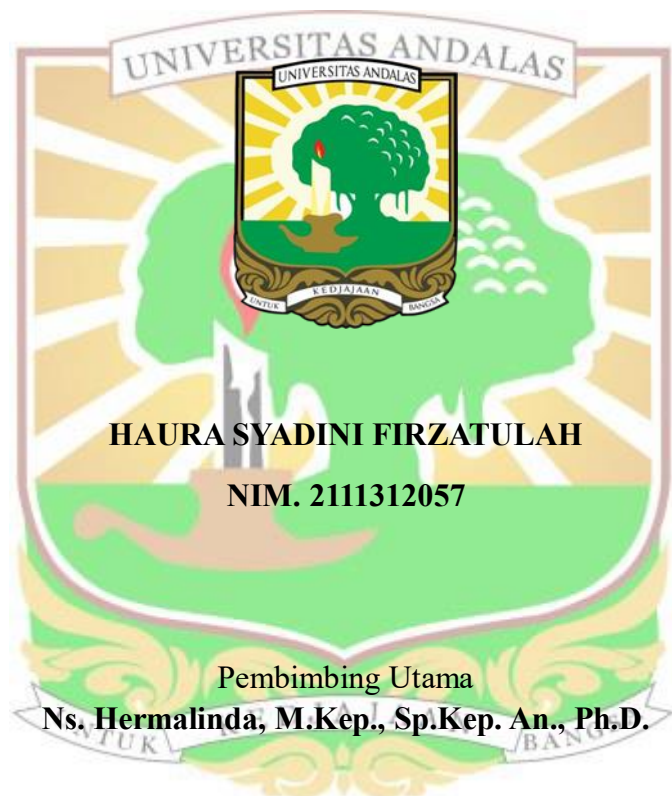


SKRIPSI

HUBUNGAN *SELF EFFICACY* DAN DUKUNGAN SOSIAL DENGAN *QUARTER LIFE CRISIS* PADA MAHASISWA PROGRAM SARJANA S1 FAKULTAS KEPERAWATAN ANGKATAN 2021 UNIVERSITAS ANDALAS

Penelitian Keperawatan Jiwa



Pembimbing Pendamping

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FAKULTAS KEPERAWATAN

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FEBRUARI 2025

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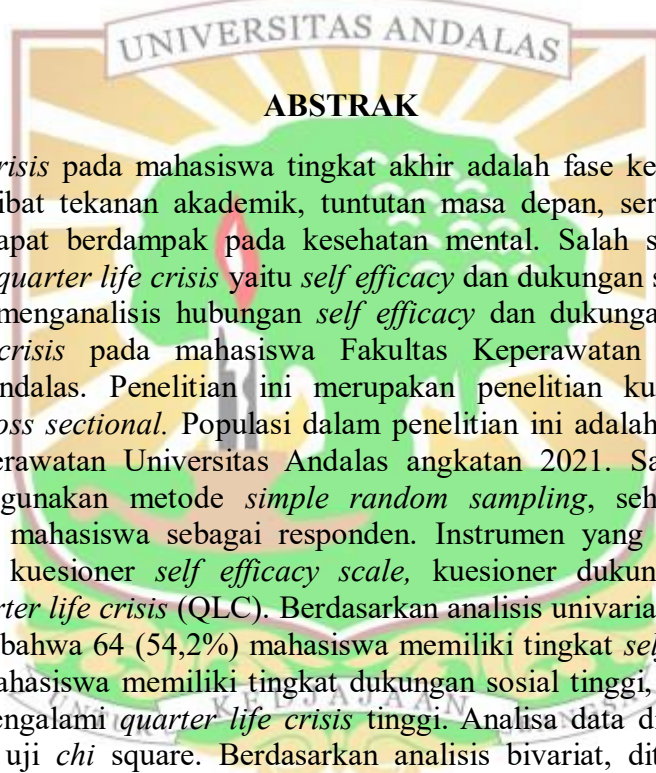
UNIVERSITAS ANDALAS

FEBRUARI 2025

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**Hubungan *Self Efficacy* dan Dukungan Sosial dengan *Quarter Life Crisis*
pada Mahasiswa Program Sarjana S1 Fakultas Keperawatan Angkatan 2021
Universitas Andalas**



ABSTRAK

Quarter life crisis pada mahasiswa tingkat akhir adalah fase ketidakpastian dan kecemasan akibat tekanan akademik, tuntutan masa depan, serta perbandingan sosial yang dapat berdampak pada kesehatan mental. Salah satu faktor yang memengaruhi *quarter life crisis* yaitu *self efficacy* dan dukungan sosial. Penelitian ini bertujuan menganalisis hubungan *self efficacy* dan dukungan sosial dengan *quarter life crisis* pada mahasiswa Fakultas Keperawatan angkatan 2021 Universitas Andalas. Penelitian ini merupakan penelitian kuantitatif dengan pendekatan *cross sectional*. Populasi dalam penelitian ini adalah 167 mahasiswa Fakultas Keperawatan Universitas Andalas angkatan 2021. Sampel penelitian diambil menggunakan metode *simple random sampling*, sehingga diperoleh sebanyak 118 mahasiswa sebagai responden. Instrumen yang digunakan pada penelitian ini kuesioner *self efficacy scale*, kuesioner dukungan sosial, dan kuesioner *quarter life crisis* (QLC). Berdasarkan analisis univariat pada penelitian ini ditemukan bahwa 64 (54,2%) mahasiswa memiliki tingkat *self efficacy* tinggi, 65 (55,1%) mahasiswa memiliki tingkat dukungan sosial tinggi, dan 64 (54,2%) mahasiswa mengalami *quarter life crisis* tinggi. Analisa data dilakukan dengan menggunakan uji *chi square*. Berdasarkan analisis bivariat, ditemukan adanya hubungan antara *self efficacy* dan dukungan sosial dengan *quarter life crisis* dengan nilai $p < 0,0001$. Oleh karena itu, Fakultas Keperawatan Universitas Andalas diharapkan dapat mengoptimalkan peran Dosen Pembimbing Akademik (PA) melalui bimbingan kelompok minimal dua bulan sekali pada setiap semester, di mana dosen PA memberikan motivasi, membahas strategi penyelesaian tugas, serta membantu mahasiswa mengatasi tantangan akademik agar lebih percaya diri dan mandiri.

Kata Kunci : *Quarter life crisis*, *Self efficacy*, Dukungan sosial, Mahasiswa akhir

Daftar Pustaka: 99 (1988 – 2025)

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***Relationship between Self Efficacy and Social Support with Quarter Life Crisis
in Undergraduate Students of the Faculty of Nursing Class of 2021, Andalas
University***

ABSTRACT

Quarter life crisis in final year students is a phase of uncertainty and anxiety due to academic pressure, future demands, and social comparisons which can have an impact on mental health. One of the factors that influence the quarter life crisis is self-efficacy and social support. This research aims to analyze the relationship between self-efficacy and social support and quarter life crisis in students from the Faculty of Nursing class of 2021, Andalas University. This research is a quantitative research with a cross sectional approach. The population in this study was 167 students from the Faculty of Nursing, Andalas University class of 2021. The research sample was taken using a simple random sampling method, so that 118 students were obtained as respondents. The instruments used in this research were self-efficacy scale questionnaires, social support questionnaires, and quarter life crisis (QLC) questionnaires. Based on univariate analysis in this study, it was found that 64 (54.2%) students had a high level of self-efficacy, 65 (55.1%) students had a high level of social support, and 64 (54.2%) students experienced a high level of quarter life crisis. Data analysis was carried out using the chi square test. Based on bivariate analysis, a relationship was found between self-efficacy and social support and quarter life crisis with a p value <0.0001 . Therefore, the Faculty of Nursing at Andalas University is expected to be able to optimize the role of Academic Supervisors (PA) through group guidance at least once every two months in each semester, where PA lecturers provide motivation, discuss strategies for completing assignments, and help students overcome academic challenges to become more confident and independent.

Keywords : *Quarter life crisis, Self-efficacy, Social support, Final year students*

Bibliography : 99 (1988 – 2025)