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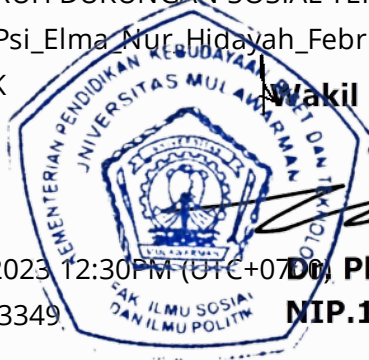
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PENGARUH DUKUNGAN SOSIAL TERHADAP QUARTER-LIFE CRISIS PADA DEWASA AWAL

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ABSTRACT
 This study aims to determine the effect of quarter-life crisis social support on early adulthood. This study uses a quantitative approach. The subjects of this study were 158 early adults who experienced a quarter-life crisis who were selected using a purposive sampling technique. Data collection uses a modified quarter-life crisis scale (25 items $\alpha = 0.88$), and a modified social support scale (20 items $\alpha = 0.77$). The results of this study indicate that there is a negative and significant effect between social support and quarter-life crisis, with a value of r count = 0.984 > r table = 0.156 and a value of $p = 0.000 < 0.050$. That is, the higher the social support, the lower the individual enters the quarter-life crisis phase in his early adulthood.

ABSTRAK
 Penelitian ini bertujuan untuk mengetahui pengaruh dukungan sosial quarter-life crisis pada dewasa awal. Penelitian ini menggunakan pendekatan kuantitatif. Subjek penelitian ini adalah 158 orang dewasa awal yang mengalami quarter-life crisis yang dipilih dengan menggunakan teknik purposive sampling. Pengumpulan data menggunakan skala quarter-life crisis yang dimodifikasi (25 butir $\alpha = 0.88$), dan skala dukungan sosial yang dimodifikasi (20 butir $\alpha = 0.77$). Hasil penelitian ini menunjukkan bahwa terdapat pengaruh negatif dan signifikan antara dukungan sosial dan quarter-life crisis, dengan nilai r hitung = 0.984 > r tabel = 0.156 dan nilai $p = 0.000 < 0.050$. Artinya, semakin tinggi dukungan sosial maka semakin rendah pula individu tersebut memasuki fase quarter-life crisis pada masa dewasa awalnya.
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