

ABSTRAK

**HUBUNGAN TIPE KEPERIBADIAN DENGAN *QUARTER LIFE*
CRISIS PADA MAHASISWA TINGKAT AKHIR FAKULTAS ILMU-
ILMU KESEHATAN**

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Latar Belakang: Masa dewasa awal merupakan fase transisi yang penuh tantangan sehingga rentan terhadap tekanan psikologis dan krisis emosional. Salah satu bentuk tekanan psikologis yang kerap muncul pada fase ini adalah *quarter life crisis*. Tipe kepribadian memengaruhi cara individu memecahkan masalah serta strategi belajar yang digunakan dalam mengatasi tekanan psikologis tersebut. Penelitian ini bertujuan mengetahui hubungan tipe kepribadian dengan *quarter life crisis* pada mahasiswa tingkat akhir fikes.

Metode: Penelitian ini menggunakan desain kuantitatif dengan pendekatan *cross-sectional*. Penelitian dilaksanakan di Fakultas Ilmu-ilmu Kesehatan Universitas Jenderal Soedirman dengan melibatkan 153 responden melalui *proportionate stratified random sampling*. Tipe kepribadian diukur menggunakan instrumen *Eysenck Personality Inventory* (EPI) sedangkan *quarter life crisis* diukur menggunakan instrumen *The Development of Quarter Life Crisis Scale*. Hubungan antara kedua variabel dianalisis menggunakan uji *Somers' D*.

Hasil: Sebagian besar responden memiliki tipe kepribadian ekstrovert (52,9%) sedangkan *quarter life crisis* mayoritas pada kategori sedang (70,6%). Hasil uji bivariat menunjukkan bahwa tidak terdapat hubungan yang signifikan antara tipe kepribadian dengan *quarter life crisis* ($p=0,117$, $D=-0,120$).

Kesimpulan: Tipe Kepribadian yang dimiliki responden tidak memiliki hubungan signifikan dengan *quarter life crisis* mahasiswa tingkat akhir. Peneliti merekomendasikan responden mempraktikkan relaksasi napas dalam secara rutin, terutama saat muncul gejala *quarter life crisis* (misalnya cemas berlebihan dan *overthinking*) untuk membantu menurunkan respons stres dan meningkatkan kontrol diri.

Kata Kunci: Mahasiswa Tingkat Akhir, *Quarter Life Crisis*, Tipe Kepribadian

Abstract

THE RELATIONSHIP BETWEEN PERSONALITY TYPES AND QUARTER-LIFE CRISIS AMONG FINAL-YEAR STUDENTS OF THE FACULTY OF HEALTH SCIENCES

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Background: Early adulthood is a transitional phase characterized by various challenges, making individuals vulnerable to psychological stress and emotional crises. One form of psychological stress that commonly arises during this phase is the quarter-life crisis. Personality type influences how individuals solve problems and adopt coping strategies in dealing with such psychological stress. This study aimed to determine the relationship between personality types and quarter-life crisis among final-year students of the Faculty of Health Sciences.

Methods: This study employed a quantitative design with a cross-sectional approach. The research was conducted at the Faculty of Health Sciences, Universitas Jenderal Soedirman, involving 153 respondents selected using proportionate stratified random sampling. Personality types were measured using the Eysenck Personality Inventory (EPI), while the quarter-life crisis was assessed using *The Development of Quarter Life Crisis Scale*. The relationship between the two variables was analyzed using Somers' D test.

Results: A large of respondents had an extroverted personality type (52,9%), while most experienced a moderate level of quarter-life crisis (70,6%). Bivariate analysis showed that there was no significant relationship between personality type and quarter-life crisis ($p = 0.087$, $D = -0.129$).

Conclusion: The personality types of the respondents were not significantly associated with the quarter-life crisis among final-year students. As a practical implication, respondents are encouraged to use deep-breathing relaxation (e.g., slow inhalation and exhalation for several minutes) when quarter-life crisis symptoms arise to promote calmness and stress management.

Keywords: Final Year Students, Personality Type, Quarter Life Crisis