

## The Relationship between Emotional Intelligence (EQ) and Quarter Life Crisis in Final Year Students

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### ABSTRACT

*Quarter life crisis is a crisis that occurs in early adulthood characterized by the appearance of emotional instability. The beginning of a quarter life crisis occurs when an early adult individual becomes a final year student who does not have enough preparation to face the realities of the world. Final year students need to have the ability to overcome these emotional instability. One of them is by having emotional intelligence (EQ) which can form a positive force to maintain harmony within oneself. This study aims to determine the relationship between emotional intelligence (EQ) and quarter life crisis in final year students of the Faculty of Medicine and Health Sciences, Jambi University. This research is a quantitative study that has used correlational methods with cross-sectional design. The sampling technique has used Proportionate Stratified Random Sampling with research instruments in the form of questionnaires in the form of SEIS and a quarter life crisis scale. Data analysis using univariate analysis and bivariate analysis with gamma correlation test. There is a significant relationship between emotional intelligence (EQ) and quarter life crisis in final year students of the Faculty of Medicine and Health Sciences, University of Jambi. The emotional intelligence (EQ) variable has a negative relationship with the quarter life crisis variable in final year students of the Faculty of Medicine and Health Sciences, University of Jambi. The lower the emotional intelligence (EQ), the higher the quarter life crisis and vice versa. Final year students are expected to improve emotional intelligence (EQ) as an adaptive coping mechanism to deal with quarter life crisis.*

**Keywords:** Emotional Intelligence (EQ), quarter life crisis, final year students.

### Introduction

Quarter life crisis is a phenomenon of crisis in young people characterized by the emergence of emotional instability, such as fear of the next life path, fear of failure, helplessness in the face of change and confusion in decision making.<sup>1</sup>

A global survey conducted by The Guardian<sup>2</sup> found that up to 86% of 1,100 young people in the world experience a quarter life crisis, and a LinkedIn survey<sup>3,4</sup> found that 75% of 6,000 young people experienced a quarter life crisis. Young people experiencing a life crisis begin to question their lives. First Direct survey<sup>5</sup> of 2,000 respondents in the UK found that 60% of young people surveyed were improving their living conditions and up to 56% of all respondents had experienced a quarterly crisis.

A 2019 study by Murray<sup>6</sup> found that young people experiencing a quarter life crisis can experience negative emotional responses ranging from anxiety to depression. According to 2018 Riskesdas data, 9.8% of the Indonesian population reported feeling anxious and depressed. In the young adult population, 10% have these mental health issues, and a 2019 study by Pottery linked the onset of anxiety and depression in young adults to the onset of a crisis in their years.<sup>7</sup>

According to Robbins and Wilner<sup>8</sup>, The quarter life crisis begins when young people get older. This statement is reinforced by Fischer in Habibie 2019 who pointed out that older adults are prone to quarter life crisis due to the transition from academic life to life living the role of an actual adult.<sup>9</sup>

At the Faculty of Medicine and Health Sciences, Jambi University, it has been shown that final year students face a crisis in their final years. The crisis begins with the need for further training in the medical field. According to Syarkia<sup>10</sup>, Final year health science students should be able to acquire knowledge about the whole person and apply that knowledge after the announcement of their degree. Final year students must be able to deal with the changes that occur. One of them is emotional intelligence (EQ).<sup>11, 12</sup>

According to Salovey and Mayer<sup>13</sup>, Emotional intelligence (EQ) can generate optimism and a sense of reality, and increase confidence to face difficult and challenging situations. Because this intelligence can be a form of positive power that maintains self-harmony. Final year students must be able to improve their emotional intelligence (EQ) to adapt to any changes.<sup>14, 15</sup>

The purpose of this study was to determine the relationship between emotional intelligence (EQ) and quarter life crisis in final year students of the Faculty of Medicine and Health Sciences, Jambi University.

## **Methods**

This study was designed using a cross-sectional design correlation method. Emotional intelligence (EQ) and quarter life crisis are the variables studied. The sample was obtained using stratified proportional random sampling technique as many as 270 respondents, and the selection criteria were final year students in 2019 aged 18-29 years who were willing and had completed their final thesis.

## Results

**Table 1**  
**Description of Emotional Intelligence (EQ) in Final Year Students of FKIK UNJA**

<b>Emotional Intelligence (EQ)</b>	<b>Amount</b>	<b>Percentage</b>
Very Low	0	0.0%
Low	3	1.1%
High	85	31.5%
Very High	182	67.4%
Total	270	100%

Based on table 1 above, it shows that most of the final year students of the Faculty of Medicine and Health Sciences, Jambi University have emotional intelligence (EQ) in the very high category, namely 182 respondents (67.4%), students who have emotional intelligence (EQ) in the high category are 85 respondents (31.5%) and there are 3 respondents (1.1%) who have emotional intelligence in the low category.

**Table 2**  
**Quarter Life Crisis Overview in Final Year Students of FKIK UNJA**

<b>Quarter Life Crisis</b>	<b>Amount</b>	<b>Percentage</b>
Very Low	102	37.8%
Low	81	30.0%
High	71	26.3%
Very High	16	5.9%
Total	270	100%

Based on table 2 above, it shows that most of the final year students of the Faculty of Medicine and Health Sciences, Jambi University experienced quarter life crisis in the very low category, namely 102 respondents (37.8%), then 81 respondents (30.0%) experienced quarter life crisis in the low category, 71 respondents (26.3%) were in the high category and 16 respondents (5.9%) were in the very high category.

**Table 3**  
**Relationship between Emotional Intelligence (EQ) and Quarter Life Crisis**

Kecerdasan Emosional (EQ)	Quarter Life Crisis								Total	$r_{xy}$	P-value	
	Sangat Rendah		Rendah		Tinggi		Sangat Tinggi					
	n	%	n	%	n	%	n	%				
Sangat Rendah	0	0.0%	0	0.0%	0	0.0%	0	0.0%	0	0.0%	-0.642	0.000
Rendah	0	0.0%	1	0.4%	2	0.7%	0	0.0%	3	1.1%		
Tinggi	7	2.6%	31	11.5%	40	14.8%	7	2.6%	85	31.5%		
Sangat Tinggi	95	35.2%	49	18.2%	29	10.7%	9	3.3%	182	67.4%		
Total	102	37.8%	81	30.1%	71	26.2%	16	5.9%	270	100%		

Based on table 3 above, the results of the gamma correlation test with a significance level of 0.05 ( $\alpha = 5\%$ ) were obtained to determine the relationship between emotional intelligence (EQ) and quarter life crisis in final year students of the Faculty of Medicine and Health Sciences, Jambi University. Of the 3 respondents who had low emotional intelligence, there were 2 people (0.7%) of whom experienced quarter life crisis in the high category. High emotional intelligence with a total of 85 respondents mostly experienced quarter life crisis in the high category, namely 40 respondents (14.8%). Very high emotional intelligence with 182 respondents mostly experienced quarter life crisis in the very low category, namely 95 people (35.2%). From the statistical test results, it is known that the p-value  $< 0.05$ , namely  $0.000 < 0.05$  indicates a significant relationship with the correlation coefficient  $r_{x,y}$  (-0.642). That is, there is a strong level of relationship strength in the negative direction, the lower the emotional intelligence (EQ), the higher the quarter life crisis and vice versa. Based on the analysis test, it can be concluded that there is a relationship between emotional intelligence (EQ) and quarter life crisis in final year students of the Faculty of Medicine and Health Sciences, Jambi University.

## Discussion

The picture of emotional intelligence (EQ) is known that most Jambi University medical students have very high emotional intelligence (EQ) as many as 182 students and an overview of quarter life crisis as many as 102 students experience quarter life crisis.

The results of the gamma correlation test showed a strong and negative relationship between emotional intelligence (EQ) and quarter life crisis crisis in final year students of the Faculty of Medicine and Health Sciences, Jambi University.

This finding is supported by Ach Fawaid's research, which shows a significant relationship between emotional intelligence and quarter life crisis in a career, resulting in a Pearson correlation score (-0.841). This means that there is a strong correlation in the negative

direction. In other words, the higher the emotional intelligence (EQ), the lower the quarter life crisis.<sup>16</sup>

This study is also reinforced by Fatchurrami's research, as it is known that emotional intelligence can have a significant impact of 55.6% on the quarter life crisis crisis. Emotional intelligence can detect the occurrence of the crisis. The higher the emotional intelligence, the better the ability to handle quarter life crisis. Conversely, a decrease in emotional intelligence can lead to an increase in quarter life crisis.<sup>17</sup>

Quarter life crisis is characterized by concerns about what the future holds. It is normal to think this way as one gets older because the challenges and demands at this age are different from life at an earlier age, so it can easily lead to a quarter life crisis. Therefore, it takes good emotional intelligence (EQ) to overcome it.<sup>18</sup>

Emotional intelligence (EQ) is the ability to understand one's own feelings, understand the feelings of others, control emotions and use them appropriately. On the other hand, emotional intelligence (EQ) is part of social intelligence that plays an important role in human life because it is a positive force that maintains harmony between oneself and others. Therefore, emotional intelligence (EQ) is needed as a defense in dealing with quarter life crisis.<sup>19</sup>

From the explanation above, it can be concluded that the emotional intelligence (EQ) variable and the life crisis variable have a negative relationship (-). Emotional intelligence (EQ) is needed as an adaptive coping mechanism to deal with quarter life crisis. Realizing that the crisis occurs throughout entering adulthood, students as adults need to have high emotional intelligence (EQ) to deal with quarter life crisis.<sup>20</sup>

## **Conclusion**

Respondents in this study amounted to 270 final year students of the Faculty of Medicine and Health Sciences, Jambi University with a description of emotional intelligence (EQ) mostly having emotional intelligence (EQ) in the very high category as many as 182 respondents and a description of quarter life crisis mostly experiencing quarter life crisis in the very low category as many as 102 respondents, and there was a significant relationship in the negative direction between emotional intelligence (EQ) and quarter life crisis in final year students of the Faculty of Medicine and Health Sciences, Jambi University with a p-value of  $0.000 < \alpha (0.05)$  and  $r_{x,y}$  correlation (-0.642) which means that the higher the emotional intelligence (EQ), the lower the quarter life crisis and vice versa.

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