

## DAFTAR PUSTAKA

- Almalail, S. N., & Rahmi, K. H. (2023). Hubungan Antara Kecerdasan Spiritual dengan Quarter Life Crisis pada Dewasa Awal. *INNOVATIVE: Journal Of Social Science Research*, 3(3), 8578–8588.
- Anggito, A., & Setiawan, J. (2018). *METODOLOGI PENELITIAN KUALITATIF* (E. D. Lestari (ed.); 1 ed.). CV. Jejak.
- Asrar, A. M., & Taufani, T. (2022). Pengaruh Dukungan Sosial Teman Sebaya Terhadap Quarter-Life Crisis Pada Dewasa Awal. *JIVA: Journal of Behaviour and Mental Health*, 3(1), 1–11. <https://doi.org/10.30984/jiva.v3i1.2002>
- Asta Patma Nugraha, M., Maryoso, S., Ismaya, B., Pelayaran Sumatera Barat, P., & Singaperbangsa Karawang, U. (2023). Quarter life crisis shape of inconsistency of Generation Z facing students' self maturation. *Edumaspul Jurnal Pendidikan*, 7(2), 2866–2870.
- Atwood, J. D., & Scholtz, C. (2008). The quarter-life time period: An age of indulgence, crisis or both? *Contemporary Family Therapy*, 30(4), 233–250. <https://doi.org/10.1007/s10591-008-9066-2>
- Azis, A. R., & Salam, P. A. (2018). Keefektifan layanan informasi berbasis instagram untuk meningkatkan kepercayaan diri siswa. *TERAPUTIK: Jurnal Bimbingan dan Konseling*, 1(3), 183. <https://doi.org/10.26539/1363>
- BPS 2023. (2023). *Statistik Indonesia Statistical Yearbook of Indonesia 2023* (Vol. 1101001).
- Badan Pusat Statistik
- <https://www.bps.go.id/publication/2020/04/29/e9011b3155d45d70823c141f/statistik-indonesia-2020.html>

- Chaniago, F. H. R. (2020). Hubungan komitmen organisasi dengan quarter life crisis pada mahasiswa yang mengikuti organisasi di fakultas psikologi uin sultan syarif kasim riau [universitas islam negeri sultan syarif kasim riau]. In *Jurnal Psikologi*. <http://etd.repository.ugm.ac.id/penelitian/detail/189610>
- Duara, R., Hugh-Jones, S., & Madill, A. (2021). 'Forced adulthood': An aspect of 'quarterlife crisis' suffered by young English and Assamese adults. *Qualitative Studies*, 6(1), 11–37. <https://doi.org/10.7146/qs.v6i1.124407>
- Fansyuri, A. K., & Fahiroh, S. A. (2021). Fenomena Quarterlife Crisis Dalam Menyongsong Revolusi. *Prosiding Temilnas XII Ikatan Psikologi Perkembangan Indonesia, Temilnas Xii*, 1–3.
- Fathimatuzzahro, D., Alfiyani, S., Anindya, J. M. R., Huwaida, M. H., Nurhidayati, S., & Sutopo. (2022). Implementasi Anxiety Management Dalam Menghadapi Quarter Life Crisis Pada Remaja Di Sukoharjo. *Dharmas Education Journal (DE\_Journal)*, 3(1), 131–144. <https://doi.org/10.56667/dejournal.v3i1.660>
- Fazira, S. H., Handayani, A., & Lestari, F. W. (2022). Faktor Penyebab Quarter Life Crisis Pada Dewasa Awal. *Jurnal Pendidikan dan Konseling*, 4(2), 1349–1358.
- Febristi, A., & Antoni, A. (2022). Penerapan Terapi Suportif Terhadap Penurunan Quarter Life Crisis Scale Pada Remaja Yang Tinggal Dipanti Asuhan Al-Ihsan Kampung Olo Nanggalo Padang Tahun 2022. *Jurnal Kesehatan Saintika Meditory*, 6(2)(085272228027), 525–535. <https://jurnal.syedzasaintika.ac.id>
- Fiantika, feni rita, D. (2022). Metodologi Penelitian Kualitatif Case Study. In Y. Novita (Ed.), *Rake Saraswati* (1 ed., Nomor Maret). PT. GLOBAL EKSEKUTIF

- TEKNOLOGI. <https://scholar.google.com/citations?user=OB3eJYAAAAJ&hl=en>
- Fischer, K. (2008). Ramen Noodles, Rent and Resumes: An After-College Guide to Life. In *Africa's potential for the ecological intensification of agriculture* (Vol. 53, Nomor 9).
- Fitrikasari, A., Wardani, N. D., & Muflihatunnaimah. (2022). *Siklus Kehidupan Dan Teori Perkembangan* (Vol. 1).
- <https://www.enstocks3v.top/ProductDetail.aspx?iid=312848580&>
- Habibie, A., Syakarofath, N. A., & Anwar, Z. (2019). Peran Religiusitas terhadap Quarter-Life Crisis (QLC) pada Mahasiswa. *Gadjah Mada Journal of Psychology (GamaJoP)*, 5(2), 129. <https://doi.org/10.22146/gamajop.48948>
- Hardani, Auliya, N. H., Andriani, H., Fardani, R. A., Ustiawaty, J., Utami, E. F., Sukmana, D. J., & Istiqomah, R. R. (2020). Metode Penelitian Kualitatif & Kuantitatif. In H. Abadi (Ed.), *CV. PUSTAKA ILMU GROUP* (1 ed., Vol. 6, Nomor 1). Penerbit Pustaka Ilmu. <http://repositorio.unan.edu.ni/2986/1/5624.pdf%0Ahttp://fiskal.kemenkeu.go.id/ejournal%0Ahttp://dx.doi.org/10.1016/j.cirp.2016.06.001%0Ahttp://dx.doi.org/10.1016/j.powtec.2016.12.055%0Ahttps://doi.org/10.1016/j.ijfatigue.2019.02.006%0Ahttps://doi.org/10.1>
- Hasyim, F. F., Setyowibowo, H., & Purba, F. D. (2024). Factors Contributing to Quarter Life Crisis on Early Adulthood: A Systematic Literature Review. *Psychology Research and Behavior Management*, 17, 1–12. <https://doi.org/10.2147/PRBM.S438866>

- Islami, Y. A. (2023). *Fenomena quarter life crisis dan upaya penanganannya pada mahasantri pondok pesantren al-qur'an al-masthuriyah semarang ( analisis bimbingan konseling islam ).*
- Jackson, Y., & Warren, J. S. (2000). Appraisal, social support, and life events: Predicting outcome behavior in school-age children. *Child Development*, 71(5), 1441–1457. <https://doi.org/10.1111/1467-8624.00238>
- Jayatissa, K. A. D. U. (2023). Generation Z – A New Lifeline: A Systematic Literature Review. *Sri Lanka Journal of Social Sciences and Humanities*, 3(2), 179–186. <https://doi.org/10.4038/sljssh.v3i2.110>
- 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. *Widyadari*, 22(2), 513–527. <https://doi.org/10.5281/zenodo.5550458>
- Kim, A., McInerney, P., Smith, T. R., & Yamakawa, N. (2020). *What makes Asia-Pacific's Generation Z different?* <https://www.mckinsey.com/capabilities/growth-marketing-and-sales/ourinsights/what-makes-asia-pacifics-generation-z-different>
- Kusumaningrum, N. A. D., & Jannah, M. (2023). Representasi Quarter Life Crisis Pada Dewasa Awal Ditinjau Berdasarkan Demografi. *Jurnal Penelitian Psikologi*, 10(2), 18–27. <https://ejournals.unmul.ac.id/index.php/psikoneo/article/download/4533/pdf>
- Kusumastuti, A., & Khoiron, A. M. (2019). Metode Penelitian Kualitatif. In F. Annisyah & Sukarno (Ed.), *Lembaga Pendidikan Sukarno Pressindo* (1 ed.).

- Lembaga Pendidikan Sukarno Pressindo (LPSP).
- Lestari, U., Masluchah, L., & Mufidah, W. (2022). Konsep Diri Dalam Menghadapi Quarter Life Crisis. *IDEA: Jurnal Psikologi*, 6(1), 14–28.  
<https://doi.org/10.32492/idea.v6i1.6102>
- Lev, T. A. (2021). Generation Z: Characteristics and Challenges to Entering The World of Work. *Cross-Cultural Management Journal*, XXIII(1), 107–115.  
[https://seaopenresearch.eu/Journals/articles/CMJ2021\\_I1\\_7.pdf](https://seaopenresearch.eu/Journals/articles/CMJ2021_I1_7.pdf)
- Mahapatra, G. P., Bhullar, N., & Gupta, P. (2022). Gen Z: An Emerging Phenomenon. *NHRD Network Journal*, 15(2), 246–256.  
<https://doi.org/10.1177/26314541221077137>
- Mamik. (2015). Metodologi Kualitatif. In M. C. Anwar (Ed.), *Angewandte Chemie International Edition*, 6(11), 951–952. (pertama, Vol. 3, Nomor 1). Penerbit Zifatama.  
<https://medium.com/@arifwicaksanaa/pengertian-use-case-a7e576e1b6bf>
- Manalu, A., Rosyani, & Nainggolan, S. (2014). Faktor-faktor yang mempengaruhi wanita bekerja sebagai buruh harian lepas (bhl) di pt. Inti indosawit subur muara bulian kecamatan maro sebo ilir kabupaten batanghar. *Tesis doctoral*, 2014(June), 1–2.  
[https://repositories.lib.utexas.edu/handle/2152/39127%0Ahttps://cris.brighton.ac.uk/ws/portalfiles/portal/4755978/Julius+Ojebode%27s+Thesis.pdf%0Ausir.salford.ac.uk/29369/1/Angela\\_Darvill\\_thesis\\_esubmission.pdf%0Ahttps://dspace.lboro.ac.uk/dspace-jspui/ha](https://repositories.lib.utexas.edu/handle/2152/39127%0Ahttps://cris.brighton.ac.uk/ws/portalfiles/portal/4755978/Julius+Ojebode%27s+Thesis.pdf%0Ausir.salford.ac.uk/29369/1/Angela_Darvill_thesis_esubmission.pdf%0Ahttps://dspace.lboro.ac.uk/dspace-jspui/ha)
- Mokalu, V. R., & Boangmanalu, C. V. J. (2021). Teori Psikososial Erik Erikson:

- Implikasinya Bagi Pendidikan Agama Kristen Di Sekolah. *VOX EDUKASI: Jurnal Ilmiah Ilmu Pendidikan*, 12(2), 180–192.  
<https://doi.org/10.31932/ve.v12i2.1314>
- Murphy, M. (2011). Emerging adulthood in Ireland: Is the quarter-life crisis a common experience? *Thesis of Family and Community Studies, September*, 1–44.  
<https://pdfs.semanticscholar.org/0f75/a32d8463a5b30b4c5c435219805e33a73eeb.pdf>
- Nugsria, A., Pratitis, N. T., & Arifiana, I. Y. (2023). Quarter life crisis pada dewasa awal: Bagaimana peranan kecerdasan emosi? *INNER: Journal of Psychological Research*, 3(1), 1–10.
- Nurjannah, A., Hasmawati, F., & Fitri, H. U. (2024). Komunikasi Psikologi Terhadap Quarter life crisis (Studi Kasus pada Mahasiswa Culture shock Prodi KPI). *Jurnal Psikologi*, 1(4), 9. <https://doi.org/10.47134/pjp.v1i4.2523>
- Oktaviani, P. M., & Soetjiningsih, C. H. (2023). Dukungan Sosial Dan Quarter Life Crisis Pada Fresh Graduate. *Proyeksi*, 18(2), 237.  
<https://doi.org/10.30659/jp.18.2.237-250>
- Permatasari, A., Marsa, M. A., & Setyonugroho. (2022a). *Dampak media sosial dalam quarter life crisis gen z di indonesia*. 7(8.5.2017), 2003–2005.  
[www.aging-us.com](http://www.aging-us.com)
- Permatasari, A., Marsa, M. A., & Setyonugroho. (2022b). Dampak media sosial dalam quarter life crisis gen z diindonesia. *Science*, 7(1), 1–8.
- Phangadi, M. (2019). *Peningkatan Pengidap Penyakit Mental pada Generasi Z*

- Periode 2013-2018.*
- Pichler, S., Kohli, C., & Granitz, N. (2021). DITTO for Gen Z: A framework for leveraging the uniqueness of the new generation. *Business Horizons*, 64(5), 599–610. <https://doi.org/10.1016/j.bushor.2021.02.021>
- Poll, H. (2020). *100 Recent Stats About Gen Z Every Marketer Needs To Know*. <https://theharrispoll.com/insights-news/reports/the-harris-z-tracker/>
- Putri, G. N. (2019). *QUARTER-LIFE CRISIS Ketika Hidupmu Berada di Persimpangan* (D. Putri (ed.)). PT Elex Media Komputlindo.
- Raco. (2010). Metode penelitian kualitatif: jenis, karakteristik, dan keunggulannya. In A. L (Ed.), *PT Grasindo* (1 ed.). PT Grasindo.
- Rahmasari, Y. (2023). *Religiusitas Dalam Menghadapi Quarter Life Crisis Pada Santri Pondok Pesantren Al- Qur ’ an Al -Amin Pabuaran Banyumas*. UIN PROF. K.H. SAIFUDDIN ZUHRI.
- Refelina Syafar, R., & Hasanah Siregar, R. (2022). The Role Of Neuroticism Personality Traits On Quarter-Life Crisis Moderated By Religiosity In Early Adult Women. *International Journal of Progressive Sciences and Technologies (IJPSAT)*, 35(2), 336–344.
- Robbins, A., & Wilner, A. (2001). Quarterlife crisis : the unique challenges of life in your twenties. In Penguin Putnam.
- <http://www.amazon.com/dp/1585421065>
- Rosyiddin, A. A. A., & Afandi, N. A. (2023). Quarter-Life Crisis in Generation Z Adults. *Proceedings of International Conference on Psychology, Mental Health, Religion, and Spirituality*, 1(1), 34–40.

<https://doi.org/10.29080/pmhhs.v1i1.1135>

Sakitri, G. (2021). Selamat Datang Gen Z , Sang Penggerak Inovasi. *Forum*

*Manajemen Prasetya Mulya*, 35(2), 1–10.

Stillman, D., & Stillman, J. (2017). *Gen Z @ work: How the Next Generation Is*

*Transforming the Workplace* (Nomor 0). NY : Harper Business, an imprint of

Harper Collins Publishers.

Utari, U. (2018). *Z generation yang berjiwa sosial* (Sulastri (ed.)).

Vasquez, J. P. R. (2015). Development and Validation of Quarterlife Crisis for

Filipinos. *The Asian Conference on Psychology & the Behavioral Sciences*,

*April 2015*, 447–459. [www.iafor.org](http://www.iafor.org)

Wijoyo, H., Indrawan, I., Cahyono, Y., & Handokp. (2020). Generasi Z & Revolusi

Industri 4.0 Penulis. In *Pena Persada Redaksi* (1 ed., Nomor July). CV. PENA

PERSADA.