

ABSTRAK

Silvi Noviyya Marinda. 210541100048. Pengaruh *Self Awareness* terhadap *Quarter Life Crisis* pada *Fresh Graduate*. Program Studi Psikologi, Fakultas Ilmu Sosial dan Ilmu Budaya, Universitas Trunojoyo Madura.

Fresh graduate kerap mengalami kebingungan dalam menentukan keinginan dan arah hidup, ketidakpuasan atas pencapaian, serta ketidakpastian dalam relasi interpersonal. Salah satu faktor yang menyebabkan adanya *quarter life crisis* adalah faktor internal yaitu *self awareness*. Penelitian ini bertujuan untuk mengetahui pengaruh *self awareness* terhadap *quarter life crisis* pada *fresh graduate*. Penelitian ini menggunakan metode kuantitatif dengan teknik *quota sampling* dengan jumlah 217 responden. Hasil uji reliabilitas menunjukkan nilai *cronbach's alpha* pada *quarter life crisis* sebesar 0,946 dan *self awareness* sebesar 0,833. Analisis yang digunakan adalah uji regresi linier sederhana dengan hasil nilai F sebesar 144,030 dengan signifikansi sebesar 0,000. ($0,000 < 0,05$). Artinya hipotesis diterima yaitu terdapat pengaruh *self awareness* terhadap *quarter life crisis* pada *fresh graduate*. Berdasarkan nilai koefisien determinasi (R Square) yaitu sebesar 0,401, artinya *self awareness* mempengaruhi *quarter life crisis* sebesar 40,1% dan 59,9% dipengaruhi faktor lain. Nilai koefisien korelasi (*r*) sebesar -0,633 dapat diidentifikasi bahwa terdapat hubungan negatif antara skala *quarter life crisis* dan *self awareness*. Artinya, semakin tinggi *self awareness* pada *fresh graduate*, maka *quarter life crisis* yang dialami akan semakin rendah. Sebaliknya, semakin rendah *self awareness* yang dimiliki, semakin tinggi *quarter life crisis* yang dialami *fresh graduate*.

Kata Kunci : *Self Awareness, Quarter Life Crisis, Fresh Graduate*

ABSTRACT

Silvi Noviya Marinda. 210541100048. The Influence of *Self Awareness* terhadap *Quarter Life Crisis* in *Fresh Graduate*. Psychology Study Program, Faculty of Social and Cultural Sciences, Trunojoyo University Madura.

Fresh graduates often experience confusion in determining their desires and direction in life, dissatisfaction with achievements, and uncertainty in interpersonal relationships. One of the factors that causes *quarter life crisis* is an internal factor, namely *self awareness*. This study aims to determine the effect of *self awareness* on *quarter life crisis* in *fresh graduates*. This study uses a quantitative method with a *quota sampling* technique with 217 respondents. The results of the reliability test showed a *cronbach`s alpha* value in *quarter life crisis* of 0.946 and *self awareness* of 0.833. The analysis used was a simple linear regression test with an F value of 144.030 with a significance of 0.000. ($0.000 < 0.05$). This means that the hypothesis is accepted, namely that there is an effect of *self awareness* on *quarter life crisis* in *fresh graduates*. Based on the coefficient of determination (R Square) of 0.401, it means that *self awareness* affects *quarter life crisis* by 40.1% and 59.9% is influenced by other factors. The correlation coefficient value (r) of -0.633 can be identified that there is a negative relationship between the *quarter life crisis* scale and *self awareness*. This means that the higher the *self awareness* of *fresh graduates*, the lower the *quarter life crisis* they experience. Conversely, the lower the *self awareness*, the higher the *quarter life crisis* experienced by *fresh graduates*.

Keywords: *Self Awareness, Quarter Life Crisis, Fresh Graduate*