduled activities has a negative impact on the stress and self-esteem conditions of students (Brown, Cober, Kane, Levy & Shalhoop, 2006). The transition is not only a challenge to finding a decent livelihood – a job, but involves changes to living patterns, relationships with others, identity, lifestyle and financial support (Robinson, 2018). For those who do not live with their parents during college (boarding house or cottage), the completion of the final project often brings them back to live with their parents to save costs, which is prone to causing disputes and feelings of anxiety in these students, resulting in an increased threat of quarter life crisis (Burns, 2015).

The condition of the problems faced by a student in achieving his expectations leads to self-tension that causes negative feelings such as feeling less confident or insecure, feeling worried or anxious in facing his future, dilemmas in making choices that occur in life, feeling always failing in running a relationship and feeling that he is not as lucky as others who think his life is just a way in place or stuck. So that the feelings that arise will have an impact on the emergence of psychological disorders such as excessive anxiety, stress, depression and up to suicide.

Factors for the occurrence of the quarter life crisis phenomenon among students can come from internal or external. Internal factors are feelings that arise from oneself as a student grows older sometimes looking deeper regarding the meaning of life, doubting his own potential, then when viewed from external factors are pressure from the family environment, family economic conditions that exist in the lower middle and cultural factors can also affect the occurrence of a quarter life crisis (Risna Amalia, 2021), in addition, comments from the environment also affect the factors that occur quarter life crisis, and no less important is the factor of social media, departing from increasingly sophisticated technological developments that make students have a close relationship with the media. Many benefits can be obtained from social media such as getting information easily, making it easier to communicate with others, and also being able to brand yourself easily. But on the other hand, the existence of social media among students also has a bad impact, for example, people easily see other people's lives and from there there will arise a sense of comparison with others both in terms of academic, physical, financial and others (Lailatul Nur Aini, Point Mutiah, 2022).

Quarterlife life crisis discusses how life that occurs in humans, including a student, can overcome all the problems that are present in him well, the better his life will be. But on the

other hand, if a student is unable to face every problem, the student will live life with stress, depression, and no confidence in himself (Adita Lintang Kharisma, 2022). With the phenomenon of quarter life crisis that occurs among students is a crucial phenomenon. Therefore, to deal with the quarter life crisis that occurs so as not to have a more complex effect on yourself, one way that can be done is by self-healing (Jitka Cirklová, 2021).

The word self healing began to be better known at the end of 2021 to 2022 on social media, with self-healing being a way to restore happiness afterwards (Annisa Mutohharoh, 2022). The application of self-healing creates mental health in a person that can affect physical, cognition, emotions, behavior, and also spiritual. As a result, someone who does self-healing can prevent the occurrence of more complex problems. Various applications of self-healing carried out by a student in dealing with a quarter life crisis, all of it is done in different ways and processes by each individual.

Self-healing is a method that can be used for each individual by strengthening his cognition. Self-healing is defined as a healer with the power of the mind through several stages, one of which is to convince themselves that everyone has the ability to heal themselves (Amaliatul Lia Islami, 2016). The purpose of self-healing itself is a process of reducing stress, fear, and anxiety and this healing process is carried out by encouragement and direction from oneself (Gustina Aghniya'Ul Khusna, 2021). According to Cao, 2019 deep in his soul, everyone has a tendency to heal their own psychological trauma (Cao et al, 2019). In the world of education, programs related to mental health, especially in dealing with student quarter life crises, are mostly carried out by means of individual and group counseling to take advantage of the benefits of nonverbal communication (Przedworski et al., 2015), besides that the benefits of prevention in quarter life crisis are so that students can express their emotions well in the early stages of adult development, to provide good solutions for students who have problems in learning fatigue, social anxiety, *maladjustment*, career decision making, and so on, and to encourage them to continuously improve their self-exploration abilities, and promote increased self-healing abilities and healthy psychological growth (Kim & Kim, 2015, Seoul, Park, Hyu, Kim & Jin, 2013). Negative emotions can be channeled, psychological trauma can be healed, self-awareness can be increased, and self-potential can be stimulated when students can freely express their ideas and ideas. It can make students feel accepted, understood, and engaged through non-critical communication (Li & WU, 2022)

According to the results of a survey conducted by First Direct Bank 2,000 people in their mid-20s in the UK illustrate that 56% of individuals experience a quarter life crisis (Vini Mutiara Fitri, 2019), this figure shows how high the phenomenon of quarter life crisis occurs among young people. In addition, the results of a survey conducted by LinkedIn in 2017, showed the results of research as many as 75% of individuals aged between 25 to 33 years had experienced a quarter life crisis condition, with an average age of 27 years. According to LinkedIn research, as many as 61% of respondents believe that when they are looking for a job and almost 48% of respondents say that the habit of comparing their lives with more successful friends makes them tend to worry easily (Michael Solomon Hahuly, 2021). Students who are in a quarter life crisis feel that the life they live has no change (stuck), this opinion is reinforced by research from Martuis & Bahri in 2016 where it was written that as many as 66.15% of students studying at Unsyiah experienced a sense of insecurity in facing

success in the future and a feeling of not knowing about what will be done in the future (Martunis Yahya And Syaiful Bahri, 2016) Hamidah Syafira, 2021).

The existence of a quarter life crisis that occurs among students has resulted in many cases of suicide plans or suicides committed by students as a result of the crisis as happened in Yogyakarta found in a private university student committing suicide by using a Gerindra in his boarding room for reasons of depression due to family problems, and thesis problems that never go away. In addition, Melinda Hospital conducted an analysis of 441 students in the city of Bandung in 2019 and the results also found that 24 people had thought about trying to commit suicide. The reasons he got were very diverse ranging from educational or thesis problems, family, work, friendship problems, love problems and to other social problems.

With such actions, ways are needed that can help students deal with the quarter life crisis, one way that can be done is by self-healing. According to Ishaq in 2007 it was found that as much as 67% of self-healing can reduce anxiety, meaning that self-healing is a way that can be used to reduce negative feelings such as quarter life crisis conditions. In addition, based on a preliminary study of this research to a student that self-healing provides new energy that is more positive if self-healing is done in accordance with what is needed.

From the results of the explanation above, researchers hope that this study can give students an idea of how to deal with the quarter life crisis, which is also a reminder that the phenomenon of quarter life crisis is something crucial where if not minimized and prevented it will interfere with a person's psychological condition such as the onset of excessive anxiety, stress, depression, and can also lead to suicide, things like that are not desirable because in research conducted by Abdullah said that the phenomenon of quarter life crisis can be associated with suicide or suicide and this occurs in several countries (Sujudi and Ginting, 2020).

In this study, researchers chose the city of Purwokerto as the location of the study, this is because Purwokerto holds the status as one of the student cities in Central Java province, this is evidenced by the large number of schools and universities in the city of Purwokerto, According to data from the Central Statistics Agency (BPS) of Banyumas Regency, the number of students has increased, namely in 2019/2020 as many as 4,4291 students and in 2020/2021 as many as 4,4233 students. So the researcher felt right because of the large number of students in Purwokerto. And there is relevance between the location of the study and the condition of the quarter life crisis that occurs in students as evidenced by the results of a survey that researchers conducted to see the condition of the quarter life crisis.

This study uses criteria in determining subjects including final year students above the eighth semester, studying at one of the universities in Purwokerto, Central Java, Indonesia who experience a quarter life crisis characterized by feelings of anxiety, doubt, pressure about problems related to the future obtained from the preliminary using a survey on quarter life crisis in final semester students in Purwokerto with a minimum result of 72. In the results of this survey number researchers divided the levels into five categories, first 10-30 with very low category, second 31-60 low category, third 61-90 medium category, fourth 91-120 high category, and fifth 121-150 very high category. This survey has been translated by Agustin in 2012 by Christine Hassler which consists of 25 question items containing statements about individual capacity, career achievement, interpersonal relationships, education to financial stability. This survey contains seven dimensions based on literature on the definition of quarter life crisis (Novie Aprichella, 2022).

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This survey was conducted to determine whether there is relevance between the research location and the quarter life crisis that occurs in students. From the results of a survey conducted by researchers on April 13 to 15, 2022 to final year students in Purwokerto, 33 respondents were found to experience a quarter life crisis, with details of 9 students and 24 female students in the low category as many as 2 students and 6 female students, then in the medium category of 5 students and 14 female students then in the high category as many as 2 students and 2 female students, and in the very high category as many as 2 female students. So it can be concluded that final year students in Purwokerto experience a quarter life crisis by entering into 3 levels of the quarter life crisis category. In this study, the subjects were students who fell into the high and very high categories totaling 2 students and 4 female students.

After conducting the survey and obtaining six subjects, researchers conducted initial interviews. From the results of the initial interview, the subject admitted that the quarter life crisis he faced was quite disturbing and troubling, especially now that they are final year students so they experience the quarter life crisis. That way, to deal with a quarter life crisis, the subject does a way that is self-healing. In the self-healing process, it is done differently according to what is needed. However, it was found in the initial interview that if self-healing carried out in the face of the quarter life crisis cannot directly change the condition, there are some self-healing that is done does not have a complete effect in dealing with the condition of the quarter life crisis so that it takes time and also other self-healing methods to achieve the success of self-healing

B. METHOD

The type of research used in this study is using qualitative research. This type of qualitative research is a type of research that focuses more on an aspect of understanding more deeply, where the results of the research are in the form of descriptive data in the form of words which come from the observed subject. Qualitative research will strive to reveal various things that exist in individuals, groups, or communities in everyday life that can be scientifically accounted for (Muh Fitrah, 2018). In this research using a case study approach. The case study approach is an approach that uses a variety of methods and various data sources. So as to use data collection tools that can help achieve research. In this case, this approach uses observation, interview and documentation methods (Galang Surya Gumilang, 2016).

This research was conducted on students, whose data was collected through observation and interviews. This observation was taken online, namely by a survey about the quarter life crisis based on the criteria of subjects that have been determined by researchers and also rapport through whatsapp media. For interviews and documentation, it is carried out offline or meet directly with research subjects in agreed places such as at the subject's residence (boarding house), restaurant, and also a coffee shop.

The subject of research is an individual, object or organism, which is used as a source of information needed in collecting research data. In this study the subjects used purposive sampling techniques. Purposive sampling itself according to Sugiyono is a technique of taking sources using certain considerations that are considered to know more about what is felt (Arikunto, 2015). In this study, researchers chose based on criteria, these criteria were divided into 2 types, namely inclusion and exclusion criteria.

Inclusion criteria are criteria where research subjects represent research samples that qualify as samples (Sri Harnani And Dwi Susanti, 2019). The inclusion criteria in this study include:

1. Students in semester 8 and above
2. Study at one of the universities in Purwokerto.
3. Experiencing a quarter life crisis, from a professional judgment psycholog
4. Willing to be a research subject by filling out the inform consent sheet.

While the exclusion criterion is a criterion in which the research subject cannot represent the sample because it does not qualify as a research sample, as well as scientific obstacles, is not willing to be a respondent who shows a situation that does not allow research to be carried out (Harnani and Susanti, 2019).

Based on the criteria determined by the researcher, there were 33 respondents who met these criteria where they experienced a quarter life crisis with various dimensions of existing feelings and were classified into several categories of quarter life crisis levels, namely in the low category with a total score ranging from 36 to 60, in the medium category with a total score ranging from 61 to 89, Then in the high category the number of scores ranged from 98 to 103 and the very high category 124 to 125. The study used data analysis from Miles and Huberman. Miles and Huberman describe the process of analyzing qualitative research data as follows:

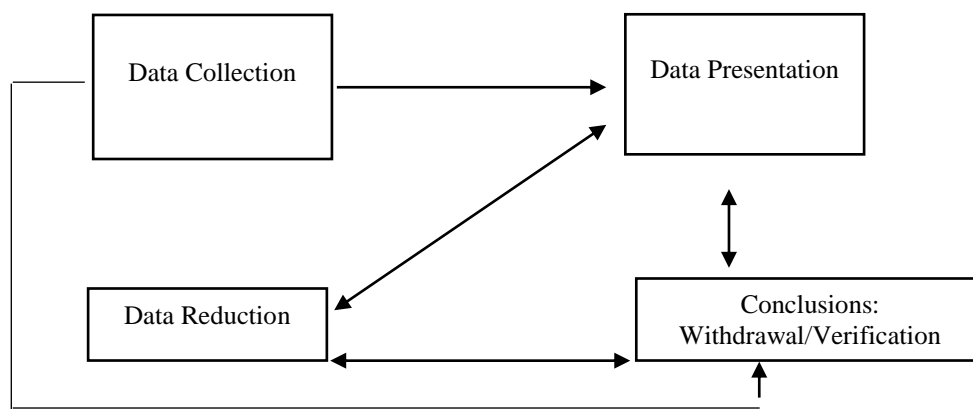


Figure 1. Data Analysis

The figure shows the interactive nature of data collection with data analysis, data collection is included an integral part of data analysis activities. Miles and Huberman argue that qualitative data analysis activities are carried out interactively and continuously until they are completed to fill in the data (Abdul Hadi, 2021).

C. Result and Discussion

Based on the results of interviews obtained from research subjects, results were obtained related to the dynamics of *self-healing* facing a *quarter life crisis* in students in Purwokerto. To be clearer, the researchers explained the results of the study as follows:

1. Dimension of *Quarter Life Crisis*

Quarter life crisis is a psychologically disturbing condition that occurs around the age of 20s. Where there is a dimension of feelings that arise due to the *quarter life crisis*.

According to Robins and Wilner suggests that there are seven dimensions in a *quarter life crisis* as follows:

a. Anxiety in making decisions

The number of life choices faced makes individuals more indecisive in making a decision because if they are not careful in making decisions, the individual believes it will change his life. Consideration in a decision is also one of the problems found in a student in terms of determining his future career. Below will be presented the results of interviews that show these dimensions.

One of the results of data mining from AQA subjects states that experiencing doubts in determining future careers. It is as he expressed:

"I was very worried that I said I didn't want to be a teacher, I wanted to work in a company or state-owned enterprise, but if I look at my educational background, entering the company is difficult even though I am the one who can, well, while if I become a teacher, what is the salary of a teacher, let alone PAUD..."

From this statement, the doubts experienced by AQA related to his career did not want to become a teacher but the educational background he had was as a teacher, which according to him with this *background* made him find it difficult to get the job he expected, so there was a feeling of doubt regarding career determination.

b. Feelings of anxiety

Age development and the existence of an expectation that must be met but it is difficult to make individuals haunted by feelings of worry if all of it will not provide results in accordance with expectations. The expectations he has not only come from oneself but the expectations of others so that it gives a feeling of worry if he cannot meet the expectations of others in addition to the hope of becoming a final year student also provides anxiety in facing the next life. Below will be presented the results of interviews that show these dimensions.

One of them is the result of extracting data from the subject YM also experiences the same anxiety as AQA where she is currently a final semester student who will soon graduate from college. As it reveals:

"Maybe it's because I'm already in my final semester, where it's about to graduate but there are still many doubts in me to live the next life and because of those doubts I feel worried about my future that I don't know what it will be."

YM felt anxious to face the next life because he felt unprepared and there were still doubts about him.

c. Depressed

Individuals feel a problem faced from day to day increasingly difficult and results in the activities they do experiencing interference and also not running properly. Often individuals feel tormented by their unsucess, especially the community's view of a student who thinks students are perfect figures without loopholes. Below will be presented the results of interviews that show these dimensions.

One of them is the result of data mining from SKN subjects. The living environment also brings SKN to feel the demands of being a female student. As it reveals:

"... I live in the village, then also from a simple family, there are many demands that I get, for example, I have to be a successful person and the success is judged from the material and later if I don't succeed in being a comparison with people who don't go to

college, how come those who don't go to college can only have a period of college that is only like that."

This statement proves that the demands of the environment lead to a new pressure to achieve success.

d. Negative Self-Assessment

Individuals experience difficulties in life so they often doubt themselves, when in reality they are not only themselves many other people who also experience the same thing. Individuals even easily look down on themselves which results in a sense of comparison with others. This dimension often appears in a student who sees the achievements of his peers who he considers to have achieved the ideal target so that students feel that their lives are left behind and no changes occur. Below will be presented the results of interviews that show these dimensions.

For one, AQA often compares itself to its peers. As it reveals:

"I feel left behind with my other friends already in writing a thesis while I haven't started yet..."

"... When I see that my friends have been able to succeed, I have got the goals they want, I am envious, I feel that I am still doing nothing."

From this statement, AQA considers that his life has no progress, in contrast to the friends around him.

e. Despair

Failure to achieve something and also unsatisfactory results in doing a certain job cause individuals not to trust themselves and consider what is done only in vain. Often students feel that they started together with their friends but the results obtained were different. So that he considers himself incorrect in carrying out this. Below will be presented the results of interviews that show these dimensions.

One of the results of this condition occurring on the VM also reveals it:

"... There is envy even though he is the same age but why is he far superior to me, when what I see is that my efforts are much greater why he got it first, how come, and it didn't happen once like git uke I've been rich several times, so think about what I did how come the results were not maximal."

The process passed by the VM is considered to be maximal but the results have not been in line with his expectations, but other people who think his efforts have not been the same seem to have gotten results.

f. Worry about interpersonal relationships that will be and are being built

One of the results of this condition occurred in TNF revealing:

Individuals often feel worried about opposite-sex relationships, this is due to the growing culture in Indonesia regarding statements that state individuals under the age of 30 are ready to marry, so many questions arise and then cause concern. The question is like whether there is someone who can believe it, if there is whether it is ready to marry and when. In addition, whether the person who is currently together is the right person to be his life partner. Below will be presented the results of interviews that show these dimensions.

Having a relationship with the opposite sex was lived by TNF but ended in failure to make TNF feel worried. As it reveals:

"Several times I failed in love so it made me feel unconfident about the relationship in the future. Because it hurts several times"

Failure makes TNF unsure in building relationships with the opposite sex.

From the results of the presentation of the subject above, it was found that there are six dimensions of *quarter life crisis* feelings experienced from seven dimensions according to Robbins and Willner. Here is a table of dimensions of *quarter life crisis* experienced by the subject:

Table 1. Dimension of Quarter Life Crisis

No	Dimension of Quarter Life Crisis	Subject					
		AQA	SKN	YM	TNF	DAP	VM
1	Anxiety in Making Decisions	✓	✓	×	✓	×	✓
2	Feelings of anxiety	✓	✓	✓	✓	✓	✓
3	Depressed	✓	✓	✓	×	×	✓
4	Negative Self-Assessment	✓	✓	✓	×	✓	×
5	Despair	×	×	✓	×	✓	✓
6	Worry about interpersonal relationships that will be and are being built	×	×	✓	✓	×	✓
7	Stuck in a Difficult Situation	×	×	×	×	×	×

Description: : Experienced

✓

× : Not Experiencing

The conditions experienced by the research subjects after going through several *self-healing* processes made them feel calmer and understand themselves. With *self-healing*, there are findings of conditions experienced by the subject, although it takes time and several ways to achieve it. The findings of the subject's condition associated with a quarter life crisis can be experienced by anyone, one of which is a student who will complete his education in college. Robbins and Wilner say that as someone who is about to experience a change from education to the real world will be faced with questions about what his future will be, and whether something he does now will have an effect on his future.

2. Self Healing performed

In practice, according to Louis Proto, self-healing is an effort to do self-healing that focuses on the ability to convince yourself by building positive thoughts. With this self-healing aims to reduce emotional feelings that disturb a person's psychology. There are several ways that can help the occurrence of self-healing by building positive thoughts such as self-introspection, self-reflection, getting closer to God, doing activities that are relaxing and exercising. From the results of the study, several self-healing were obtained in the face of a quarter life crisis.

a. Do relaxing activities.

Relaxation activities are activities that aim to relax the body and mind from the tension felt by the body. In this case, relaxation is used more to do activities that you like because with

it can be more helpful to relax yourself from the quarter life crisis experienced. Below will be presented the results of interviews that show these activities.

AQA Subjects

One of the things AQA does in dealing with the quarter life crisis is to do activities that make it more relaxed. As it reveals:

"Just going out on a motorbike at night by yourself"

This was chosen by AQA, because he thought it was an easy way for him to do it.

VM subject

The activities that VM does in relaxing themselves are by doing their favorite activities. As it reveals:

"I prefer to go for a walk... I feel more relaxed and calm".

With this done by VM, he felt morerelaxed and calm.

b. Worship Allah SWT

Religion is the foundation for human life, in this case where the worship carried out is such as praying, dhikr and praying. With the worship carried out, it is one of the choices in facing the quarter life crisis. Below will be presented the results of interviews that show these activities.

SKN Subject

These activities are also carried out by SKN. As it reveals:

"Another way that I believe is to ask Allah for peace by praying, remembrance, praying for Allah's help, continuing to ask for peace of mind so that I can run my days with a calm mind, not panicking usually I also participate in studies in the mosque where I live..."

The activities carried out by SKN are not only mandatory activities but there are activities that he does, namely by participating in studies.

TNF Subjects

In terms of worship, TNF admits that he is far from perfect, but when he experienced a quarter life crisis he did worship. As it reveals:

"... I do the obligatory prayer, the sunnah there I ask to continue to always believe even though I am not very religious when there is a problem I definitely know where I asked for it."

In addition to the obligations of worship performed, he also carries out the recommended sunnah.

c. Self-Introspection

Self-healing is one way for individuals to understand themselves through self-introspection. Self-introspection is a way to examine oneself in order to better understand oneself so as to lead to better behaviors, actions, and ways of thinking. Below will be presented the results of interviews that show these activities.

TNF Subjects

The introspection carried out by TNF is carried out by focusing on itself. As it reveals:

"... Focus on myself, while exploring again about myself how whether it's my strengths or weaknesses, make sure that during this time many things happen to me when I explore I also know what I will have to do or improve".

The introspection made TNF better understand what would be done afterwards.

DAP Subject

Self-introspection is also carried out by DAP. As it reveals:

"... After that, I also looked back, what things I had gone through so far, what should be improved, and what should be improved..."

Introspection is done by looking back on what things have been passed.

d. Positive Self Talk

This positive self talk is an activity to dialogue with oneself both spoken silently and spoken directly, which can positively stimulate the brain so that it can change conditions for the better. Below will be presented the results of interviews that show these activities.

AQA Subjects

This activity is carried out by AQA when facing a quarter life crisis and is carried out at bedtime. As it reveals:

"... For example, before going to bed it's trying to talk to myself believing in myself that everything will be fine, and if I can get through it."

This positive self-talk is done to reassure AQA that everything will go well.

SKN Subject

Positive self-talk activities are also carried out by SKN. As it reveals:

"... I strengthen myself by affirming to myself that I am capable, I can make it happen and everyone has their own time."

This activity was carried out to believe that SKN was able to get through what happened to him.

e. Sports Activities

The existence of sports activities can help maintain body fitness but besides that it also helps maintain a more positive mind. Below will be presented the results of interviews that show these activities.

TNF Subjects

TNF conducts sports activities to maintain body fitness. As it reveals:

"I play ball or futsal in addition to helaing also to maintain fitness also the same my mind is fresher besides it is also one of my hobbies".

Sports activities are one of the activities carried out by TNF in maintaining its body both physically and psychologically.

From the results of the presentation of the results of interviews with the subjects above, it was found that there were several self-healing carried out in the face of the quarter life crisis. The following is a table of self-healing carried out by the six subjects.

Table 2. Self-Healing Done

No	Self-Healing Done	Subject					
		AQA	SKN	YM	TNF	DAP	VM

1	Doing relaxing activities	✓	✓	✓	✓	✓	✓
2	Worship God	✓	✓	✓	✓	×	✓
3	Self-Introspection	×	×	×	✓	✓	✓
4	<i>Positive Self Talk</i>	✓	✓	×	×	✓	×
5	Sports Activities	×	×	×	✓	×	×

Information:

✓:Do

×: Not Doing

From the data above, it is concluded that self-healing carried out by each subject is different and diverse in ways, but the main goal of self-healing carried out is to seek tranquility, Heal yourself, find solutions, free yourself from pressure, strengthen yourself and relieve stress that is being experienced. Things that melai do from doing social, religious activities, and doing what you like.

3. Self healing support

Actually, self-healing is a method that is done with one's own ability. But success in self-healing also does not only come from oneself, but with external support to achieve self-healing. The family becomes one of the parties that can support the success of individuals in achieving self-healing. In this study, it was found that in addition to family, there was some support in achieving self-healing. From the results of the study, some outside support was obtained to achieve self-healing.

a. Family

The family is one that supports self-healing, because the family is the closest person. Below will be presented the results of interviews that show this support.

Subject YM

The openness between YM and his parents made YM get a motivation in living life. As it reveals:

"Parents help me believe that when girls have high values, then guys who are deketin are also not arbitrary, that helps convince me."

With the motivation that is always given to YM. She feels more confident because she thinks parents are the source of YM's strength.

TNF Subjects

No different from YM, openness regarding what happened was also experienced by TNF, himself who has closeness to his parents, especially his mother. As it reveals:

"... My parents, especially my mother, I am very close to my mother, whatever problems I face, my mother must know and my mother always encourages me to motivate me if I feel panic with myself."

Such a close relationship with parents makes TNF always get enthusiasm and motivation in life, including if he experiences a quarter life crisis. That way it makes TNF feel more relieved.

b. Friend

In addition to family in this study, support also came from friends. Not all individuals have openness with their families, even more open with their friends so that the individual prefers to tell his friends who are considered to better understand the individual's condition. Below will be presented the results of interviews that show this support.

AQA Subjects

AQA said his friend was able to help believe in him. As it reveals:

"When I panicked, I liked the story that if I didn't feel comfortable with myself, they convinced me that I could."

Talking to friends makes AQA feel more confident, because he thinks other people just believe, why don't you believe yourself.

SKN Subject

SKN also felt the support of his friends. As it reveals:

"My best friend, he who always strengthens me is also one of them because I am away from my family so that helps believe in me, yes my friend."

The support from friends is enough to affect the situation of SKN where he feels much more relieved when he has told his friends.

c. Spouse (Boyfriend)

Having a partner makes individuals have a support system in addition to family and friends. Having a partner also makes a place to tell each other stories about life. Below will be presented the results of interviews that show this support.

AQA Subjects

AQA who has a partner status gets support when facing something. As it reveals:

"My boyfriend is also the place for me to tell stories and he always gives encouragement or direction to me when I'm overthinking my life."

Having the support of a boyfriend helps AQA deal with the quarter-life crisis.

DAP Subject

Besides AQA, the subject who has a girlfriend is DAP, he also says the same thing if he has the support of his partner. As it reveals:

"Just go to encourage me, sometimes my girl."

The existence of a partner makes it an encouragement, when facing a quarter life crisis.

From the results of the presentation of the results of interviews with the subjects above, it was found that there was external support in achieving self-healing. Here's a table of self-healing support for all six subjects:

Table 3. Self-Healing Support

No	Self-Healing Support	Subject					
		AQA	SKN	YM	TNF	DAP	VM
1	Family	x	x	✓	✓	x	x
2	Friend	✓	✓	x	x	✓	x
3	Spouse(Boyfriend)	✓	x	x	x	✓	x

Information:

✓: Get

✗: Not Getting

Support from outside parties is also one of the important factors to eliminate or divert the quarter self-crisis, with the help of others the subject becomes helped and reduced perceived burden. Support from others becomes one of the support systems, where they become a place to pour feelings and emotions and become a place to find solutions to the problems faced.

4. Changes in Subject Conditions

Self-healing carried out by the subject brings changes to the subject but these changes do not necessarily give results, it takes several ways and time to achieve changes in the condition. From the results of the study, changes in the condition of the six subjects were obtained, namely:

AQA Subjects

The condition experienced by AQA when it was experiencing a quarter life crisis made it unable to think well so that it interfered with his activities. As it reveals:

"It feels like he can't think, his mind becomes chaotic, doing activities is also not right".

The existence of self-healing carried out by AQA helps to deal with the quarter life crisis but it does not necessarily immediately give direct change, it is recognized by AQA when he has traveled on a motorcycle, it does not immediately bring change instead what is obtained is something else. As it reveals:

"Tired, then when you go back to the dormitory think again, if you want to sleep to mind, just when you go it feels comfortable."

The statement shows that the activity is only momentary. So he tried to do his duty of praying as one of the other self-healing and then before going to bed AQA tried to believe it again, as he expressed:

"Habus praying isya, for example, going to sleep is trying to make yourself up".

The way AQA was able to achieve a change in conditions for the better took several days until he finally felt more grateful. As it reveals:

"The process is usually not instantaneous, so it takes a few days to convince yourself."

"Where I am much more grateful for what I have now and I can do activities without burden"

The condition experienced by AQA after going through several ways of self-healing made him feel more grateful and also he felt comfortable in carrying out his activities. With self-healing brings changes in the conditions experienced even though it takes time and several ways to achieve it

SKN Subject

The condition experienced by SKN when it was experiencing a quarter life crisis made it unproductive. As it reveals:

"I feel like if I'm worried that I'm not productive, rich in doing anything so I'm not happy to do it."

The existence of self-healing carried out by SKN helps to deal with the quarter life crisis but it does not necessarily immediately give direct change, this is recognized by SKN when he has traveled on a motorcycle and met with his friends it does not immediately bring change. As it reveals:

"Actually, meeting friends or riding a motorbike, I admit it's just to divert because if you panic, continue to be alone, you even lament the problem, but yes, it's temporary..."

From the statement above, it is diverting. So he perfected it by worshipping God and continuing to convince himself. From the self-healing method carried out by SKN can achieve a change in better condition, it takes several days until finally he feels better.

As it reveals:

"... I feel of course I am calmer I can return to thinking well, although yes not immediately can really calm down, the point is that I continue to strengthen myself until finally I am sure of myself."

The condition experienced by SKN after going through several ways of self-healing made her feel better and calm. With self-healing brings changes in the conditions experienced even though it takes time and several ways to achieve it.

Subject YM

The condition experienced by YM when he was experiencing a quarter life crisis made him uneasy. As it reveals:

"Malas and the feeling is not calm."

The existence of self-healing carried out by YM to deal with the quarter life crisis does not necessarily immediately give direct changes, this is recognized by YM when he wakes up his condition has not fully recovered, but he feels that sleeping makes him feel comfortable. As it reveals:

"Feeling comfortable and carefree is when sleeping because there's nothing to think about, but after waking up you usually think again."

YM chose to do self-healing by spending time indoors, according to him, if he did self-healing outdoors, it made him feel more uncomfortable. As it reveals:

"If I go out, I get more panicked, for example, outside I meet people dating, I panic even more, I prefer to sleep"

So that what is found in self-healing in YM is spending more time in the room, besides sleeping he strengthens self-healing by doing worship and in this way brings changes in conditions for the better in YM even though not directly. As it reveals:

"Not long, at most two days, because if I have a comfortable sleep I will definitely be much better, the mind will be more positive."

The condition experienced by YM after going through several ways of self-healing made him feel positive and comfortable. With self-healing brings changes in the conditions experienced even though it takes time and several ways to achieve it.

TNF Subjects

The condition experienced by TNF when he was experiencing a quarter life crisis made him emotional. As it reveals:

"It's more anxious, cold sweat, it's also more emotional"

The existence of self-healing carried out by TNF to deal with the quarter life crisis does not necessarily immediately provide direct change, this is recognized by TNF, he

chose self-healing more to focus on himself because according to him if self-healing is done by walking it cannot produce something change. As it reveals:

"... If I self-healing the streets didn't work, the results even reduced my money, tired of my body...".

That way the self-healing done by TNF is to focus on itself and also by carrying out the obligation of worship in this way leads to changes in better conditions for TNF. As it reveals:

"... I came to know what happened to me, why I was in such a situation, I understood myself better."

"I feel more enjoyed, better."

The process carried out by TNF in carrying out self-healing until finally he feels better takes time. As it reveals:

"... For how many days those 2 days are enough to escape those panics"

The condition experienced by TNF after going through several ways of self-healing makes him feel more self-aware and better. With self-healing brings changes in the conditions experienced even though it takes time and several ways to achieve it.

DAP Subject

The condition experienced by DAP when it was experiencing a quarter life crisis made it unfocused. As it reveals:

"If I'm more sensitive in the sense of being angry, then also if I experience it that I think it continues to be unfocused."

The existence of self-healing carried out by DAP to deal with the quarter life crisis does not necessarily immediately give direct change, this is recognized by DAP, he chose self-healing by leaving Purwokerto, according to him like that it made him feel a new atmosphere. As it reveals:

"If I still stay in Purwokerto, it feels like the burden is still there, because the problem is in Purwokerto, now if it's in the village, the atmosphere is quiet, cool, peaceful, so I think the right way."

The things that DAP did when he left Purwokerto were more about focusing on his condition after doing this, he admitted that there were changes that occurred. As it reveals:

"I feel that I feel more relaxed in the sense that there is no burden anymore, and I feel much better and I can return to Purwokerto to carry out my activities productively".

When DAP experienced self-healing, it took him several days to achieve a change in the condition. As it reveals:

"I need a minimum of a week".

The condition experienced by DAP after going through several ways of self-healing makes him feel more relaxed and does not feel depressed. With self-healing brings changes in the conditions experienced even though it takes time and several ways to achieve it.

VM subject

The condition experienced by VM when he was experiencing a quarter life crisis made him uneasy. As it reveals:

"What I feel is that the mind is uncertain, not calm, continue to be alone, so lazy too"

The existence of self-healing carried out by VM to deal with the quarter life crisis does not necessarily immediately provide direct change, this is recognized by VM when after the walk he does not immediately bring change instead what is obtained is something else. As it reveals:

"I found it a sense of panic, and the walk was just to divert it."

The statement shows that the activity is only momentary. So he did other ways such as introspecting himself by writing and carrying out his obligation, namely prayer. With this, it is able to make changes to the VM. As it reveals:

"After I have read I am more ta h u what kind of condition I am in and what I have to do inthe future I tahu juga"

The changes felt after worship are:

"I feel calm, comfortable, continue to be more accepting of my existence".

The process that VM does in running self-healing until finally he feels better takes time. As it reveals:

"three days".

The condition experienced by VM after going through several ways of self-healing made him feel calmer and understand himself. With self-healing brings changes in the conditions experienced even though ittakes time and several ways to achieve it

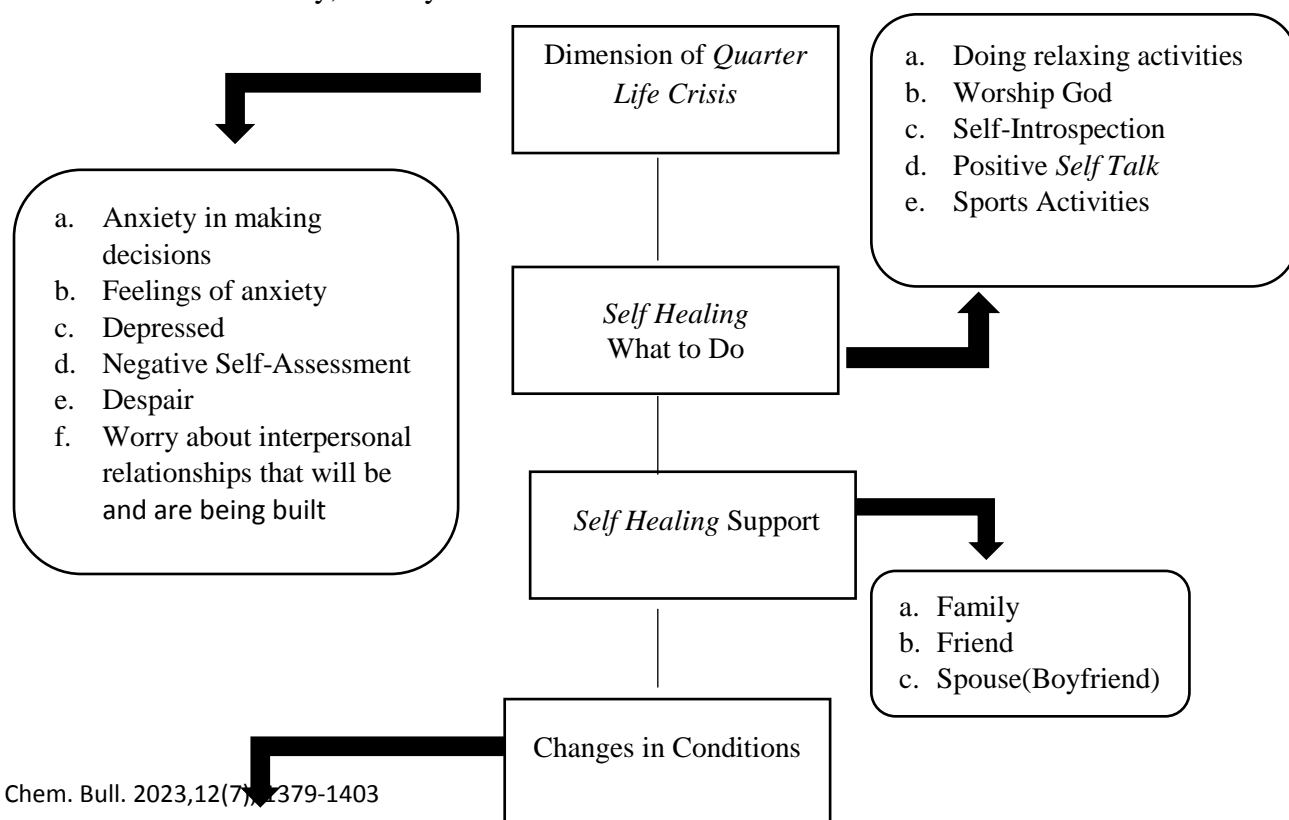
Table 4. Subject Condition Findings

No	Subject	Findings
1	AQA	The condition before doing <i>self-healing</i> is that the mind is not focused The activity of traveling around on a motorcycle makes a change but its nature is only for a moment because after doing it still feel panic and also become tired. After other <i>self-healing</i> is done, the condition that is felt is much more grateful and can also carry out activities without burden.
2	SKN	Conditions before <i>self-healing</i> become unproductive Getting around on a motorbike and meeting up with friends is just an activity to divert afterwards feeling not good enough. After other <i>self-healing</i> is carried out, the condition is felt calm and can also think positively
3	YM	Conditions before <i>self-healing</i> are not calm and lazy Sleep activities give a comfortable effect but afterwards still not fully improved. After other <i>self-healing</i> is carried out, conditions that feel comfortable and think positively
4	TNF	Conditions before <i>self-healing</i> are more emotional <i>Self-healing</i> that is done is to focus on oneself leads to changes in conditions, namely feeling much better and also more <i>enjoyable</i>
5	DAP	Conditions before <i>self-healing</i> are more emotional and not focused <i>Self-healing</i> that is done is to find a new atmosphere and also focus on yourself leads to changes in conditions, namely more relaxed and

No	Subject	Findings
		not feeling depressed When returning to Purwokerto, you can carry out activities productively
6	VM	Conditions before doing <i>self-healing</i> think negatively about yourself and lazy Traveling activities make changes but are only momentary because after doing it still feel panic. After other <i>self-healing</i> is carried out, the condition is felt calm and can also understand the conditions that occur Changes in conditions are obtained within 3 days

The questions that arise lead to a student experiencing anxiety, worry, feeling depressed, experiences indecision and to over-assess himself is a negative response that is often found among students, this feeling can disturb the student's situation. So there is a way to deal with these feelings caused by a quarter life crisis, namely by self-healing. With self-healing, it can help deal with a student facing a quarter life crisis that occurs in him. In this self-healing process according to Louis Proto is a healing where through the process of convincing oneself by building positive thoughts and convincing that oneself is able to heal it. In the self-healing process that occurred in this study, it was found that self-healing was done not only in one way but there were several ways that were done and also the way that was done did not necessarily directly provide changes to the subject.

Therefore, a dynamic scheme of self-healing facing a quarter life crisis in students is described based on this study, namely:



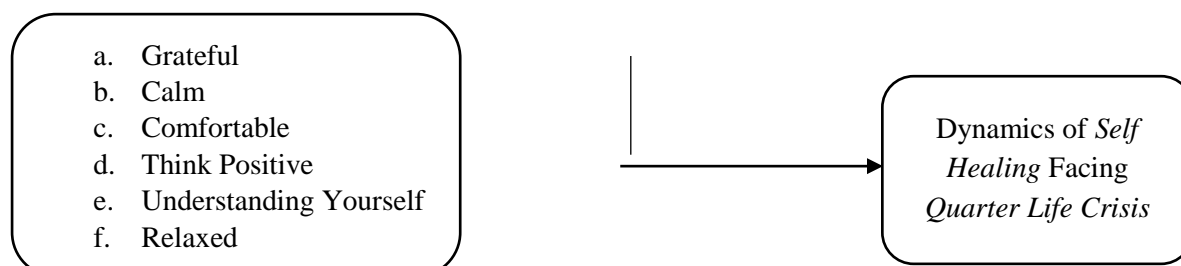


Figure 2. Dynamics of *Self-Healing Facing Quarter Life Crisis* in Students

Figure 2 about the dynamics of *self-healing* facing a *quarter life crisis* can be described first from the existence of doubts in making decisions. This vacillation is related to determining career choices later where in this study is a final year student they are faced with career determination doubts, namely because of the incompatibility of what they are currently living with what they want, and also the existence of several choices faced makes them feel hesitant in determining the best job for themselves. Anxiety is also one of the dimensions of feelings found in this study, this anxiety occurs because the subject is a final year student where they think more about how the future will be whether they are able to meet the expectations they want and also meet the expectations of people around them such as one of the family.

The existence of a community view that views students who are always expected to become someone successful where success is seen from the material and getting an achievement in accordance with the knowledge they have leads to the subject feeling pressured by this view, not infrequently people always give comments to the subject if they feel that what is done and obtained by students is not in accordance with the community's view of students. Subjects who are final students also often judge themselves negatively, where they feel that their lives have not changed, while many people their age have been able to get an achievement that he thinks is ideal so that this makes the subject compare himself with others and feel insecure about his abilities.

The efforts made sometimes do not all give the appropriate results sometimes the effort does not get anything and it is even said that the effort failed, so that the subject feels hopeless if what he has tried so far will not produce results and the efforts made lead to vain. Future problems faced by the subject are not only about determining career, one's own life goals, but also not infrequently problems about love make you feel worried about building a relationship, self-confidence in the physical that he has become one of the things that makes you worry about whether you will get someone who can accept it sincerely or not, In addition, failure in the previous relationship makes the subject feel worried if building the relationship again will experience a failure again.

From the dimensions of feelings experienced by the subject, it disturbs the subject's condition, especially in his psychological condition. This is faced by the subject with self-healing, several ways are done by the subject in doing self-healing, as well as by doing activities that make him more relaxed, with this the subject doing activities that he likes, because if the subject experiences a quarter life crisis, his mind condition becomes tense so that there needs to be activities that make himself more relaxed, this activity is carried out by finding a new atmosphere, walking, sleeping, and also relaxing. In addition to activities that

relax other activities are by worshipping God, usually worship is only done to fulfill obligations, but when the subject experiences a quarter life crisis, worship is carried out with passion and not just a deterrence of obligations, with worship is a suggestion to communicate with God. Worship carried out includes prayer, dhikr, prayer and following studies. By doing worship can create a comfortable and calm inner condition for the person doing it.

The next way of self-healing is self-introspection, where this activity involves a person's full awareness of something that happens to him which then leads to the process of self-acceptance. This self-introspection activity is also a process to review what happened as the subjects of this study did where they tried to look back about something that happened to him both advantages and disadvantages so that the subject felt more accepting of himself and also knew better what to do in the future. No less important is the process of convincing yourself when you feel helpless, the way to do this is by dialoguing with yourself or what is called self talk. This activity is carried out by conducting dialogue with oneself externally or internally where its use is to motivate oneself to be able to do a job. By getting used to self-talk, whether spoken silently which is only spoken in the heart or spoken verbally, it can change the mood. Another self-healing found in this study is to do sports activities in this case the function of these activities is to maintain positive thoughts that have been built because exercise brings to maintain a healthy body.

Actually, self-healing is a recovery process carried out by one's own ability to form more positive thoughts, but the results of self-healing are not only obtained from oneself, there is external support when doing self-healing can help self-healing. The support obtained in this study came from people around the subject such as family, friends, and partners. The family which is the first shelter when facing a problem becomes the right place to tell everything that is felt and with good communication with the family is able to influence the individual's self-healing process. In addition to family, the support of a friend also affects the process of successful self-healing, not all subjects can have family who can understand their condition, making friends a place to share stories of joy and sorrow so that friends become one of the other supporting factors besides family. And it was also found that sometimes friends better understand the conditions that occur. And other support is obtained from a partner or girlfriend, the role of a partner is not much different from friends so that it makes a partner as one of the support systems when experiencing a problem.

The existence of self-healing carried out and the support obtained leads to changes in one's condition when experiencing a quarter life crisis. It was obtained in research on the condition of subjects when experiencing a quarter life crisis felt themselves to be a more emotional person, did not focus on what was done, thought negatively and also became a lazier person. With these negative conditions, self-healing can lead to better changes. However, changes in these conditions cannot be obtained instantly, it takes time and several ways for a better change in conditions. In this study it was found that there are some self-healing that can change the condition but it is only temporary or momentary, where when doing self-healing it feels comfortable but when the activity has been done what is obtained is not fully recovered. So other ways are needed to help perfect the self-healing in order to achieve changes in conditions. After the other way that the subject feels much better such as feeling calm, this is obtained after worship, with worship making the condition of the heart calmer. In addition to the calmness obtained that is to further understand his condition, this is obtained from the process of self-introspection which leads to good self-acceptance, besides

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that self-acceptance also leads to an increase in gratitude, with gratitude for what he has now will help recovery from negative feelings felt. Other changes in conditions are being able to think positively, the condition of the quarter life crisis that interferes affects brain function so that it makes the brain always think negatively about itself by looking for a new atmosphere can restore brain work positively and also be more relaxed in living life without burden.

Based on the discussion described above that the dynamics of self-healing facing a quarter life crisis begins because of the negative emotional dimension that arises as a result of the quarter life crisis, so there is a need for a way to deal with these conditions so that they do not become more complex, and the way to do it is to do the self-healing process that is carried out emphasizes one's own ability to build positive thoughts. The success of self-healing also occurs because of external support so that it can achieve better condition changes.

D. CONCLUSION

Based on the results and discussion of the study, the conclusions of the data in this study are where the dynamics of self-healing facing the quarter life crisis in students in Purwokerto are:

1. There is a dimension of quarter life crisis that occurs in students where it interferes with psychological conditions such as feelings of doubt, anxiety, hopelessness, worry, negative self-assessment and pressure.
2. Self-healing is a way to deal with the quarter life crisis experienced by students. Self-healing carried out in this study includes doing activities that relax, worship God, this is done not only to carry out obligations but this activity is more done with passion, introspection, this leads to experiences that occur so that they can be more accepting of their condition, conducting dialogue with themselves or called self-talk which can stimulate the brain in positive thinking, And other self-healing that is able to maintain changes in conditions is by exercising
3. Self-healing support, actually done self-emphasizing one's own abilities, but external support also helps change conditions, such as good communication with family can help restore conditions, besides that the support obtained from friends and partners is able to contribute to self-healing carried out.
4. Changes in conditions, after carrying out the self-healing process, it was found that self-healing was able to provide changes in conditions where the changes included more gratitude, a calmer and more comfortable heart, a more positive mind, good self-acceptance and a much more relaxed life.

E. ACKNOWLEDGMENT

The researcher expressed his gratitude to all parties who have been involved in this research process, the researcher hopes that the results of this study can have the widest impact on all readers or future research. Based on the data found and discussed in this study, the researcher proposed suggestions as follows:

1. For Students

Researchers suggest that we can better understand and understand the conditions that occur in ourselves, because those who know deeply about our condition are ourselves.

Therefore, do things that can help deal with the quarter life crisis so that the condition of the quarter life crisis does not interfere with reaching the future.

2. For Parents

Researchers advise parents not to put excessive expectations on their children, and always support and direct what has become their child's choice. Also always be a parent who better understands how his child's condition is.

3. For the General Public

Researchers suggest to the general public to generalize their views on students with other students, because everyone has their own ideals

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