

## ABSTRAK

### GAMBARAN RIWAYAT KEJADIAN *PANIC ATTACK* PADA FASE *QUARTER LIFE CRISIS* ALUMNI MAHASISWA KEPERAWATAN ANGKATAN 25 POLTEKKES KEMENKES TASIKMALAYA

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**Pendahuluan:** *Quarter life crisis* adalah fase yang muncul ketika seseorang berada di usia 20 tahunan dimana salah satu dampak yang ditimbulkan adalah munculnya gejala *panic attack*. Tujuan penelitian ini adalah untuk mengetahui gambaran riwayat kejadian *panic attack* pada fase *quarter life crisis* alumni mahasiswa keperawatan angkatan 25 Poltekkes Kemenkes Tasikmalaya.

**Metode:** Penelitian deskriptif kuantitatif ini menggunakan rancangan *cross sectional*. Total sampel sebanyak 74 alumni yang diambil dengan metode *nonprobability sampling* dengan *total sampling*. Pengambilan data penelitian ini menggunakan kuesioner HARS dan kuesioner Hassler melalui *google form*. Hasil analisis disajikan dalam bentuk tabel distribusi frekuensi dan persentase.

**Hasil Penelitian:** Mayoritas responden menandakan *quarter life crisis* sebanyak 48 responden (64,9%) dan didapati bahwa responden dengan *panic attack* terdapat 6 responden (8,1%), kecemasan tingkat berat 8 atau (10,8%) responden, kecemasan tingkat sedang 4 atau (5,4%) responden, kecemasan tingkat ringan 10 atau (13,5%) responden dan tidak ada kecemasan 46 atau (62,2%) responden.

**Kesimpulan:** Alumni mahasiswa keperawatan angkatan 25 Poltekkes Kemenkes Tasikmalaya sebagian besar menandakan berada di fase *quarter life crisis* dan sebagian kecil yang mengalami *panic attack*.

**Kata kunci:** *Panic attack, quarter life crisis*

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**Background:** Quarter life crisis is a phase that appears when someone is in their 20s where one of the impacts is the emergence of panic attack symptoms. The purpose of this study was to describe the history of panic attack events in the phase of the quarter life crisis of alumni of nursing students in batch 25th of the Tasikmalaya Health Polytechnic of Ministry of Health.

**Method:** This quantitative descriptive study used a cross-sectional design. A total sample of 74 alumni was taken using the nonprobability sampling method with total sampling. Data collection for this study used HARS questionnaire and Hassler questionnaire through by a google form. The results of the analysis are presented in the form of frequency distribution tables and percentages.

**Results:** The majority of respondents indicated a quarter life crisis as many as 48 respondents (64.9%) and it was found that respondents with panic attacks were 6 respondents (8.1%), severe anxiety 8 or (10.8%) respondents, moderate anxiety 4 or (5.4%) respondents, mild anxiety 10 or (13.5%) respondents and no anxiety 46 or (62.2%) respondents.

**Conclusion:** Most of the alumni of nursing students in batch 25th of the Tasikmalaya Health Polytechnic of Ministry of Health indicated that they were in the quarter life crisis phase and a small number experienced panic attack.

**Keyword:** *Panic attack, quarter life crisis*

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