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The Role Of Family Functioning In The Quarter-Life Crisis In Early Adulthood During The Covid-19 Pandemic

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ABSTRACT

This study aims to determine the relationship between family functioning and the quarter-life crisis in early adulthood during the Covid-19 pandemic. The subjects in this study were early adult individuals aged 18-29 years with a total of 123 subjects. Data collection was done by the purposive sampling method. This research instrument uses the Family Assessment Device (FAD) Scale and the Quarter Life Crisis Quiz. Data were analyzed by the non-parametric statistical analysis technique Spearman Rho. The results of data processing obtained a correlation coefficient (p) of -0.226 with a significance value of 0.012 ($p < 0.05$), which means that there is a negative relationship between family functioning and quarter-life crisis in early adulthood. Where if the functioning of the family is good then the quarter-life crisis is low and vice versa, if the functioning of the family is bad then the quarter-life crisis is high.

Keywords: Covid-19; early adulthood; family functioning; quarter-life crisis

ABSTRAK

Penelitian ini bertujuan untuk mengetahui hubungan antara keberfungsian keluarga dengan krisis seperempat kehidupan pada masa dewasa awal selama masa pandemi Covid-19. Subjek dalam penelitian ini adalah individu dewasa awal yang berusia 18-29 tahun dengan jumlah subjek sebanyak 123 orang. Pengumpulan data dilakukan dengan metode purposive sampling. Instrumen penelitian ini menggunakan Skala Family Assessment Device (FAD) dan Quarter Life Crisis Quiz. Data dianalisis dengan teknik analisis statistik non parametrik Spearman Rho. Hasil pengolahan data diperoleh koefisien korelasi (p) sebesar -0,226 dengan nilai signifikansi 0,012 ($p < 0,05$), yang berarti terdapat hubungan negatif antara keberfungsian keluarga dengan krisis seperempat kehidupan pada dewasa awal. Dimana jika fungsi keluarga baik maka krisis seperempat kehidupan rendah dan sebaliknya jika fungsi keluarga buruk maka krisis seperempat kehidupan tinggi.

Kata kunci: Covid-19; dewasa awal; keberfungsian keluarga; krisis seperempat kehidupan

INTRODUCTION

Every individual must pass through the stages of development in the span of his life. The stages of development of human life start from childhood, adolescence, early adulthood to old age. At each stage of development, individuals have their developmental tasks that should be passed well according to their age (Papalia, D.E., Olds, S.W., Feldman, 2011). Early adult individuals are expected to be able to adapt to new patterns of life development and are also expected to be able to play new roles, desires, attitudes, and values.

In early adulthood, individuals have great opportunities to explore themselves, but on the other hand, they will also face great challenges (Halfon et al., 2017). Hurlock (2007) explains that early adulthood starts from the age of 18 to 40 years. However, according to Arnett (2001), this exploratory phase is experienced by early adult individuals with an age range of 18-29 years which is known as emerging adulthood. Things that are explored by early adult individuals and usually become problems are related to career/work, peer relations, education, and life partners (Nash & Murray, 2010). The amount of exploration that individuals do in early adulthood causes instability in themselves. There are so many changes that they want to make and feel when exploring themselves (Arnett, J. J., & Tanner, 2006). The various changes experienced by individuals in early adulthood are not all positive. There are various kinds of negative feelings that also often arise in their minds. Not all individuals can go through and overcome the changes and challenges that occur in this phase of emerging adulthood. Arnett (in King, 2014) says that this phase of emerging adulthood is a phase filled with a lot of instability. The forms of crises that commonly occur in emerging adulthood include feelings of anxiety, doubts about their abilities, isolation, not understanding what their desires and goals are in life, confusion about making the right decisions, and fear of failure in the future (Robinson et al., 2013)

The crisis phenomenon that occurs in individuals in the emerging adulthood phase is often known as the quarter-life crisis (Atwood & Scholtz, 2008). The quarter-life crisis was first coined by Robbins and Wilner (2001) as a crisis that occurs due to an individual's unpreparedness to transition from adolescence to adulthood. There are 7 dimensions of the quarter-life crisis according to Hassler (2009), namely: (1) feelings of doubt and doubt in making a decision; (2) Feeling hopeless because they always find failure to achieve an achievement; (3) Having a negative self-assessment for things that happen that are not in line with expectations; (4) Feeling trapped in a difficult situation because they have to carry out what has already been chosen (5) Feeling anxious about things that will happen in the future; (6) Feeling depressed when faced with the fact that they have to live independently; (7) Feeling worried about interpersonal relationships because they have not been able to meet expectations, demands, and standards in the surrounding environment. These negative feelings if not handled properly will result in emotional crises ranging from stress, depression to other psychological disorders.

Some individuals experiencing a quarter-life crisis tend to feel panicked, insecure, depressed, and useless (Nash & Murray, 2010). Many questions and demands arise because of the prevailing norms and culture, for example, Indonesia with a collectivistic culture that tends to demand to get married and continue their offspring, have a career or job, and have good social relations. The survey conducted by Robinson and Wrig (2013) on 1023 early adult individuals in the United Kingdom showed that as many as 70% of individuals aged 30 years experienced many crises when they were in their 20s. The same thing was also found in which showed that around 86% of individuals experienced a quarter-life crisis.

In a situation where the individual is experiencing a quarter-life crisis phase in his life, the world's current condition is being hit by the Covid-19 pandemic. A disaster that in an instant changed the situation and condition of the entire world. Where there are many emergency rules

and policies issued by the government to limit the activities and movement of all human beings. This situation certainly has a considerable impact on each group in various ways. Individuals who usually interact and communicate by meeting physically are no longer a priority during the Covid-19 pandemic. Then, the impact of the Covid-19 pandemic for early adults is increasing unemployment because fewer job vacancies are opened. This is reinforced by the Big Data analysis presented by the Central Statistics Agency (BPS), which explains that job vacancies have decreased as a result of the Covid-19 pandemic (Thomas, 2020). Unemployment is not limited to individuals who have not worked or are looking for work. Individuals who work but are less productive can also be included in the unemployment category (Jalil et al., 2020). The economic impact also makes many companies unable to operate normally, increasing the number of unemployed (Jalil et al., 2020). This can be seen from the statement from the Minister of National Development Planning (PPN) / Head of Bappenas Suharso Monoarfa, who explained that the number of unemployed in Indonesia had increased to 3.7 million people due to the Covid-19 pandemic (Fauzia, 2020). These economic problems cause considerable pressure for individuals (Muslim, 2020). Stress due to a mismatch between expectations and reality in work and social relations is often found as the thing that triggers the emergence of a quarter-life crisis in early adulthood (Pinggolio, 2015).

The pandemic has impacted the mental health of young adults (Liu et al., 2020; Salari et al., 2020; Xiong et al., 2020). Given the many changes experienced by early adulthood individuals and coupled with the Covid-19 pandemic, social support from those closest to them becomes very important (van den Berg et al., 2021). Social support can be defined as practical emotional and informational assistance from significant others, such as family members, friends, or co-workers, or people who are always there when needed (Thoits, 2010). In the current state of the Covid-19 pandemic, with everything mostly done from home, individuals will be more intense in meeting their families who live under the same roof. Family is the closest person to each individual. Where the nuclear family consists of parents and children or husband and wife. Meanwhile, the extended family consists of a wider network, namely there are several generations in it such as grandmothers, grandfathers, uncles, aunts, and cousins (Papalia, D.E., Olds, S.W., Feldman, 2011). Family functioning is an interaction between family members to achieve functions and goals in a family (Epstein et al., 1983). Goleman (2000) states that a family that functions optimally has closeness and openness between each of its members. Research by Retnowati et al (2003) shows that the closeness of each family member is one of the factors supporting understanding and expressing emotions in individuals. Therefore, this study aims to see the correlation between family functioning and the quarter-life crisis in early adulthood during the Covid-19 pandemic.

RESEARCH METHOD

The subjects involved in this study were 123 individuals. The sampling technique used in this research is purposive sampling in the form of accidental sampling. Where subjects who can be involved in research are those who fit the criteria set by the researcher (Sugiyono, 2012). The population in this study were early adult individuals ranging in age from 18 to 29 years, adjusted to the criteria for early adulthood who tend to experience a quarter-life crisis (Arnett, 2001).

This study uses a correlational quantitative approach. Correlational quantitative research is a measurement of the correlation between 2 or more variables (Salkind, 2013). There are two variables studied in this study, namely family functioning and a quarter-life crisis. This research instrument uses the McMaster Family Assessment Device (FAD) scale and the Quarter Life Crisis Quiz scale with a Likert scale model containing 5 alternative answers (“Strongly Agree”,

“Agree”, “Neutral”, “Disagree” and “Strongly Disagree ”). The Likert scale is a scale that puts response categories at points along a psychological continuum (Azwar, 2015).

The McMaster Family Assessment Device (FAD) scale proposed by Epstein, Bishop, and Levin (1983) contains 38 items adapted and modified with aspects that exist on the scale, namely problem solving, communication, roles, ability to react, affective involvement, and behavior control. The Quarter-Life Crisis scale developed by Hassler (2009) which was later adapted and modified by Agustin (2012) amounted to 25 items with aspects of indecision in making decisions, hopelessness, negative self-assessment, trapped in difficult situations, feelings of anxiety, depression. to feelings of worry about interpersonal relationships that are being and will be built. This questionnaire contains statements about how individuals perceive the uncertainty of the situation around them including the emotions they feel from themselves, namely career achievement, interpersonal relationships, education, and financial stability.

The research instrument was prepared using a google form and distributed through social media. Data collection was carried out for approximately 2 weeks starting from October 4, 2021. The data that has been collected is then scored and analyzed descriptively from each variable. Before carrying out the correlation test, a normality test and linearity test were carried out using the statistical analysis program Jeffreys's Amazing Statistics Program (JASP) version 14.1. Based on the results of the validity test of adaptation and modification of the family functioning scale and quarter-life crisis, the different power values for each item on a scale are greater than 0.1 ($R_{ix} > 0.1$) without any item being dropped. While the results of the reliability test of the family functioning scale show the reliability value of the alpha (α) value of 0.963 which indicates the reliability of this scale is very high. The quarter-life crisis scale has an alpha reliability value (α) of 0.967 which is also very high. The data analysis technique in this study uses non-parametric statistics, namely the Spearman-rho correlation test because the data is not normally distributed.

RESULT AND DISCUSSION

Result

The results of the assumption test for normality showed that the distribution of the data was not normally distributed at 0.001 ($p < 0.05$). While the linearity test showed a significance value of 0.066 ($p > 0.05$), which means it can be said to be linear. The results of the Spearman Rho correlation test (see table 1) show a value of 0.012 ($p < 0.05$) with a correlation coefficient of -0.226 which means that there is a significant correlation in a negative direction between family functioning and the quarter-life crisis in early adulthood during the Covid-19 pandemic. Where if the functioning of the family is high, then the quarter-life crisis in early adulthood is low. On the other hand, if the functioning of the family is low, the quarter-life crisis in early adulthood is low. This is in line with the research of Cheung, et al. (2019) which explains that good family functioning can improve individual well-being and reduce early adult individual anxiety related to social relations.

Table 1. Correlation

		Spearman		Kendall	
		rho	p	tau B	p
Family Functioning	- Quarter Life Crisis	-0.226	* 0.012	-0.152	* 0.014

* $p < .05$, ** $p < .01$, *** $p < .001$

Details of the level of family functioning and quarter-life crisis based on categorization can be seen further in table 2

Table 2. Categorization

Variable	Categorization	Frequency	Percentage
Family Functioning	High	2	1.6 %
	Medium	120	97.6 %
	Low	1	0.8 %
Quarter Life Crisis	High	37	30.1 %
	Medium	59	48 %
	Low	27	22 %

The results of score categorization on the family functioning variable showed that there were 2 subjects (1.6%) in the high category, 120 subjects (97.6%) in the medium category, and 1 subject (0.8%) in the low category. While the categorization of scores on the quarter-life crisis variable shows 37 subjects (30.1%) are in the high category, 59 subjects (48%) are in the medium category and 27 people (22%) are in the low category. Based on the analysis of demographic data, the distribution of subjects based on gender was obtained, as follows:

Table 3. Frequencies for Gender

Gender	Frequency	Percent	Valid Percent	Cumulative Percent
Male	37	30.081	30.081	30.081
Female	86	69.919	69.919	100.000
Missing	0	0.000		
Total	123	100.000		

Table 3 shows that the number of female subjects was more than male subjects, namely 86 subjects (69.9%) and 37 people (30.1%). Demographic data based on marital status can be explained as follows:

Table 4. Frequencies for Marital Status

Status	Frequency	Percent	Valid Percent	Cumulative Percent
Not Married Yet	109	88.618	88.618	88.618
Married	14	11.382	11.382	100.000
Missing	0	0.000		
Total	123	100.000		

Table 4 shows 109 subjects (88.618%) are not yet married, and 14 subjects (11.382%) are married. Demographic data based on employment status can be explained as follows:

Table 5. Frequencies for Work

Work	Frequency	Percent	Valid Percent	Cumulative Percent
Work	53	43.089	43.089	43.098
Not yet working	70	56.911	56.911	100.000
Missing	0	0.000		
Total	123	100.000		

Table 5 shows that 43.1% of subjects have working status and 56.9% of subjects who have not yet worked. In addition, demographic data regarding residence status can be explained as follows:

Table 6. Frequencies for Residence Status

Residence Status	Frequency	Percent	Valid Percent	Cumulative Percent
Parents / Family	87	70.732	70.732	70.732
Partners	11	8.943	8.943	79.675
Siblings	4	3.252	3.252	82.927
Alone (Rumah/Kost/Kontrak)	21	17.073	17.073	100.000
Missing	0	0.000		
Total	123	100.000		

Table 6 shows that 87 subjects (70.7%) lived with their parents/family, 11 subjects (8.9%) lived with their partners, 4 subjects (3.3%) lived with siblings, and 21 subjects (17.1 %) lives alone (at home/boarding/contract).

Discussion

The results of this study showed that more than 70% of the subjects involved in the study were in a moderate to high quarter-life crisis phase. This condition is considered a bad thing because the impact experienced and felt by early adult individuals when they were unable to get through the crisis they experienced was quite severe. Early adult individuals who are caught in the crisis will feel useless, increasingly doubting their abilities, fearing failure to face the future, and not being confident in their life plans and goals (Pande, 2004). In line with the research demographic data, Dickerson (in Agustin, 2012) states that women tend to experience more quarter-life crises than men because the demands on women are not only about getting married and taking care of the family but also being able to work and have good financial conditions. stable, and build social relations. Women in Asia, especially Indonesia, are still required to get married before the age of 30 because of the collectivistic culture (Arnett, 2004).

In this study, more subjects were unmarried than married. This is related to the quarter-life crisis which states that two things are usually the focus of individuals when entering early adulthood, the first is a career and the second is related to love (Robbins, 2004). Employment-related demographic data is that more early adult individuals in this study were unemployed than employed. This can be one of the factors that cause individuals to experience a quarter-life crisis. Research from Basis (2014) found that one aspect that can improve the quality of life of early adult individuals is work. Early adult individuals usually desire to have a career before marriage or to continue their education to a higher level. However, sometimes in reality there are still many early adult individuals who do not have the desired job or that is by their educational background. In addition, dissatisfaction with the work being undertaken can also cause individuals to experience a quarter-life crisis (Pande, 2004).

In addition, based on demographic data regarding residence status, more early adult individuals are living with their parents or family than those living with their spouses, siblings, or living alone. Ideally, early adult individuals are more independent and no longer dependent on their parents (Arnett, 2006). On the other hand, early adult individuals have the perception that they want to no longer burden their parents (Blieszner, R., & Roberto, 2012). This feeling of being trapped in a difficult situation is known to trigger a quarter-life crisis in early adulthood (Robbins & Wilner, 2001).

In the time of the Covid-19 pandemic, it is increasingly making each individual have limited space for movement. The reality is that early adulthood individuals need social support

to help them deal with crises in their lives. Andayani (2020) found that social support provided for individuals will be able to help them carry out good coping strategies to overcome the crisis they are facing. In this study, it is explained that the family is the closest support system for early adult individuals, especially during this Covid-19 pandemic, because early adult individuals also need good family functioning to help them face the crisis. Interaction between family members is one way of managing crises and adjusting to the circumstances that occur (Cutrona, Cole, Colangelo, Asasouline, & Russel, 1994 in Johnson et al., 2010). Good individual interpersonal relationships and the high social support received by early adult individuals can help reduce the quarter-life crisis experienced (Ameliya, 2020).

CONCLUSION

Based on the research data, it can be concluded that there is a significant correlation between family functioning and the quarter-life crisis. This shows that the family, which is the closest person to each individual, has a role in getting through the crisis faced by individuals in early adulthood. This study shows that the family does not only play a role in the developmental stages of children and adolescents, but even into early adulthood, the family still plays a role.

This research is an initial study related to the role of family functioning in the quarter-life crisis in early adulthood, especially during the Covid-19 pandemic. Therefore, the researcher hopes that this research can be further developed by adding other variables that can play a role in overcoming the quarter-life crisis in early adulthood. In addition, it is hoped that future researchers will set more specific subject criteria, so that data comparisons can be carried out.

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