

DAFTAR PUSTAKA

- Adellia, R., & Varadhila, S. (2023). *Dinamika permasalahan psikososial masa Quarter Life Crisis Pada Mahasiswa*. 18(1), 29–41.
- Adiputra, I. M. S., Trisnadewi, N. W., Oktaviani, N. P. W., Munthe, S. A., Hulu, V. T., Budiastutik, I., Faridi, A., Ramdany, R., Fitriani, R. J., & Tania, P. O. A. (2021). *Metodologi Penelitian Kesehatan*. Yayasan Kita Menulis.
- Afandi, M., Afandi, N. H., Afandi, S. A., & Erdayani, R. (2023). *Measuring the Difficulties of Early Adulthood: The Development of the Quarter Life Crisis Scale*. 8(3), 167–176. <https://doi.org/10.17977/um001v8i32023p167-176>
- Agustina, S. M., Fitriani, P. N., & Haryanto, H. C. (2022). Studi Deskriptif Quarterlife Crisis Pada Fase Emerging Adulthood Di Kota Mataram Saat Masa Pandemi. *INQUIRY: Jurnal Ilmiah Psikologi*, 13(01). <https://doi.org/10.51353/inquiry.v13i01.639>
- Ahmad, A. T. (2025). *Self-Esteem Sebagai Prediktor Kesejahteraan Psikologis pada Mahasiswa*. 5(2).
- Alkatiri, H., & Aprianty, R. A. (2024). *Pengaruh Intensitas Penggunaan Media Sosial pada Quarter Life Crisis pada Dewasa Awal*. 1–7.
- Allifah, S. A., Mudhar, Vandriyani, M. S., & Pae, E. W. N. (2025). Eksplorasi Faktor-Faktor Penyebab Quarter Life Crisis Pada Generasi Z Di Indonesia. *Consilia : Jurnal Ilmiah Bimbingan Dan Konseling*, 8(2), 9–16. <https://doi.org/10.33369/consilia.8.2.9-16>
- Aprilia, E. P., & Fahmawati, Z. N. (2026). *The Relationship Between Self-Esteem and Quarter Life Crisis Mediated by Loneliness among University Students in Sidoarjo*. 1–10.
- Arikunto, S. (2016). *Prosedur Penelitian: Suatu Pendekatan Praktik* (Revisi Ke-). Jakarta: PT Rineka Cipta.
- Arini, D. P. (2021). *EMERGING ADULTHOOD : PENGEMBANGAN TEORI ERIKSON MENGENAI TEORI PSIKOSOSIAL PADA ABAD 21*.
- Aritonang, N. N. G. P., Simarmata, N. I. P., Simalango, Y. S., Siregar, T. N., & Primus, L. (2025). The Role of Self-Acceptance and Self-Confidence in Quarter-Life Crisis Among Early Adulthood in Medan. *Journal of Educational, Health and Community Psychology*, 14(2), 718–728. <https://doi.org/10.12928/jehcp.vi.30856>

- Ariyani, F., & Kurniawan, M. Y. (2023). *ANALISIS PERBANDINGAN HARAPAN DAN PERSEPSI MAHASISWA TERHADAP KUALITAS PELAYANAN AKADEMIK*. 41–53.
- Arnett, J. J. (2000). *Emerging Adulthood*. 469–480. <https://doi.org/10.1037//0003-066X.55.5.469>
- Astrawan, M. I. (2025). *GENERAL DESCRIPTION OF SELF-ESTEEM ON. 1*, 29–37.
- Auttama, N., Seangpraw, K., Ong-Artborirak, P., & Tonchoy, P. (2021). *Factors Associated with Self-Esteem, Resilience, Mental Health, and Psychological Self-Care Among University Students in Northern Thailand*. 1213–1221.
- Azizah, Y., & Ifdil, I. (2023). *Hubungan self efficacy dengan resiliensi akademik pada yang sedang menyusun skripsi*. 8(2), 189–197.
- Bakri, A., & Hidayat, A. (2024). *Self-esteem of students who use social media*. 3, 325–338.
- Baumeister, R. F., Campbell, J. D., Krueger, J. I., & Vohs, K. D. (2003). Does High Self-Esteem Cause Better Performance, Interpersonal Success, Happiness, or Healthier Lifestyles? *Psychological Science in the Public Interest*, 4(1), 1–44. <https://doi.org/10.1111/1529-1006.01431>
- Bibi, A., Khaliq, F., Younus, M., Ghani, U., Nazish, H., Iqbal, J., Khan, M. A., Shaikh, M. H., Kauser, M., Swat, N. M., Dargai, H. S., Karachi, H. S., Karachi, H. S., Karachi, H. S., Sciences, H., Author, C., Bibi, A., & Swat, N. M. (2024). *Explore the Level of Self-esteem among Undergraduate Nursing Students*. 20(02). <https://www.xisdxjsu.asia/V20I02-33.pdf>
- Branden, N. (1994). *The Six Pillars of Self-Esteem*. Bantam Books.
- Calicchio, S. (2023). *Sebuah perjalanan ke dalam psikologi potensi manusia melalui pemahaman dan pengembangan efikasi diri dan harga diri*. Stefano Calicchio. <https://books.google.co.id/books?id=6t7YEAAAQBAJ>
- Chaeruman, D. R. D., Nabila, F. I., Choli, J., & Purwantini, L. (2024). *Hubungan Dukungan Sosial Dan Self Esteem Dengan Subjective Well Being Pada Mahasiswa Universitas Islam “45” Bekasi*. 2(2), 194–205.
- Chandra, D., & Fitriyanto, A. (2024). *An Empirical Analysis of Student Satisfaction with Lecturer Teaching Quality: Applying the Expectation-Disconfirmation Theory*. 4(3), 460–474.
- Christy, L. E. A., & Soetjningsih, C. H. (2024). *Academic Self-Efficacy with*

- Academic Stres in Final Year Students. 12(1), 129–135.*
- Darmayanti, K. K. H., Sapitri, Y., Yansyah, A., & Diniati, M. (2022). *Studi Deskriptif Self-Esteem pada Mahasiswa. 250–257.*
<http://103.84.119.236/index.php/gpsy/article/view/452/182>
- Dwi, K. N. A., & Miftakhul, J. (2023). Representasi Quarter Life Crisis Pada Dewasa Awal Ditinjau Berdasarkan Demografi. *Jurnal Penelitian Psikologi, 10(02), 18–27.*
- Fahlevi, R., Zamralita, & Irene. (2024). *Hubungan antara Self-Esteem dengan Impostor Syndrome pada Mahasiswa. 4(1), 478–492.*
- Fatchurrahmi, R., & Urbayatun, S. (2022). *Peran Kecerdasan Emosi terhadap Quarter Life Crisis pada Mahasiswa Tingkat Akhir. 13(2), 102–113.*
- Fauzan, A. (2025). *Quarter Life Crisis in College Students : How Do Religiosity and Self-Efficacy Affect ? 8(1), 87–104.*
- Fitriah, A., & Hariyono, D. S. (2019). *Relationship of Self Esteem Against the Trend of Depression in Students. 1(1), 8–17.*
- Gitarasy, A. S., Khairiah, S., & Istiana. (2024). Pengaruh Self Esteem Terhadap Tingkat Stres Mahasiswa Fakultas Kedokteran Universitas Lambung Mangkurat Tahun 2023. *Homeostasis Jurnal Mahasiswa Pendidikan Dokter, 7, 299–306.*
- Goel, M. (2024). Balance Between a Realm of Possibilities and a Void of Emptiness: A Study on the Effect of Quarter-Life Crisis on Self-Esteem & Academic Performance among College Students. *Proceedings of The International Conference on Research in Psychology, 1(1), 38–47.*
<https://doi.org/10.33422/icrpconf.v1i1.283>
- Gonzaga, E. A. (2023). *The Effects of Self-Esteem and Academic Engagement on University Students' Performance.*
<https://doi.org/https://doi.org/10.3390/bs13040348>
- Guykens, P. W., & Murti, H. A. S. (2025). *Self-Acceptance and Resilience in Students Working on Their Thesis. 13(1), 99–105.*
- Hafiz, A. (2024). *Hubungan antara Self-Esteem dengan Depresi pada Mahasiswa.*
- Hamidah, N. D., Priasmoro, D. P., & Nurmayunita, H. (2024). *KRISIS SEPEREMPAT BAYA (QUARTER LIFE CRISIS) PADA MAHASISWA TINGKAT AKHIR KEPERAWATAN DI ITSK RS. Dr. SOEPRAOEN MALANG. 10. (2), 232–238.*
- Hamraoui, Y., Attouche, N., Housbane, S., & Agoub, M. (2023). Self-esteem and assertiveness in medical students in Casablanca, Morocco. *Middle East Current*

- Psychiatry*, 30(1), 1–6. <https://doi.org/10.1186/s43045-023-00325-1>
- Hutahaean, B. S. H., & Sumampouw, N. E. J. (2018). *Self-Esteem Building Training for University of Indonesia Students Experiencing Psychological Distress*. 9(2).
- Iqomah, Meyritha, & Yoga. (2021). *Gambaran Quarterlife Crisis pada Emerging Adulthood*. 4(2), 93–101.
- Jaafar, W. M. W., Wang, X., & Sulong, R. M. (2025). *Building better learners : exploring positive emotions and life satisfaction as keys to academic engagement*. <https://doi.org/10.3389/feduc.2025.1535996>
- Kaligis, F., Ismail, R. I., Wiguna, T., Prasetyo, S., Indriatmi, W., Gunardi, H., Pandia, V., & Magdalena, C. C. (2021). Mental health problems and needs among transitional-age youth in Indonesia. *International Journal of Environmental Research and Public Health*, 18(8). <https://doi.org/10.3390/ijerph18084046>
- Kalita, G. (2023). *a Comparative Study on Self Confidence of the Undergraduate and Postgraduate Arts Stream Students of Dibrugarh University, Assam*. 6(1), 2320–2882. www.ijcrt.org
- Karpika, I. P., & Segel, N. W. W. (2021). *QUARTER LIFE CRISIS TERHADAP MAHASISWA STUDI KASUS DI FAKULTAS KEGURUAN DAN ILMU PENDIDIKAN UNIVERSITAS PGRI MAHADEWA INDONESIA*. 22(2), 513–527. <https://doi.org/10.5281/zenodo.5550458>
- Kistom, J. (2022). *Berdamai dengan Quarter Life Crisis: Seni Menerima Segala Masalah, Menumbuhkan Bahagia, dan Melanjutkan Hidup*. Anak Hebat Indonesia. <https://books.google.co.id/books?id=wSipEAAAQBAJ>
- Liao, C., Ting, C., Cheng, Y., Chen, K., Liu, A., & Hsueh, T. (2025). Exploring the sequential mediation model of coping humor , self-esteem , resilience , and subjective well-being among Taiwanese university students. *Acta Psychologica*, 255(February), 104879. <https://doi.org/10.1016/j.actpsy.2025.104879>
- Maharani, P. K. G. K., & Merida, S. C. (2025). *Social Comparison and Quarter-Life Crisis in Generation Z : A Study of Instagram Users*. 6(1), 28–39.
- Mariyanti, S., Lunanta, L. P., & Ratnaningtyas, A. (2025). *Depresi Mahasiswa Ditinjau dari Keberfungsian Keluarga dan Quarter Life Crisis*. 4(1), 2290–2298.
- Mitchell, L. L., Smith, J. L., Baranski, E. N., & Whitbourne, S. K. (2022). *Implications of Identity Resolution in Emerging Adulthood for Intimacy, Generativity, and Integrity Across the Adult Lifespan*. 36(5), 545–556. <https://doi.org/10.1037/pag0000537>. Implications

- Mou'taz Billah, H., Sarasati, B., & Raya, J. (2024). Pengaruh Religiusitas Terhadap Quarter Life Crisis Pada Mahasiswa Universitas Bhayangkara Jakarta Raya. *Jurnal Ilmiah Multidisipliner*, 36(8), 36–43. <https://doi.org/10.5281/zenodo.13152465>
- Muchsin, E. N., & Huda, A. (2024). Gambaran Mental Di Usia Quarter Life Crisis. *Jurnal Ilmu Kesehatan Mandira Cendikia*, 3(12), 46–53.
- Muharom, F., Pracoyo, A., Nelmidia, N., & Paulina, P. (2024). Pengaruh Self-Concept, Self-Esteem, Self-Efficacy, Dan Teknologi Informasi Terhadap Kinerja Mahasiswa (Studi Pada Mahasiswa Stie Indonesia Banking School Angkatan 2020-2023). *Journal of Accounting, Management and Islamic Economics*, 2(2), 645–662. <https://doi.org/10.35384/jamie.v2i2.638>
- Murphy, M. (2011). *Emerging adulthood in Ireland: Is the quarter-life crisis a common experience? September*.
- Mutia, J., Nur, D., Sari, P., & Septimar, Z. M. (2024). Pengaruh Self Esteem Dan Self Confidence Terhadap Academic Burnout Pada Mahasiswa Keperawatan Tingkat Akhir. 2, 238–243.
- Nasution, A. M. N., & Pratiwi, D. D. (2024). Hubungan Self-esteem Dengan Quarter Life Crisis Pada Dewasa Awal di Lingkungan Hamparan Perak. *Jurnal Penelitian Pendidikan, Psikologi Dan Kesehatan (J-P3K)*, 5(3), 1159–1165.
- Nurjaman, T. A., & Putra, D. S. (2021). *Pengaruh Social Comparison Dan Self Esteem Terhadap Quarter-Life Crisis Pada Dewasa Awal*.
- Nursalam. (2020). *Metodologi Penelitian Ilmu Keperawatan: Pendekatan Praktis* (Edisi ke-5). Jakarta: Salemba Medika.
- Orosz, G., Török, L., & Szabó, Z. P. (2022). Promoting a growth mindset decreases behavioral self - handicapping among students who are on the fixed side of the mindset continuum. *Scientific Reports*, 1–8. <https://doi.org/10.1038/s41598-022-11547-4>
- Orth, U., & Robins, R. W. (2019). *Development of Self-Esteem Across the Lifespan*. 41(31).
- Palimbu, B. L., Minarni, & Taibe, P. (2025). Homesickness pada Mahasiswa Perantau di Makassar : Sebuah Tinjauan Deskriptif. 5(51), 51–57. <https://doi.org/10.56326/jpk.v5i1.5588>
- Permadi, D. A., Nurbian, P., & Suyanti. (2026). Hubungan Religiusitas dengan Quarter Life Crisis Mahasiswa Semester Akhir. 4, 112–119.

<https://doi.org/https://doi.org/10.62383/wissen.v4i1.1543>

- Pradhika, D., & Japar, M. (2024). *HUBUNGAN ANTARA DUKUNGAN SOSIAL TEMAN SEBAYA DAN RELIGIUSITAS DENGAN QUARTER LIFE CRISIS PADA MAHASISWA AKHIR UMS*. 1–17.
- Prameswari, C. P., Saftika, D. D., Aidillah, E., & Isyanawulan, G. (2025). Tindakan Refleksif Mahasiswa Tingkat Akhir dalam Menghadapi Quarter Life Crisis. *Jurnal Sosiologi Andalas*, *11*(1), 35–48. <https://doi.org/10.25077/jsa.11.1.35-48.2025>
- Praptiningsih, N. A., Mil, S., Mulyono, H., Villarama, J. A., Tulo, N. B., & Olarte, N. S. (2025). *Quarter life crisis in the communication process on early adulthood*. *10*(1), 111–126.
- Pratiwi, I., & Hertinjung, W. (2023). dan Keharmonisan Keluarga Bagi Kesehatan Mental Mahasiswa Universitas Muhammadiyah Surakarta. *Jurnal Psikologi*, *19*.
- Putra, R. C., & Irawaty, E. (2024). Hubungan self-esteem dengan tingkatan stres pada mahasiswa kedokteran Universitas Tarumanagara angkatan 2020-2022. *Tarumanagara Medical Journal*, *6*(1), 126–134. <https://doi.org/10.24912/tmj.v6i1.31072>
- Putri, G. N. (2019). *Quarter Life Crisis*. Elex Media Komputindo. <https://books.google.co.id/books?id=6HrEDwAAQBAJ>
- Riyanto, A., & Arini, D. P. (2021). Analisis Deskriptif Quarter-Life Crisis Pada Lulusan Perguruan Tinggi Universitas Katolik Musi Charitas. *Jurnal Psikologi Malahayati*, *3*(1), 12–19. <https://doi.org/10.33024/jpm.v3i1.3316>
- Robbins, A., & Wilner, A. (2001). *Quarter life crisis : The unique challenges of life in your twenties*. Tarcher/Putnam.
- Robinson, O. C., Petrov, N., Vleioras, G., Çok, F., Özdoğan, H. K., Yeler, Z., Berber, K., Millova, K., Sajjad, S., Dutra-Thomé, L., Rahayu, M. N. M., Rasyida, A., Aprodita, N. P., Mishra, S., Sharma, P., Srivastava, A., Dermitzaki, I., Spyrou, A., Mante, E., ... Fisher, A. (2025). Quarter-life Crisis Episodes in Emerging Adulthood: A Mixed-Methods Analysis of Data From Eight Countries. *Emerging Adulthood*, *0*(0), 1–16. <https://doi.org/10.1177/21676968251380890>
- Rose, R. J., Berg, H. F. Van Den, Bartels, M., Sauce, B., Palviainen, T., & Kaprio, J. (2026). *Association of Self-esteem with Mental Health and Personality : The Contribution of Genetic and Environmental Factors*. 29–38.
- Rosenberg, M. (1965). *Society and The Adolescent Self-Image*. Princeton University

Press.

- Rosenberg, M. (2015). Society and the adolescent self-image. *Society and the Adolescent Self-Image*, 1–326. <https://doi.org/10.2307/2575639>
- Salsabila, A., & Rosida, U. (2023). *Peran dukungan sosial dalam menghadapi fase quarter life crisis dewasa awal penyandang disabilitas fisik*. <https://doi.org/10.22219/cognicia.v11i1.26176>
- Sanchez-Sanchez, H., Schoeps, K., & Montoya-Castilla, I. (2025). Emotion Regulation Strategies and Psychological Well-Being in Emerging Adulthood: Mediating Role of Optimism and Self-Esteem in a University Student Sample. *Behavioral Sciences*, 15(7). <https://doi.org/10.3390/bs15070929>
- Sareba, E. L., & Umar, M. F. R. (2025). *Self Esteem dan Self Disclosure pada Mahasiswa di Kota Makassar*. 5(1), 266–272. <https://doi.org/10.56326/jpk.v5i1.5838>
- Shafiq, T., Hamidullah, Ullah, I., Khan, H., Khan, U., Uddin, Y., & Pervaiz, S. (2024). *PREVALENCE OF LOW SELF -ESTEEM AMONG UNDERGRADUATE NURSING STUDENTS OF PUBLIC AND PRIVATE SECTOR COLLEGES OF SWAT*. 3–6.
- Simón, E. J. L., Puerta, J. G., Gijón, M. K., & Malagón, M. C. G. (2024). *Influence of Self-Efficacy , Anxiety and Psychological Well-Being on Academic Engagement During University Education*.
- Siregar, I. K., & Putri, S. R. (2019). *Hubungan Self-Efficacy dan Stres Akademik Mahasiswa*. 6(2), 91–95.
- Sugiyono. (2019). *Metode Penelitian Kuantitatif, Kualitatif, dan R&D* (Edisi ke-2). Bandung: Alfabeta.
- Usmi, R. S., Hasibuan, S. J., Elkhailista, A., Harahap, T. A., & Miftahuddin. (2025). *Faktor Penyebab Quarter life crisis Di Kalangan Mahasiswa*. 12(01), 262–274. <https://doi.org/10.26740.cjpp.v12n1.p262-274>
- Vee, K. (2025). *Mengatasi Quarter Life Crisis: Membuat Keputusan yang Bijaksana untuk Masa Depan Anda*. Penerbit Andi. <https://books.google.co.id/books?id=dxZHEQAAQBAJ>
- Walshe, Ó. (2018). *The Quarter-Life Crisis: Investigating emotional intelligence, self-esteem and maximization as predictors of coping self-efficacy*. 3(32), 1–44.
- Wijaya, D. A. P., Maulana, M. R., & Anugerahaini, A. (2024). *Self-Esteem between Social Support and Quarter-Life Crisis*. 08, 4668–4674.

- Wolitzky-Taylor, K., Wen, A., Freimer, N., & Craske, M. G. (2025). Anxiety and depression in emerging adults: The STAND program as a model of scalable screening and intervention. *Neuropsychopharmacology*, *March*, 1–15. <https://doi.org/10.1038/s41386-025-02174-4>
- Yeler, Z., Berber, K., Özdoğan, H. K., & Çok, F. (2021). Quarter Life Crisis among Emerging Adults in Turkey and Its Relationship with Intolerance of Uncertainty. *Turkish Psychological Counseling and Guidance Journal Yeler*, *11(61)*, 245–262. <http://turkpdrrergisi.com/index.php/pdr/article/view/937>
- Yongmei, H., & Yumin, R. (2024). Relationship between Physical Self and Interpersonal Distress in Undergraduates: Mediating Effect of Self-Acceptance. *ISRG Journal of Arts, Humanities and Social Sciences (ISRGJAHSS)*, *2(2)*, 116–120. <https://doi.org/10.5281/zenodo.10842283>
- Yulian, H. (2024). *Tidak Ada yang Sempurna: Seni Memaksimalkan Kelebihan di Antara Kekurangan*. DIVA PRESS. <https://books.google.co.id/books?id=BQY6EQAAQBAJ>
- Yuliwarto, A. T., & Satiningsih. (2023). *Self-Esteem Pada Perempuan Dewasa Awal Penyintas Childhood Maltreatment Abstrak*. *10(03)*, 4–7.
- Zainafree, I., Maharani, C., Rasyad, U. F. N., Wahyuningsih, A. S., Hermawati, B., Putra, T. B., Khasanah, A. F., Syukria, N., Saefurrohimi, M. Z., Hakam, A., Zaimatuddunia, I., Amrita, Prasetya, H. Y., Sopha, K. H., Pandanwangi, S. R., Wigatie, R. A., Mofu, A. S. S., Susanti, I., Simanullang, A. N. B., & Fadzilaturrahman, M. A. (2024). Mental Health Condition of Adolescents to Early Adulthood: A Study of Indonesian College Students. *Journal of Korean Academy of Psychiatric and Mental Health Nursing*, *33(4)*, 422–430. <https://doi.org/10.12934/jkpmhn.2024.33.4.422>