

Abstract

The Effect of Quarter-Life Crisis on the Level of Anxiety After Graduation at SMAN 1 Pandaan

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After graduating from high school, there are absolutely many teenagers who may feel anxious about how to continue their lives, such as having a career, continuing their education to a higher level or getting married. Therefore, it is not surprising that some teenagers experience anxiety after graduating from high school. Quarter-life crisis is one period where there is uncertainty and the search for identity that a person experiences when he reaches the age of 18 to early 29 years. the purpose of this study which has a subject of 124 alumni of SMAN 1 Pandaan. Data collection uses the adolescent anxiety level scale and the Quarter-Life crisis scale. according to calculations on the adolescent anxiety level scale there are 24 valid items with a reliability of 0.923, on the Quarter-Life crisis scale there are 20 valid items using a reliability of 0.893. provided that the results of data analysis provide an R value of 0.907 which can be declared "strong" and an R2 value of 0.822 with a significant F value of 0.00 <0.05, thus the hypothesis states that there is an impact of the Quarter-Life crisis on the anxiety level of completing graduation at SMA 1 Pandaan, accepted.

Keywords: Quarter-Life crisis, anxiety

Intisari

Pengaruh Quarter-Life Crisis Terhadap Tingkat Kecemasan Setelah Lulus Pada SMAN 1 Pandaan

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setelah lulus asal bangku Sekolah Menengah Atas absolut banyak remaja yang mungkin merasa cemas bagaimana akan melanjutkan hidupnya seperti berkarir, melanjutkan pendidikan ke jenjang yang lebih tinggi atau menikah. sang karena itu tidak heran bahwa beberapa remaja dapat mengalami kecemasan sesudah lulus dari bangku SMA. Quarter-life crisis merupakan galat satu periode dimana adanya ketidak pastian serta pencarian jati diri yg dialami seorang waktu mencapai usia 18 sampai awal 29 tahun. tujuan penelitian ini yg memiliki subjek sebanyak 124 siswa alumni SMAN 1 Pandaan. Pengambilan data memakai skala taraf kecemasan remaja serta skala Quarter-Life crisis. sesuai perhitungan pada skala taraf kecemasan remaja terdapat 24 item valid dengan reliabilitas 0,923, di skala Quarter-Life crisis ada 20 item valid menggunakan reliabilitas 0,893. asal hasil analisis data memberikan nilai R sebanyak 0,907 dapat dinyatakan "kuat" dan Nilai R2 sebanyak 0,822 dengan nilai signifikan F sebanyak $0,00 < 0,05$, menggunakan demikian hipotesis yg menyatakan ada dampak Quarter-Life crisis terhadap taraf kecemasan selesainya lulus pada SMAN 1 Pandaan, diterima.

Kata kunci : Quarter-Life crisis, kecemasan