

Quarter-Life Crisis in Generation Z Adults

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Abstract: Quarter-life crisis is a stage of emotional crisis that occurs in individuals in their 20s including feelings of helplessness, isolation, self-doubt, and fear of failure. Meanwhile, generation Z or iGen refers to the generation that is in the period between 1995-2010 which can also be called iGeneration, net generation, or internet generation. Generation Z or iGen has special characteristics regarding the quarter-life crisis and shows different behavior when facing the quarter-life crisis. Early adulthood itself is a time of shifting from an egocentric view to an empathetic attitude. The purpose of this study is to reveal the description of the quarter-life crisis in early adults of Generation Z or iGen. This research is descriptive qualitative research. Interviews are used as a method of extracting data on one informant. The results of this study are the subjects experience frustration when they cannot motivate themselves, panic over pressure from the family environment and social suspicion, experience helplessness when listening to music that is listened to as if it follows their life, and the inability to multitask. in their social life. have a purpose in life because they are haunted by an uncertain future, and unhappiness because the subjects is unsure of their partner and other problems related to opposite-sex relationships to friendship.

1 INTRODUCTION

The development of technology in Indonesia is currently very fast. This makes it easier for humans to live their daily lives. One of these technologies is gadgets that are increasingly sophisticated and affect human lifestyles. There are so many models and functions of gadgets offered by electronics companies that humans can use to help with their every activity, starting with a large RAM or ROM capacity to the quality of the camera from the gadget. All these rapid developments are expected to make it easier for people to live and respond to the challenges of an increasingly complex world. One of the generations who get this convenience is Generation Z or iGen. Generation Z or iGen is a generation that was born with rapid technological developments. Almost every generation Z or iGen life is related to technology such as electronic use, internet network, etc. One of the conveniences of Generation Z is the exploration of the world. Although technological developments are growing very rapidly, the problems faced by humans will also be increasingly complex. This is indeed continuous considering that technological developments also affect the human perspective in dealing with problems. However, humans have various ways to temporarily forget or even relax their minds from the problems they face. One of them by listening to

music. In this era, there are various kinds of music genres that can be heard by humans. Coupled with the development of technology, people don't have to bother listening to their favorite music genre until they come directly to a concert. This is because the development of technology is also accompanied by the development of various applications according to needs. One of them is the Spotify application, where this application offers various genres of music from both Indonesian and foreign bands. So, humans don't need to come directly to concerts because it is easy to enjoy various genres of music only with cellphone technology through the Spotify application as an intermediary.

Humans are creatures that have good physical, cognitive, and socio-emotional development. In developmental psychology, several stages are described before reaching maturity both physically, cognitively, and socioemotionally. Where is one of the stages of human development has a long-term influence starting from early adulthood. Where this period is the culmination of several stages so that when the wrong decision is made, it will have an impact on the next life. According to Santrock (Hayati, 2020), Early adulthood is a transition period from an egocentric attitude to an empathetic attitude. At this point, relationship decisions play an important role. In early adulthood a person begins to have intimate relationships with the opposite sex.

According to Hurlock (Hayati, 2020) said that early adulthood starts from the age of 18 years to around 40 years. According to Santrock (Agoes, 2003), young adults include transition periods, both physical transitions, cognitive transitions, and social role transitions. Physical transition (physical transition) according to (Agoes, 2003) that young adults experience a transition from puberty to old age. At this point, the person is no longer called the time of responsibility but has been classified as a truly mature person. Intellectual Transition (cognitive transition) according to the assumption (Agoes, 2003), the Cognitive abilities of young adults are included in the formal operational stage and sometimes reach a later formal stage. At this level, young adults can solve complex problems with abstract, logical, and rational thinking skills. Transitioning social roles, they will follow up on relationships with their girlfriends (dating), to get married soon to form and maintain a new home life. i.e. separated from his parents.

One of the events associated with early adulthood is the quarter-life crisis. The quarter-life crisis is a period of emotional crisis in people in their twenties, including feelings of helplessness, isolation, self-doubt, and fear of failure. (Atwood and Scholtz in Balzarie Balzarie & Nawangsih, 2019) Where this event is an impact when entering early adulthood. This is related to the interest in establishing interpersonal relationships where we will meet various kinds of human traits that make us feel helpless, isolated, doubting our abilities, and fearing failure. Anxiety in the face of the future is one real example that is often experienced by someone when entering early adulthood and is accompanied by a Quarter-life crisis.

The research entitled "*Quarter-Life Crisis in Generation Z Adults*" describes generation Z or iGen in facing a quarter-life crisis where they live in rapid technological developments and the impact that occurs when Generation Z or iGen fails to face the quarter-life crisis.

2 METHODS

This research is descriptive qualitative research. Semi-structured interviews were used in extracting data in this study. The subject of this research is a generation Z or iGen who is experiencing a Quarter Life Crisis with an authoritarian parenting background. Interviews were conducted four times with one face-to-face meetings and three telephone calls via the WhatsApp application.. The data

analysis technique of this research is the analysis technique of Miles and Huberman (Sugiyono, 2009), suggesting that activities in qualitative data analysis are carried out interactively and take place continuously until complete so that the data is saturated. Activities in data analysis consist of data reduction, data display, and conclusion drawing/verification.

3 RESULT

The subject in this study was a third-semester student who tended to experience a quarter-life crisis. Currently, the subject is 20 years old as the first child of three siblings. The subject is someone who comes from a well-to-do family even though the subject also works part-time on the sidelines of his lecture activities. The subject is an individual who is close to the surrounding environment and has few friends. The treatment of parents to the subject is the same as in general where the subject's parents always provide what is needed and try to make the subject comfortable when at home. However, the subject's parents often put pressure in the form of expectations beyond the subject's ability. On the other hand, the subject said that his parents gave him freedom but, the subject was also required to be independent and obey what his parents wanted. One of the demands of the subject's parents is to work part-time as a salesman, the subject does not want this job, however, his parents force the decision. Considering that the subject is a closed person and the first child who has more demands from his parents, the subject took the initiative to continue his education at the university level to improve his poor communication skills, the subject chose the Communication Science study program where previously the subject had a gap year for 1 year.

The subject is a generation Z who was born between 1995-2010. Generation Z has experience with the rapid development of technology such as gadgets that are currently increasingly sophisticated and indirectly affect how subjects adapt to the environment and how to solve problems. Like the subject in this study, the subject is an individual who at the time of junior high school had experienced a victim of bullying by his friends. With the treatment of friends who bullied him, the subject felt excluded, unappreciated, inferior (insecure) feel useless in his school environment. To overcome what they felt after getting treatment from their friends, the subject had an interest in the art of music and the subject liked the rock music genre with mellow lyrics. The

subject has an interest in rock music with mellow lyrics starting at SMK where the subject previously did not understand the meaning of the lyrics so the subject began to search and find the conclusion, namely, rock music listened to by the subject had the same experience and the subject felt not alone with the experience. what happened to him in middle school.

Thus, the subject perceives the lyric music that is heard as very by the experience he experienced as a victim of bullying. Plus the subject is close to his social environment so the music he listens to makes the subject more sensitive to things that can hurt his feelings. The subject reasoned that the lyrics contained in some rock music, the subject felt he was not alone in feeling the suffering. One quote that often makes the subject drift into negative feelings is the lyrics of a song called Pittsburgh-The Amity Affliction, "I've been searching for an exit, but I am lost inside my head, where I spend every waking moment wishing I was dead". Where in the song lyric quote which is usually heard by the subject has a mellow meaning that can make the subject frustrated.

Subjects find it difficult to build their confidence. This is because the subject's existence has never been appreciated it creates a feeling of inferiority toward the subject. The subject thought that his shame had so strongly affected him as a result of the difficulty in building his confidence. The subject is not able to initiate communication with other people, especially with new people who do not know the subject. This is because the subject is closed to his social environment, when entering the community, the subject tends to find it difficult to open a conversation. The subject has tried to overcome his distrust but has not found a solution. The following is an excerpt from an interview with the subject:

"I have quite a problem in terms of building self-confidence. Inside me I have too ingrained a sense of shyness, a sense of uneasiness, to feel free. I haven't found an answer to this question yet."

As a result of his distrust, the subject feels reluctant and cannot motivate himself to be busy with his daily activities as a salesman who requires good communication skills with his customers or prospective customers. It makes the subject experience frustration. Among the descriptions of the subject's frustration are stress due to the difficulty of establishing communication with new people, low self-esteem because they have shortcomings and are different from the

achievements of others, despair when facing a problem and do not understand the solution, and feeling worthless because they have so many shortcomings compared to others. others.

The surprising thing is, the subject is someone who often thinks negatively about his existence in a new environment which makes the subject feel uncomfortable, causing excessive anxiety. The following is an excerpt from an interview with the subject:

"I often think negatively, maybe I feel that people make me talk. Although they are not necessarily like that, this has indeed happened to me and I guessed that it was true. I experienced this not 1-2 times but, also not very often. When I am in a tense situation, my body's response is of course my heart is pounding and sweating. This is not without reason, because I am a part-time salesperson, while I am a shy person and don't talk much as a result, I couldn't help but experience this, although not every day. For sleep patterns, messy. But, since middle school I've been like this, the difference is that I didn't overthink."

Based on the statement the subject often feels anxiety when in a new environment which has an impact on feeling panicked. This happens repeatedly on the subject so it creates negative feelings that accumulate continuously. Among the subject's panic picture are insomnia and overthinking as a result of delusions. This happens considering that delusions affect the subject's level of consciousness where the subject always remembers the bad incident every time he wants to rest.

When the subject often faces difficult situations in the form of often being compared either with relatives or other people. This makes the subject feel that he has no value in front of people it creates a feeling of rebellion. The subject always harbors this negative feeling because people who often compare the subject have high power compared to the subject. The following is an excerpt from an interview with the subject:

"I have the desire to rebel, but because I often feel weaker than someone who compares me, in the end, I often can only accept the bitter talk. I also often help my parents work, which makes me a part-time student, although for some part-time people it is fun because it earns an income, for me it is very torturous because I am required to do various jobs at one time and I can't do that. The problem is when I'm on my way

to solving a problem, my (faith) often falters. To quote a lyric from a song called Pittsburgh-The Amity Affliction "I've been searching for an exit, but I am lost inside my head, where I spend every waking moment wishing I was dead." that's pretty much how I am."

Based on the statement, the subject has the desire to rebel against something that makes him feel restless and the subject has found a way to get out of the situation but, has no power because that person has higher power than the subject. In this case, the owner is the parent. The subject understands that he can't be independent yet, so he swallows the bitter talk. One of the decisions made unilaterally by the subject's parents is that they are required to enter the world of sales. The subject has powerlessness in multitasking with a picture of confusion in dividing time between lectures and part-time work which results in the subject's potential not being developed.

Subjects have a habit of listening to music and one of the characteristics of Generation Z or iGen is mastery of technology. Where the subject listens to music through technological intermediaries, one of which is a cellphone, and finds song lyrics that lead to self-frustration which has an impact on the subject's quarter-life crisis in the form of helplessness. Subjects often vent their negative emotions by listening to rock genre songs with mellow lyrics. Not infrequently after listening to the song the subject has the desire to end his life but, is reluctant to commit suicide. Maybe some people think that the rock music genre has fairly rough vocals, is not very clear, and considers music that has no meaning. However, the subject provides a detailed explanation of rock genre music with mellow lyrics, one example of which is entitled Pittsburgh-The Amity Affliction, which does have a deep enough meaning for a rock genre song. Where the subject assumes that the song reflects his life and the people who have the same fate as him.

On the sidelines of the interview, the subject explained his wishes for the future. However, the subject feels that this desire is only wishful thinking because he has responsibility for his family in the future. This may be because the subject is the first child who becomes the benchmark in the family, when faced with a problem, the problem tends to be decided unilaterally by the parents so the subject often feels indecisive in determining the direction of his life. One of the decisions made unilaterally by the subject's parents is that they are required to enter the world of sales. The following is an excerpt from an interview with the subject:

"For now, you could say the future I want, quite a lot of dreams that I can finally make come true. However, I always felt indecisive in choosing the direction of life because I was demanded what my parents wanted, not what I wanted, and until now it can be said that the direction of my life flows according to destiny. Well, the name of humans still feels a lot lacking, lack of gratitude is a word that always emphasizes to me, but it's hard to get rid of the word 'less'."

The subject has a desired future but, it is often difficult to start the first step. This is caused by an authoritarian parenting pattern that always demands and directs the subject to take action which results in not being able to develop according to what is desired. The subject feels useless because the direction of his life is always regulated by his parents as if he is unable to regulate the direction of his own life and surrenders the flow of his life according to destiny.

Before the interview ended, the subject told about several experiences where it was the beginning of unhappiness in his life. Starting with being trapped in a complicated love relationship, unwanted part-time work, to the tendency to avoid interpersonal relationships with the following interview description:

"I haven't had a relationship like going out with the opposite sex. This is not without reason considering that when I like the opposite sex it is always at the wrong time and it always happens over and over again, namely, being in the third person. And of course, I don't want to cause conflict one day so, I prefer not to approach the opposite sex again because of the trauma of it and I hope one day I find someone who is the same as me, who is both tired in love affairs and has serious intentions with me. And about part-time work as a salesman, I don't like it because I am required to have good communication skills, whereas, I am a closed person and sometimes have difficulty dealing with prospective clients or clients, however, I always act professionally towards prospective clients or clients."

Subjects have the trauma of interpersonal relationships due to conflicts they have experienced in the form of being a third party. The subject feels unhappy about the relationship so, intends to avoid interpersonal relationships that result in the scope of

friendship. However, besides this, the subject always wants interpersonal relationships that will one day bring happiness. The subject has unhappiness with part-time work as a salesman because of coercion from his parents. Considering the subject has a closed personality so, it is the opposite of that. However, the subject had self-awareness of these weaknesses, so he decided to continue his education at the university level with the Communication Studies study program and hoped to cover up the subject's weaknesses.

4 DISCUSSION

According to Manheim (Peramesti & Kusmana, 2018), Generation is a social structure in which groups of people of the same age and with the same historical experience exist. He further explained that individuals who are part of a generation are those who were born in the same year within a period of 20 years and are in the same social and historical dimensions. On the other hand, according to Bencsik & Machova (Peramesti & Kusmana, 2018), Generation Z or iGen refers to the generation that is in the period between 1995-2010 which can also be called iGeneration, net generation, or internet generation. They are similar to Generation Y, but can do all of the following activities at the same time: For example, tweet on your phone, surf the web on a PC or listen to music on a headset. What they do mostly have to do with the virtual world. In Generation Z, everyday life is always colored by technology as well, such as paper-based exams now have moved to cell phones or computers, and listening to music using cassettes/CDs or radio is now made possible by cell phones or computers or technology. In addition, payment methods that used to be direct or cash payments can now be made via E-Wallet, etc. This is inevitable as humanity races to create tools that make life easier.

According to Atwood and Scholtz (Balzarie & Nawangsih, 2019) Quarter-life crisis is a stage of emotional crisis that occurs in individuals in their 20s including feelings of helplessness, isolation, self-doubt, and fear of failure. The quarter-life crisis has signs in the form of emotional reactions such as frustration, panic, helplessness, no purpose, and so on. Sources of unhappiness and anxiety revolve around work problems, interpersonal relationships, finances, and other personal characteristics (Tanner et al in Balzarie & Nawangsih, 2019). Thus, information was obtained that the subject had the following picture of a quarter-life crisis.

4.1 Frustrated

According to Katz and Lehner (Julaeha, 2019), Frustration is a drive, need, and inhibition of various human impulses, all of which cannot be satisfied together, and some cannot be satisfied naturally. The following are some of the subject's frustrating experiences: disappointed with the results of college admissions so, decided to have a gap year for 1 year, wanted to focus on college but was unable to because most of the time was spent working part-time as a salesman, wanted to have a partner but, failed because he was involved in a dispute interpersonal, want to achieve a life like other people but, have not been able to because of a lack of self-motivation. The expression displayed is a sadness that is always buried.

4.2 Panic

According to (Greenberger et al., 2004), Anxiety is one of the most stressful emotions felt by many people. In this case, anxiety is described as phobias, feelings of panic, post-traumatic disorders, obsessive-compulsive disorders, and generalized anxiety disorders. Subjects for no apparent reason experience panic attacks such as heart palpitations, excessive sweating, trembling hands, feeling dry in the mouth, wanting to drink continuously, and losing focus and confusion. The subject also feels that he is being talked about by other people so the subject withdraws from the social environment even though, part-time the subject is a salesman who requires interacting with other people.

4.3 Helpless

When the subject is in an undesirable environment, the subject has the desire to rebel but has no power except with people who are lower than the subject. The power referred to here is the power to influence every action of the subject under his control. On the other hand, parenting has contributed to causing a sense of rebellion and when the subject wants to get out of the situation, the subject does not find a way out even though he has tried to avoid the feeling of rebellion. This includes the description of the subject having a fear of failure, where the subject does not have full power over the decisions caused by parenting parents who always take part in deciding everything so that, when the subject is faced with a difficult decision, he tends to have a fear of failure and surrender. return to parents in the hope of minimizing failure.

Then the subject also has a habit of listening to music where one of the characteristics of generation Z or iGen is the mastery of technology so, the subject listens to music through technological intermediaries, one of which is a cellphone and finds song lyrics that lead to self-frustration which has an impact on the subject's quarter life crisis. One of the focuses of the quarter-life crisis in this study is the impact of music on the emotional state of Generation Z or iGen. According to (Lidyansyah, 2014), music is associated with activity and brings psychological effects. From the results of the research, Sloboda found that music is closely related to mood swings and can cause calm. Subjects often vent their negative emotions by listening to rock genre songs with mellow lyrics. Not infrequently after listening to the song the subject has the desire to end his life but, is reluctant to commit suicide. Maybe some people think that the rock music genre has fairly rough, unclear vocals and considers music to be meaningless, however, the subject gives an example of rock music with mellow lyrics entitled Pittsburgh-The Amity Affliction, which does have quite a meaning. in for the class of rock genre songs. Where the subject assumes that the song reflects his life and the people who have the same fate as him. This study looks at the other side of the impact of music on subjects who experience a quarter-life crisis. Thus, the subject experiences helplessness when listening to music that is listened to as if it is following his life and the inability to perform multitask style in his social life.

4.4 Have no purpose in life

Subjects are often confused in determining their life goals where the subject's life goal is to make peace with the past and want to develop with its potential, coupled with feelings of insecurity and low self-esteem that affect individuals in determining their life goals. when the individual knows the problem and how to solve the problem, the subject cannot act immediately because the subject is always confused when he finds a choice that is quite difficult and varied. The subject feels useless because the direction of his life is always regulated by his parents as if he is unable to regulate the direction of his own life.

4.5 Unhappiness (job, career, interpersonal, financial, and other personal characteristic problems)

Subjects have the trauma of interpersonal relationships due to conflicts they have experienced

in the form of being a third party. The subject feels unhappy about the relationship so, intends to avoid interpersonal relationships that result in the scope of friendship. Where subjects tend to choose friends of the same gender. However, the subject also wants interpersonal relationships that will one day bring happiness. The subject has unhappiness with part-time work as a salesman because of coercion from his parents. This is because the subject has a closed personality that is contrary to his work. However, the subject had self-awareness of these weaknesses, so he decided to continue his education at the university level with the Communication Studies study program and hoped to cover up the subject's weaknesses. In this case, the picture that occurs is that expectations do not match expectations because the subject has a dream to find happiness through work, career, and interpersonal relationships, but does not get it because he is trapped in past experiences and parental intervention.

5 CONCLUSION AND RECOMMENDATION

It was concluded that music which is a favorite of Generation Z or iGen can affect the quality of the quarter-life crisis. In the frustration aspect, the subject is sensitive to the song being listened to so the feelings experienced by the subject are getting stronger when or after listening to the music they like. It makes the subject immersed in feelings continuously. The music also affects the strength of the subject's powerlessness to overcome his problems. As a result of this, the subject is also unable to perform the multitasking style as most of Generation Z or iGen have. The description of the quarter-life crisis on the subjects in this study is as follows: experience frustration when they cannot motivate themselves, panic over pressure from the family environment and social suspicion, experience helplessness when listening to music that is listened to as if it follows their life, and the inability to multitask. in their social life. have a purpose in life because they are haunted by an uncertain future, unhappiness because the informant is an element of their partner, and other problems related to opposite-sex relationships to friendship.

It is recommended for the next researcher conduct a quarter-life crisis research on more subjects to find out how the impact of the subject's favorite music on the quarter-life crisis. The next researcher is advised to study more deeply the

psychological dynamics of quarter-life crisis sufferers with different or different backgrounds to obtain varied research results.

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