

The Role of Resilience and Self-Awareness on Quarter Life Crisis in Generation Z Workers

Sari Dewi Puspaningrum¹, Rizqi Zulfa Qatrunnada¹

¹ Faculty of Psychology, Universitas Muhammadiyah Surakarta, Surakarta, Indonesia

Email: rzq814@ums.ac.id

Abstract

This study aims to examine how resilience and self-awareness affect quarter life crisis in generation Z workers. The population in this study were workers with the characteristics of generation Z who were born in 1997-2012, aged 20-28 years, male and female and at least 1 year of work. The sampling technique used is non-probability sampling. The sample in this study used purposive sampling. This research method is quantitative method. The data collection technique uses a quarter life crisis scale, resilience, and self-awareness with a questionnaire designed using a Likert scale. Data analysis was conducted using multiple linear regression techniques to test the hypothesis. The results showed that resilience and self-awareness had a significant effect on quarter life crisis, with a significance value of $F = 599.237$, $R = 0.895$, and $p = 0.000$ ($\text{sig} < 0.05$). Resilience has a significant negative relationship with quarter life crisis with an effective contribution of 80.1%, while self-awareness shows a significant positive relationship but with a very small contribution, which is 0.0019%. Thus, it is concluded that there is a significant relationship between resilience and self-awareness on quarter life crisis in generation Z workers, with resilience playing a more dominant role.

Keywords: Quarter life crisis; Resiliensi; Self awareness

Introduction

The changing times marked by technological advances and globalization have a significant impact on individual development, especially in the young age group. One age group that is at a crucial point in the developmental phase of their lives is Generation Z, individuals born between 1997 and 2012. With an age range of 13 to 28 years old this year, Generation Z in Indonesia occupies a sizable demographic portion, which is around 27% of the total national population or reaching 75 million people (Indonesian Ministry of Manpower, 2021). This large population places Generation Z as a strategic group that will influence the future of the nation in various aspects, including social, economic, and cultural.

Unlike previous generations, Generation Z grew up in a highly dynamic digital ecosystem. They are accustomed to the rapid flow of information, the presence of social media, and easy access to technology, but Generation Z also faces pressures that have never been experienced before (Agustiarini, 2023). These conditions create opportunities for Generation Z to emerge as innovative and highly creative individuals. However, behind this potential, there are psychological challenges that cannot be ignored. The ease of comparing themselves to others on social media, social pressure to achieve, and the uncertainty of the future make Generation Z more vulnerable to stress, anxiety, and decreased self-confidence (Haryanto & Widiastuti, 2021).

One of the psychological crises often experienced by individuals in early adulthood is the Quarter Life Crisis (QLC), which is a phase of identity crisis and confusion that arises when a person is in transition from adolescence to adulthood. In the context of Generation Z, Quarter Life Crisis becomes even more relevant as they are in a crucial transition period from education to work. This phenomenon is often characterized by feelings of anxiety, dissatisfaction with life achievements, and uncertainty about life and career directions (Zis et al., 2021). The research conducted by Khairunnisa & Wulandari (2023) involved 236 respondents and 43.22% of them experienced Quarter Life Crisis in the moderate category. On the other hand, the high category was filled by 27.97% of respondents, while the low category included 14.83%. Meanwhile, 10.17% were in the very high category and 3.8% were in the very low category. This finding is consistent with Korah's (2022) research involving 123 respondents, where 48% were identified as experiencing Quarter Life Crisis in the moderate category, 30.1% in the high category, and 22% in the low category.

Initial interviews conducted with Generation Z workers illustrated a significant tendency to experience Quarter Life Crisis. Some findings noted that Generation Z workers experience pressure in social interactions, lack of confidence in decision-making, and difficulty in adjusting to the dynamics of the work environment. However, on the other hand, there is also a group of Generation Z workers who exhibit high work ethic, courage to make decisions under pressure, and strong motivation and self-awareness. Generation Z workers often feel trapped between their expectations of success and the

reality they face in the workplace. Generation Z workers often face additional challenges, such as adapting to an organizational culture that is often different from their expectations. In this context, it is important to understand how resilience and self-awareness are two key factors that can help people overcome this crisis (Ermita et al., 2022).

Quarter life crisis is often influenced by resilience and self-awareness, where a person who has the ability to bounce back from challenges and understand themselves can more easily deal with changes and uncertainties in their life. Resilience helps them to remain optimistic and adapt, while self-awareness allows them to evaluate their personal goals and values, thus reducing the pressure faced during this transitional phase.

Resilience is an individual's ability to rise from adversity and adjust in the face of life changes and stresses (Wagnild & Young, 1993; Connor & Davidson, 2003). On the other hand, the perspective of Reivich & Shatte (2002) resilience is the ability to provide positive and constructive responses when dealing with challenges or difficult experiences. Supported by research by Wardani et al., (2022) revealed that resilience has a crucial role in overcoming mental stress experienced by workers. In the context of work, resilience helps individuals stay strong and motivated in facing the challenges of the dynamic world of work.

Meanwhile, self-awareness is important in helping people recognize their needs, goals and values, especially when facing a quarter life crisis. A person who has good self-awareness is able to recognize their emotions, strengths, and weaknesses, which can help in decision-making and stress management (Goleman, 1996). Studies show that resilience can protect a person from excessive stress during a quarter-life crisis. Employees who have good self-awareness can more easily recognize their emotions and strengths, and make better decisions regarding career and personal life. In addition, self-awareness provides the basis for better decision-making and helps one recognize life goals. So as to solve the problems faced more objectively and efficiently. Several studies support the importance of these two factors in dealing with quarter life crisis.

Research by Sallata & Huwae (2023) shows that resilience has a significant negative relationship with quarter life crisis. The contribution of resilience to quarter life crisis in final semester students reaches 12.0%, while several other factors not included in this study affect the remaining part. This means that the higher a person's level of resilience, the lower the level of quarter life crisis he experiences. Similar results were also found in the study of Yolanda & Primanita (2023) which confirmed that self-awareness acts as a protective factor against symptoms of quarter life crisis in final year students. In addition, Alkatiri & Aprianty's research (2024) added that the intensity of social media use also contributed to the emergence of quarter life crisis, showing ($p < 0.05$) with an R square value of up to 4.1%, it can be concluded that there is a significant influence. This emphasizes the need to strengthen internal factors such as resilience and self-awareness in navigating this transition period.

The author's motivation in conducting research related to quarter life crisis is based on aspects that distinguish this research from previous studies, both in terms of title, purpose, subject, location, and content. This is because each institution has a historical background accompanied by socio-cultural variations. Thus, the research focuses on the relationship between resilience and self-awareness with quarter life crisis in generation Z workers.

With this background, it is important to further explore the role of resilience and self-awareness in helping Generation Z deal with Quarter Life Crisis. This study aims to examine how resilience and self-awareness affect the quarter life crisis in generation Z workers. From several previous studies that have been described, there are three hypotheses, namely: (1) The effect of resilience and self-awareness on quarter life crisis in generation Z workers is proven to be significant (2) Resilience has a significant impact on quarter life crisis among generation Z workers (3) Self-awareness contributes significantly to quarter life crisis among generation Z workers. By understanding these dynamics, it is hoped that the research results can make a practical contribution to human resource development, particularly in designing relevant and contextualized psychological interventions for generation Z.

Method

Design

This study uses a quantitative approach with a correlational research design to analyze the role of resilience and self-awareness on quarter life crisis in generation Z workers.

Participants

The population that the study focused on was workers from generation Z, born between 1997 and 2012. Furthermore, the research sample consisted of individuals aged 20-28 years old with at least one year of work experience, who were selected through purposive sampling techniques.

Procedures

This research procedure begins with ethical preparations, namely maintaining the confidentiality of respondents' identities, ensuring voluntary participation, and using the data for academic purposes only. The population of focus was workers from generation Z, born between 1997 and 2012. Furthermore, the research sample consisted of individuals aged 20-28 years old with at least one year of work experience, who were selected through a purposive sampling technique. Data collection was conducted using a Likert scale-based questionnaire that included three instruments: quarter life crisis scale, resilience scale, and self-awareness scale. Data were collected through distributing questionnaires to respondents, then checked for completeness. Furthermore, the data were analyzed using SPSS version 22 and Excel software by conducting classical assumption tests including normality, linearity, multicollinearity, and heteroscedasticity.

Data Collection

Data collection was conducted using a Likert scale-based questionnaire that included three instruments: quarter life crisis scale, resilience scale, and self-awareness scale. The validity of the instruments was tested using Aiken's V formula with the result that all items were declared valid ($V \geq 0.80$), and reliability was tested with Cronbach's Alpha, showing that all three scales were reliable ($\alpha > 0.83$).

Data Analysis

Data analysis was carried out through multiple linear regression tests with the help of SPSS version 22 software, after previously going through classical assumption tests including normality, linearity, multicollinearity, and heteroscedasticity.

Results

This research was tested using the help of SPSS version 22 and Microsoft Excel software, to analyze the relationship between variables. The subjects used for this study amounted to 300 generation Z workers obtained from the database owned by the researcher.

Overview of Respondents' Circumstances

This research was conducted on 300 respondents with male and female gender. Consisting of various generation Z workers in an institution, agency, and company with a minimum work period of 1 year. Respondents in this study are generation Z workers aged 20-28 years old.

Table 1. *Description of Gender*

Gender	Total	Presentase
Male	102	34%
Female	198	66%

Based on the results seen in the diagram above, it can be concluded that the majority of respondents who participated in filling out the research questionnaire were women, with 198 respondents (66%) of the total respondents. Meanwhile, male respondents who filled out the questionnaire reached 102 people (34%).

Normality test

Normality test to determine the variables in this study are normally distributed, a normality test is carried out. Furthermore, the analysis was carried out using the Kolmogorov-Smirnov test. In this study, it can be stated that the normal distribution is met if the significance value (p) is greater than 0.05. The results of the residual normality test show a significance value of 0.451 ($p > 0.05$), which indicates that the regression model in this study shows a normal distribution, so it can be continued to the next stage of analysis.

Table 2. *Normalitas Test*

Variabel	N	Asymp. Sig. (2-tailed)	Distribution
<i>Quarter Life Crisis-Resiliensi-Self Awareness</i>	300	0.451	Normally Distributed Data

Based on table 2, it illustrates that using the residual normality assumption test because the exploration test and one sample kolmogorov smirnov show abnormal data, namely the results of the significance value <0.05 and the researcher uses the residual normality test to obtain a value at Asymp. Sig. (2-tailed) significance value >0.05 , it can be concluded that the value is normally distributed. The linearity test is used to determine the form of the relationship between the linear formed variable X and variable Y. Linearity is read the data is said to be linear if Sig Linearity is below 0.05 (Sig Linearity <0.05) or Deviation from linearity (F) is greater than 0.05 (Deviation from linearity >0.05) if it meets it can be said to be linear.

Linearity test

Table 3. *linearity test*

Variabel	F	Sig.
<i>Resiliensi - Quarter Life Crisis</i>	1.612	0.011
<i>Self-Awareness - Quarter Life Crisis</i>	2.205	0.003

Based on table 3 illustrates that the results of the linearity test in this study form the relationship between resilience and quarter life crisis in generation Z workers is said to be linear because it obtained a Deviation from linearity value of $1.612 > 0.05$. The results of the linearity test in this study form the relationship between self-awareness and quarter life crisis in generation Z workers is said to be linear because it obtains a linearity sig value of $2.205 > 0.05$.

Multicollinearity test

The multicollinearity test is used to determine the relationship between the resilience and self-awareness variables, the dimension of which is to ascertain whether the regression model shows a high or perfect correlation. Furthermore, the guidelines for seeing multicollinearity are seen from the Tolerance value and Variance Inflation Factor (VIF).

Table 4. *Multicollinearity test*

Model Regresi	Collinearity Statistics		Description
	Tolerance	VIF	
<i>Resiliensi</i>	1.000	1.000	No multicollinearity
<i>Self-Awareness</i>	1.000	1.000	No multicollinearity

In table 4 above, there are multicollinearity test results in this study seen from the tolerance value of $1.00 > (0.10)$ and the Variance Inflation Factor (VIF) value of $1.00 < (10.00)$. In conclusion, the regression model used does not contain multicollinearity, so that the variables in the model do not show a significant linear relationship (Mardiatmoko, 2020).

Heteroscedasticity test

Heteroscedasticity testing aims to identify whether the residual variance in the regression model is not constant between observations, it can be seen in the coefficient section of this study. If the significance value (Sig.) exceeds 0.05, it can reveal that there is no indication of heteroscedasticity in the model.

Table 5. Title of the Table

Model Regresi	Sig. (p)	Pendistribusian
<i>Resiliensi</i>	0.053	No heteroscedasticity
<i>Self-Awareness</i>	0.879	No heteroscedasticity

Table 5 illustrates that there is no heteroscedasticity event because the sig value on the resilience variable is 0.053 which means it is greater than 0.05. Likewise, the sig coefficient on the self-awareness variable of 0.879 is greater than 0.05.

Hypothesis test

After the normality, linearity, multicollinearity and heteroscedasticity tests are completed, the research hypothesis test can be carried out. The purpose of this test is to determine whether the independent variables of resilience and self-awareness have a significant correlation with the dependent variable, namely the quarter life crisis variable. This test uses multiple linear regression analysis techniques. A data can be called having a relationship if the significance value of $p < 0.05$.

Major Hypothesis test

Table 6. Major Hypothesis Test

Regression	F	Sig.	Description
	599.237	0.0001	Hypothesis accepted

The results of hypothesis testing in this study were carried out using multiple linear regression model data analysis. This analysis is used to determine the relationship that exists between two or more independent variables (X1 and X2) with one dependent variable (Y). To find out the major hypothesis, it is shown in the table, the results ($F = 599.237$ $R = 0.895$ $p = 0.000$) because ($\text{sig} < 0.05$). This can be interpreted that the major hypothesis is accepted because there is a significant relationship between quarter life crisis (Y) with resilience (X1) and self-awareness (X2).

Minor Hypothesis test

Table 7. Major Hypothesis Test

Variabel	β	t	Sig	Description
<i>Resilience (X1) to Quarter Life Crisis (Y)</i>	-0.915	-34.619	0.0001	The hypothesis is accepted and has a negative effect
<i>Self-Awareness (X2) to Quarter Life Crisis (Y)</i>	0.077	0.723	0.049	The hypothesis is accepted and has a negative effect

Table 7 shows that the minor hypothesis (H1) is accepted, meaning that there is a relationship between Resilience and Quarter Life Crisis in generation Z workers as evidenced by ($t = -34.619$; $p = 0.000$; $p < 0.05$). While the minor hypothesis (H2) Self Awareness is accepted because it has a value of ($t = 0.723$; $p = 0.049$; $p < 0.05$). so it can be concluded that there is resilience with quarter life crisis and there is a relationship between Self Awareness and Quarter Life Crisis in generation Z workers.

Effective Contribution

Table 8. Title of the Table

Model	R	R Square	Adjust R Square	Std. Error of the Estimate
1	0.778	0.734	0.594	5.785

Effective contribution is done to see the magnitude of the contribution of the dependent variable that affects the independent variable. To estimate the effect of the contribution of the dependent variable on the independent variable shown

in table 13, namely the R square which obtained a value of 0.801, this can be interpreted that the influence of the variables X1 and X2 with Y is 80.1% with the influence of the contribution of the resilience variable (X1) of 80.1% and the influence of the contribution of the self-awareness variable (X2) of 0.0019%. So that the remaining 19.8981% is influenced by other variables.

Categorization

In this study, respondents were categorized based on their existing scores. The categories are put into organized groups with low, medium, and high ranges. The following is the acquisition of categorization as follows:

Table 9. *Title of the Table*

Variabel	Categorization	Score Range
Quarter Life Crisis	Low	$X < 54$
	Medium	$54 \leq X < 81$
	High	$81 \leq X$
Resiliensi	Low	$X < 56$
	Medium	$56 \leq X < 84$
	High	$84 \leq X$
Self Awareness	Low	$X < 54$
	Medium	$54 \leq X < 81$
	High	$81 \leq X$

Categorization of Quarter Life Crisis Variable Score

Table 10. *Categorization of Quarter Life Crisis Variable Score*

Interval skor	Category	Frequency	Percentage
$X < 54$	Low	31	10,4%
$54 \leq X < 81$	Medium	195	65%
$81 \leq X$	High	74	24,6%
Total		300	100%

Table 10 shows that the results of the categorization of respondents on the quarter life crisis variable in the low category were 10.4%; the medium category was 65%; and the high category was 24.6%. The results of this categorization processing show that quarter life crisis in generation Z workers is classified in a moderate category, namely 65%.

Resilience Variable Score Categorization

Table 11. *Resilience Variable Score Categorization*

Interval skor	Categori	Frequency	Presentase
$X < 56$	Low	31	10,4%
$56 \leq X < 84$	Medium	67	22,3%
$84 \leq X$	High	202	67,3%
Total		300	100%

Table 11 shows that the results of the categorization of respondents on the resilience variable in the low category were 10.4%; the medium category was 22.3%; and the high category was 67.3%. The results of this categorization processing show that resilience in generation Z workers is classified in a high category, namely 67.3%.

Self-Awareness Variable Score Categorization

Table 12. *Self-Awareness Variable Score Categorization*

Interval skor	Categori	Frequency	Presentase
$X < 54$	Low	-	-
$54 \leq X < 81$	Medium	298	99,3%
$81 \leq X$	High	2	0,7%
Total		300	100%

Table 12 shows that the results of the categorization of respondents on the resilience variable in the low category were 0%; the medium category was 99.3%; and the high category was 0.7%. The results of this categorization processing show that self-awareness in generation Z workers is classified in a moderate category, namely 99.3%.

Discussion

Based on the research findings, resilience and self-awareness have a significant effect on quarter life crisis in generation Z workers ($F = 599.237$, $R = 0.895$, $p = 0.000$). Generation Z workers who are able to manage stress, understand themselves, and have a good work ethic and technology skills, tend to be better prepared for future anxiety. This finding is in line with Reivich & Shatte (2002) who state that resilience and self-awareness can help individuals manage emotional crises and improve psychological well-being.

In generation Z workers, there is a relationship between resilience and self-awareness of quarter life crisis. The results showed that resilience has an effective contribution of 80.1%, while self-awareness is only 0.0019%. This indicates that the influence of resilience is much greater than self-awareness in reducing quarter life crisis. This finding is in line with the research of Sallata & Huwae (2023), which showed a negative relationship between resilience and quarter life crisis in final year students. In the study, resilience contributed 12% to reducing the crisis. This means that the higher the individual's ability to deal with difficult situations, the lower the level of anxiety felt.

The results of the first minor hypothesis test show a significant negative relationship between resilience and quarter life crisis (QLC) in generation Z workers. The coefficient value of -0.895 with a significance of 0.00 indicates that the higher the resilience, the lower the tendency to experience quarter life crisis. Resilience helps individuals recover from stress, failure, and challenges in the workplace. Generation Z with high resilience is able to manage stress and deal with difficult situations positively. Research by Ermita et al. (2022) also supports these findings, showing that generation Z has high optimism and creativity at work. This allows them to be more resilient in facing challenges. Wardani et al. (2022) also stated that resilience is important in overcoming workers' mental stress. Resilience makes generation Z more adaptive to changes in the work environment. Rahmah, Yuniarti, & Solihin (2023) added that resilience plays a role in reducing symptoms of quarter life crisis in early adults. Individuals with high resilience tend to be more emotionally stable and resistant to stress in their 20s.

The results of data categorization show that of the 300 respondents of generation Z workers, 67.3% have a high level of resilience, 22.3% are moderate, and 10.4% are low. The majority of respondents are classified as having good resilience in dealing with work pressure. Respondents with low and moderate resilience may be influenced by certain factors. According to Resnick et al. (2011), factors that influence resilience include subjective feelings, social support, spirituality, and positive emotions. These factors can help individuals relieve stress and deal with challenges better.

The results of the second minor hypothesis test showed a positive and significant relationship between self-awareness and quarter life crisis (QLC) in generation Z workers ($r = 0.001$; $p = 0.049$). Although the correlation is very small, the significance value below 0.05 indicates that the relationship is statistically significant. This means that the higher the level of self-awareness, the greater the tendency to experience quarter life crisis. This finding is different from the research of Yolanda & Primanita (2023) who found a negative relationship between self-awareness and quarter life crisis in college students. In their research, students with high self-awareness tend to experience lower quarter life crisis. The researchers concluded that high self-awareness can trigger future anxiety because individuals increasingly recognize their potential and shortcomings. This is exacerbated by the use of social media that encourages constant self-comparison (Haryanto & Widiastuti, 2021). Therefore, it is important to understand the psychological factors that can help Generation Z manage quarter life crisis. Goleman (1996) states that self-awareness is influenced by life experiences, social feedback, reflection skills, and social environment. These factors can help shape healthy and adaptive self-awareness.

Quarter life crisis increases along with self-awareness in generation Z workers who are experiencing a transition from adolescence to early adulthood. Robbins & Wilner (2001) stated that quarter life crisis is an identity crisis due to lack of preparation for the transition. Arnett (2000) added that quarter life crisis occurs in the emerging adulthood phase, the period

between adolescence and adulthood. Kurniawan et al. (2020) said generation Z workers can find clearer life goals and reduce pessimism by understanding themselves. The research data shows that 99.3% of generation Z respondents have moderate self-awareness, indicating a good ability to recognize themselves. Quarter life crisis is influenced by various factors such as gender, social status, and type of work, with a rate of 43.22% in early adults in Pekanbaru (Herawati & Hidayat, 2020). Generation Z workers also face adaptation challenges in the workplace, often feeling trapped between expectations and reality, according to Ermita et al. (2022).

It is important for Generation Z workers to understand self-awareness as a key to overcoming future anxiety and work challenges. Research by Zis et al. (2021) shows that Generation Z has become a major concern in Indonesia in recent years. In the early adult phase, they face challenges such as career uncertainty, social pressure, and identity confusion. This condition makes generation Z workers vulnerable to quarter life crisis. Quarter life crisis itself is a situation of anxiety due to uncertainty about the future, very relevant for generation Z who are transitioning from education to the world of work.

Conclusion

Referring to the findings of this study, it can be concluded that there is a significant relationship between resilience and self-awareness on quarter life crisis in generation Z workers. In addition, H1 is accepted, namely the resilience variable correlates with the quarter life crisis variable so that H2 is accepted, namely the self-awareness variable correlates with the quarter life crisis variable. In the findings, resilience obtained a high categorization of 67.3% and self-awareness obtained a medium categorization of 99.3%, while quarter life crisis was assessed at a medium categorization of 65%.

References

- Agustiarini, R. (2023). Quarter Life Crisis Exploring the Challenges and Coping Strategies of Young Adults in Their Twenties. *Jurnal Ilmiah Indonesia*, 8(10), 1–19.
- Alkatiri, H., & Aprianty, R. A. (2024). Pengaruh Intensitas Penggunaan Media Sosial pada Quarter Life Crisis pada Dewasa Awal. *Jurnal Psikologi*, 1(2), 1–7. <https://doi.org/10.47134/pjp.v1i2.2269>
- Arnett, J. J. (2000). *Emerging Adulthood: A Theory of Development from the Late Teens Through the Twenties*. In *American Psychologist*.
- Connor, K. M., & Davidson, J. R. T. (2003). Development of a new resilience scale: The Connor-Davidson Resilience Scale (CD-RISC). *Depression and Anxiety*, 18(2), 76–82.
- Ermita, R., Rifani, R., & Hamid, H. (2022). Hubungan Religiusitas dan Dukungan Sosial terhadap Quarter Life Crisis pada Mahasiswa Tingkat Akhir di Universitas Negeri Makassar. *Jurnal Psikologi Islam*, 9(2), 89–100. <https://doi.org/10.47399/jpi.v9i2.224>
- Goleman, D. (1996). *Working With Emotional Intelligence, Kecerdasan Emosi Untuk Mencapai Puncak Prestasi*. Jakarta: PT Garamesia Pustaka Utama.
- Haryanto, D., & Widiastuti, S. (2021). *The Impact of Social Media on Mental Health of Generation Z*. New York: Springer Science Business Media.
- Herawati, I., & Hidayat, A. (2020). Quarter Life Crisis Pada Masa Dewasa Awal di Pekanbaru. *Journal An-Nafs: Kajian Penelitian Psikologi*, 5(2), 145–156. <https://doi.org/10.33367/psi.v5i2.1036>
- Khairunnisa, N. A., & Wulandari, P. (2023). Peran Resiliensi Terhadap Quarter Life Crisis pada Dewasa Awal. *Jurnal Fusion*, 3(11), 104–116.
- Mardiatmoko. (2020). Pentingnya Uji Asumsi lasik Pada Analisis Regresi Linear Berganda. *Jurnal Ilmu Matematika Dan Terapan*, 13(3), 333–343.
- Reivich, K., & Shatte, A. (2002). *The Resilience Factor 7 Essential Skills for Overcoming Life's Inevitable Obstacles*. New York: Academic Press.
- Resnick, B., Gwyther, P., & Roberto, A. (2011). *Resilience in Aging: Concepts, Research, and Outcomes*. New York: Springer Science Business Media.
- Robbins, A., & Wilner, A. (2001). *Quarter Life Crisis: the Unique Challenges of Life in Your Twenties*. New York: Routledge.
- Sallata, J. M. M., & Huwae, A. (2023). Resiliensi Dan Quarter Life-Crisis Pada Mahasiswa Tingkat Akhir. *Jurnal Cakrawala Ilmiah*, 2(5), 2103–2124. <https://doi.org/10.53625/jcijurnalcakrawalailmiah.v2i5.4725>
- Sugiyono. (2019). *Metode Penelitian Kuantitatif, Kualitatif, dan R&D*. Bandung: PT. Alfabeta.

- Wagnild, G. M., & Young, H. . (1993). Development and Psychometric Evaluation of The Resilience Scale. *Journal of Nursing Measurement*, 1(2), 165–178.
- Wardani, I. Y., Oktaviana, D. A., & Nasution, R. A. (2022). Resilience and Emotional Intelligence Related to Workers' Stress Level in the Quarter Life Crisis. *Health Science Journal of Indonesia*, 13(2), 49–56.
- Yolanda, A. A., & Primanita, R. Y. (2023). Hubungan Self Awareness dan Quarter Life Crisis pada Mahasiswa Akhir Psikologi UNP. *Jurnal Pendidikan Tambusai*, 7(1), 4503–4509. <https://doi.org/10.31004/jptam.v7i1.5945>
- Zis, S. F., Effendi, N., & Roem, E. R. (2021). Perubahan Perilaku Komunikasi Generasi Milenial dan Generasi Z di Era Digital. *Satwika: Kajian Ilmu Budaya Dan Perubahan Sosial*, 5(1), 69–87. <https://doi.org/10.22219/satwika.v5i1.15550>