

ABSTRAK

HUBUNGAN ANTARA *SELF EFFICACY* DAN DUKUNGAN SOSIAL DENGAN *QUARTER LIFE CRISIS* PADA MAHASISWA KEPERAWATAN UNIVERSITAS JENDERAL SOEDIRMAN

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Latar Belakang: Mahasiswa keperawatan merupakan *agen of change* yang memiliki peran penting dalam regenerasi perawat. Transisi remaja menuju dewasa yang ada pada mahasiswa biasa dikenal dengan *emerging adulthood*, banyak tuntutan yang dihadapi sehingga terjadi stres dan peristiwa *quarter life crisis* selama menjalani masa studi. Masalah psikologis berhubungan dengan perolehan dukungan sosial dan *self efficacy* dalam membangun kesejahteraan diri. Penelitian ini bertujuan untuk mengidentifikasi hubungan antara *self efficacy* dan dukungan sosial dengan *quarter life crisis* pada mahasiswa keperawatan.

Metodologi: Penelitian ini menggunakan desain korelasional kuantitatif dengan jumlah partisipan sebanyak 247 menggunakan teknik *Proportionate Stratified Random Sampling*. Data diperoleh melalui pengisian kuesioner *General Self Efficacy Scale (GSE)*, *MOS Social Support Survey (MSSS)*, *The Development of Quarter Life Crisis Scale*. Analisis data menggunakan analisis univariat dan bivariat.

Hasil Penelitian: Mayoritas partisipan berusia 18 tahun, berjenis kelamin perempuan dan terbanyak berasal dari angkatan 2024. Terdapat hubungan yang signifikan, *self efficacy* dengan *quarter life crisis* menghasilkan *p-value* 0,0001, *r* -0,359 dan dukungan sosial dengan *quarter life crisis* menghasilkan *p-value* 0,0001 dan *r* -0,240. Mayoritas partisipan memiliki *self efficacy* tinggi dengan *quarter life crisis* sedang sebanyak 100 mahasiswa (40,5%) dan sebagian besar partisipan memiliki dukungan sosial tinggi dengan *quarter life crisis* sedang sebanyak 99 mahasiswa (40,1%).

Kesimpulan: Hubungan dari *self efficacy*, dukungan sosial dan *quarter life crisis* menunjukkan adanya hubungan yang signifikan. Mahasiswa keperawatan diupayakan mampu mempertahankan *self efficacy* dan dukungan sosial pada tingkat tinggi supaya dapat menekan tingkat *quarter life crisis* yang dialaminya.

Kata kunci: Dukungan sosial, mahasiswa keperawatan, *quarter life crisis*, *self efficacy*

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ABSTRACT

RELATIONSHIP BETWEEN *SELF EFFICACY* AND SOCIAL SUPPORT WITH *QUARTER LIFE CRISIS* IN NURSING STUDENTS OF JENDERAL SOEDIRMAN UNIVERSITY

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Background: Nursing students are *agen of change* which has an important role in the regeneration of nurses. The transition from adolescence to adulthood in ordinary students is known as emerging adulthood, There are many demands faced so that stress and events occur quarter life crisis during the study period. Psychological problems related to obtaining social support and self efficacy in building personal well-being. This research aims to identify the relationship between self efficacy and social support with quarter life crisis in nursing students.

Methodology: This research used design quantitative correlational with a total of 247 participants used techniques Proportionate Stratified Random Sampling. Data was obtained through filling out a questionnaire General Self Efficacy Scale (GSE), MOS Social Support Survey (MSSS), The Development of Quarter Life Crisis Scale. Data analysis used univariate and bivariate analysis.

Research result: The majority of participants were 18 years old, female and most came from the class of 2024. There was a significant relationship, self efficacy with quarter life crisis produce p-value 0,0001, r -0,359 and social support with quarter life crisis produce p-value 0,0001 and r -0,240. The majority of participants have *self efficacy* high with *quarter life crisis* while there were 100 students (40.5%) and most of the participants had high social support with *quarter life crisis* while there were 99 students (40.1%).

Conclusion: Relationship from self efficacy, social support and quarter life crisis showed a significant relationship. Nursing students strive to be able to maintain self efficacy and social support at a high level in order to reduce levels quarter life crisis what he experienced.

Keywords: Nursing students, quarter life crisis, self efficacy, social support

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