

Quarter Life Crisis Among First Daughter

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ABSTRACT

In general, girls do not want to experience a quarter life crisis, but every individual must experience changes and stages in going through the life process, especially for first-born girls who move from adolescence to adulthood. Various negative feelings arise, pressure both external and internal which if not can be controlled capable of causing a quarter life crisis. The purpose of this study is to find out how first daughters face a quarter life crisis, other factors that cause a quarter life crisis in first daughters, and the efforts of first daughters in responding to a quarter life crisis. The characteristics of the participants in this study were the first daughter aged 18-29 years and unmarried. The data collection method used is qualitative with a case study approach using in-depth interviews with thematic analysis methods. This study obtained results regarding the quarter life crisis in first daughters caused by excessive anxiety about the future and a sense of responsibility towards oneself and the closest people, especially family. The efforts of the first daughter in dealing with her quarter life crisis are motivation, hope, good interpersonal relationships and religiosity.

Keywords: first child, quarter life crisis, women.

Introduction

In general, girls don't want to experience an emotional crisis or a quarter life crisis, but every individual must experience changes and stages in going through the life process, especially for first-time girls who move from adolescence to adulthood. The changes experienced by individuals are not always interpreted positively. Negative feelings arise such as confusion, anxiety, helplessness, and fear of failure. If this feeling is not handled properly it will result in an emotional crisis ranging from frustration to depression and other psychological disorders. This emotional crisis is referred to as a quarter-life crisis (Atwood & Scholtz, 2008).

Due to the importance of environmental factors and also close relatives, especially family, can make a person develop better depending on what the surrounding environment has given, therefore there are many phenomena regarding girls who are required to always be a person who must be perfect and can be a shield for the family. including his younger siblings, as well as being a good example even though not many know that behind all these demands there is mental and physical health that needs to be taken care of. According to Fischer (2008) quarter-life crisis is a feeling that arises as a result of worries about relationships, careers, and social life experienced by individuals around their 20s. Meanwhile, according to Atwood & Scholtz (2008) explains the term quarter life crisis, namely where individuals experience a crisis condition emotionally, namely feelings of self-doubt, helplessness, isolation and fear of failure that are generally experienced by individuals in their 20s.

Therefore, it can be concluded from several definitions according to experts regarding quarter life crisis, which is a situation that makes individuals feel confused about identity and question life goals, which causes anxiety about the future, fear of failure, comparing oneself with those around them, to stress and stay away from the surrounding environment.

According to (Dickerson, 2014), more women experience quarter life crises than men because the demands of women now are not only limited to marrying and caring for a family, but to be able to work, have a good career and financial condition, and build a social life. So that in this way it results in the appearance of depression, excessive anxiety and stress in some women in the early adult stage.

Quarter Life Crisis is a psychological term that refers to emotional states that are generally experienced by individuals aged 18 to 29, such as worry, doubt about their own abilities, and confusion in determining the direction of life. Quarter life crisis is a response to increased instability, constant change, facing many choices and feelings of panic and helplessness, usually these conditions appear in individuals aged 18 to 29 years (Robbins & Wilner, 2001). Compared to life crises which are often characterized by feelings of failure to achieve the desired goals and aspirations, quarter life crises tend to be the fact that individuals do not yet have clear goals in life or have unrealistic goals. Moreover, seeing the state of individuals who have different levels of anxiety about the future are also different.

According to Thouless (2000) the internal factors that are considered to contribute to the quarter-life crisis are personal experiences, morals, emotional and affective factors, and intellectual capacity factors, while the external factors are social and environmental conditions, level of education, traditions and culture and demands to live everyday. From these several factors, it is clear that many are experiencing a quarter life crisis.

The phenomenon experienced by first-born girls themselves can be found on social media, comparisons of first-born and other children become an individual reference in living life, so that these comparisons can affect mental health, especially for first-daughters. Based on an interview on "Women and Quarter Life Crisis" with a clinical psychologist at Yogyakarta State University Cania Mutia., M.Psi., Psychologist and Founder @perempuanspoke (in Bahasa Indonesia).

"Quarter life crisis ini banyak terjadi di kalangan perempuan, karena banyak sekali tuntutan-tuntutan yang diberikan kepada perempuan yang memasuki usia 20-an mulai dari harus menikah, setelah menikah harus punya anak, harus menjadi independent women"

Based on these quotes, it can be seen that the quarter life crisis for women looks complicated and difficult for some women to live. The focus of the researchers on the first daughter is that apart from external demands, there are definite internal demands, namely from within and also from the family. Based on research conducted by FeiFei Bu (2014) explains that there are 13% more ambitious traits possessed by first daughters than first male children, and 4% first daughters are more likely to have higher education than their siblings. This is what makes women who have their first child experience a quarter life crisis so they are worried about their responsibilities for their family and those around them as well as being the first daughter.

Therefore, the focus of this research is to look at how the first daughters face and go through the quarter life crisis stages or stages that occur in their lives, as well as whether there are other factors that cause them to experience a quarter life crisis, and how they live their lives during the quarter life crisis.

Based on the phenomena that have been explained, this research is expected to be able to dig deeper into the quarter life crisis phenomenon that occurs in first daughters, and to be able to describe in detail the factors and causes of this quarter life crisis in first daughters.

Going through a quarter life crisis is not an easy thing for every individual, but a quarter life crisis must be passed and lived by every individual, especially the first daughter. Demands from

both external and internal must be lived as well as possible. Therefore, this research will dig deeper into the phenomenon of quarter life crisis in first daughters to be able to describe in detail and in depth how the first daughters experience the quarter life crisis and how first daughters attempt to deal with the quarter life period. the crisis that is being experienced.

Method

The characteristics needed in this study are that the subject is the first girl who is experiencing or has experienced a quarter life crisis, so the way to find out that the researcher is experiencing a quarter life crisis is by in-depth interviews with all subjects until the information and characteristics of the subject can fulfill the information according to characteristics of a quarter life crisis that researchers need. Robinson (2015) also shows that women are found to report experiencing crises in early adulthood more than men. Therefore this study focuses on the subject of first-time daughters to find out more about the quarter life crises that occur in their lives. The subject of this study was the first unmarried girl aged 18 to 29 years. Quarter life crisis is a response to increased instability, constant change, facing many choices and feelings of panic and helplessness, usually these conditions appear in individuals aged 18 to 29 years (Robbins & Wilner, 2001).

Choosing a subject who is able to articulate his views also requires patience. Therefore, interviews were conducted with as many as possible, but then some subjects were re-selected to reveal more about themselves through further interviews. In this case the researcher first approaches the subject as an introductory stage, which then the researcher starts with casual chats, and the questions asked are not structured. This is intended to eliminate the formal impression of obtaining the necessary data.

Sugiyono (2009) said data collection techniques are the most important step in research, because the main goal of research is to obtain data. Without knowing the collection technique, the researcher will not get data that meets the established data standards. This research is a qualitative research in which the data collection techniques to be carried out are as follows:

Interview

In this study using in-depth interviews or in-depth interviews with the respondents involved. Interviews will also be carried out online when there is some information that has not been fulfilled after conducting in-person interviews. Interviews were also not only conducted with the respondent, but were also conducted with several people closest to the respondent to obtain more in-depth data about the respondent.

Observation

Observations to be made in this study are direct and indirect observations. The purpose of direct observation is to get more in-depth information about the respondents, both the behavior and attitudes shown to those closest to them (parents/family) or other people. So that in this way will other factors that influence respondents related to research problems be seen.

Indirect observation will also be carried out in order to obtain more information about the respondents. Observations were carried out on several activities that the respondent would carry out, before the observation the researcher would ask permission from the respondent's parents and of course also with the respondent from before the observation was carried out, of course the researcher had provided information about what things would be done when this research was started and until the research its over. One of the observations used is field observation where the researcher will interact directly with the subject to find out more in-depth information about the subject, so that with so many things you will get about the quarter life crisis and other factors that exist in the research subject.

Data analysis, of course, is complemented by the results of the data that has been obtained from observations, interviews, and documents that have been collected. The data will be analyzed using thematic analysis, which is a way to analyze data with the aim of identifying patterns or finding themes through the data collected by researchers (Braun & Clarke, 2006). Interviews were conducted in person and online accompanied by field notes as well as observations that had been made. Documents from respondents also become additional information so that they will also be analyzed together with interviews and observations that have been carried out using descriptive narrative using word. Data analysis is an effort made by working with data, sorting, organizing and presenting the data into units that can be managed, synthesizing it, looking for and finding patterns, finding what is important and what is learned, and finding what can be told. to others (Moleong, 2004).

Results

Based on the data analysis that has been carried out on the research results of the two respondents, there are several results from friends in this study which are divided into 6 (six) important themes, namely; (1) problem solving, (2) indecisiveness in decision making, (3) anxiety, (4) feelings of being trapped in a difficult situation, (5) outlook on life and self-concept, (6) supporting factors. Of the six themes that have been obtained, it is a combination of aspects and also new findings obtained during this research. The description of the six themes is as follows.

Problem solving

Based on the results of the study, it was shown that in solving problems the two respondents were accustomed to solving their own problems without involving other people. In addition to solving their own problems, by crying the respondents feel calmer and can think more clearly to find solutions in order to solve problems.

Indecision in decision making

Based on the results of the interviews that have been conducted, the respondent feels that he is still wrong in making decisions, because the desire and skills that the respondent has are inversely proportional to the college major he has chosen so far. This is a form of quarter life crisis experienced by respondent R because based on the explanation from Nash & Murray (2010) and Piggolio (2015) expectations that do not match the reality of a choice are also one of the factors that cause a person to experience a quarter life crisis.

Anxiety

Based on the results of research that has been conducted, respondent R admits that he often feels anxious, from this he feels afraid and confused to overcome his feelings of anxiety so he cannot do anything.

The feeling of anxiety that arose for the two respondents resulted in the emergence of fear, fear of how to achieve the goals of each respondent that had been planned. Then also appeared a sense of responsibility that had been embedded in the two respondents how to make the people around them happy and proud, especially the family, even though there was no pressure at all from the people around but nevertheless, the respondent still felt that responsibility as a child. The first is in the family, namely helping both parents if they are unable to support them and their younger siblings. The feeling of anxiety that emerged from the two respondents was a factor in the occurrence of a quarter life crisis a) Fear. Respondents were afraid and confused about which path to choose to accelerate and assist them in achieving the goals they had planned. Respondents detailed in more detail the fear they felt, namely the fear of financial deficiencies and comparing the success others had with themselves. b) Responsibility. The results obtained from the interviews that have been conducted are that there is a sense of responsibility that exists in the two respondents arising from the condition of the parents, they must be able to help both

parents to fulfill their family life, namely by working. The results of the research that discussed the theme of a sense of responsibility by the two respondents were not much different, both of them had a sense of responsibility to support their respective families in their own way.

The feeling of being stuck in a difficult situation

Based on the results that were obtained during the interview with the two respondents, it was found that the respondent had an experience that made him feel very difficult, having to struggle to continue his life and his younger sibling alone. Basically, every individual experiences difficult situations, but the way of living and perspectives of different individuals makes it possible to overcome them. a) Negative self-assessment. The two respondents felt that there were still many shortcomings in him, resulting in negative thoughts about himself because goals had not been achieved and self-evaluating turned out that there were still many attitudes that needed to be corrected in order to become a better person. b) Self-esteem. Respondents are still confused about what they have to do and what strengths they have to be developed into skills that will later be used as a guide to continue life and also respondents see themselves as someone who is strong and also strong based on experiences that have been passed without two people old. Regardless of whether or not the parents of the first child have different roles and experiences in living their lives during this quarter life crisis. They have different perspectives but with the same goal.

Supporting factors

Based on the results of the research that has been done, there are several supporting factors that make the respondent able to survive and try to go through the quarter life crisis that is being experienced. a) Interpersonal relationship. Based on the results of research on interpersonal relationships, especially relationships with family, it is very much needed in the process of one's growth. In this study, there were good interpersonal relationships with both respondents from the family and close friends. This is in accordance with why explained by Thouless (2000) there are internal and external factors that are considered to contribute to the quarter life crisis, namely personal experience, morals, emotional and affective factors, and intellectual capacity factors, while external factors are social and environmental conditions, level of education, traditions and culture as well as the demands of daily life. b) Motivation. For the two respondents, the motivation described is a motivation that illustrates that it is for all first daughters to be able to live life with all the struggles so they don't give up quickly and continue to live a better life. Therefore motivation is really needed for someone who is experiencing a quarter life crisis to help individuals in living life. Being an encouragement, reminder and learning that can support individuals to change to become a better person. c) Hope. Based on the results of the research that was done, the two respondents showed very high expectations of themselves. One of them is the hope to be able to change something that according to respondents is not good to be good. So that with this hope, respondents are able to realize what is wrong and must be corrected by themselves so that they are able to undergo a quarter life crisis so that it can be controlled properly. This is a way to be able to encourage a better spirit to live life. d) Religiosity. Based on the results of research on religiosity being able to become a reinforcing factor for someone who is experiencing a quarter life crisis in accordance with recent research examining the role of religiosity in this quarter life crisis of 3.4%, namely research from (Habibie et al., 2019) which explains that religiosity affects the quarter life crisis, namely by 3.4% and the remaining 96.6% outside of religiosity which comes from internal and external factors.

Discussion

Basically the two respondents experienced the same thing regarding the quarter life crisis they were experiencing, but based on the results of research that had been conducted the two respondents had different experiences with different perspectives in dealing with their quarter life

crisis. Starting from solving the problem, namely by calming down first so that people around do not feel the negative emotions that the respondent is feeling. Although it can be said that the reaction of each respondent is different in solving the problem.

On the theme of feeling trapped in a difficult situation, when viewed from the results of the interview, one of the respondents specified what he wanted so that when something he wanted and tried to achieve had not been achieved he felt that this situation made him down and difficult to interact with people around a significant other from the respondent also said that indeed the respondent experienced difficult times in his life, especially after losing a parent figure in his life.

The feeling of anxiety experienced by the two respondents was the biggest causal factor that made it difficult for respondents to rise from the quarter life crisis. The feelings that arise are feelings of anxiety about the future so that they are afraid to face reality and are confused about what should be done to achieve their goals, afraid that later they will not be able to help both parents in continuing their younger sibling's school considering the age of both parents, with a sense of responsibility. owned by the respondent felt that he had to make and help both parents happy. The fear and anxiety that is felt arises due to thoughts made by the respondents themselves because based on the results of the interviews that have been conducted, there is no pressure at all from both parents and those around them regarding this matter. This is in accordance with the explanation regarding the fear of failure in achieving goals and demands and desires can cause anxiety and tension that make individuals feel anxious (Hinkelman & Luzzo, 2007).

The respondent has a view of life that makes him think negatively about himself and his future, but the respondent's planning for the future makes the respondent understand the deficiencies that exist in the respondent so that this becomes a challenge for the respondent to be able to evaluate what needs to be improved in the respondent.

So that it is difficult to overcome the various factors that cause the quarter-life crisis for the first daughter, which comes from oneself and also the immediate environment. Therefore there are supporting factors in the results of the research conducted by the two respondents so that they are able to make them survive in this quarter life crisis and because there is motivation both within the respondent and from experience that has been felt and also the two respondents have very strong expectations of himself and his future to rise and live in his own way.

On the theme of religiosity, one of the respondents explained that what he had done and lived from the past until now was a result of God's intervention which made him surrender more and put all his hope in God. Also reinforced by the explanation that religiosity greatly influences the behavior of individuals and has a role in adjusting to events that make individuals anxious (Peteet & Balboni, 1997), this is in accordance with the theme of anxiety experienced by one of the respondents. Therefore, religiosity is included in the individual supporting factors in facing the quarter life crisis in their lives.

Based on the results of the summary of the relations between the themes and sub-themes of the two respondents, there are supporting factors and the main causes of the quarter life crisis that occurred in the first daughter. The results of this study are also based on the different experiences of each respondent. This is related to the process of the occurrence of a quarter life crisis and the different ways of handling each respondent, namely how to solve problems, respect yourself and be able to learn from the experience gained to become a better person and be able to live well during a quarter life crisis. The findings that have been described are able to answer the three research questions, namely the problems experienced by the first daughter during the quarter life crisis, the factors that cause the occurrence of the quarter life crisis in the first daughter, and the efforts of the first daughter to survive and get through the quarter life crisis.

Based on the results of research that has been done using interview and observation methods, there are several implications for this research. First, based on the results of this study,

it was found that the first daughter has her own burden and responsibility to realize her own, family and other people's expectations, according to a survey conducted by Gardens & Stapleton (2012) using a semi-structured interview method regarding Quarter Life Crisis found that the big challenges experienced by groups in this phase are around identity, inner pressure, feelings of uncertainty, and depression. By making peace with yourself and trying to evaluate yourself, you can make your first daughter more able to live life comfortably and without worry. Even though it requires a process that is not so fast, it can be applied to everyday life. Communicating with those closest to you is also able to increase openness with one another so that there is no separate pressure from one of the parties, especially for the first daughter.

Second, the surrounding environment, especially family and other close relatives, is a problem that greatly influences the quarter life crisis in first daughters. Based on the research that has been done, there is no pressure from the family or people around. However, this pressure arises from oneself having enormous hopes and dreams caused by a sense of responsibility that is ingrained in every child, especially the first daughter. The surrounding environment can also be a factor causing the occurrence of a quarter life crisis which is very influential for the first daughter so that it has an increasingly difficult impact on living life. Therefore, during the quarter life crisis that is being experienced by the surrounding environment, especially family and close relatives, it can become a supporting factor for first daughters.

Finally, the opinion that first daughters must have very strong shoulders is true but cannot be used as a standard for all first daughters in life because it will create a separate burden that can refer to the causes of the quarter life crisis. Society and the environment, especially for each individual, must also place first daughters the same as other daughters. The only difference is experience and how each individual lives life and the desire to change in a better direction as time goes by.

In this study there were several limitations in research, namely in the process of data analysis, researchers still analyzed manually, so researchers needed to understand more in detail about the themes that would be included. Then in this study it is necessary to select and choose in detail related to the criteria for the quarter life crisis that respondents are experiencing before the research begins so as to get maximum results in the data collection process.

Conclusion

Based on research that has been conducted on the two research respondents regarding the quarter life crisis in the first daughter. There are several problems that often arise during the quarter life crisis experienced by first daughters, namely excessive anxiety that causes fear of the future, as well as a great sense of responsibility to make family and close relatives happy. There are several factors that cause a quarter life crisis in first daughters, namely those that come from themselves and also the surrounding environment such as family and close relatives. Then, based on the research results that have been obtained, there are supporting factors for each respondent in an effort to survive and undergo the quarter life crisis that is being lived, namely interpersonal relations, motivation, hope and also religiosity. The different experiences of each respondent are the strongest factor in living life during the quarter life crisis and in the life to come. The presence of several factors that appeared in each respondent greatly influenced the way the respondent went through the quarter life crisis and made this a self-evaluation so that he could become a better individual. This research can be used as a reference for understanding the situation of each individual in undergoing a quarter life crisis and not giving speeches or grouping individuals in a situation that makes them even more burdened. For further research, if you wish to re-examine the respondents, you must repeat the selection of respondents in order to get more interesting findings and so that the data collection process can be maximized and orderly. Then it is suggested

for further researchers to analyze using applications that can already be used in analyzing qualitative data.

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