

QUARTER LIFE CRISIS THE MILENIAL IN TERMS OF A GESTALT APPROACH

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Abstract

This research aims to examine the transitional periods that an individual goes through in their development, starting to show some of the problems felt by the individual, such as feeling anxiety, fear and emotional sadness in their life, which is called quarter life crisis using a gestalt approach. This research uses a literature review method where various relevant sources related to the gestalt approach in understanding the quarter life crisis will be reviewed. The research results showed that there were 7 millennial quarter life crises found, namely feelings experienced, anxiety about the future, helplessness in life, social/romantic relationships, career and work, personal views and spirituality. The Gestalt approach can provide a framework for the millennial generation to discover self-identity, personal growth and resilience in the face of challenges Quarter life Crisis. This supports them in developing self-awareness, taking responsibility, and living authentically, ultimately leading to a more fulfilling and meaningful life.

Keywords: *Quarter Life Crisis, Milenial, Gestalt Approach*

INTRODUCTION

Every human being experiences phases of growth and development in their life cycle. The human life cycle consists of several stages, starting from birth, childhood phase, adult phase to the elderly phase. When going through a period of growth and development, individuals are faced with several obstacles which can be manifested in various emotional conditions, such as anxiety, fear, sadness and so on. These obstacles arise as a result of the process of growth and development of individuals who experience changes in themselves both in physical, intellectual, language, emotional, social, moral and other aspects.

Developing individuals will go through stages of periodization in their lives, there are characteristic features that are of concern in individual development, namely when entering the transition period from adolescence to adulthood. Individuals who enter this transition phase begin to explore themselves, live independently, begin to develop values and build relationships. Syahri et al., (2022) stated that the transitional periods that an individual goes through in their development begin to show several problems felt by the individual, such as feeling emotional anxiety, fear and sadness in their life, which is called *quarter life crisis*.

In line with the opinion of Atwood and Robbins, individuals when going through the stages of their development are unable to respond well to the various problems they face, are projected

to experience various psychological problems, feel uncertain in uncertainty and experience an emotional crisis or what is usually called *quarter-life crisis* (Atwood & Scholtz, 2008; Robbins & Wilner, 2001). Fischer explained that *Quarter Life Crisis* is defined as a feeling of worry in an individual that arises due to uncertainty about future life or the future. This feeling of worry takes the form of relationships, career or work, and social life that occur to those in their 20s (Fischer, 2008). Thus, it can be interpreted that *Quarter Life Crisis* is one of the events that occurs during periodization or the transition phase from adolescence to adulthood. In several studies, it was revealed that *Quarter Life Crisis* occurs in individuals aged 18-30 years. Currently, those in this age range are known as millennials.

Millennials, also known as Generation Y or Gen Y, this term is used to describe someone born between 1981 and 1996, although there are other sources that state it is different by a year or two. This millennial is first used in the book *Generations* (1991) by William Strauss and Neil Howe, who stated that millennials are the correct name for the first generation to reach adulthood in the new millennium. Millennials are a group between Generation X (Gen Anyone born between 1981-1996 is considered a millennial, and those born after that from 1997 onwards are part of the new generation (Alicia, 2023; Dimock, 2019). If associated with *Quarter Life Crisis* towards the millennial generation, the results of research entitled "*Building Self-Concept In Millenials Generation by Recuding Quarter Life Crisis*" describes the implications of self-concept on duration *Quarter Life Crisis* millennial life. This research reveals that self-concept has a dominant contribution to reduction *Quarter Life Crisis*, and from this research concluded that self-concept has a dominant contribution to reducing *Quarter Life Crisis* a person (Zarqan et al., 2020). *Quarter Life Crisis* is a term used to describe the period of uncertainty and anxiety that many millennials experience in their twenties. This includes feeling overwhelmed with career choices, relationship problems, financial stress, and a general sense of confusion about their identity and life goals

Previous research shows that *Quarter Life Crisis* Millennials aged 20-30 years in Pekanbaru are in the medium category namely 43.22%, and is in the high category at 27.97% (Herawati & Hidayat, 2020), in line with this research, Fadhilah et al., (2022) also revealed that *Quarter Life Crisis* Millennials in general are still dominant in the middle category (70.4%). However, both of them agreed that *Quarter Life Crisis* what happens to millennials is dominated

by women, especially those who are unmarried and don't have a job (Fadhilah et al., 2022; Herawati & Hidayat, 2020)

Then the emergence *Quarter Life Crisis* due to the individual's inability to meet expected standards (Efandi & Efandi, 2021)

If the various problems described above cannot be resolved properly, they will result in an emotional crisis. *Quarter Life Crisis* understood as a response to conditions of mounting instability, constant change, and the many choices that arise in individuals aged 18 to 25 years, which are characterized by emotional characteristics such as frustration, panic, worry, lack of direction, tendencies leading to depression, anxiety, disappointment, loneliness, not progressing in life, and dissatisfaction with life and other psychological disorders (Robbins & Wilner, 2001; Stapleton, 2012). The implication of the various studies above is that to prevent *Quarter Life Crisis* for millennials, families are expected to be more supportive by providing support and trust for them to be able to make decisions and be responsible for their choices in the future (Putri et al., 2022).

One of the right therapies is used to help individuals cope with time *Quarter Life Crisis*, is to use a gestalt approach. The Gestalt approach is a psychotherapy approach that focuses on the present moment and the individual's experience of self and the environment. It aims to increase self-awareness and help individuals gain insight into their thoughts, feelings and behavior. Corey, (2016) explained that the Gestalt approach focuses on individual feelings, awareness of the present, body messages, and barriers to awareness.

This gestalt approach emphasizes what is happening now-and-here, and ongoing processes, not the past or the future. This approach is a theory that explains the perception process through organizing sensation components that have relationships, patterns, or similarities into a unity. A person tends to perceive what is visible from their environment as a unified whole (Orfanos, 2021)

Gestalt views humans positively as having the ability to assume personal responsibility and live fully as an integrated person (Mudana et al., 2014). Gestalt therapy aims to gain awareness. This awareness includes knowledge regarding the environment, individual personality, individual acceptance and the ability to build relationships. Increasing and enriching awareness is referred to as a curative step, without awareness individuals will not have the tools to change their

personality (Raffagnino, 2019). Lumongga explained that the main target in Gestalt therapy is achieving awareness. Without awareness, individuals will not be able to touch the dimensions of their personality that they want to reject or avoid. The process of continuously achieving awareness will produce understanding. Individuals who can fully understand their own situation will of course be more willing to take responsibility in making choices or determining decisions for themselves (Mudana et al., 2014). Based on the explanation above, the focus of the discussion refers to the questions: (1) How *Quarter Life Crisis* what do millennials experience? (2) How *Quarter Life Crisis* viewed from the gestalt approach?

RESEARCH METHODS

The method used in this research is library research. This research is called library research because the data data seconds_or materials needed to complete it research result. These are obtained from libraries from sources in the form of books, encyclopedias, dictionaries, journals, documents, magazines and so on. To search the database effectively, do a keyword search, namely "*Quarter Life Crisis*" and "gestalt approach" or "gestalt counseling". These references can be searched from Google Scholar, books, journals, research report articles and internet sites. The procedures in this research are: (1) have a general idea to determine the research topic, (2) look for sources of supporting information, (3) search for and find relevant reading material, (4) make notes, (5) review the reading material, (6) classifying reading material and (7) writing.

RESULTS AND DISCUSSION

Description *Quarter Life Crisis* Millennials

Quarter Life Crisis is a condition that causes an emotional crisis to emerge in an individual's psychological condition. This crisis occurs in individuals aged 18-25 years, or known as millennials. These millennials fall into the developmental period of the early adulthood phase. Individuals who are starting to enter adulthood are often faced with many choices, challenges and demands regarding their future. Wibowo, (2017) explains that there are several aspects when millennials enter their era *Quarter Life Crisis* namely feeling unsure about the path in life you are taking, feeling doubts that always come, feeling dissatisfied with what you have and have at the moment, lack of clarity in romantic relationships, feeling like you have failed in

living your life, trapped in a life that does not meet your expectations. Having longing for the past life, insecure about financial conditions, difficulty in making decisions, often changing jobs, away from spirituality, feeling like you don't like yourself, don't know what you want, comparing yourself with other people, as well as social pressure that judges life by other people's standards.

Other related research *Quarter Life Crisis for Students in terms of Demographic Factors* revealed that *Quarter Life Crisis* experienced by millennials in the form of confusion about determining goals in the future life, feeling depressed and helpless, feeling useless and lacking self-confidence and dissatisfaction with one's life, this is due to feeling less talented, not having knowledge regarding future life orientation, desires that have not been achieved, worry and fear about the future and harboring one's own feelings and problems (Fadhilah et al., 2022). In Indonesia, *Quarter Life Crisis* occurs in the 20s and is triggered by worries about the uncertainty of life in the future, especially regarding job prospects, social life, relationships and marriage, which is characterized by disturbing thoughts and feelings. (Putri et al., 2022)

Then looking at social media activity, millennials post more related content *Quarter Life Crisis* about mixed feelings, feeling stuck, wanting change, career, illness, school, and family (Agarwal et al., 2020). In line with Robinson's research is related *Quarter Life Crisis* proves that 86% of millennials out of 1,100 people admit to being stressed by the demands to be successful in their romantic relationships, financial conditions and related to their jobs who have worked before the age of 30. Two out of five millennials feel worried that the money they earn is not enough to meet their needs, another 32% of respondents feel pressured by the demands of having to get married and have children at the age of 30.6%, millennials have thought about immigration or moving to another place. and starting a new life, and another 21% want a complete change in career (Machfudh, 2020). *Quarter Life Crisis* affecting 86% of the millennial generation, which found that this generation experienced anxiety, disappointment, loneliness, and depression (Stapleton, 2012). Based on the explanation above, *Quarter life Crisis* experienced by the millennial generation can be seen in the Table 1.

***Quarter Life Crisis* Judging from the Gestalt Approach**

Gestalt approach therapy is a form of therapy that combines existential-humanistic and phenomenological, so that it focuses on the client's experience of "here and now" and combines

it with fragmented parts of the personality in the past (Lubis, 2011). Gestalt theory is a form of existential therapy that refers to the assumption that individuals must find their own path in life and accept personal responsibility if they hope to achieve maturity (Corey, 2016). According to Corey, the Gestalt approach looks at humans as active individuals are driven towards the totality and integration of their thoughts, feelings and behavior. Every individual has the ability to accept personal responsibility, has the drive to develop awareness that will lead to the formation of personal integrity or wholeness. Healthy individuals are those who believe in their own abilities, are responsible, have maturity and have self-balance (Corey, 2016).

Table 1. *Quarter Life Crisis* experienced by Millennials

NO	KATEGORI QLC	DESCRIPTION
1	The feelings experienced	Feeling stressed, feeling afraid, feeling not satisfied with what is obtained, feels not useless and have no self-confidence, loneliness and depression.
2	anxiety about future	Social pressures that judge life by other people's standards, confusion determines goals in the future life, worry and fear of the future, uncertainty living in the future of career, romance and financial, do not have related knowledge future life orientation
3	Deep helplessness life	Not sure about the current way of life passed through, failed to live life, trapped in a life that doesn't live up to expectations.
4	Social/romantic relationships	There is no clarity in romantic relationships pressured by the demands of success in a romantic relationship before the age of 30 stressed about having to get married
5	Career and work	Often changing jobs, wanting a complete change in career, demands to work and be established before the age of 30 years insecure about your financial condition

NO	KATEGORI QLC	DESCRIPTION
6	Self-view Personal	Feeling like you don't like yourself, no know what you want, compare yourself alone with others, feeling less talented, hide your own problems.
7	Spirituality	Stay away from spirituality

Related to *Quarter life Crisis* in millennials, Gestalt views that millennials who are in this phase show symptoms of not having maturity and balance in their lives, giving rise to feelings of not being able to accept the differences between themselves and others. Therefore, the Gestalt approach helps them to take responsibility for their actions, decisions and reactions. Apart from that, the main goal of this approach is to achieve awareness. Where individuals realize what they are doing, how to do it, and learn to accept and respect themselves.

The gestalt approach has several techniques in helping millennials to cope *Quarter life Crisis* what he experienced, namely by using training techniques I was responsible. This exercise helps millennials understand and understand their related emotional feelings *Quarter life Crisisnya*. My responsibility training according to Corey (2010) is intended to help clients acknowledge and accept their feelings rather than projecting their feelings onto others. In applying this technique, the counselor asks the client to make a statement and then the client adds to the statement with the sentence: "...and I am responsible for that". For example: "I feel bored, and I am responsible for that boredom" "I don't know what to say now, and I am responsible for that ignorance" (Syahri et al., 2022)

Application of the Gestalt approach to conditions *Quarter life Crisis* millennial generation can be done because it encourages millennials to engage in self-exploration and reflection, helping them gain a deeper understanding of their own values, interests and aspirations. This can lead to a more authentic and fulfilling life path, the Gestalt approach emphasizes the importance of personal responsibility and taking action. This encourages millennials to actively address the challenges and anxieties they face, rather than succumbing to passivity or avoidance. This proactive attitude can help millennials develop a sense of agency and empowerment, enabling them to make meaningful choices and take productive steps towards their goals, and the Gestalt

approach emphasizes the importance of the present moment and millennial experiences in the here and now. This can help millennials develop mindfulness skills, allowing them to stay grounded and focused amidst external pressures and expectations. By cultivating awareness, individuals can better manage stress, improve self-care practices, and make more conscious and intentional choices.

CONCLUSION

Millennials are the first generation to reach adulthood in the new millennium, born between 1981 and 1996, and are currently in the age range of 27-30 years. In this age range, millennials go through a developmental phase, namely transition, which is usually marked by emergence *Quarter life Crisis* such as expressing too much emotion, in the form of feelings of sadness, disappointment, fear and worry. The Gestalt approach can provide a framework for the millennial generation to discover self-identity, personal growth and resilience in the face of challenges *Quarter life Crisis*. This supports them in developing self-awareness, taking responsibility, and living authentically, ultimately leading to a more fulfilling and meaningful life.

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