

The Connection of Quarter Life Crisis (QLC) and Subjective Well-Being (SWB)

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Abstract

In today's fast-paced and ever-changing world, young adults often face unique challenges and transitions as they navigate through their twenties. This period, known as the "quarter-life" phase, is marked by significant personal and professional development, but it can also bring about feelings of uncertainty, anxiety, and self-doubt. Exploring the relationship between subjective well-being and the quarter-life crisis can provide valuable insights into the mental health and overall satisfaction experienced by individuals during this crucial life stage.

Keywords: *QLC, Crisis, Subjective well-being, Well-being*

Abstrak

Di dunia yang serba cepat dan terus berubah saat ini, generasi muda sering kali menghadapi tantangan dan transisi unik saat mereka memasuki usia dua puluhan. Periode ini, yang dikenal sebagai fase "quarter-life", ditandai dengan perkembangan pribadi dan profesional yang signifikan, namun juga dapat menimbulkan perasaan ketidakpastian, kecemasan, dan keraguan pada diri sendiri. Menjelajahi hubungan antara SWB dan QLC dapat memberikan wawasan berharga mengenai kesehatan mental dan kepuasan keseluruhan yang dialami individu selama tahap kehidupan yang penting ini.

Kata Kunci: *QLC, Krisis, Kesejahteraan Subjective, Kesejahteraan*

INTRODUCTION

There is much research has been conducted on Quarter Life-Crisis (QLC) and Subjective Well-Being (SWB). These two variables considered have a strong connection. Since individuals' subjective well-being play an essential role in their lives to face the crisis. There are many definitions of these two terms. SWB related to global life satisfaction and it is a wide area, although the application depending on the context or field (Zurbriggen et al., 2023). Meanwhile, QLC related to stand out adulthood characteristics namely troubled times (Fauzia & Utami Tanau, 2020). In the early stages of adulthood, individuals must deal with new issues that demand accountability. Adults encounter a lot of changes throughout this time, both physically and cognitively, as well as psychosocially and emotionally, in order to become a more mature and wiser person.

PEMBAHASAN

1) Understanding Subjectie Well-being

Subjective well-being refers to an individual's self-assessment of their overall life satisfaction, happiness, and emotional well-being. It encompasses both cognitive evaluations of

one's life circumstances and affective experiences, including positive and negative emotions. Subjective well-being is a multidimensional concept that refers to an individual's overall satisfaction with life, encompassing their thoughts, emotions, and overall state of well-being (Diener et al., 2017). It is often measured through self-reporting and subjective assessments by individuals themselves. There are various definitions and components of subjective well-being, including the following (Digitalcommons@uno et al., 2018):

- a) Life Satisfaction: Life satisfaction refers to an individual's cognitive evaluation of their life as a whole. It entails an overall assessment of how satisfied one is with various dimensions of life, such as work, relationships, health, and personal achievements.
- b) Positive Emotions: Positive emotions encompass feelings of joy, happiness, contentment, and pleasure. These emotions contribute to one's overall subjective well-being and are considered indicators of a good mental and emotional state.
- c) Negative Emotions: On the contrary, negative emotions involve feelings such as sadness, stress, anger, or anxiety. While experiencing occasional negative emotions is normal, excessive and persistent negative feelings can diminish subjective well-being.
- d) Engagement and Flow: Engagement refers to being fully absorbed and deeply involved in activities or tasks that are challenging and provide a sense of meaning and purpose. Experiencing a state of flow, where time seems to fly by and one is fully immersed in an activity, can contribute to subjective well-being.
- e) Life Meaning and Purpose: Having a sense of purpose and meaning in life is closely related to subjective well-being. It involves feeling that one's life has significance, and that their actions and contributions align with their values and goals.
- f) Social Relationships: Strong and supportive social connections, including family, friends, and a sense of belonging to a community, are crucial for subjective well-being. Positive and fulfilling relationships often contribute to a higher level of well-being.
- g) Personal Growth and Autonomy: A sense of personal growth, development, and the ability to make choices that align with one's values and aspirations can enhance subjective well-being. Feeling a sense of control and autonomy over one's life is important.

It is essential to note that subjective well-being is subjective and may vary from person to person due to individual differences, cultural factors, and personal circumstances. Assessing subjective well-being involves considering a combination of these components and understanding the unique perspectives of individuals in order to gain a comprehensive understanding of their overall well-being.

2) Defining the Quarter-Life Crisis:

The quarter-life crisis is a term coined to describe the period of intense self-reflection and uncertainty experienced by young adults typically between the ages of 25 and 35. It involves a sense of feeling stuck, questioning life choices, and grappling with existential dilemmas related to career, relationships, and personal goals. The quarter-life crisis is a term used to describe a period of introspection, uncertainty, and anxiety that often occurs in young adulthood, typically

in a person's mid-20s to early 30s. It refers to a sense of dissatisfaction and confusion about various aspects of life, including career, relationships, identity, and overall direction.

During this phase, individuals may experience a range of emotions, including frustration, restlessness, and an overwhelming sense of pressure. The term "quarter-life crisis" suggests that this period is a transition from the relative stability of adolescence to the responsibilities and expectations of adulthood (Paulin Nalle et al., n.d.).

The defining characteristics of the quarter-life crisis include:

- a) **Identity and Self-Exploration:** Young adults may question their identity, values, and purpose in life. They may feel unsure about who they are and what they want to achieve, leading to a search for meaning and self-discovery.
- b) **Career Uncertainty:** Many individuals in this phase may experience doubts or dissatisfaction regarding their career choices. They might question if their current path aligns with their passions, skills, or long-term aspirations. There may be a desire for more fulfilling work or a change in career direction.
- c) **Relationship and Social Challenges:** This period often coincides with significant shifts in personal relationships. It can involve difficulties in forming or maintaining romantic partnerships, friendships, or a feeling of disconnection from others. There may also be a sense of social comparison or feeling "left behind" compared to peers.
- d) **Future and Life Milestones:** The quarter-life crisis is marked by concerns about the future and meeting societal expectations. This can include worries about achieving certain milestones, such as financial stability, homeownership, marriage, or starting a family.
- e) **Emotional Distress:** Feelings of anxiety, stress, and frustration are common during this phase. Uncertainty about the future and the pressure to make important life decisions can lead to emotional turmoil and a sense of being overwhelmed.

It's important to emphasize that not everyone goes through a quarter-life crisis, and those who do may experience it differently. The intensity and duration of the crisis can vary from person to person. While the term "quarter-life crisis" may suggest a negative connotation, it can also be seen as an opportunity for personal growth, self-reflection, and making positive changes in one's life. Seeking support from friends, family, mentors, or professional counsellors can be beneficial in navigating this phase and finding a sense of clarity and purpose.

3) Examining the Connection of QLC and SWB:

a) Identity Formation:

During the quarter-life crisis, individuals often engage in a process of identity exploration and formation. This period of self-examination may influence their subjective well-being as they ponder their purpose, values, and goals in life.

b) Career Uncertainty:

One of the primary triggers of the quarter-life crisis is the uncertainty surrounding career choices and professional aspirations. The mismatch between the expectations and realities of the job market can lead to heightened stress levels and decreased subjective well-being.

c) Relationship Challenges:

Navigating romantic relationships and establishing meaningful connections can be particularly challenging during the quarter-life phase. Uncertainty in personal relationships can contribute to emotional distress and impact subjective well-being.

d) Social Comparison:

The pervasive influence of social media further complicates the quarter-life crisis. Constant exposure to carefully curated online personas can lead to comparisons, feelings of inadequacy, and a diminished sense of subjective well-being.

4) Coping Strategies:

a) Self-Reflection and Self-Acceptance:

Encouraging individuals to engage in introspection and self-reflection can help navigate the quarter-life crisis more effectively. Acceptance of one's strengths, weaknesses, and the understanding that life is a journey can contribute to improved subjective well-being.

b) Seeking Support:

Building a support system of friends, family, or mentors who can provide guidance and validation is essential during this challenging phase. Sharing experiences and seeking advice can alleviate feelings of isolation and improve subjective well-being.

c) Goal-Setting and Planning:

Setting realistic short-term and long-term goals can provide clarity and direction during the quarter-life crisis. Breaking down larger aspirations into manageable steps can reduce anxiety and enhance subjective well-being.

PENUTUP

The quarter-life crisis represents a critical period of self-exploration, uncertainty, and transformation, which has the potential to significantly influence an individual's subjective well-being. Understanding the relationship between these two factors is essential in providing appropriate support and guidance to young adults who may be struggling during this life stage. By acknowledging the challenges faced during the quarter-life crisis and implementing coping strategies, individuals can navigate this transitional period with greater self-awareness, purpose, and improved subjective well-being. It is crucial for society to recognize the significance of this phase and provide resources and support to help young adults thrive during this pivotal time in their lives.

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