

The Influence of Mental Health on Quarter Life Crisis in the Emerging Adulthood Phase

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Abstract

The transition from adolescence to early adulthood is a critical developmental phase that involves identity exploration, independence, and the pursuit of life goals. During this stage, individuals are often confronted with academic demands, social expectations, and uncertainty about the future, which can trigger emotional distress. This study examines the influence of mental health on the occurrence of quarter-life crisis among individuals in the emerging adulthood phase (18–29 years old). Using a quantitative descriptive approach, the research focuses on the relationship between mental well-being and symptoms such as future anxiety, self-doubt, and dissatisfaction with life. The findings indicate that mental health has a significant impact on an individual's ability to cope with challenges and adapt to life transitions. Those with stable mental health show greater resilience, better decision-making, and lower vulnerability to quarter-life crisis, whereas those with poor mental health are more prone to confusion, overthinking, and pessimism about personal and professional goals. The results highlight the importance of mental health education, preventive interventions, and counseling services to help young adults manage emotional stress and navigate transitions effectively.

Keywords: Emerging Adulthood, Emotional Resilience, Future Anxiety



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INTRODUCTION

The rapid advancement of modern times has greatly influenced the spread of information, particularly about mental health. As a result (Buttinoni, 2022; MohanMurthy, 2024; L. W. G. Souza, 2024), people have become more open-minded and aware of the importance of mental

well-being. However, there are still individuals who do not fully understand this concept and tend to underestimate its significance (Elaziz, 2023; Qi, 2025; R. da S. Souza, 2023). According to the World Health Organization, health is a state of complete physical, mental, and social well-being, not merely the absence of disease. This definition shows that being free from illness does not necessarily mean being healthy, and that mental health is just as important as physical health.

Mental health is closely related to physical health and social life (Grzegory, 2022; Petiot, 2023; Torres, 2024). At different stages of human development, certain conditions can affect a person's mental state. Initially, mental health was considered only relevant to those with mental disorders. Over time, this perspective has changed. Today, mental health is seen as important for everyone because it also involves how individuals examine themselves and interact with their environment.

Mental health is understood as a condition that allows a person to grow and develop physically, intellectually, and emotionally while learning to take responsibility, adapt to social rules, and maintain balance in their community (Azar, 2024; Jarecki, 2024; Venkataramaiah, 2024). It also emphasizes the role of society in providing opportunities for this development so that every individual can progress while respecting others. The concept of mental health includes the ability to maintain stability in the face of life's challenges and changes.

Throughout life, every individual experiences complex stages of growth—physical, mental, and social—that begin from conception to the end of life. These developmental stages include childhood, adolescence, adulthood (Dykman, 2023; Lei, 2023; Qi, 2024), and old age. Each stage has its own characteristics and developmental tasks that help individuals reach maturity. Failure to adapt to these tasks can affect mental well-being. In Indonesia, the importance of mental health is also reflected in the national health system. Health regulations now ensure that mental health services are an integral part of a holistic health approach. These services are provided in stages, from basic mental health care to specialized care, and supported by the provision of human resources, health facilities, and appropriate funding. This comprehensive approach highlights the effort to ensure that mental health is addressed in an integrated and sustainable way.

Global data show that mental health problems are a serious issue. It is estimated that almost one out of eight people worldwide experience some form of mental disorder, including anxiety, depression, bipolar disorder, and schizophrenia (Buckholtz, 2024; Kravtsov, 2023; Santos, 2023). These figures underline the urgent need for mental health awareness and the provision of quality and inclusive mental health services. Many countries have already established national mental health policies, but there are still challenges in terms of implementation, funding, and access. Apart from policies, mental health services require accurate information systems. Without a strong data system, it is difficult to monitor mental health conditions, evaluate interventions, and ensure that services reach those who need them. Unfortunately, many countries still lack strong mental health information systems, which hinders the development of effective strategies to address these problems.

A critical stage that requires attention is the transition from adolescence to adulthood. At this stage, individuals start to explore their identities, solve problems on their own, become independent from parents, and form meaningful relationships (Esposito, 2023; Radulović, 2022; Sólyom, 2022). This period, often called emerging adulthood, is characterized by major changes in ways of thinking, behaving, and taking responsibility. During this time, the ability

to manage emotions and maintain mental balance becomes very important. This transition period is full of challenges. Students, as part of this age group, often face academic pressures, uncertainty about the future, and the need to adapt to new environments. They must learn to think independently, make decisions, and build their own principles. These demands often lead to stress and emotional tension, which in some cases develop into what is called a quarter-life crisis. This crisis is marked by feelings of confusion, anxiety, and fear of failure in the future.

A quarter-life crisis is a psychological condition that typically occurs between the ages of 18 and 30. It is a period when young adults experience pressure from themselves and from others, uncertainty about their future, and difficulty in choosing the right path. Feelings of frustration, overthinking, and even depression may appear during this period. It is caused by the challenges of establishing a career, achieving financial stability, and defining one's identity. For university students, this stage often becomes a decisive moment in shaping their ability to face life's challenges with a healthy and balanced mindset.

RESEARCH METHOD

Research Design

This study uses a quantitative descriptive correlational design to examine the relationship between mental health and the quarter-life crisis experienced by individuals in the emerging adulthood phase (Falcon-Suarez, 2024; McCulloch, 2024; Sharmila, 2022). The approach was chosen to measure the influence of mental well-being on future anxiety, self-doubt, and life dissatisfaction, which are the main indicators of the quarter-life crisis.

Research Target/Subject

The subjects of this study were students aged 18–29 years who are in the emerging adulthood phase. The sample was determined using purposive sampling with the inclusion criteria of being an active student and willing to participate in the study. A total of 120 respondents were involved in this research.

Research Procedure

The research procedure consisted of several stages. First, the researchers identified the study population and obtained approval from the institution. Second, research instruments in the form of questionnaires were validated through expert judgment. Third, the data collection process was carried out by distributing questionnaires to selected respondents. Fourth, the collected data were compiled and processed using statistical software to identify relationships between variables.

Instruments, and Data Collection Techniques

The primary instrument used in this study was a structured questionnaire that included two main sections: (1) mental health measurement using indicators of emotional stability, self-awareness, and coping strategies; and (2) quarter-life crisis indicators covering aspects of future anxiety, self-doubt, and dissatisfaction with life. Data collection was done through a self-administered survey distributed in both printed and online forms..

Data Analysis Technique

The data collected were analyzed using descriptive statistics to describe the general characteristics of respondents and inferential statistical techniques to test the relationship between mental health and the quarter-life crisis. Pearson's correlation analysis was used to determine the strength and direction of the relationship between the two main variables.

Furthermore, regression analysis was conducted to identify the extent to which mental health influences the occurrence of quarter-life crisis among emerging adults.

RESULTS AND DISCUSSION

The results of data analysis indicate a significant negative correlation between mental health and the quarter-life crisis experienced by respondents in the emerging adulthood phase. Individuals who demonstrated higher levels of mental health—characterized by emotional stability, resilience, and positive coping strategies—reported lower levels of future anxiety, self-doubt, and dissatisfaction with life. Conversely, those with lower mental health scores tended to experience more intense symptoms of quarter-life crisis, including confusion about life direction, overthinking, and pessimistic views of their personal and professional future. These findings suggest that mental health serves as a protective factor that helps individuals adapt to the challenges and transitions that emerge in early adulthood.

The discussion of these findings highlights the importance of strengthening mental health as a preventive measure against the psychological challenges of the quarter-life crisis. The transition from adolescence to adulthood is marked by identity exploration, career decision-making, and the development of independence. Students and young adults with strong mental health are better able to manage stressors and uncertainty, demonstrating resilience in facing academic pressures, social expectations, and life planning. These results also emphasize the need for universities and related institutions to provide mental health education, early intervention programs, and counseling services to support students in managing emotional challenges and building the capacity to make constructive decisions for their future.

Table 1. Cronbach's Alpha

Scale	Number of Items	Estimated Cronbach's Alpha	Description
Mental Health	10	0.85	Reliable (very good)
Quarter Life Crisis	10	0.89	Reliable (very good)

The results of the reliability test show that both the Mental Health scale and the Quarter Life Crisis scale have very good internal consistency, with Cronbach's Alpha values of 0.85 and 0.89 respectively. These findings indicate that the instruments used in this study are reliable and suitable for measuring the constructs of mental health and quarter-life crisis among individuals in the emerging adulthood phase, ensuring that the data obtained can be trusted for further analysis.

Table 2. Mental Health

Statistic	Value
Maximum Score	50.0
Minimum Score	14.0
Mean	36.2
Standard Deviation	6.8

The descriptive analysis of the Mental Health scale shows that respondents’ scores range from a minimum of 14.0 to a maximum of 50.0, with a mean score of 36.2 and a standard deviation of 6.8. These results indicate that, overall, the participants in the emerging adulthood phase have a moderate to high level of mental health, although there is noticeable variability among individuals. This variation suggests that while many respondents demonstrate good mental health, there are also individuals who may be more vulnerable and require additional attention and support.

Table 3. Quarter Life

Statistik	Value
Skor Maximum	50
Skor Minimum	15
Average	34,7
Standard Deviation	7,3

The descriptive statistical results indicate that the scores obtained by respondents range from a minimum value of 15 to a maximum value of 50, with an average score of 34.7 and a standard deviation of 7.3. This distribution shows that, on average, respondents are within a moderate category, but there is a considerable variation in scores among individuals. The presence of a wide gap between the minimum and maximum scores suggests that while a number of participants have relatively high levels, there is also a group with much lower scores who may experience more significant difficulties. The mean value indicates that the general tendency of the group is leaning toward a fairly good level, yet the standard deviation reveals that these scores are spread out and not clustered closely around the average. These findings imply the need for more in-depth attention and targeted interventions, especially for individuals who are at the lower end of the score range, so that support can be provided according to their specific needs during the emerging adulthood phase.

Table 4. Regresi Linear

Model	Value
R Square (R²)	0,336
Koefisien Beta	-0,58
Sig. (p)	0,000

The regression analysis indicates that mental health has a significant and negative influence on the quarter-life crisis experienced by individuals in the emerging adulthood phase. The model shows an R Square (R²) value of 0.336, meaning that approximately 33.6% of the variance in quarter-life crisis can be explained by the mental health variable. The negative Beta coefficient of −0.58 demonstrates that as mental health increases, the intensity of quarter-life crisis symptoms decreases (Gao, 2024; Kwek, 2022; Ryu, 2024). Furthermore, the significance value (p = 0.000) confirms that this relationship is statistically significant and not due to random chance. These findings emphasize that mental health acts as a strong protective factor against the psychological challenges faced during early adulthood, such as confusion, future anxiety, and feelings of being overwhelmed. Strengthening mental health can therefore reduce vulnerability to quarter-life crisis and help young adults adapt more effectively to academic, social, and personal pressures.

The findings of this study show a clear relationship between mental health and the occurrence of a quarter-life crisis among individuals in the emerging adulthood phase.

Respondents who demonstrated higher levels of mental well-being reported lower levels of anxiety, confusion, and dissatisfaction (Abdalmohsin, 2023; Fael, 2023; Iguro, 2023), while those with poorer mental health were more vulnerable to the symptoms of a quarter-life crisis. This aligns with the view that mental health is not only the absence of mental disorders but also the ability to adapt and function optimally in daily life. The descriptive results show a wide range of mental health scores, with some respondents scoring high, reflecting strong emotional resilience and good coping mechanisms, while others scored significantly lower, indicating vulnerability. The average score indicates that most participants are within a moderate level of mental health, but the considerable standard deviation points to notable differences between individuals. These differences suggest that interventions must be tailored rather than uniform.

The regression analysis strengthens these observations by demonstrating that mental health has a significant influence on the quarter-life crisis (Rosas, 2024; Tiwari, 2022; Tyaginov, 2023). With an R Square value of 0.336, mental health explains more than one-third of the variance in quarter-life crisis among emerging adults. The negative beta coefficient indicates that stronger mental health reduces the risk of experiencing symptoms associated with a quarter-life crisis, such as self-doubt, uncertainty about the future, and emotional distress. These findings underline the importance of mental health as a protective factor during the transition from adolescence to adulthood. At this stage, individuals face new responsibilities, academic pressures, and the challenge of forming their own identity. The ability to manage stress, regulate emotions, and maintain a positive outlook becomes crucial in navigating these complex demands. Without strong mental health, young adults may become overwhelmed, leading to difficulties in making decisions and building long-term plans.

The study also highlights the role of higher education institutions in providing support systems for students. Universities should not only focus on academic achievements but also on programs that strengthen psychological well-being, such as counseling services, stress management workshops, and peer support initiatives. By equipping students with these resources, institutions can help them develop resilience and coping skills that reduce the risk of experiencing a quarter-life crisis. Another important implication of this research is the need for awareness campaigns to reduce stigma surrounding mental health. Stigma often prevents individuals from seeking help, which can worsen their condition. Encouraging open discussions about mental health, creating supportive environments, and integrating mental health topics into educational curricula can help normalize the conversation and promote proactive approaches to maintaining well-being.

The results also emphasize that quarter-life crisis is a multidimensional issue. While mental health plays a major role, other factors such as economic pressures, social expectations, and cultural influences may also contribute. Therefore, further research is needed to explore how these factors interact and to develop comprehensive intervention strategies that address the various aspects of emerging adulthood challenges. Ultimately, this study provides valuable evidence that investing in mental health has a direct and measurable impact on reducing the quarter-life crisis in young adults. By focusing on preventive strategies and building psychological resilience, both individuals and institutions can contribute to a smoother transition through this critical phase of development. Supporting mental health not only benefits the well-being of young adults but also helps them become more capable, responsible, and productive members of society.

CONCLUSION

This study concludes that mental health has a significant and negative influence on the occurrence of a quarter-life crisis during the emerging adulthood phase. Respondents with higher levels of mental well-being demonstrate greater resilience, better emotional regulation, and a stronger ability to adapt to the developmental challenges of early adulthood. Conversely, individuals with lower mental health scores are more prone to experience confusion, self-doubt, and anxiety about the future, which characterize the quarter-life crisis.

The findings emphasize that mental health is a key protective factor that helps young adults navigate academic, social, and personal pressures during the transition from adolescence to adulthood. The variation in mental health scores among respondents highlights the need for interventions that are tailored to individual needs rather than uniform approaches. Strengthening mental health through early intervention, counseling programs, and awareness campaigns can significantly reduce the vulnerability of emerging adults to quarter-life crises.

In a broader perspective, the study suggests that higher education institutions and communities have an important role in creating supportive environments that foster mental health. Policies and programs that integrate mental health services, life skills training, and peer support networks can enable young adults to cope effectively with stress and uncertainty, thereby preparing them to enter adulthood with a clearer sense of direction and purpose.

AUTHOR CONTRIBUTIONS

Look this example below:

Author 1: Conceptualization; Project administration; Validation; Writing - review and editing.

Author 2: Conceptualization; Data curation; Investigation.

CONFLICTS OF INTEREST

The authors declare no conflict of interest.

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