

QUARTER LIFE CRISIS PADA FRESH GRADUATE PERGURUAN TINGGI DI KABUPATEN WONOGIRI (STUDY KASUS)

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ABSTRAK

Fase Quarter Life Crisis sering dialami pada inividu pada masa peralihan dari remaja ke dewasa. Berdasarkan study kasus awal ditemukan bukti adanya krisis Quarter Life Crisis yang dialami oleh Fresh Graduate perguruan tinggi di Kabupaten Wonogiri. Banyaknya problematika yang dialami Fresh Graduate seperti perasaan kecemasan, kegelisahan karena mulai mempertanyakan arah dan tujuan hidup, finansial, banyaknya tantangan dan dihadapkan banyak pilihan dalam hidup. Dalam penelitian ini peneliti menggunakan teori dari tokoh Robins dan Wilner (2001) tentang Quarter Life Crisis yang meliputi teori dan aspek. Tujuan utama dalam penelitian ini adalah untuk mengetahui gambaran Quarter Life Crisis pada fresh graduate perguruan tinggi di Kabupaten Wonogiri. Metode yang digunakan dalam penelitian ini adalah metode penelitian kualitatif deskriptif dengan study kasus sebagai bukti lapangan. Teknik pengumpulan data yang digunakan dalam penelitian ini yaitu teknik wawancara, observasi partisipan dan dokumentasi. Subjek dalam penelitian ini adalah tiga fresh graduate perguruan tinggi dengan rentang usia 18 sampai 29 tahun dan belum memiliki pekerjaan tetap. Teknik yang digunakan dalam identifikasi dan penentuan subjek adalah metode purposive sampling. Peneliti menemukan adanya fase quarter life crisis yang dialami oleh sampling. Hasil penelitian yang didapatkan dari wawancara dan observasi pada ketiga subjek, didapatkan hasil bahwa fresh graduate perguruan tinggi mengalami fase krisis quarter life crisis, dimana timbul perasaan -perasaan tidak berdaya, putus asa, cemas akan karir masa depan, khawatir akan hubungan asmara, finansial, banyaknya tantangan yang dihadapi dan perasaan bimbang dalam keputusan. Hasil tersebut mengacu pada tujuh aspek dari teori Robins dan Wilner (2001).

Kata kunci : *fresh graduate, quarter life crisis, wonogiri*

QUARTER LIFE CRISIS IN FRESH GRADUATE HIGHER EDUCATION IN WONOGIRI DISTRICT (CASE STUDY)

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ABSTRACT

The quarter life crisis phase is often experienced by individuals during the transition from adolescence to adulthood. Based on the initial case study, it was found evidence of a Quarter Life Crisis experienced by fresh graduates of universities in Wonogiri Regency. There are many problems experienced by Fresh Graduates such as feelings of anxiety, anxiety because they start to question the direction and purpose of life, finances, many challenges and faced with many choices in life. In this study, researchers used the theory of the characters Robinns and Wilner (2001) about the Quarter Life Crisis which includes theory and aspects. The main purpose of this study was to find out the description of the Quarter Life Crisis in Fresh Graduates of universities in Wonogiri Regency. The method used in this research is descriptive qualitative research method with case studies as field evidence. Data collection techniques used in this study are interview techniques, participant observation and documentation. The subjects in this study were three university fresh graduates with an age range of 18 to 29 years and did not have a permanent job. The technique used in the identification and determination of the subject is purposive sampling method. The researcher found that there was a quarter life crisis phase experienced by the sampling. The results obtained from interviews and observations on the three subjects, it was found that college fresh graduates experienced a crisis phase of the quarter life crisis, where feelings of helplessness, hopelessness, anxiety about future careers, worries about romantic relationships, finances, many challenges faced and feelings of uncertainty in decisions. These results refer to seven aspects of the theory of Robinns and Wilner (2001).

Keywords : *fresh graduate, quarter life crisis, wonogiri*