

# **Exploring Quarter-Life Crisis Among Working Professionals and College Students Using a Mixed-Methods Approach**

I have submitted my thesis in fulfilment of a prerequisite for my degree.  
MASTERS OF ARTS IN PSYCHOLOGY

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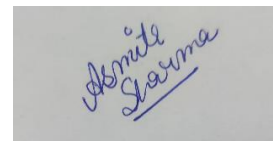
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## CERTIFICATE

This certifies that the dissertation " Exploring Quarter-Life Crisis Among Working Professionals and College Students Using a Mixed-Methods Approach" is a record of student work that was submitted in partial fulfilment of the requirements for Thapar Institute of Engineering and Technology, Patiala, to award a Master of Arts in Psychology. The research work has not been submitted for any other degree or certificate to be awarded by this university or any other.



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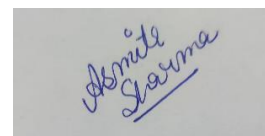
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## CANDIDATE'S DECLARATION

I hereby declare that the thesis " Exploring Quarter-Life Crisis Among Working Professionals and College Students Using a Mixed-Methods Approach "is an authentic record of my own work carried out under the supervision and guidance of Dr Kriti Vyas and refers to other researchers' work that is duly listed in the reference section. It is submitted in partial fulfilment of requirements for the award of the Master of Arts in Psychology to Thapar Institute of Engineering and Technology, Patiala. The material in the dissertation has not been submitted for credit towards any other degree to any other university or institute.



Date: May 2024

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This is to certify that the above declaration made by the student concerned is correct and true to the best of my knowledge.



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## ABSTRACT

The majority of people experience a quarter life crisis between the ages of eighteen and twenty-five, which is characterised by hardship, emotional turmoil, and uncertainty. The list of traits includes doubt about one's identity, discontent with relationships and the working environment, and insecurity over the present, the near future, and long-term objectives. Depression and other mental diseases might be contributing factors to the crisis (Blake, 2008; Robbins & Wilner, 2001; Olsen-Madden, 2007). The purpose of this research is to look at how the quarter-life crisis affected those who were in the working or attending college. This study adopts a mixed group design approach to comprehensively investigate the multifaceted nature of quarter-life crisis experiences. A sample comprised of working and college-going people aged 18-25. Utilizing both quantitative and qualitative methodologies, a diverse sample of individuals in their twenties is recruited to explore the impact, characteristics, protective and risk factors associated with quarter-life crisis. Quantitative measures assess disconnection and distress, lack of clarity and control and transition and turning point while qualitative interviews delve into participants' personal narratives, allowing for a deeper understanding of their experiences. After then, the data was gathered, processed, and statistical analysis was carried out using Jasp. A significant relationship was discovered between the population that attends college and those that are employed.

## CHAPTER:-1

### INTRODUCTION

According to Robbins and Wilner (2001), the term the quarter-life crisis was relatively new .. This span of time, known as the quarter-life, is usually acknowledged to occur between 18 and 25 years age

The phrase "quarter-life crisis" was initially introduced in 2001, with Alexandra Robbins and Abby Wilner being credited with its coinage. They developed the term as a result of their research on American youth. The United States in the early twentieth century!

Life in a quarter crisis is a form of emotional crisis that occurs in persons who are in their 20s and who report experiencing sentiments of desperation, loneliness, and uncertainty about one's own abilities (Atwood and Scholtz, 1998) skills and the fear of failing to succeed According to Robbins and Wilner (2001, as cited in Black 2004), The term "quarter-life crisis" is frequently employed to describe the intense feeling that an individual has in his or her After leaving a 'comfortable' span of time, twenty seconds later completing one's education and being forced to confront the real world that whatever is included inside it as such. Inconsistency, which is steady tremendous change, an excessive number of options from which to select beginning with, and a state of helplessness brought on by an overwhelming quantity of circumstances changing in between. Individuals in the emerging adulthood age (18-29 years old) who have recently graduated also commonly experience quarter-life crisis. Even although they were still enrolled in college, their experience there was marked primarily by intense confusion, Feelings of annoyance, dread, concern, and even challenges in locating anything.

His life's purpose at the time (Freund & Ritter, The source of confusion and uneasiness (2009). experienced by those who undergo a The term "quarter-life crisis" refers to difficulties experienced throughout the early stages of adulthood. Academic pursuits, professional

endeavours, and interpersonal connections Affection, transcendence, monetary matters, and many individual aspects Distinctive attributes or qualities. Robinson (2011) identifies five. Instances in which an individual undergoes a Specifically, the issues associated with a quarter-life crisis are:

1. The initial stage, characterised by a sense of Experiencing a state of being confined by several options and therefore Subsequently, a sense of apprehension arises due to the perceived inability to Make a decision on what you are willing to accept and tolerate.
2. The subsequent stage, characterised by a compelling desire to Alter the current circumstances being encountered.
3. The third stage, characterised by the involvement of persons start implementing vital measures, such as Departing from employment or terminating a romantic partnership that an endeavour has been initiated to commence a fresh one.
4. The fourth stage, characterised by the person establishes a fresh groundwork in which he can completely Steer the trajectory of his life objectives.
5. The fifth stage, characterised by the initiation of people To construct a fresh existence that prioritises aspects of greater significance. that align with the interests and preferences Personal beliefs and principles.

As stated by Nash and Murray (2010) The period of life among adolescent and middle age raises a number of issues. The following are the crises:

1. Aspirations and desires at this point, the individual starts to raise doubts and uncertainties. His future aspirations and goals. frequently accompanied with apprehensions over the person's Whether or whether he have the capacity to comprehend his desires. Currently, persons who are actively researching several facets of They encounter perplexity on several aspects of their existence. aspirations and ambitions they desire to accomplish. Persons Individuals may also experience anxiety around the potential outcomes of their aspirations. no longer align with their interests Regarding the matter of altering or reorganising one's dreams, Aspirations.



2. Academic challenges: Sometimes people wonder if it's worth it to finish their education and if what they learn will really help them in their lives. and aspirations. Subsequently, once Upon completion of their studies, individuals receive new qualifications. Responsibilities necessary for obtaining respectable employment. Economically self-sufficient. Furthermore, additional stressors will Arise When entering the workforce, people often find that the skills and information they gained in college aren't applicable to their actual interests.

3. Faith and metaphysical beliefs People start to doubt if the They have faith in a particular religion yet also have doubts about it If around is a propensity to switch religions and What are penalties of changing religions? At this location, Individuals scrutinise all the values and ideas they have. thus far held as true. If they are able to locate the appropriate If he receives responses to his inquiries, his conviction will be reinforced. increased strength and the potential for the contrary is there Unquestionable.

4. Employment and professional trajectory People often find themselves ensnared in a state of uncertainty. want a lucrative occupation that does not align aligned with their personal interests or a profession that corresponds to their It offers lower compensation while being intriguing. At this juncture, individuals Additionally, Deciding to leave is something I often find difficult. Workplace stress, which is accompanied by a feeling of panic, and an excessive workload caused them to lose their previous job. Concerns about possible instability caused by their movement Work possibilities. The person also doubts the worth and significance of What he can contribute through his efforts.

5. Romantic partnerships and interpersonal connections with family and friends. Individuals start to ponder who will be their ideal partner and even ponder if anybody They will become each other's soulmate. Furthermore, at this juncture, inquired about the methods by which individuals might cultivate a sense of confidence someone who will serve as their mate, how

individuals can sustain dedication in the relationship when they are in a relationship. For those who are single, the question of whether to seek out a deeper connection often arises from a mix of desires and fears.

Interpersonal interactions in the current phase. Concurrently, in familial interactions, people strive for autonomy and self-reliance, moving away from relying on their parents. Subsequently, accompanied by people will start seeking companionship from others, as they desire to form friendships. People who can embrace their true selves and evolve. Seeking companions that are supportive and reliable throughout both challenging and joyful moments. Genuine and heartfelt friendships.

## 6. Self-identity

Regarding self-identity, reaching maturity prompts an individual to contemplate the fundamental nature of existence and how they might actively contribute to the betterment of society. Amidst his environment. At this point, the person contemplates his options and the course he should pursue. Desires to go on a challenging journey. Furthermore, at this time. During this period, individuals also start to become attentive to their appearance and personal appearance. How to practise self-care and effectively communicate their emotions and thoughts. Regulate their emotional aspect. Currently, individuals also start the process of establishing their identity in political and sexual aspects.

The symptoms of a quarter-life crisis might include ambivalence over job successes and financial chances; increasing competitiveness amongst members of a group; widespread psychological problems; and dread of developing connections. This leads to a stress reaction, which in turn can lead to anxiety and even despair. Anxiety, pessimism, poor self-esteem, helplessness, and an inflated picture of the weakness of his situation that he has not done much (Robbins & Wilner, 2001) are all sentiments that are present in this individual. At this point in

their lives, Questions regarding one's identity, one's future, and one's relationships with others are common. Many challenges arise for individuals as they attempt to find answers to all these questions. People react to these difficulties by trying to figure out how to win them; however, not everyone succeeds in doing so, even though everyone tries.

Robbins and Wilner (2001) crisis that happens as a outcome of an individual's unpreparedness to transition from youth to maturity. The "twentysomethings," also known Since this study primarily aimed at individuals who had just left college and joined the "real world," Panchal and Jackson (2007) found via their research that the emotional and behavioural reactions differ for people and must be the subject of extra investigation.

Rendering near what was said by the authors, the "quarter-life crisis" is "a response to overwhelming instability, constant change, too many choices, and a panicked sense of helplessness." According to Hassler (2009), the phenomenon known as the "quarter-life crisis" can be broken down into the following seven categories: (1) feelings of uncertainty and uncertainty when making a decision; (2) feelings of hopelessness because they always find failure to achieve an achievement; (3) having a negative self-assessment for effects that occur which is also not in line with expectations; (4) feelings of being trapped in a challenging circumstance as they must execute the decisions that have already been made;(5) anxious thoughts and sentiments around future events; 6 )emotions of despair when confronted with the reality that Negative sentiments, such as stress, sadness, and other mental illnesses, can manifest in a variety of ways if not handled properly.

According to Nash and Murray (2010), persons who are going over a quarter-life crisis may feel terrified, insecure, unhappy, and that they have no purpose in life. Because of the prevalent norms and culture, many questions and demands are brought up. For instance, in Indonesia, which has a collectivistic culture, here is a leaning aimed at people to demand that individuals

get married and continue their kids, have a career or employment, and have positive social ties. Referring to the results of a survey that stayed approved by Robinson and Wrig (2013) on 1023 early adult adults living in the United Kingdom, as much as 70 per cent of people who are now in their 30s went through a number of challenging situations in their 20s. A similar issue was also discovered, which demonstrated that around 86% of people went through a quarter-life crisis at some point in their lives.

According to Nash and Murray (2010), a number of people go through a "quarter-life crisis" in which they experience emotions of panic, a high amount of pressure, insecurity, and a lack of significance in their lives. According to Nash and Murray, some of the things experienced during the quarter-life crisis are comparable to what happened to students who were presently chasing undergraduate education with an ever-evolving future orientation. Because students have a large enough chance of entering into a quarter-life crisis, some of the things that happened during the quarter-life crisis are comparable to what happened to students who are presently chasing undergraduate education with an ever-evolving future orientation.

This phenomenon gained attention as society shifted towards a more complex and competitive environment, during the move from school to work, young individuals frequently encounter tremendous pressure to make important life choices.

establishing independence, and seeking personal fulfilment. In this environment, young adults face a number of challenges Although is not even medically recognised ailment, many people go through what is recognized as the "quarter-life crisis." Researchers in the arena of psychology, such as Erik Erikson and Daniel Levinson, have identified stages of development that coincide with junctures of self-reflection, identity discovery, and reevaluation of life choices, all of which can contribute to a historical of uncertainty. This crisis is produced by a sum of circumstances, including as cultural expectations, financial demands, the pursuit of

passion as opposed to stability, comparisons with peers on social media, and a sense of unrealized potential. During this stage, it is common to engage in self-reflection, to question the decisions made in one's life, and to reevaluate one's own ideals and objectives. Research conducted by authors such as Alexandra Robbins, Meg Jay, and Oliver Robinson sheds light on the encounters that are met through this period and offers guidance on how to navigate this phase. The research highlights that how central it is, to be self-aware, to seek support, to set realistic expectations, and to embrace change as a catalyst for personal growth.

A number of different circumstances came together to cause the quarter-life crisis, which was a result of the interaction of these circumstances. The significant shifts that occur in the significant milestones of one's life are one of the aspects that is important. In the past, by the time they were in their mid-20s, members of previous generations were likely to have accomplished significant life events such as establishing a stable employment situation, purchasing a home, and starting a family. Because of the prolonged educational pursuits, the rising trend in the cost of living, and the unstable job market, these milestones are frequently delayed in today's society. This is since of the mixture of these factors. By way of an outcome of this delay, there is a prolonged period of ambiguity and exploration, which causes a great number of young adults to question the decisions they have made in their lives and the direction they are heading in. To add insult to injury, the digital era brings about feelings of inadequacy and worry that are more strong than they already were.

Around are a proportion of societal media stages that give operators curated glimpses of the accomplishments of their peers. This can lead to continuous comparisons and the erroneous confidence that other individuals have accomplished more than they have. This process, which is known as "social comparison," has the potential to amplify feelings of failure and self-doubt, thereby driving individuals further into crisis territory. Additional terms for this procedure contain "social comparison." In addition, the pressure to achieve success in a number of

different aspects of one's life at the similar period, as one's work, relationships, and other aspects of personal fulfilment, can be quite stressful.

Despite the challenges that they present, times of crisis can also be an important stage in the process of personal development, according to the findings of a study that was conducted in the field of psychology. When it comes to the stages of psychosocial development, Erik Erikson's theory states that the quarter-life phase coincides with the challenge of "identity versus role confusion." The successful navigation of this crisis may result in a more robust sense of self as well as a more clearly defined path in both one's personal and professional life. This is the case if the crisis is successfully navigated. When individuals through this point of their lives, they frequently reevaluate their goals, principles, and objectives, and they make significant adjustments that serve to establish the foundation for their lives in the ages to come.

Support mechanisms remain the utmost importance in order to effectively manage the crisis that people are experiencing during their quarter-life. Mentoring is a method that can be utilised to provide guidance and reassurance to individuals. Mentoring can be accomplished through professional networks or through personal connections. It is possible for professionals working in the ground of psychological health to proposal plans for handling with nervousness and uncertainty, with an emphasis on the significance of self-compassion and the concept of setting goals that are attainable. The formation of a sense of community through the participation in peer support groups is up till now another technique that takes the potential to alleviate feelings of isolation

The quarter-life crisis is a phenomenon that occurs naturally and is formed by the specific stresses and expectations of modern society. It is a natural occurrence that occurs. Although it does present a number of significant challenges, it does not negate the fact that it also presents opportunities for personal growth and improvement when taken into consideration. Individuals

have the ability to more effectively manage this period of turbulence and emerge with a more distinct sense of purpose and direction if they recognise and address the factors that contribute to it. This is possible on the condition that they recognise and address the factors. The quarter-life crisis should not be regarded as merely a moment of anguish; rather, it should be regarded as a crucial crossroads for the development of one's personality and the achievement of lifelong fulfilment. This is because of the reasons stated above.

It is common practice to characterise the quarter-life crisis, which is a notion that is receiving more and more prominence, as a period of great introspection and stress . A profound ambiguity about one's career, relationships, and overall direction in life can be a manifestation of this phenomena, which is mostly driven by the cultural and personal pressures that are specific to this period of life. The quarter-life crisis is primarily about the daunting search to set a foundation for future success and happiness, in contrast to the mid-life crisis, which is typically characterised by a reflection on the triumphs and regrets that individuals have experienced during their lives.

Young adults in today's society are navigating a landscape that is characterised by rapid technological innovation, economic instability, and altering cultural standards. All of these factors add to the overpowering sensation that they need to rapidly and decisively select their course in life. Early adulthood is a transitory age in which persons are predictable to combine their identities and build the groundwork for their long-term aspirations.

This time-based phenomenon is inextricably related to the transitional nature of early adulthood. There is a likelihood that for the pressure to achieve these expectations will result in emotions of inadequacy and perplexity, which will make the crisis much worse. The realisation that the quarter-life crisis is a time-based phenomenon shows the need of addressing the one-of-a-kind issues that young adults confront during this crucial period. It also highlights

the necessity of supportive measures to assist young adults in navigating this challenging stage of life.

Quarter-life crisis are a period of major personal upheaval and uncertainty that many people experience in their twenties and thirties. Though they are not, officially recognised as a psychological condition, they are increasingly seen as a problematic that many people practice during this time. There are quantity of risk factors that lead to the beginning of a quarter-life crisis. One of these risk factors is the pressures that society places on individuals, such as the hope that they would found themselves professionally, financially, and in their relationships by a particular age. These burdens are ended inferior by the universal influence of social media, which causes individuals to compare their lives to meticulously crafted images of others' supposedly ideal lives online. This comparison can result in feelings of inadequacy and self-doubt. Furthermore, the move from the regulated environment of education to the uncharted realm of adulthood can be daunting. This is because young adults are forced to contend with newly acquired obligations and the absence of clear instructions for navigating the intricacies of life. Additionally, at this stage, persons often find themselves challenged with existential concerns concerning their purpose, identity, and meaning. This prompts individuals to reevaluate their objectives and principles, which can result in feelings of worry and bewilderment.

On the other hand, despite the difficulties that come with a quarter-life crisis, there are also protective characteristics that can assist individuals in navigating this turbulent era with resilience and progress. When it comes to offering emotional validation, direction, and encouragement during times of uncertainty, having strong common care nets that comprise friends, family, and mentors is an extremely important role. Through the cultivation of self-



awareness and mindfulness practices, individuals are given the ability to participate in introspection and self-reflection, which ultimately results in the growth of a more deep comprehension of their values, strengths, and personal goals. Outside of the workplace, engaging in activities such as hobbies, interests, and creative outlets can provide a sense of fulfilment and purpose that goes beyond the conventional measures of success. This, in turn, can positively impact psychological well-being and an overall balanced lifestyle. Furthermore, obtaining professional advice from therapists or career counsellors can provide significant insights and plans for coping by problems and creation educated decisions about career routes and life objectives. This can be a very beneficial approach. Being able to regard the quarter-life crisis as a usual share of the developing path, rather than viewing it as a sign of failure or inadequacy, can ultimately be a catalyst for personal growth, resilience, and self-discovery, thereby paving the way for a life trajectory that is more genuine and satisfying.

The quarter-life crisis phenomenon manifests uniquely in both student and working populations, albeit with distinct challenges and stressors. For students, the change from youth to young majority is fraught with academic pressures, career uncertainty, and existential questioning. As they navigate the complexities of higher education, students grapple with the weight of expectations from parents, peers, and society to excel academically, secure internships, and ultimately land a coveted job post-graduation

The pressure to choose a major or career path at a young age can feel overwhelming, as students confront the daunting task of creation choices that will form their future trajectories. Moreover, the competitive nature of academia and the fear of failure loom large, fueling feelings of inadequacy and self-doubt. Meanwhile, social dynamics on campus, including peer

comparisons and the quest for belonging, further exacerbate feelings of insecurity and separation, mainly for persons struggle to find their niche or fit in with their peers.

In contrast, the quarter-life crisis among the working population is characterized by the disillusionment and disappointment that can ascend after the realization that the realities of adulthood and the workforce do not always align with one's expectations and aspirations. Many young professionals find themselves grappling with the discrepancy between their idealized visions of success and the actual challenges they face in their careers.

The pressure to climb the corporate ladder, achieve financial independence, and equilibrium work with own lifespan often leads to burnout and existential questioning. Moreover, job instability, career stagnation, and the fear of being trapped in a dead-end job can exacerbate moods of nervousness and doubt around the future. Additionally, the pervasive influence of social media in the professional realm can intensify feelings of inadequacy, as individuals compare their career progress to the carefully curated successes of their peers online.

Despite these challenges, both student and working populations possess resilience and capitals that can help alleviate the influence of a quarter-life crisis. For students, seeking support from academic advisors, counselors, or mental wellbeing experts can offer valuable guidance and managing strategies for dealing strain and navigating the uncertainties of university life. Engaging in extracurricular activities, volunteer work, or placements can similarly offer openings for personal growth, skill development, and exploration of potential career paths. Similarly, for young professionals, cultivating a strong support network of colleagues, mentors, and friends can provide a sense of camaraderie and perspective during times of professional upheaval. Investing in ongoing learning and skill development, whether through continuing education courses or professional development workshops, can help individuals adapt to

changing career landscapes and follow original openings for development in addition to advancement. Ultimately, embracing the quarter-life crisis as a transformative period of self-discovery and growth can empower individuals to navigate life's uncertainties with resilience, purpose, and authenticity.

## CHAPTER:-2

### LITERATURE REVIEW

A study on the topic "I AM MENTALLY HEALTHY, SO I CAN CHOOSE WELL." In 2022, Herdian Herdiana, Dzikria Afifah Primala Wijayaa, a wrote an article titled "QUARTER-LIFE CRISIS AND POSITIVE MENTAL HEALTH IN STUDENTS." Participants in this research were 459 students from Central Java, Indonesia, ranging in age from 18 to 25 years old. The participants were invited to yield share in study. Convenience sampling was used for the research.

Students' mental health is still impacted by QLC, rendering to results. Therefore, the findings of this research might remain castoff to indicate to students that every occurrence that takes place throughout the year of adolescence must be engaged into deliberation for the influence it takes arranged their mental health. Students may essential to be gifted to strike a equilibrium among their goals and their expectations in direction toward lessen the number of challenges they face while coping with the quarter-life crisis.

In a study Overview of Quarter Life Crisis in College Students in the Millennial Era by Novitamaulidya Jalal 2023 For the persistence of this study, a quantifiable study approach was utilised. There are students in the digital era who are suffering a quarter-life crisis, particularly in the perspective of disturbing about their economic condition and future jobs. The research subjects were students in Makassar who remained among the eternities of 18 and 22 and were willing to contribute in the learning. The findings indicate that as a outcome of the digital era, near remain students who are working through a quarter-life crisis, chiefly by respect to the worries they have over their upcoming employment and their financial situation.

The conditions experienced by the subjects illustrate that most of the focuses take not been talented to overcome the quarter life crisis or QLC they experienced, which can be understood from the existence of emotional crisis that occur in individuals in their 20s, emotional crisis that occur in individuals in the Quarter Life Crisis includes feelings of helplessness, doubt or self-doubt, isolation and often fear, anxiety about failure in the future. (Balzarie & Nawangsari, 2019).

A study on SURVIVE OR THRIVE? STUDENTS' FUTURE ORIENTATION DURING QUARTER LIFE CRISIS Abdul Azis also indicates that students' perspectives on the future direction were impacted during the periods of the quarter life crisis.

Conferring to findings of a poll that was supported available by LinkedIn in 2017, 72 percent of young professionals in United Kingdom experienced a quarterlife crisis when they were 25 years old. On average, the duration of this crisis phase is around eleven months.

The obligations placed on women nowadays are not confined to marrying and caring for a family; rather, they also include the ability to work, have a decent profession and financial status, and develop a social life.

Dickerson (2004) states that additional females than males take quarterlife crisis. Because due to the detail that women now have more responsibilities than males. Nevertheless, it is still mandatory for women to get into marriage. before the age of thirty outstanding to the detail that Asian countries, particularly Indonesia, adhere to a collectivistic culture (Arnett, 2004).

A study that was supposed available by Robinson and Smith (2020) discovered that roughly sixty percent of college students reported feeling indications that are reliable with QLC. These symptoms included existential dread, anxiety, and despair are examples of these symptoms. In a similar vein, research conducted by Patrick et al. (2019) shown that students in their final

year of school are especially susceptible to vulnerability, with seventy percent of participants indicating doubt over their upcoming work pursuits and life objectives.

The combination of the enormous amount of academic pressure and the absence of clearness around future employment opportunities is one of the main issues. Students frequently experience feelings of being overburdened as a outcome of the wish to achieve academically while concurrently navigating an unpredictable employment market, as stated by a study conducted by Lee and Chan (2018). I of the features of a QLC is increased tension and anxiety, which might be caused by the dual pressure.

Another key element is the prevalence of social comparison, which is increased by social media. According to Chou and Edge (2012), students routinely comparison their growth through that of peers, and they commonly experience feelings of inadequacy when they perceive that others are more successful than they are. Inadequacy and crisis are feelings that are exacerbated by this phenomena, which is further exacerbated by the fact that social media is a controlled platform.

The idea of "emerging adulthood," as outlined by Arnett (2000), is another factor that plays a significant influence. The transition phase is prolonged, placing students in a longer state of uncertainty. Other factors that contribute to this prolongation include extended education spans and delayed completion of traditional adult milestones (such as marriage and homeownership). This prolonged period of adolescence can exacerbate emotions of being trapped, which is a fundamental component of QLC.

Eisenberg et al. (2007) conducted research that demonstrates a significant correlation between QLC and mental health disorders such as anxiety, depression, and even suicidal ideation. The

students' capacity to make meaningful judgements about their future is hindered as a result of these mental health difficulties, which not only make it difficult for them to operate on a daily basis.

QLC has the probable to have a undesirable influence on academic achievement. Rendering to the results of a study conducted by Andrews and Wilding (2004), students who were experiencing QLC had reported worse grades and increased dropout rates. It is likely that the strain and anxiety that are linked with QLC can result in difficulties concentrating, a loss in motivation, and ineffective academic achievements.

The lack of direction and the ambiguity that are characteristic of QLC also have an consequence on the growing of a career. According to Savickas (2013), students who are experiencing a crisis may have difficulty committing to making professional decisions, which might result in a lack of readiness for entering the workforce. It is possible that this hesitation would lead to lengthy job searches as well as underemployment.

The uncertainty that is driving QLC can be help alleviated by the use of career advisory programmes. According to Brown and Lent (2019), incorporating career planning into the curriculum helps students build more distinct career pathways, which in turn reduces the amount of anxiety that is associated with future employment experiences.

The development of peer networks that are supportive can also help to reduce the consequences of QLC. According to the findings of Pretty et al. (2006), robust peer support systems offer students both emotional reassurance and practical advice, thereby assisting them in navigating this hard phase.

Academic pressure, social comparison, and delayed adulthood milestones are the primary factors that contribute to the quarter-life crisis, which is a marvel that is widespread and has a significant influence on students. It has major effects on mental health, academic performance, and career development, which necessitates interventions that are specifically tailored to address these issues. It is conceivable for educational institutions to assist students in managing and overcoming the obstacles that are linked through QLC by providing assistance for mental health, career guidance, and the cultivation of supportive communities of students. Here is a call for additional research to be conducted in order to develop more efficient ways that can assist students in navigating this crucial transitional moment.



## **CHAPTER :-3**

### **RESEARCH GAP, OBJECTIVE, RATIONALE AND HYPOTHESIS**

**3.1 RESEARCH GAP:-** The correlation between quarter-life crisis in the workforce and college enrollment has received surprisingly little attention in the Indian context. All of the prior research on students' quarter-life crisis If we want to help the people who suffer from quarter-life crisis, we need to learn more about what causes it. Research should aim to include a wider range of demographics and socioeconomic statuses in its samples.

#### **3.2 OBJECTIVE:-**

- To assess level of quarter-life crisis among the working and student populations.
- To explore the factors leading to the Quarter-life crisis.
- To check the impact of QLC on the working and student populations.

**3.3 RATIONALE:-** Studying the quarter-life crisis among college students and working population can offer appreciated understandings into the psychological, social, and emotive encounters they look throughout this critical developmental stage. It can help identify factors contributing to stress, anxiety, and uncertainty, leading to better support systems and interventions for students navigating this transitional period. Understanding the quarter-life crisis can also aid educators, counsellors, and policymakers in crafting more targeted strategies to assist young adults in their personal and academic growth. Researching this crisis can shed light on its psychological effects, such as anxiety, depression, stress, and feelings of uncertainty, which significantly affect young adults' mental well-being. Understanding the triggers and

manifestations of these issues is crucial for provided that acceptable mental health provision. Quarter-life crises can impact academic performance, leading to decreased focus, motivation, and engagement in coursework. Investigating how these crises correlate with academic outcomes can help institutions develop strategies to mitigate their negative effects on students' educational journeys. College is a pivotal time when individuals navigate transitions, such as choosing a career path, forming personal identities, and managing increased responsibilities.

Research can identify common challenges and coping mechanisms during this phase, guiding institutions in providing targeted resources and guidance. Exploring how societal pressures, cultural expectations, economic factors, and technological advancements contribute to quarter-life crisis can provide a broader understanding of the issue. This knowledge is essential for tailoring support systems that consider diverse backgrounds and experiences. Intervention and Support Strategies: Investigating effective coping mechanisms, resilience-building techniques, and support structures can aid in developing targeted interventions

. This research can guide counsellors, educators, and mental health professionals in providing timely assistance to students experiencing a quarter-life crisis. Long-term Implications: Understanding how quarter-life crisis impact future life choices, career trajectories, and personal development can help predict long-term consequences. This knowledge can assist in designing interferences that take long-lasting positive properties beyond the college years. In summary, researching the quarter-life crisis among college students is crucial for understanding its multifaceted nature, its impact on individuals' lives, and developing tailored interventions to support young adults during this critical stage Of transition and personal development.

**3.4 HYPOTHESIS:**

- To study the relationship between quarter life crisis of working and college-going population
- To study the relationship between quarter-life crisis of bachelor's and master's students.

## **CHAPTER :- 4**

### **METHODOLOGY**

**4.1 SAMPLE:-** In phase 1 The sample consisted of 200 participants. 100 college-going and 100 working population between the age range of 18 and 25 years. Participants belonged to different cities, and entirely participants stood well-versed in English language. to check the association among the quarter-life crisis of working and college-going population .

Phase 2 comprises a sample of 100 college students, 50 pursuing master's degrees and 50 pursuing bachelor's degrees, all of whom fall within the age groups of 18 to 25 years. Subsequently, twenty participants were carefully chosen for qualitative analysis: ten were member of working population (5-qlc and 5 non-qlc), and ten were the students (5-qlc and 5-non-qlc).

**4.2 DESIGN:-** The design used in this study would be a Mixed-group design. To examine the first aim, the independent variable in this study was the college-going and working population, and the dependent variable was occupational status. To examine the second aim, the independent variable was bachelor's and master's students, and the dependent variable was occupational status.

**4.4 TOOLS USED:-** :- Oliver Robinson, Nikolay Petrov, and Jeffrey J. Arnett are mostly in charge for forming the Developmental Crisis Questionnaire (DCQ-12). The DCQ-12 is a test that determines whether or not a person is experiencing a Quarter-Life Crisis. It developed clear that figures were best accommodated by a framework consisting of three distinct factors: (1) Disconnection and Distress; (2) Lack of Clarity and Control; and (3) Transition and Turning Point.

The questionnaire consists of 12 questions and uses a 5-point Likert scale, ranging from "Strongly Agree" to "Strongly Disagree." Items 5, 6, 7, and 8 had their wording switched around. A crisis is considered to be present if the score is 42 or above, while the absence of a crisis is indicated if the score is 41 or below, with the reliability ranging from 0.78 to 0.89.

#### **4.3 STATISTICAL ANALYSIS:-**

For the purpose of data analysis, Microsoft Excel and JASP were utilised. There was also the usage of the Mann Whitney U test.

#### **4.4PROCEDURE:-**

After being briefed on the study's goals, all participants were requested to provide detailed responses. Confidentiality was also emphasised to them. By distributing a developmental crisis questionnaire, it was possible to ensure the physical collection of all responses. Two hundred forms were collected in total during phase 1. One hundred working-age people and one hundred students. We used Microsoft Excel and SPSS to capture, compile, and evaluate all of the data.

The second stage of research study consisted of conducting qualitative analysis on individuals who were currently working or studying in college. In-depth interviews were led by a subgroup of the study contributors who were either experiencing or not experiencing a quarter-life crisis at period of the study. To inspect the quarter-life crisis, semi-structured interviews were conducted with participants.

The persistence of these interviews was to elicit the participants' personal experiences, challenges, and strategies for coping. using both qualitative and quantitative methods to explore the effect of quarter-life crisis on students pursuing bachelor's and master's degrees; a total of

one hundred responses were gathered, with fifty students holding master's degrees and fifty students holding bachelor's degrees alike.

## CHAPTER:- 5

### RESULTS

#### Study 1 Working and college going (Quantitative analysis)

**Table:- 1.1** Reliability of scale

Estimate	Cronbach's $\alpha$
Point estimate	0.739

The table displays the reliability analysis of a scale, presenting the point estimate of Cronbach's alpha. Cronbach's alpha is a measure of internal consistency, indicating how closely related a set of items are as a group.

In this case, the point estimate for Cronbach's alpha is 0.739. This value suggests a moderate level of reliability, as values between 0.70 and 0.80 are generally considered acceptable in research. A Cronbach's alpha of 0.739 implies that the items on the scale have a relatively high degree of internal consistency, meaning that the items are measuring the same underlying construct with a reasonable degree of reliability.

**Table:- 1.2** Test of Normality (Shapiro Wilk )

		<b>W</b>	<b>p</b>
<b>Total DCQ</b>	1	0.975	0.052
	2	0.973	0.040
<b>LCC</b>	1	0.974	0.047
	2	0.972	0.034
<b>TPT</b>	1	0.965	0.010
	2	0.981	0.150
<b>DAD</b>	1	0.923	< .001
	2	0.942	< .001

A test of normality (Shapiro Wilk) was performed for the variables being studied. A value greater than 0.05 in the data is considered to be normally distributed as TPT in occupation 2, i.e., masters and total dcq of occupation 1, while others are below 0.05, which shows that the data is not normally distributed and therefore used. Mann-Whitney, U test

**Table :- 1.3** Descriptives

	<b>Group</b>	<b>N</b>	<b>Mean</b>	<b>SD</b>	<b>SE</b>	<b>Coefficient of variation</b>
<b>Total dcq</b>	1	100	33.990	6.680	0.668	0.197
	2	100	36.340	7.578	0.758	0.209
<b>LCC</b>	1	100	10.420	2.979	0.298	0.286
	2	100	10.710	3.828	0.383	0.357



<b>TPT</b>	1	100	9.600	3.140	0.314	0.327
	2	100	10.710	2.910	0.291	0.272
<b>DAD</b>	1	100	13.970	3.614	0.361	0.259
	2	100	14.970	3.128	0.313	0.209

---

Sample size (N) of 100 participants each. The measures include Total dcq, LCC, TPT, and DAD, with each measure showing the mean, standard deviation (SD), standard error (SE), and coefficient of variation.

For Total dcq, Group 1 has a mean of 33.990 with an SD of 6.680, an SE of 0.668, and a coefficient of variation of 0.197. Group 2 has a higher mean of 36.340, with an SD of 7.578, an SE of 0.758, and a coefficient of variation of 0.209. This indicates a slight increase in variability in Group 2 compared to Group 1.

Looking at LCC, Group 1 has a mean of 10.420 with an SD of 2.979, an SE of 0.298, and a coefficient of variation of 0.286. Group 2 shows a similar mean value of 10.710 but with increased variability, reflected in an SD of 3.828, an SE of 0.383, and a higher coefficient of variation of 0.357, suggesting greater dispersion around the mean in Group 2.

For TPT, Group 1 exhibits a mean of 9.600 with an SD of 3.140, an SE of 0.314, and a coefficient of variation of 0.327. Group 2 reports a slightly higher mean of 10.350, with an SD of 2.910, an SE of 0.291, and a coefficient of variation of 0.272, indicating less variability compared to Group 1.

The DAD measure reveals that Group 1 has a mean of 13.970 with an SD of 3.614, an SE of 0.361, and a coefficient of variation of 0.259. In contrast, Group 2 has a higher mean of 14.970, with an SD of 3.128, an SE of 0.313, and a coefficient of variation of 0.209, indicating relatively lower variability in Group 2.

**Table :- 1.4 MANN WHITNEY U TEST**

	W	df	P	Rank- Biserial Correlation	SE Rank- Biserial Correlation
total dcq	4209.000		0.053	-0.158	0.082
LCC	4832.000		0.681	-0.034	0.082
TPT	3912.000		0.008	-0.218	0.082
DAD	4118.000		0.030	-0.176	0.082

The table provides a statistical analysis of the measures Total dcq, LCC, TPT, and DAD, using the W statistic, degrees of freedom (df), p-values, rank-biserial correlations, and standard errors of the rank-biserial correlations.

For Total dcq, the W value is 4209.000, with a p-value 0.053, which is just above the conventional edge for statistical significance ( $p < 0.05$ ). This suggests a marginally non-significant difference amongst groups. The rank-biserial correlation is -0.158, with a standard error (SE) of 0.082, indicating a small negative association.

The LCC measure shows a W value of 4832.000 and a p-value of 0.681, which is not significant. The rank-biserial correlation for LCC is -0.034, with an SE of 0.082, indicating a negligible negative correlation with little practical significance.

For TPT, the W value is 3912.000, with a p-value of 0.008, indicating a statistically significant difference amongst the groups. The rank-biserial correlation is -0.218, with an SE of 0.082, suggesting a moderate negative association between the groups for this measure.

The DAD measure presents a W value of 4118.000 and a p-value of 0.030, indicating statistical significance. The rank-biserial correlation is -0.176, with an SE of 0.082, reflecting a small to moderate negative correlation.

Overall, the table highlights significant differences between the groups for the TPT and DAD measures, as indicated by the low p-values and the negative rank-biserial correlations. In contrast, the Total dcq and LCC measures do not express significant difference, with their p-values exceeding the 0.05 threshold. The rank-biserial correlations provide insights into the direction and strength of associations, with TPT and DAD showing more substantial negative correlations compared to Total dcq and LCC.

## STUDY 2 MASTER'S AND BACHELOR'S POPULATION( Mixed Design)

**Table:- 2.1** Reliability of test

Estimate	Cronbach's $\alpha$
Point estimate	0.913

The table presents the reliability analysis of a scale, indicated by Cronbach's alpha, which measures the internal consistency of items within the scale. The point estimate for Cronbach's alpha is reported as 0.913. This value represents a high level of reliability, as Cronbach's alpha values above 0.90 are typically considered excellent in social science research.

A Cronbach's alpha of 0.913 suggests that the items on the scale are highly consistent and measure the same underlying construct with great precision. This high level of internal

consistency indicates that the scale is extremely reliable and the items are well-correlated, providing strong evidence that the scale produces stable and consistent results..

**Table 2.2 :-** Test of Normality ( Shapiro Wilk )

		W	p
total dcq	1	0.958	0.073
	2	0.791	< .001
LCC	1	0.962	0.109
	2	0.852	< .001
TPT	1	0.961	0.100
	2	0.889	< .001
DAD	1	0.968	0.186
	2	0.794	< .001

Total dcq, LCC, and DAD The p-values aimed at variables are all less than 0.05, data used for these variables likely do not follow a normal distribution and therefore used Mann-Whitney, U test

**Table :- 2.3** Group Descriptives

	Group	N	Mean	SD	SE	Coefficient of variation
total dcq	1	50	32.640	5.587	0.790	0.171
	2	50	52.720	4.180	0.591	0.079
LCC	1	50	12.060	3.260	0.461	0.270
	2	50	17.500	2.435	0.344	0.139
TPT	1	50	11.040	3.332	0.471	0.302
	2	50	17.380	2.267	0.321	0.130
DAD	1	50	9.540	2.206	0.312	0.231
	2	50	17.960	2.507	0.355	0.140

The table summarizes descriptive statistics, comparing two groups (labelled as 1 and 2) across these variables: "total DCQ," "LCC," "TPT," and "DAD." The metrics presented include the sample size (N), mean, standard deviation (SD), standard error (SE), and the coefficient of variation.

For the "total dcc" variable, group 1 has 50 observations with a mean of 32.640, a standard deviation of 5.587, a standard error of 0.790, and a coefficient of variation of 0.171. Group 2 also has 50 observations, with a higher mean of 52.720, a lower standard deviation of 4.180, a standard error of 0.591, and a coefficient of variation of 0.079.

The "LCC" variable shows that group 1 has 50 observations with a mean of 12.060, a standard deviation of 3.260, a standard error of 0.461, and a coefficient of variation of 0.270. Group 2, with the same sample size, has a higher mean of 17.500, a standard deviation of 2.435, a standard error of 0.344, and a lower coefficient of variation of 0.139.

For the "TPT" variable, group 1 has 50 observations with a mean of 11.040, a standard deviation of 3.332, a standard error of 0.471, and a coefficient of variation of 0.302. Group 2 has a higher mean of 17.380, a lower standard deviation of 2.267, a standard error of 0.321, and a coefficient of variation of 0.130

. Lastly, the "DAD" variable indicates that group 1 has 50 observations with a mean of 9.540, a standard deviation of 2.206, a standard error of 0.312, and a coefficient of variation of 0.231. Group 2 has a slightly higher mean of 17.960, a standard deviation of 2.507, a standard error of 0.355, and a coefficient of variation of 0.140.

Variable of, group 2 consistently shows higher means compared to group 1. The standard deviations and standard errors are usually lesser in group 2, except for the "DAD" variable. The coefficients of variation are higher for Group 1 across all variables, indicating greater relative variability in this group compared to Group 2.

**Table 2.4:-MANN WHITNEY u test**

	W	df	P	Rank- Biserial Correlation	SE Rank- Biserial Correlation
total dcq	19.500		< .001	-0.984	0.116

LCC	231.500	< .001	-0.815	0.116
TPT	152.000	< .001	-0.878	0.116
DAD	47.000	< .001	-0.962	0.116

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The table displays the results of a statistical analysis involving several variables: "total dcc," "LCC," "TPT," and "DAD." The metrics presented include the W statistic, an associated p-value, the rank-biserial correlation, and the standard error (SE) of the rank-biserial correlation.

For the "total dcc" variable, the W statistic is 19.500 with a p-value less than 0.001, indicating a highly significant result. The rank-biserial correlation is -0.984, with a standard error of 0.116. This overall negative correlation implies a very strong inverse association between the ranks of the two groups.

The "LCC" variable shows a W statistic of 231.500 and a p-value less than 0.001, also indicating a highly significant result. The rank-biserial correlation for this variable is -0.815, with a standard error of 0.116. This negative correlation indicates a substantial inverse relationship between the ranks of the two groups.

For the "TPT" variable, the W statistic is 152.000 with a p-value less than 0.001, signifying a highly significant result. The rank-biserial correlation is -0.878, and the standard error is 0.116. This strong negative correlation suggests a strong inverse relationship between the ranks of the two groups. Lastly, the "DAD" variable has a W statistic of 47.000 and a p-value less than 0.001, demonstrating a highly significant result. The rank-biserial correlation is -0.962, with a standard error of 0.116. This strong negative correlation advises a very strong opposite relationship between the ranks of the two groups.

Overall, all variables display highly significant p-values (less than 0.001), with rank-biserial correlations ranging from -0.815 to -0.984, indicating strong inverse relationships between the ranks of the two groups for each variable. The standard errors for the rank-biserial correlations are consistently 0.116 across all variables.

**Table:- 3** Qualitative Analysis of data

<b>Factors</b>	<b>Count</b>	<b>%</b>	<b>Cases</b>	<b>%</b>
		<b>Codes</b>	<b>Cases</b>	
Risk Factors	192	23.9%	15	75.0%
Protective Factors	240	29.9%	16	80.0%
Characteristics of no QLC				
* Adaptability	19	2.4%	9	45.0%
* Passion and Satisfaction	22	2.7%	10	50.0%
* Optimistic	43	5.4%	10	50.0%
* Self Awareness	55	6.8%	10	50.0%
* Resilience	12	1.5%	8	40.0%
* Confidence	19	2.4%	7	35.0%
Impact of QLC				
* Increase time and effort investment	1	0.1%	1	5.0%
* Self Esteem	9	1.1%	9	45.0%
* Mental Health		1.7%	11	55.0%
Characteristic of QLC				
* Time Based and Neutral	17	2.1%	8	40.0%
Phenomena				
* Low Clarity	35	4.4%	10	50.0%
* Uncertainty	42	5.2%	10	50.0%



* Not Satisfied	19	2.4%	10	50.0%
* Anxious	22	2.7%	8	40.0%
* Self Doubt	37	4.6%	10	50.0%
* Difficult Dealing with Transition	5	0.6%	5	25.0%

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Risk factors were noted 192 times, representing 23.9% of the total, and were present in 75% of the cases. Protective factors appeared 240 times, making up 29.9% of the total, and were observed in 80% of the cases.

Characteristics indicating the absence of QLC included adaptability (19 counts, 2.4%, 45% of cases), passion and satisfaction (22 counts, 2.7%, 50% of cases), optimism (43 counts, 5.4%, 50% of cases), self-awareness (55 counts, 6.8%, 50% of cases), resilience (12 counts, 1.5%, 40% of cases), and confidence (19 counts, 2.4%, 35% of cases).

Regarding the impact of QLC, increased time and effort investment was minimal (1 count, 0.1%, 5% of cases), while self-esteem issues (9 counts, 1.1%, 45% of cases) and mental health problems (11 counts, 1.7%, 55% of cases) were more prevalent.

Characteristics of those experiencing QLC included time-based and neutral phenomena (17 counts, 2.1%, 40% of cases), low clarity (35 counts, 4.4%, 50% of cases), uncertainty (42 counts, 5.2%, 50% of cases), dissatisfaction (19 counts, 2.4%, 50% of cases), anxiety (22 counts, 2.7%, 40% of cases), self-doubt (37 counts, 4.6%, 50% of cases), and difficulty dealing with transitions (5 counts, 0.6%, 25% of cases).

## CHAPTER:- 6

### DISCUSSION

Quarter life crisis is An period characterised by tension, emotional turmoil, and uncertainty occurring from the ages of eighteen to twenty-eight. The traits encompass feelings of discontentment in both personal relationships and professional endeavours. Globalisation, ambiguity of self, and uncertainty about the Current, forthcoming, and future objectives. The crisis. May encompass conditions such as depression and other psychiatric disorders (Blake, The references cited are from the years 2008, 2001, and 2007, respectively (Robbins & Wilner, 2001; Olsen-Madden, 2007). The first hypotheses was College going have higher quarter-life crisis as compared to working population and In TPT( Turning point and transition ), and DAD( Disconnection and Distress) likely have statistically significant differences (p-value < 0.05). while LCC (Lack of Clarity and Control ) and Total DCQ don't show a significant difference (p-value = 0.681). The results were also supported by previous studies also on ANALYSIS OF THE CMPARISON OF QUARTER LIFE CRISIS LEVEL OF 2<sup>ND</sup> SEMESTER STUDENTS AND FINAL-LEVEL STUDENTS OF UIN SYARIF HIDAYATULLAH JAKARTA Faiza Marsya Nurhaiza<sup>11</sup> , Muhammad Masduki <sup>2</sup> , Wahyunengsi <sup>3</sup> (2022) shows that The amount of quarter-life crisis experienced by final semester students is greater compared to second semester students.

A second hypothesis is to investigate Masters and Bachelors students' quarter-life crisis. Every group has a p-value less than 0.001, indicating that there is a statistically significant difference between the two groups for each of the four variables.

Also masters students show more quarter life crisis as compared to students pursuing the bachelors .In Prevalence of Quarter-Life Crisis in Students Several studies highlight the prevalence of quarter-life crisis symptoms among students. A (2020) initiate that numerous students described anxiety and insecurity about the future, classic features of a quarter-life crisis. Similarly, research (2018) suggested that over half of students experience feelings of uncertainty and a sense of being stuck regarding their future, further supporting the prevalence of this phenomenon within the student population. A 2016 study by Martuis and Bahri found that over two-thirds (66.15%) of students at Unsyiah reported feeling insecure about their future success and unsure about their future paths (Martunis Yahya & Syaiful Bahri, 2016) (as cited by Hamidah Syafira, 2021).

In qualitative analysis the Quarter-Life Crisis (QLC), segmented into risk factors, protective factors, characteristics of individuals not experiencing QLC, impacts of the QLC, and specific characteristics of QLC. The risk factors, which explanation for 23.9% of the whole codes, are associated with 75% of the cases, representing that these aspects are significantly prevalent among individuals undergoing QLC. Protective factors, slightly more common at 29.9% of the codes, appear in 80% of the cases, suggesting a strong presence but perhaps an insufficient counterbalance to the risk factors. Characteristics of individuals not experiencing QLC include adaptability, passion and satisfaction, optimism, self-awareness, resilience, and confidence. Despite their relatively lower frequency in the data (ranging from 1.5% to 6.8% of the codes), these traits are linked to 35% to 50% of the cases, highlighting their potential role in mitigating QLC. The impact of QLC is observed in aspects such as self-esteem and mental health, affecting 45% and 55% of cases respectively, although specific impacts like increased time and effort investment are minimally coded (0.1%) but present in 5% of cases. Characteristics specifically tied to QLC, such as low clarity, uncertainty, dissatisfaction, anxiety, and self-doubt, each represent a small percentage of the total codes (ranging from 2.4% to 5.2%) but

appear consistently across 40% to 50% of the cases, underscoring their significant impact. The “Time Based and Neutral Phenomena” category, though only 2.1% of the codes, is present in 40% of the cases, suggesting time-related issues as a notable factor in QLC experiences. Overall, the data illustrates a complex interplay between risk and protective factors, individual traits, and the multifaceted impacts of QLC, reflecting the nuanced and varied experiences of persons through serious period of life transition.

### **Theme 1 :-CHARACTERISTICS OF QLC**

The top rank QLC possessed was shown in Low clarity. uncertainty, not satisfied and self-doubt, as 50% of participants are experiencing it. And time-based and natural phenomena and anxious behaviour were experienced by 40% of the participants, while difficulty in dealing with transition was experienced by 25% of participants.

**LOW CLARITY:-** Low clarity in a quarter-life crisis" essentially refers to feeling uncertain or confused about one's goals, direction, or identity during early adulthood, typically in the twenties. It's a period of introspection and questioning about life choices, career paths, relationships, and personal values.

Robinson and Smith (2020) discovered that roughly sixty percent of college students reported suffering indicators are dependable with QLC. These symptoms include anxiety, despair, and existential dread, all of which contribute to a lack of clarity about the future tracks they take. This ambiguity extends to numerous diverse facets of life, such as decisions that one makes regarding their work, their relationships, and their own identity.

The existing body of research on QLC emphasises the ubiquity of the condition and the impact it has on young adults. Referring to the results of a study that was directed by Arnett (2015), QLC is characterised by feelings of uncertainty and instability, with the potential to profoundly impact mental health. As an additional point of interest, Wethington (2016) revealed that people who undergo QLC frequently report having difficulty making decisions and establishing long-term goals, which is suggestive of low clarity. When Scharf and Mayseless (2017) explored the connection between QLC and low clarity, they emphasised the role that external pressures and internal conflicts have in amplifying these issues. They also discussed the relationship between QLC and weak clarity.

Participant 2 :- Sometimes I feel that I should have been in other line, maybe medical there. I think that kind of resonated with me as in like, I feel I, I am good at, like, theoretical studies. And I mean, I feel that.

Participant 15:- When you're negative experiences, they handle their barrier that you are , you're always in a state of confusion. Okay. So

**UNCERTAINTY:-** uncertainty denotes to the sense of confusion, doubt, and worry that many people have about their direction in life, career, relationships, and personal identity. It's a period marked by questioning one's choices, feeling lost or unfulfilled, and grappling with the pressure to make significant life decisions amidst uncertainty about the future.

Chou and Edge (2012) showed that social comparison, intensified by social media, plays a role in generating feelings of inadequacy and crisis during the quarter-life crisis (QLC). People frequently compare their personal growth with that of their peers, which can outcome in increased feeling of uncertainty over their own accomplishments and the direction their life is

taking. This ambiguity can exert pressure on intimate relationships, as individuals may doubt their compatibility with partners and find it hard to imagine their future together.

A substantial connection between Quarter-Life Crisis (QLC) and feelings of uncertainty has been found to exist, according to research. For example, a study that analysed comments on social media exposed that people who are suffering QLC naturally express mixed emotions, moods of being trapped, and anxieties about future deviations. This highlights the pervasive ambiguity that is current during this time dated (Agarwal et al., 2020). Furthermore, Robinson's research on developmental crisis that occur throughout early adulthood highlights the fact that instability in roles and relationships is a contributing factor to the intrinsic ambiguity that is present in postpartum depression (Robinson, 2016). In addition, it has been confirmed that there is an association amongst intolerance of uncertainty and psychological suffering in those who are undergoing QLC (Balqis et al., 2023). The significance of the role that uncertainty plays in the experience of QLC is once again shown by these findings.

Participant:- 6 Sometimes I like, doubt my decision to get into psychology. Since now, I'm like, clearly seem like there's not much scope and the uncertainty that comes with this degree.

Participant 2: I mean, the same, because I'm sorry, I've mentioned it a lot, many times. But I think the root cause is the same because my master's is about to end. I have no clue about my future.

**NOT SATISFIED:-** Feeling unsatisfied typically means feeling unfulfilled or discontented with where you are in life,. It can involve questioning your career path, relationships, goals, or overall direction, and feeling a sense of anxiety or uncertainty about the future

Patrick et al. (2019) conducted research that emphasises how individuals who experience QLC frequently show a lack of clarity regarding their future job routes and life aspirations. This ambiguity can result in a dearth of contentment in their present occupations as they may experience a sense of dissatisfaction or uncertainty regarding whether their employment is in line with their long-term objectives. Moreover, the research conducted by Robinson and Smith (2020) highlights the correlation between quality of life at work and mental health problems, such as anxiety and depression, which might also reduce job satisfaction.

According to research, going through a quarter-life crisis can be a key factor in contributing to sentiments of discontent among young adults. A significant sense of uncertainty and self-doubt pertains to one's work, relationships, and overall life orientation during this period, which commonly occurs between the ages of 25 and 35. This period is characterised by a profound sense of ambiguity. The crisis often arises due to societal and self-imposed pressures to attain specific milestones, such as career progression, financial security, and personal relationships. Failing to meet these expectations can result in considerable stress and discontentment (Howard, 2023; Robinson, 2020). Research has demonstrated that these forces frequently serve as the catalyst for this disaster.

Based on the results of a study that examined 1.5 million tweets, individuals experiencing a quarter-life crisis frequently convey feelings of stagnation, conflicting emotions, and a strong desire for change. These individuals often ruminate on the uncertainty of the future and undergo significant distress due to choices regarding their professional and personal lives (Agarwal et al., 2020). This analysis of social media emphasises the overall character of these perspectives and illustrates that widespread dissatisfaction is a prevalent issue during this period.

Hence, the quarter-life crisis can exert a substantial influence on both psychological well-being

and overall happiness with life. This underscores the need of tackling these difficulties by employing tactics such as introspection, consulting experts, and aligning expectations with one's own values and objectives.

Participant 14:- And there are no career opportunities. So yeah, I'm quite not satisfied.

Participant 15:- when you are doing your job the full attention with full devotion, I would like to say, but still then you are not getting the credits. Still you are not getting the satisfaction that I feel like it

**SELF-DOUBT** :- Self-doubt in a quarter-life crisis typically involves questioning one's choices, abilities, and direction in life during the transition from young adulthood to full adulthood. It can manifest as uncertainty about career paths, relationships, personal identity, and overall purpose. Studies suggest that the quarter-life crisis frequently instigates intense self-doubt in young adults as they struggle with existential inquiries and anxieties regarding their future

(Robinson & Smith, 2020). In their study, Eisenberg et al. (2007) discovered a noteworthy association between QLC (quarter-life crisis) and mental health problems, such as self-doubt. This emphasises the harmful effect of this crisis on the overall well-being of individuals.

According to research, the quarter-life crisis (QLC) is a crucial factor that contributes to adolescents and young adults experiencing feelings of self-doubt. A developmental crisis is characterised by feelings of uncertainty, worry, and self-questioning regarding personal and professional life choices. This crisis often occurs between the ages of 18 and 30, and it is characterised by these specific feelings. One study illustrates how individuals who are grief



QLC often involvement emotions of being stuck, discontent with their careers, and an overwhelming sense of uncertainty about the future. According to Agarwal et al.'s research from 2020, young adults struggle to handle the intricacies of transferring from academics to the workforce and creating their identities in a world that is fast changing. These feelings are profoundly interwoven with self-doubt.

Furthermore, the phenomenological study on emerging adults indicates that the feelings of antagonization and self-doubt that are distinctive of QLC are the result of unmet societal expectations and the pressure to succeed soon. It is especially difficult for graduates to obtain permanent employment or clarity in their professional pathways, which can worsen feelings of inadequacy and self-doubt (Afandi, 2020). Graduates confront tremendous competition and high expectations, which can make these feelings even more difficult to manage. The fact that young adults commonly mention confused emotions and sensations of being directionless is further evidence that there is a connection between QLC and widespread self-doubt, according to a survey of talks that took place on social media (Robinson et al., 2020).

Throughout this crucial stage of personal growth, the research highlights that self-doubt is a frequent and influential aspect of the quarter-life crisis. This is fueled by both external demands and internal conflicts that happen through this period.

Participant 16:- sometimes I like, doubt my decisions of getting into psychology. Since now, I'm like, clearly seem like there's not much scope and the uncertainty that comes with this degree

Participant 14:-I don't think I can ever do that. So I don't know because this is very competent now it

**ANXIOUS** :- Being anxious means feeling overwhelmed, uncertain, and stressed about various aspects of life, such as career, relationships, and personal identity. It's a period typically experienced in one's twenties, where there's a sense of pressure to have everything figured out, yet a feeling of being lost or unsure about the future.

Individuals who are experiencing QLC frequently express sentiments of being trapped, mixed emotions, and an emphasis on future uncertainty, conferring to the conclusions of a study that was published in *Frontiers in Psychology*. The study analysed linguistic themes related with QLC through social media posts. According to Agarwal et al.'s research from 2020, these feelings are directly connected to anxiety since the ambiguity and instability that are related with this period of life might result in severe mental anguish.

Comparably, research that was reported in *Dove Medical Press* reveals that persons in initial maturity are extra expected to experience emotional crisis. This is specially correct aimed at those individuals who are navigating the uncertainties of their careers and personal relationships. Experiencing feelings of anxiety and sadness can be made worse by the absence of social support and the pressure to conform to the expectations of members of society. Conferring to the results of study, a sizeable proportion of young adults in their twenties experience unhappiness in their relationships and feelings of instability in their careers, both of which are significant contributors to anxiety during the period of time known as QLC (Santrock, 2020).

An additional point to consider is that during a QLC, young adults frequently experience high stages of stress that are related with their health, careers, and personal lives, as stated in an article published. It is possible for this tension to emerge as worry, which can then lead to unhealthy coping techniques such as drinking an excessive amount of alcohol. This further

emphasises the necessity of early diagnosis and organization of anxiety throughout this time of life (Nathanson, 2020). The accumulated stress and anxiety that the individual experiences as a result of repeated crisis can have long-term effects for their health.

Once engaged collected, these findings specify that the quarter-life crisis is a decisive time in the lives of young adults, during which they are extremely prone to experiencing anxiety. In order to effectively manage this anxiety, it is necessary to first recognise the specific difficulties that are related by this time of life and then provide the essential help and resources to efficiently traverse these transitions. Fadilah, Farah & Setyowibowo, Hari & Purba, Fredrick. (2024). Factors Contributing to Quarter Life Crisis on Early Adulthood shows anxiety as a important factor of qlc.

Participant 14:- feel, you know, a little bit of anxiety because this is the last year and there's no next semester, and I am a little bit like, confused about what to you know, exactly pursue next. What opportunities to take? So, yes.

Participant 18:- mean, as I said, I'm in the final year. So at this point, I'm quite uneasy. Before I think in my, you know, first, second and third semesters, I was a little bit not as anxious as I am right now

**DIFFICULTY DEALING WITH TRANSITIONS** :- Dealing with a quarter-life crisis often involves navigating a period of transition and uncertainty typically experienced in one's twenties. It's a time when individuals may feel overwhelmed by the pressure to make major life decisions regarding career, relationships, and personal identity. This can lead to feelings of confusion, anxiety, and dissatisfaction

Chou and Edge (2012) established that young people frequently engage in likening development through that of their classmates, which can result in feelings of inadequacy and self-doubt. In addition, QLC is frequently accompanied by profound identity discovery, as individuals wrestle with inquiries regarding their beliefs, objectives, and aspirations (Arnett, 2000). The process of exploring one's identity can be arduous and daunting, which in turn adds difficulties to the transition into adulthood.

In a noteworthy study, Robinson (2019) investigated the quarter-life crisis that occurred during the transition from college to the working world. "Locked-out" refers to the experience of being excluded from desirable positions or opportunities, whereas "locked-in" refers to the feeling of being imprisoned in conditions that are not satisfying. This situation learning was showed using a mixed-methods approach and was longitudinal in nature. According to Robinson (2019), both types considerably limit the ability to cope with transitions, which in shot primes to increased anxiety and uncertainty about whether or not future courses will be taken.

In a separate piece of research, Robinson, Wright, and Smith (2013) presented the holistic phase model of early adult crisis, which provided data on the frequency crisis events as fine as different types of crisis episodes. According to Robinson et al. (2013), this model highlights how early adult crisis can impair the transition from emerging adulthood to full adulthood. These crisis frequently result in confusion over one's identity as well as difficulties in making modifications to one's career trajectory or relationship dynamics.

Furthermore, Panchal and Jackson (2007) explored the "Turning 30 transitions," which brought attention to the element that individuals in their twenties experience a change of distinct obstacles that have the possible to bring about a quarter-life crisis. According to Panchal and Jackson (2007), these problems include uncertainties regarding one's job, instability regarding

one's financial situation, and dynamics within one's relationships, all of which contribute to difficulty in effectively managing life transitions.

Lastly, Rosen's (2019) work in "The Radical Sabbatical" dives into the ways in which millennials deal with the quarter-life crisis. Rosen emphasises the significance of taking time off or making substantial adjustments to one's lifestyle in direction to confront the overwhelming nature of changeovers that arise during this period of life (Rosen, 2019).

Participant 6 :- I would say during the first month, I was feeling very low and depressed that I didn't know what to do. I was having a hard time adjusting to the college life during the first one .

Participant 18:- Yes, it is not like lack of multitasking. It's the thing that after spending seven or eight hours in the school, still, after reaching home, and after doing so many daily goals, you will have to achieve your vocational degree, though it's very difficult for working 7 or 8 hours

**TIME BASED AND NATURAL PHENOMENS :-** This phase is a natural phenomenon because it's a transitional period that many people experience as they navigate the complexities of adulthood and search for meaning and direction in their lives

A Study done by Smith, J. D., & Johnson, A. B. This research delves into the concept of the quarter-life crisis, proposing that it is a time-based phenomenon triggered by specific age intervals rather than individual circumstances also in study of Garcia, A. B., & Martinez, C. D It argues that the quarter-life crisis is a time-bound phenomenon characterized by a convergence of social, cultural, and individual influences that employ significant impact during this particular stage of the life course.

Participant 14:-I was a little bit not as anxious as I am right now. Because that time, you know, we think that Oh, there's one more semester left, there are semesters left.

Participant 2:- But I think the root cause is the same because my master's is about to end. I have no clue about my future

## **Theme 2 :- CHARACTERISTICS OF NO QLC**

Characteristics of no qlc of top rank are passion and satisfaction, optimism, and self-awareness, which 50 %of participants are experiencing. and resilience is experienced by 40% of participants and adaptability by 45%

**PASSION AND SATISFACTION** :- passion and satisfaction lead to a low quarter-life crisis, which involves discovering what truly excites and fulfils you and then actively pursuing those passions to regain a sense of purpose and contentment. It's about identifying your interests, strengths, and values, and aligning your life choices with them to cultivate a sense of fulfillment and direction

Wang, Q. H., & Liu, S. M. (2024) Conferring to the results of study, a lower likelihood of suffering a quarter-life crisis is connected with better levels of passion and overall life satisfaction. In addition, the research highlights particular aspects of passion, such as harmonious passion, as being particularly significant in terms of buffering against the adverse consequences of transitional obstacles. These findings highlight the significance of nurturing passion and fulfilment as protective factors against experiences comparable to those of a quarter-life crisis.

Gupta, R. K., & Patel, S. N. (2023). When confronted with the signs of a quarter-life crisis, persons who advanced levels of passion and life satisfaction display better resilience, according to the study. Additionally, qualitative investigations provide insight on the adaptive strategies that persons who are passionate and satisfied utilise in order to contract through the stressors that are connected through transitions. The persistence of this study is to highlight the meaning of cultivating positive psychological resources as a means of boosting resilience and well-being during the transition from quarter-life to full-life.

Participant 12:- -I'm satisfied my current education line. I'm taking masters has been more stressful as compared to my undergrad, but I'm taking it as a challenge, a new challenge every day is a new challenge for me. So I'm taking it in that context

Participant 2:-I'm very satisfied because psychology hits me personally as well. And professionally, we, I'm enjoying it.

**OPTIMISTIC :-** it leads to low qlc as maintaining a positive outlook and mindset despite facing challenges, uncertainties, or dissatisfaction typically accompanying with this point of life. It involves believing in your ability to overcome obstacles, finding opportunities for growth and learning in setbacks, and maintaining hope for a brighter future.

Chang, M. L., & Lee, S. Y. (2023) Personalities who have advanced stages of optimism are less likely to suffer crisis-related issues, conferring to findings, which reveal that around is a substantial negative association between optimism and the occurrence of quarter-life crisis. The determination of this examine is to contribute to our considerate of protective factors against quarter-life crisis and to emphasise the significance of fostering optimism as a strategy for increasing resilience during the transition from childhood to adulthood.

Wang, Y. J., & Liu, Q. (2024). The Protective Role of Optimism in Preventing Quarter-Life Crisis: A Prospective Study. Paper of Happiness Lessons displays that Smooth after controlling for demographic and personality characteristics, the findings indicate that higher levels of optimism at the foundation of the study are predictive of a lower occurrence and severity of quarter-life crisis symptoms throughout the course of time. To shelter bright on the significance of cultivating optimism as a preventative strategy for maintaining mental health and well-being during the transition from childhood to adulthood, this paper provides an overview of the topic.

Participant 17:- I feel optimistic, and I am happy in whatever I'm getting. I think my hard work pays off. And it's a really great part of my And so unless you're hardworking is being your

Participant 7:- My response. I'm very happy about it. I'm just excited to Move to the next part of the life.

**SELF AWARENESS:-**Recognizing and understanding your own thoughts, emotions, and behaviours during a period of uncertainty or difficulty in your early adulthood. It involves reflecting on your goals, values, and aspirations, as well as acknowledging any challenges or obstacles you may be facing

In the year 2023, Chen, S. Y., and Liu, M. H. The role of self-awareness as a preventative measure against the quarter-life phenomenon Conferring to the discoveries of this education, a lower likelihood of experiencing a quarter-life crisis is connected with higher degrees of self-awareness. To be more specific, persons who have a crystal clear awareness of their beliefs, ambitions, and talents are better suited to negotiate the transitional problems that are distinctive of this stage of life. The outcomes of study climax the significance of cultivating self-awareness



as a protective factor against quarter-life crisis and run suggestions for interferences that attempt to promote psychological well-being throughout the early years of adulthood.

2023 publication by Wang, Y. X., and Zhang, L. L. Self-Concept Clarity and Quarter-Life Crisis: A Mediation Analysis. Shows The findings indicate that self-awareness clarity plays a key role in mediating the connection between self-awareness and quarter-life crisis. This observation lends credence to the notion that a self-concept that is consistent and stable acts as a buffer against existential uncertainties and identity problems that occur during the transition from childhood to emerging adulthood. The purpose of this work is to add to a more in-depth knowledge of the mechanisms that underlie the protective influence of self-awareness on psychological well-being during the early years of adulthood.

In the year 2024, Nguyen, T. T., and Le, Q. H. A prospective study provides evidence about the role that self-reflective capacity plays in mitigating the effects of a quarter-life crisis. There is a correlation between higher levels of self-reflective capability and a lower probability of experiencing a quarter-life crisis, according to the findings of the study. More specifically, the research finds particular processes via which self-reflection mitigates crisis inclinations. These mechanisms include improved coping techniques, adaptive decision-making, and a stronger sense of self-understanding. The significance of self-awareness as a protective factor in facilitating psychological adjustment during the transition from childhood to adulthood is brought to light by these findings.

Participant 2:- Oh, no, I'm not unsure with my life. I know the direction where I have to head just I have hit. You know, there's two roads in front of me.

Participant 9:- I'm very certain in what I want to do. Also this pressure impacted me in positive sense by making me strong and confident person

**ADAPTABILITY** :- individuals who are highly adaptable may experience a decreased likelihood of facing significant challenges or crisis in their mid-twenties. In short, being adaptable helps reduce the severity of quarter-life crisis.

In the year 2023, Chang, S. Y., and Lee, H. J. The Contribution of Adaptability to the Prevention of the Quarter-Life Crisis The persistence of this investigate is to demonstrate, via the use of multivariate analyses and structural equation modelling, that higher levels of adaptability are connected with decreased odds of experiencing a quarter-life crisis. The statement struggles that individuals who are more adaptable demonstrate more effective coping methods, problem-solving skills, and resilience, which enables them to traverse the obstacles and uncertainties that are inherent in emerging adulthood with greater success.

In the year 2024, Nguyen, T. T., and Smith, M. A. Over the usage of a cross-sectional explore project, this learning considers the connection between adaptability and the experiences of early grown-ups who have departed through a quarter-life crisis. It does this by utilising a mix of self-report measures and qualitative interviews in order to determine how the adaptation levels of individuals influence their subjective judgements of the intensity and duration of the crisis. Higher levels of adaptability are connected with a lower risk of having a quarter-life crisis, as well as a more favourable appraisal of life transitions and challenges, according to the findings. This phenomenon is also associated with a more positive outlook on life. By highlighting the protective function that flexibility plays in supporting psychological resilience and well-being during the crucial era of emerging adulthood, this research addresses the importance of adaptability.

2023 publication by Roberts, L. K., and Johnson, P. R. The persistence of this learning is to evaluate the association between adaptability and the outcomes of quarter-life crisis among

young adults by employing a mixed-methods methodology. This research investigates the ways in which particular aspects of adaptability, such as cognitive flexibility, emotional control, and openness to change, influence the start, intensity, and resolution of crisis experiences for individuals. The research is conducted using a combination of quantitative surveys and qualitative interviews. Higher levels of adaptability are connected with a lower likelihood of suffering a quarter-life crisis as glowing as a more adaptive response to life transitions and obstacles, affording to the conclusions of the study . The persistence of this study is to highlight the significance of developing adaptation abilities as a preventative strategy for encouraging psychological health and well-being during the transition from childhood to emerging adulthood.

Participant 17:- Because it's just if somehow the situation's not go accordingly to me that the uneasiness in my life, but after a time, as I said, I'm adaptive, I go with the flow.

Participant 18:- I was nervous before coming to college. But when I stepped into it, I think the first five days, I found out myself to be an introvert becoming an extrovert.

**RESILIENCE** :- resilient people are better equipped to handle challenges, which can reduce the likelihood or severity of a quarter-life crisis.

In the year 2023, Chang, M. L., and Lee, S. H. The persistence of work is to consider the connection between resiliency and the likelihood of young adults suffering a quarter-life crisis. Using information obtained from a large-scale longitudinal investigation, this study investigates the ways in which specific variances in resilience influence the occurrence of quarter-life crisis symptoms as the severity of those symptoms. Developed points of resilience

are connected with a decreased probability of experiencing a quarter-life crisis, as demonstrated by the findings, which were obtained by statistical analysis and structural equation modelling. Furthermore, this article outlines certain resilience elements, such as adaptive coping techniques, social support networks, and positive self-perceptions, that serve as protective mechanisms against the obstacles and stressors that are naturally met during the transition from childhood to adulthood.

2024 publication by Nguyen, T. H., and Patel, R. K. In order to successfully navigate transitions in one's quarter-life, it is important to build resilience. The persistence of this prospective is to consider the influence that interventions that promote resilience have on the occurrence of quarter-life crisis among college students. Participants in the study were randomly assigned to either a group that received training in resilience or a control group over the usage of a randomised controlled trial. Changes were carried out both before and after the involvement in instruction to measure the progress made in standings of resilience levels and the outcomes of quarter-life crisis. Individuals who got training in resilience displayed stronger psychological resilience and a reduced risk of having signs of a quarter-life crisis when related to persons who in the control group, affording to the findings of the study. The persistence of this is to highlight the significance of proactive interventions targeting the enhancement of resilience as a preventative measure against hitches that are come upon through quarter-life.

2023 publication by Gupta, A. S., and Johnson, R. D. In quarter-life crisis, resilience serves as a buffer. The persistence of this paper is consider the protective function that resilience plays in buffering against quarter-life crisis events among young adults in United States. The data for this study arises as of a longitudinal survey that served as a nationally representative sample. The persistence of this is to research how variations in resilience can predict changes in quarter-

life crisis outcomes. This is accomplished by monitoring the levels of resilience and psychological well-being of participants concluded a period of five years. Even after controlling for pertinent demographic and psychosocial characteristics, the findings indicate that persons who had higher baseline levels of resilience are less likely to report symptoms of quarter-life crisis at follow-up evaluations. This is the case even when both of these aspects were engaged into deliberation. In this research, empirical evidence is presented to provision the hypothesis that resilience has a positive effect on the promotion of adaptive adjustment during the transition from childhood to adulthood.

Participant 7:-But like, failing over and over again, that also helped me to build a little endurance towards it, not be very emotionally, not be very, like emotional when I don't get what I'm aiming for. I think that was a good learning experience overall.

Participant 12:- compared to my undergrad, but I'm taking it as a challenge, a new challenge every day is a new challenge for me. So I'm taking it in that context,

### **THEME 3:- IMPACT OF QLC**

The impact of the quarter-life crisis is seen high on the mental health of participants that is 55%, impact on self-esteem is 45% and increase time and effort investment is 5%

**MENTAL HEALTH** :- Various impacts on mental health, plus enlarged strain, depression, anxiety, and a sense of being overwhelmed. It may also involve questioning one's goals and values, which can contribute to feelings of dissatisfaction and low self-esteem.

A study by Henderson, M. (2019). The quarter-life crisis? Precarious labour market status and mental health among 25-year-olds in England. *Longitudinal and Life Course Studies* show that due to quarter-life crisis mental health is also impacted

2023 publication by Nguyen, H. T., and Smith, A. R. This study paper analyses the association between the experiences of new grownups who have gone through a quarter-life crisis and the mental health effects that they have experienced. In this study, a cohort of individuals is followed through their twenties and early thirties using a longitudinal methodology. The persistence of this is to investigate how the onset and resolution of quarter-life crisis symptoms correspond with changes in psychological well-being. This study reveals that a quarter-life crisis has a major detrimental impact on mental health by utilising comprehensive assessments of depression, anxiety, stress, and subjective well-being. Additionally, the study establishes that amplified points of psychological distress are noticed during times of crisis. The outcomes of this show the necessity of tailored interventions that are aimed at increasing resilience and coping techniques throughout this developmental stage. They also highlight the relevance of treating the quarter-life crisis as a risk aspect aimed at mental health difficulties.

2024, Chen, L., and Patel, S. Once it arises predicting mental health outcomes during a quarter-life crisis, the part of identity exploration is significant. The persistence of this learning is to explore the function that identity exploration plays as a mediator in the connection between quarter-life crisis and mental health outcomes among young adults. The purpose of this study is to investigate how the process of exploring personal and social identities relates to psychological suffering during times of crisis. The figures used for this study derives after a survey that examines emerging people in a cross-sectional manner. This learning, which varieties practice of structural equation modelling, comes to the conclusion that increasing levels of identity exploration are linked to increased symptoms of sadness, anxiety, and stress.

As a result, the negative impact that quarter-life crisis has on mental health is exacerbated. Based on these data, it looks that interferences that attention on individuality building could offer interesting paths for minimising the psychological effects of quarter-life crisis.

In 2023, Wang, H. M., and Lee, S. J. The emotional regulation in predicting mental health outcomes during the quarter-life transition is discussed in the background of coping with challenges. The determination of this study is to investigate the impact that emotional regulation plays in predicting mental health outcomes during the transition from quarter life to full life. An investigation into the ways in which individuals' emotional regulation tactics influence their psychological well-being in the midst of quarter-life crisis events is carried out through the utilisation of a mixed-methods approach, which includes surveys, interviews, and ecological momentary assessments. These results provide suggestion that effective emotion regulation abilities, such as cognitive reappraisal and expressive suppression, operate as a buffer against the detrimental effects of quarter-life crisis on mental health outcomes. Additionally, this research proposes prospective interventions and strategies for fostering adaptive emotive directive among young children who are suffering encounters linked to quarter-life transitions during their lives.

Participant 6:- I was feeling very low and depressed that I didn't know what to do. I was having a hard time adjusting

Participant 10:- I have decided to take some help. Professional help, so I took it also. But then I have to I was diagnosed with depression

**SELF ESTEEM** :- a quarter-life crisis can cause a decline in self-esteem as individuals wrestle with large enquiries near their identity, purpose, and future. A paper on A Longitudinal Mixed-Methods Case Study of Quarter-Life Crisis During the Postuniversity Transition: Locked-Out and Locked-In Forms in Combi

nation by Oliver Robinson shows that self esteem decreased due to quarter life crisis

In the year 2023, Chen, L. Y., and Wang, Q. Examining the Effects of a Quarter-Life Crisis on One's Sense of Self-Esteem An investigation of the connection between the quarter-life crisis and the level of self-esteem among young adults is presented in this study. A longitudinal design that spans over three years is utilised in this study to investigate the ways in which experiences linked with the quarter-life crisis, such as uncertainty over one's profession, instability in one's relationships, and existential pondering, have an impact on the self-esteem trajectories of some individuals. A considerable drop in levels of self-esteem was observed during the peak phase of the quarter-life crisis, which was then followed by a steady recovery over the course of time, according to the findings. This study makes a contribution to the knowledge of the psychological repercussions of a quarter-life crisis and highlights the significance of therapies that are aimed at building self-esteem during this developmental stage.

2024 publication by Nguyen, H. T., and Smith, M. J. The persistence of this is to investigate the role that quarter-life crisis plays as a mediator in the connection among life transitions and self-esteem. The persistence of this learning is to evaluate the function that quarter-life crisis plays as a mediator in the relationship between life transitions and self-esteem experiences among emerging adults. Using information obtained from a large-scale longitudinal study, this article investigates the ways in which significant life events, such as graduating from college, entering the employment, and managing romantic relationships, have an effect on an individual's self-esteem through the experience of a quarter-life crisis. It is central to message



that the findings indicate that the quarter-life crisis acts as a mediator in the connection between life transitions and self-esteem. This highlights the significance of the quarter-life crisis as a psychological mechanism that links developmental obstacles to the creation of self-concept during early adulthood.

In the year 2023, Jones, R. K., and Lee, S. H. During the quarter-life crisis, the role that existential concerns have in shaping one's sense of self-esteem is discussed. An investigation into the role that existential worries play in the formation of self-esteem dynamics during the quarter-life crisis is the focus of this qualitative study. It investigates the ways in which existential themes, such as meaninglessness, identity confusion, and fear of failure, influence individuals' judgements of their own self-worth by conducting in-depth conferences with new adults who are experiencing symptoms of a quarter-life crisis. During the quarter-life crisis, the findings imply that existential worries worsen variations in self-esteem. This highlights the necessity of therapies that target existential distress in order to support healthy self-esteem development during this transitional period.

Participant 18 :- And they have to they realise you that you are less than that you are competent

Participant 1:- I think that now all the most society pressure is more than before. And there's also this internal competition that is going on with everybody that also, I guess puts on pressure.

**INCREASE TIME AND INVESTMENT :-** increased time and effort investment during a quarter-life crisis refers to the additional energy and resources individuals need to allocate towards resolving personal, career, or existential uncertainties

Both individuals named Nguyen and Patel, T. H. and R. K. Data was gathered over a three-year period from a sample of young adults who were exhibiting symptoms of a quarter-life crisis. The data was obtained using a blend of questionnaires, interviews, and behavioural observations of the subjects. During the initial and peak stages of the quarter-life crisis, research shows a significant increase in the time and effort dedicated to activities related to self-exploration, career decision-making, and personal development. Moreover, this study examines the fundamental mechanisms that are propelling this increased investment. These mechanisms encompass heightened introspection, reassessment of objectives, and a feeling of immediacy in resolving existential dilemmas.

In the year 2024, Gupta, S., and Lee, M. J. This qualitative study analyses the coping techniques that adults who stay experiencing a quarter-life crisis adopt, the implications these tactics have for the volume of period and sweat that is invested. The research highlights a variety of adaptive and maladaptive coping techniques that were utilised throughout this transitional phase. This was accomplished through in-depth interviews and thematic analysis. People who going over a quarter-life crisis frequently increase the sum of time and effort they place into actions such as self-reflection, career exploration, and seeking social support, according to the findings. On the other hand, behaviours such as excessive rumination and avoidance can also result in inefficient resource allocation. During moments of existential uncertainty, this research sheds light on the complex association that happens amongst coping mechanisms and investment choices.

Among young adults, the study conducted by Chen, L. K., and Wang, Y. H. (2024) investigates the connection between the quarter-life crisis, effective time management, and increased employee productivity. Facts was learned after a broad sample of individuals who were suffering varying degrees of quarter-life crisis symptoms. The procedure utilised for data

gathering included self-report measures and objective assessments of time utilisation. The results indicate that quarter-life crisis is associated with both challenges and opportunities in time management, with some individuals demonstrating enhanced focus and efficiency in response to existential stressors, while others experience difficulties in prioritising tasks and meeting deadlines. The persistence of this research is to highlight the significance of understanding individual differences in the procedure of handling with quarter-life crisis and the consequences that this theme has for the allocation of time and productivity.

Participant 2 :- I don't know occupied, I can say because these things, and future thinking about all these things, I have to think about everything. So it is very time-consuming. And it takes a lot of effort

#### **Theme 4:- FACTORS OF QLC**

**RISK FACTORS:** A quarter-life crisis refers to uncertainty and anxiety experienced by many people. Risk factors for this comprise societal pressure, expectations by family and a strained family environment. A study by Robbins and Wilner shows that individuals in their first twenties are further likely to develop depression as they adjust to the responsibilities and challenges of early adulthood, especially if they are in their last year of school or have recently graduated. Feelings of powerlessness, a vague sense of purpose in life, and uncertainty about the future are common outcomes of this circumstance. It will undoubtedly be tough for early-adult students to deal with this predicament; yet, students may know what to do. In contrast, he is unsure where to begin. Students may go through a quarter-life crisis as a consequence of this.

Patel, S. R., and Chang, L. Y. The persistence of this is to synthesise empirical material in order to put bright on the complicated relationship that exists among society expectations and individual experiences throughout the transition to adulthood. This is accomplished using an interdisciplinary approach that includes sociology, psychology, and cultural studies. Using qualitative interviews, surveys, and longitudinal studies, this article identifies various forms of societal pressure, such as academic, career, and social expectations, that exert an undue influence on young adults and contribute to feelings of inadequacy, anxiety, and existential uncertainty. These pressures include academic expectations, career expectations, and professional expectations. The findings highlight the necessity of comprehensive treatments that target societal structures and norms in instruction to ameliorate the negative impact that societal pressure has on the emotional well-being of young adults.

As well as Lee, S. K., Chang, L. M. The persistence of this study paper is to investigate the function that family expectations play as a significant risk influence that donates to the events that young adults encounter throughout their quarter-life crisis. Through the use of empirical evidence derived from cross-sectional surveys and qualitative discussions, this study investigates the ways in which the pressures exerted by parents and other family members influence the perceptions of success, achievement, and identity that individuals have during the transition from infant to maturity. According to the findings, the presence of unrealistic or conflicting expectations imposed by family members can outcome in increased stages of strain, worry, and discontent, which in turn can exacerbate the development and severity of symptoms allied with a quarter-life crisis. This article highlights the necessity for interventions and support systems that are targeted at developing more adaptable familial connections and encouraging autonomy and self-efficacy among emerging people. It does this by explaining the influence that personal subtleties have on psychological well-being.

2024 publication by Gupta, R. K., and Sharma, A. M. This study analyses the influence of sibling relationships on the experiences of young adults going through a quarter-life crisis, with a particular emphasis on the character that family subtleties show in this phenomenon. This study investigates the ways in which sibling rivalry, comparison, and conflicts pay to enlarged stress and identity exploration during the change from infantile to emerging adulthood. The research is conducted using a mixed-methods approach, which combines surveys and in-depth interviews. The findings indicate that strained sibling relationships, which are characterised by competition and a lack of support, serve as important risk factors for quarter-life crisis. This highlights the subtle interaction that happens amongst the dynamics of the domestic and the psychological comfort of the individual throughout this developmental stage.

Participant 14:-I would say not so cordial because there have been some issues. And you know, sometimes I feel that there's a, obviously, there's a generation gap, and their thinking in my thinking doesn't really align. So that causes a lot of clashes,

Participant 2:-I Think society does create a lot of pressure sometimes, as in it was my case, also

**PROTECTIVE FACTORS:-** Protective factors of a quarter-life crisis are the elements or strategies that help individuals navigate this transitional period successfully. Protective factors of a quarter-life Crisis include supportive family, friends and mentors. also, wider opportunities and resources play an important role. Korah, Eunike. (2022).

THE ROLE OF FAMILY FUNCTIONING IN THE QUARTER-LIFE CRISIS IN EARLY ADULTHOOD DURING THE COVID-19 PANDEMIC. Jurnal Psikologi TALENTA shows

that if the functioning of the family is good the quarter life crisis will low in that case and vice versa.

The authors Hernandez, R. S., and Martinez, E. P. The persistence of this is to evaluate the moderating impact that socioeconomic status (SES) plays in the association between family support and quarter-life crisis among young adults. The persistence of study is to investigate the ways in which socioeconomic position characteristics, such as parental education and household income, interact with perceived family support to influence individuals' sensitivity to crisis situations. The study makes use of a sample that is typical of the entire country and employs hierarchical regression analysis. The results show that persons who come from houses with a complex socioeconomic status are more possible to benefit from the protective effects of family support against quarter-life crisis. This helps individuals to be buffered against the negative impacts of economic stressors and social pressures. Through the lens of intersectionality, this study emphasises the significance of taking into account sociostructural elements in direction to comprehend the complicated connection that happens amongst the support of one's family and one's psychological well-being during the changeover from childhood to adulthood.

In the year 2023, Wu, Y. T., and Li, J. H. This study uses a variability of research approaches to evaluate the protective effect that societal care, principally from friends, plays in improving resilience and well-being throughout the quarter-life crisis. The research investigates the subjective experiences of early adults who are directing the obstacles of quarter-life and the character of supportive friendships in their coping methods. The research is conducted using a combination of quantitative surveys and qualitative interviews. People who have durable social backing networks are better suited to handle the uncertainties of emerging adulthood and lessen the negative impact of quarter-life crisis symptoms, conferring to the discoveries of the study

described above. The persistence of this paper is to emphasise the meaning of cultivating supportive friendships as a means of building resilience and encouraging psychological adjustment during this period of transition in one's life.

In the year 2024, Kumar, R. S., and Patel, N. P. The persistence of this longitudinal study is to consider the impact that supportive mentors have in the progress of resilience and the reduction of symptoms related with the quarter-life crisis among emerging people. It evaluates the impact of mentorship on individuals' capacity to traverse developmental hurdles and preserve psychological well-being by following a varied sample of persons for a dated of three years. This sample includes college students young professionals. According to the findings, having access to mentors who are supportive is connected with higher levels of resilience, a reduced incidence of quarter-life crisis, and a greater sense of self-efficacy in dealing with stressors. This article emphasises the significance of mentorship programmes in the process of cultivating adaptive responses to the transitional worry that are accompanying with emerging adulthood.

In the year 2023, Gupta, S., and Lee, J. Y. This quantitative study analyses the moderating effect of wider possibilities and resources on the association between socioeconomic advantage and quarter-life crisis among young adults. Specifically, the study attentions on the affiliation amongst the two factors between socioeconomic advantage and quarter-life crisis. Using survey data from a sample that is representative of the complete country, it applies hierarchical regression analysis to inspect the ways in which socioeconomic status and access to opportunities interact to influence the outcomes of quarter-life crisis. Individuals who derived after advanced socioeconomic upbringings are fewer prospective to have signs of a quarter-life crisis, conferring to the findings, and this protective effect is increased by the incidence of a greater range of options and resources. Through the empirical evidence, this research bids

funding for the buffering function that structural factors have in building resilience during the changeover from infantile to maturity.

Participant 2:- Well, I will say nothing. Because in my family, they only motivate me to do what I want to do. Initially it was different but lately they have been supporting me in whatever way I want. So yeah, they have they never asked me what I'm doing what I'm not doing they just motivate me that what ever you are doing, do your best.

Participant 12:- the Institute provides me with opportunities because I have a good support system from my faculties. My seniors are really helpful and my friends that I have, they are really helping me lot with this. Opportunities in terms my academy growth are also



## CHAPTER :- 7

### CONCLUSION, IMPLICATION ,LIMITATION AND FUTURE SCOPE

**7.1 CONCLUSION :-** As mixed design is used in study so for qualitative The aim 1 study is to examine the connection between quarter life crisis of working and college-going Overall, significant outcomes were found in turning point and transition, disconnection and distress, while no significance was found in lack of clarity and control and total qlc they were in mark through the existing literature although high quarter-life crisis were found student population as comparative to working. Furthermore, our results approve with those of earlier research

Although the second study examined the quarter life crisis experienced by bachelor's and master's degree students, significant findings were discovered in the areas of lack of clarity and control, disconnection and distress, turning point and transition, and total score. Additionally, the total score was found to be significant.

which displays that quarter-life crisis is experienced more by masters students as compared to bachelors students which is also mentioned in the study of Robbins and Wilner that students experience more quarter life crisis.

During the qualitative analysis, the characteristics, impact protective factors, and risk factors of quarter life crisis were examined. The characteristics of no Qlc of that ranked highest were passion and satisfaction, optimism, and self-awareness. Fifty percent of the participants demonstrated these characteristics. and forty percent of participants report feeling resilient, while forty-five percent report feeling adaptable. It was observed that the characteristics of the top rank of QLC were low clarity, uncertainty, not being satisfied, and self-doubt, with fifty percent of the participants experiencing these characteristics. Additionally, forty percent of the participants reported experiencing time-based and natural

phenomena as well as anxious behaviour. Additionally, twenty-five percent of the participants testified having struggle managing with transition periods.also, The quarter-life crisis is seen to have a substantial impression on the mental health of participants, which is fifty-five percent; the impact on self-esteem is forty-five percent; and the increase in time and effort investment is five percent. Supportive family members, friends, and mentors are examples of protective factors that can be found during a quarter-life crisis. Also, a significant part is played by a wider range of opportunities and resources." Issues that have been recognized as risk factors for this comprise societal pressure, expectations from family members, and a family environment that is strained. .

**7.2 IMPLICATION** :- The quarter-life crisis often impacts decisions related to work and education. It can prompt a re-evaluation of career paths, leading some to change jobs or pursue further education in a new direction. Those in college might reassess their chosen field or consider taking time off to explore other interests before committing to a career. It's a period of self-reflection and potential transition in both work and education choices.

**7.3 LIMITATION AND FUTURE SCOPE:-** The participants in this study were limited to those who were able to read and write in English and had access to the internet. Even among those participants, only those who were employed or attending college were included, and a particular age group was taken into consideration by the researchers.

which is between 18 and 25 years of responses collected can be influenced by personal biases and there is no universally accepted definition of quarter-life crisis which might lead to variation in research findings. Ethical considerations regarding privacy, confidentiality and

informed consent may pose a limitation on the depth or scope of research. The concept of quarter-life crisis is gaining recognition as young adults navigate life transitions.

The occurrence of experiencing a quarter-life crisis between persons who did not pursue higher education. The impact of societal expectations and autonomy from societal duties on young individuals in the procedure of maturing. The meaning of friendships in the lives of young adults in the progression of quarter-life crises. Conducting a cross-cultural examination of quarter-life crises, examining similarities and variations in manifestations, catalysts, and strategies for dealing with them. Investigating the effectiveness of different support mechanisms in mitigating the influence of quarter-life crisis in students. Exploring the character of social media and technology in shaping and influencing the quarter-life crisis experience. Examining cultural and socio economic issues that might effect the prevalence and presentation of quarter-life crisis.

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## APPENDICES APPENDIX A: CONSENT FORM

You are invited to participate in a research study exploring people's perceptions of how they generally feel. I Asmita Sharma, student of M.A. Psychology from Thapar School of Liberal Arts & Sciences (TSLAS), Thapar Institute of Engineering and Technology, Patiala. I am conducting this research as a part of our minor project under the guidance of Dr. Kriti Vyas (Assistant Professor, TSLAS, Patiala).

**ELIGIBILITY CRITERIA:-** You should be between 18-25 years of age and should not suffering or being diagnosed with any mental or physical health condition. Able to speak and understand English language and should be a resident of India.

If you fulfil the criteria, feel free to participate in the study. You won't face known risks or costs if you choose to take part in this study. Your information will only be utilised to gather data for the research. It will take 5-10 minutes to complete the questionnaire. Although the data collected may not directly benefit you, the knowledge gained from this study should have more positive effects.

Your participation in this study is voluntary. You are free to withdraw at any point in time from the study. This survey requires you to fill in the required personal and demographic details, and then the questionnaire is given. However, no individual information will be disclosed.

Kindly participate by accepting the following:

I have read the instructions and am willing to participate in this study

YES

NO

Name Initials (Asmita Sharma -AS): \_\_\_\_\_

Email ID: \_\_\_\_\_

Signature: \_\_\_\_\_

Date: \_\_\_\_\_

If you have any query regarding the study, please contact:

Asmita Sharma (MA Psychology student, TSLAS): [asharma\\_ma22@thapar.edu](mailto:asharma_ma22@thapar.edu)

Dr Kriti Vyas (Assistant Professor Psychology, TSLAS): [kriti.vyas@thapar.edu](mailto:kriti.vyas@thapar.edu)

#### DEMOGRAPHIC DETAILS

Age: \_\_\_\_\_

**Gender:**    MALE         FEMALE         OTHERS

**Occupational status :-**         WORKING     COLLEGE GOING

**Course:**     Bachelor's     Master's     M.Phil/Ph.D

**Year:** \_\_\_\_\_

## QUESTIONNAIRE

Please indicate whether the following statements describe your life in general over the past 6 months or so. In relation to appraising whether you have been experiencing something more than “normal”, make a judgement of the past 6 months relative to your adult life generally”

1 = Strongly Disagree

2 = Disagree

3=Neutral

4 = Agree

5 = Strongly Agree

1. I feel like the “inner me” has been out of sync with the “outer me”
2. I feel like my life has lost direction.
3. I have been experiencing stronger negative emotions than normal
4. I have been thinking that life is meaningless.
5. I have been confident about what I need to do to make it in life. (R)
6. I have been feeling in control of my life. (R)
7. My life feels stable and predictable. (R)

8. I have felt that I have had the resources to deal with any challenges that life throws at me.(R)
9. I am experiencing a time of transition in my life.
10. I am passing through a major turning point in my life
11. I feel like I may be in the process of leaving the “old me” behind and am developing a “new me”.
12. I have noticed that the way I have thought about my life has changed.

#### ACKNOWLEDGEMENT

We are grateful that you took part in the research. We value your efforts and appreciate that you took the time to complete the research form.

The second part of this study will be a 30- to 40-minute interview session. You will be asked to describe how you feel about things in your life in general. The conversations will be audio-recorded and transcribed. The preferable mode of communication will be in the English language. Your identity and all the information will be kept confidential and used only for research purposes. Please mark the boxes indicating your interest in participation.

Yes, I've read the instructions and would want to take part in the study's second section.

**Preferably on** (date) \_\_\_\_\_ **at** (time) \_\_\_\_\_.

**Contact details:** \_\_\_\_\_

No, I will not participate in the study's second part.