

Hubungan Mindfulness dengan Quarter-Life Crisis pada Usia Dewasa Awal = The Relationship between Mindfulness and Quarter-Life Crisis in Emerging Adulthood

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Abstrak

Kelompok umur yang berpeluang besar mengalami quarter-life crisis adalah individu pada masa dewasa awal, ini dikarenakan individu sedang mengalami masa transisi dalam membangun kehidupan, karir, dan hubungan interpersonal dengan individu lain secara mandiri. Akan tetapi, metode mindfulness diajukan dapat mengurangi quarter-life crisis. Penelitian dilakukan kepada 175 partisipan dengan proporsi perempuan 57,7% yang berada pada masa dewasa awal dengan rentang usia 18-25 tahun. Pengukuran dilakukan dengan cara self-report, variabel mindfulness diukur dengan MAAS (Mindfulness Attention & Awareness Scale) dan Quarter-life Crisis Scale yang sudah diadaptasi dalam Bahasa Indonesia. Hasil analisis menunjukkan bahwa mindfulness berkontribusi positif signifikan terhadap quarter-life crisis yang dialami dewasa awal ($r(175) = 0,500$, dengan $p < 0,05$) dan tidak ada perbedaan signifikan pada skor quarter-life crisis antara laki-laki dan perempuan. Implikasi penelitian adalah perlu adanya penelitian lebih lanjut mengenai mindfulness dan quarter-life crisis pada individu dewasa awal setelah pasca pandemi.

.....Individual in emerging adulthood period are the age group that most likely to experience quarter life crisis; this mainly caused by individual that experiencing a transitional period whereas trying to build a life, career, and interpersonal relationships with other individuals. However, the mindfulness method is proposed to reduce quarter-life crises. The study was conducted on 175 participants, with a total proportion of 57.7% females who were in their early adulthood with an age range of 18–25 years. The measurement was carried out by utilizing a self-report questionnaire which has been adapted to Bahasa. While the mindfulness variable is measured by the MAAS (Mindfulness Attention and Awareness Scale), the quarter-life crisis variable is measured by a Quarter-life Crisis Scale. The results of the analysis showed that mindfulness made a significant positive contribution to the quarter-life crisis experienced by early adulthood ($r(175) = 0.500$, with a $p < 0.05$) while there is no significant differences between man and woman for quarter-life crisis score. The results implied the urgency to conduct further research upon post-pandemic period on mindfulness and quarter-life crisis in emerging adulthood.