

JUDUL: PERAN *SELF-EFFICACY* SEBAGAI MEDIATOR TERHADAP HUBUNGAN ANTARA RESILIENSI DAN *QUARTER-LIFE CRISIS* PADA *EMERGING ADULTHOOD*

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ABSTRAK

Masa *emerging adulthood* merupakan masa transisi dari kehidupan remaja ke dewasa awal yang seringkali menimbulkan kesulitan dan tantangan pada individu yang dapat menyebabkan terjadinya *quarter-life crisis* pada individu. Dalam menghadapi fenomena ini, individu membutuhkan resiliensi dan juga *self-efficacy* yang baik. Penelitian ini bertujuan untuk mengetahui peran *self-efficacy* sebagai mediator terhadap hubungan antara resiliensi dengan *quarter-life crisis* pada *emerging adulthood*. Penelitian ini dilakukan dengan menggunakan metode kuantitatif dengan menggunakan tiga alat ukur yaitu Connor-Davidson *Resilience Scale*, *General Self-efficacy Scale*, dan *Developmental Crisis Questionnaire*. Metode sampling dari penelitian ini adalah *stratified random sampling* sehingga didapatkan 365 partisipan. Metode analisis yang digunakan adalah analisis regresi menggunakan *path analysis*. Berdasarkan hasil dari *path analysis*, setiap jalur memiliki *p-value* < 0,05 sehingga seluruh jalur bersifat signifikan. Selanjutnya berdasarkan hasil SOBEL Test diketahui *value* dari *indirect effect* resiliensi terhadap *quarter-life crisis* melalui *self-efficacy* adalah -0,060, sedangkan *value* dari *direct effect* resiliensi terhadap *quarter-life crisis* adalah -0,138. Maka dari itu, dalam penelitian ini *self-efficacy* sebagai mediator berperan secara parsial terhadap hubungan antara resiliensi dan *quarter-life crisis* pada *emerging adulthood*.

Kata kunci : Resiliensi, *self-efficacy*, *quarter-life crisis*, *emerging adulthood*

TITLE : THE ROLE OF SELF-EFFICACY AS A MEDIATOR IN THE  
RELATIONSHIP BETWEEN RESILIENCE AND QUARTER-LIFE CRISIS IN  
EMERGING ADULTHOOD

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ABSTRACT

*The emerging adulthood period is a transition period from teenage life to early adulthood which often creates difficulties and challenges for individuals which can lead to a quarter-life crisis in individuals. In facing this phenomenon, individuals need resilience and good self-ability. This research aims to determine the role of self-efficacy as a mediator in the relationship between resilience and quarter-life crisis in early adulthood. This research was conducted using quantitative methods using three measuring tools, namely the Connor-Davidson Resilience Scale, General Self-Efficacy Scale, and Developmental Crisis Questionnaire. The sampling method for this research was stratified random sampling so that 365 participants were obtained. The analysis method used is regression analysis using path analysis. Based on the results of path analysis, each path has a p-value  $<0.05$  so that all paths are significant. Furthermore, based on the SOBEL Test results, it is known that the value of the direct effect of resilience on the quarter-life crisis through self-efficacy is -0.060, while the value of the direct effect of resilience on the quarter-life crisis is -0.138. Therefore, in this study self-ability as a mediator plays a partial role in the relationship between resilience and quarter-life crisis in early adulthood.*

Keywords : Resilience, self-efficacy, quarter-life crisis, emerging adulthood