

ABSTRAK

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Judul : Hubungan *Self-Esteem* Dan Dukungan Sosial Terhadap *Quarter Life Crisis* Pada Mahasiswa Tingkat Akhir Fakultas Ekonomi Dan Bisnis Universitas Muhammadiyah Prof. Dr. Hamka

Latar Belakang : Mahasiswa di perguruan tinggi harus dapat menyelesaikan studinya untuk memperoleh gelar. Banyaknya kendala dalam menyelesaikan tugas akhir membuat mahasiswa tingkat akhir rentan mengalami rasa cemas, stres, kehilangan motivasi dan rasa percaya diri yang dapat menghambat mereka dalam menyelesaikan tugas akhir. Kegagalan mahasiswa dalam menjalani proses penulisan tugas akhir seringkali mengakibatkan rendahnya tingkat harga diri

Tujuan : Mengetahui hubungan *self-esteem* dan dukungan sosial terhadap *quarter life crisis* pada mahasiswa tingkat akhir di Fakultas Ekonomi dan Bisnis Universitas Muhammadiyah Prof. Dr. Hamka

Metode : Metode penelitian kuantitatif dengan desain penelitian potong lintang (*cross sectional*). Sampel pada penelitian ini terdiri dari 205 responden dan dianalisis dengan uji *Chi-square*

Hasil : Rata-rata usia mahasiswa tingkat akhir yaitu antara 23,22 tahun, dengan mayoritas berjenis kelamin perempuan memiliki tingkat *self-esteem* tinggi, dukungan sosial tinggi dan *quarter life crisis* yang rendah. Ada hubungan antara *self-esteem* terhadap *quarter life crisis* dengan p-value 0,000 ($<0,05$). Ada hubungan antara dukungan sosial terhadap *quarter life crisis* p-value 0,000 ($<0,05$). Terdapat hubungan yang signifikan antara *self-esteem* dan dukungan sosial terhadap *quarter life crisis* pada mahasiswa tingkat akhir Fakultas Ekonomi dan Bisnis Universitas Muhammadiyah Prof. Dr. Hamka

Kesimpulan : Hasil penelitian menunjukkan bahwa sebagian besar mahasiswa memiliki *self-esteem* dan dukungan sosial yang tinggi dan *quarter life crisis* yang rendah

Kata Kunci : Self-esteem, Dukungan Sosial, Quarter life crisis

Daftar Pustaka : 43 sumber (2019-2023)

ABSTRACT

Name : Eriana Febrianti

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Title : *The Relationship between Self-Esteem and Social Support for Quarter Life Crisis in Final Year Students of the Faculty of Economics and Business, University of Muhammadiyah Prof. Dr. Hamka*

Background: this research is motivated by students in higher education must be able to complete their studies to obtain a degree. The many obstacles in completing the final project make final year students vulnerable to experiencing anxiety, stress, loss of motivation and confidence which can hinder them in completing the final project. The failure of students in undergoing the final project writing process often results in a low level of self-esteem.

Objective: This study aims to determine the relationship between self-esteem and social support for the quarter life crisis in final year students at the Faculty of Economics and Business, University of Muhammadiyah Prof. Dr. Hamka

Method: This study uses a quantitative research method with a cross sectional research design. The sample in this study consisted of 205 respondents and was analyzed by the Chi-square test.

Results: The average age of final year students was between 23.22 years, with the majority of women having high levels of self-esteem, high social support and low quarter life crisis. There is a relationship between self-esteem and quarter life crisis with a p-value of 0.000 (<0.05). There is a relationship between social support and the quarter life crisis p-value 0.000 (<0.05). There is a significant relationship between self-esteem and social support for the quarter life crisis in final year students at the Faculty of Economics and Business, Muhammadiyah University, Prof. Dr. Hamka

Conclusion: The research results show that the majority of students have high self-esteem and social support and low quarter life crisis

Keywords: Self-esteem, Social Support, Quarter life crisis

Bibliography : 43 sources (2019-2023)