

# **PENGARUH GOAL SETTING TERHADAP QUARTER-LIFE CRISIS PADA EMERGING ADULTHOOD**

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## **ABSTRAK**

*Emerging adulthood sering disebut sebagai masa transisi remaja menuju dewasa, periode ini ditandai dengan adanya perubahan besar, eksplorasi serta tantangan. Adanya perubahan besar, eksplorasi yang dihadapi individu membuat kondisi individu berada kerentanan krisis, hal ini berpotensi menimbulkan krisis perkembangan pada emerging adulthood, yakni quarter-life crisis. Penelitian ini bertujuan untuk mengetahui pengaruh goal setting terhadap quarter-life crisis pada emerging adulthood. Penelitian menggunakan metode penelitian kuantitatif survei. Subjek penelitian ini adalah emerging adulthood yang berusia 18-25 tahun di D.I Yogyakarta sebanyak 115 subjek. Alat ukur yang digunakan adalah Skala Quarter-life Crisis yang dimodifikasi dari Hassler (2009) dan diterjemahkan oleh Agustin (2012) ( $\alpha=0,875$ ) dan Skala Goal Setting ( $\alpha=0,929$ ). Analisis data menggunakan metode regresi non-linier eksponensial sederhana, hasil hipotesis diterima ( $Y = \ln 122,645 - 0,010 X$ ). Nilai yang diperoleh menunjukkan arah pengaruh kedua variabel adalah negatif ( $t = -51,898$ ). Dengan demikian dapat disimpulkan bahwa goal setting berpengaruh menurunkan quarter-life crisis pada emerging adulthood.*

**Kata kunci:** *Emerging Adulthood, Goal Setting, Quarter-life Crisis*

# THE EFFECT OF GOAL SETTING ON QUARTER-LIFE CRISIS IN EMERGING ADULTHOOD

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## ABSTRACT

*Emerging adulthood is often referred to as the transition from adolescence to adulthood, this period is characterized by major changes, exploration and challenges. The existence of major changes, exploration faced by individuals makes individual conditions vulnerable to crisis, this has the potential to cause a developmental crisis in emerging adulthood, namely quarter-life crisis. This study aims to determine the effect of goal setting on quarter-life crisis in emerging adulthood. This research used survey quantitative research methods. The subjects of this study were 115 emerging adulthood aged 18-25 years in Yogyakarta. The measuring instruments used were Quarter-life Crisis Scale modified from Hassler (2009) and translated by Agustin (2012) ( $\alpha=0.875$ ) and Goal Setting Scale ( $\alpha=0.929$ ). Data analysis using simple exponential non-linear regression method, the hypothesis results are accepted ( $Y = \ln 122.645 - 0.010 X$ ). The value obtained shows the direction of the influence of the two variables is negative ( $t = -51.898$ ). Thus, it can be concluded that goal setting has an effect on reducing quarter-life crisis in emerging adulthood.*

**Keywords:** *Emerging Adulthood, Goal Setting, Quarter-Life Crisis*