

HUBUNGAN ANTARA *PERFECTIONISM* DAN *INTOLERANCE OF UNCERTAINTY* DENGAN *QUARTER-LIFE CRISIS* PADA DEWASA AWAL

SKRIPSI

Diajukan Kepada Universitas Islam Negeri Sunan Ampel Surabaya
untuk Memenuhi Salah Satu Persyaratan dalam Menyelesaikan Program Strata
Satu (S-1) Psikologi (S.Psi)



INTAN SYAFIRA
11020121081

**PROGRAM STUDI PSIKOLOGI
FAKULTAS PSIKOLOGI DAN KESEHATAN
UNIVERSITAS ISLAM NEGERI SUNAN AMPEL
SURABAYA
2025**

PERNYATAAN

Dengan ini saya menyatakan bahwa skripsi yang berjudul “Hubungan antara *Perfectionism* dan *Intolerance of Uncertainty* dengan *Quarter-Life Crisis* pada Dewasa Awal” merupakan karya asli yang diajukan untuk memperoleh gelar Sarjana Psikologi di Universitas Islam Negeri Sunan Ampel Surabaya. Karya ini sepanjang pengetahuan saya tidak terdapat karya atau pendapat yang pernah ditulis atau diterbitkan oleh orang lain, kecuali yang secara tertulis di acui dalam naskah ini dan disebutkan dalam daftar pustaka.

Surabaya, 10 Desember 2024



Intan Syafira

HALAMAN PERSETUJUAN

Skripsi

HUBUNGAN ANTARA *PERFECTIONISM* DAN *INTOLERANCE OF UNCERTAINTY* DENGAN *QUARTER-LIFE CRISIS* PADA DEWASA AWAL

Oleh

INTAN SYAFIRA
11020121081

Telah Disetujui untuk Diajukan pada Seminar Skripsi

Surabaya, 11 Desember 2024



Rizma Fithri, S.Psi, M.Si
NIP. 197403121999032001

HALAMAN PENGESAHAN

SKRIPSI

HUBUNGAN ANTARA *PERFECTIONISM* DAN *INTOLERANCE OF UNCERTAINTY* DENGAN *QUARTER-LIFE CRISIS* PADA DEWASA AWAL

Yang disusun oleh
Intan Syafira
11020121081

Telah dipertahankan di depan Tim Penguji
Pada tanggal 7 Januari 2025



Mengetahui,
Dekan Fakultas Psikologi dan Kesehatan

Dr. phil. Khoirun Niam
NIP. 197007251996031004

Susunan Tim Penguji
Penguji I

Rizma Fithri, S.Psi., M.Si.
NIP. 197403121999032001

Penguji II
Prof. Dr. H. Moh. Sholeh, M.Pd.
NIP. 195912091990021001

Penguji III

Esti Novi Andyarini, M.Kes.
NIP. 198411172014032003

Penguji IV

Dr. Malukah, S.Ag., M.Psi.
NIP. 197203122009122001



KEMENTERIAN AGAMA
UNIVERSITAS ISLAM NEGERI SUNAN AMPEL SURABAYA
PERPUSTAKAAN

Jl. Jend. A. Yani 117 Surabaya 60237 Telp. 031-8431972 Fax.031-8413300
E-Mail: perpus@uinsby.ac.id

LEMBAR PERNYATAAN PERSETUJUAN PUBLIKASI
KARYA ILMIAH UNTUK KEPENTINGAN AKADEMIS

Sebagai sivitas akademika UIN Sunan Ampel Surabaya, yang bertanda tangan di bawah ini, saya:

Nama : Intan Syafira
NIM : 11020121081
Fakultas/Jurusan : Fakultas Psikologi dan Kesehatan / Psikologi
E-mail address : intsyafira@gmail.com

Demi pengembangan ilmu pengetahuan, menyetujui untuk memberikan kepada Perpustakaan UIN Sunan Ampel Surabaya, Hak Bebas Royalti Non-Eksklusif atas karya ilmiah :
 Skripsi Tesis Desertasi Lain-lain (.....)
yang berjudul :

Hubungan antara Perfectionism dan Intolerance of Uncertainty dengan
Quarter-Life Crisis pada Dewasa Awal

beserta perangkat yang diperlukan (bila ada). Dengan Hak Bebas Royalti Non-Eksklusif ini Perpustakaan UIN Sunan Ampel Surabaya berhak menyimpan, mengalih-media/format-kan, mengelolanya dalam bentuk pangkalan data (database), mendistribusikannya, dan menampilkan/mempublikasikannya di Internet atau media lain secara *fulltext* untuk kepentingan akademis tanpa perlu meminta ijin dari saya selama tetap mencantumkan nama saya sebagai penulis/pencipta dan atau penerbit yang bersangkutan.

Saya bersedia untuk menanggung secara pribadi, tanpa melibatkan pihak Perpustakaan UIN Sunan Ampel Surabaya, segala bentuk tuntutan hukum yang timbul atas pelanggaran Hak Cipta dalam karya ilmiah saya ini.

Demikian pernyataan ini yang saya buat dengan sebenarnya.

Surabaya, 15 Januari 2025

Penulis

(Intan Syafira)
nama terang dan tanda tangan

INTISARI

Quarter-life crisis kondisi kebingungan yang dialami individu pada masa transisi dewasa awal (usia 20-an hingga awal 30-an) ketika menghadapi berbagai keputusan besar dalam hidup, terkait pendidikan/karir, tujuan hidup, maupun hubungan interpersonal yang kemudian menimbulkan kecemasan, keraguan, dan perasaan rendah diri. Penelitian ini bertujuan untuk melihat adanya hubungan *perfectionism* dan *intolerance of uncertainty* dengan *quarter-life crisis* pada dewasa awal usia 18-29 tahun yang berdomisili di Surabaya. Rancangan penelitian ini adalah kuantitatif korelasional yang diukur menggunakan *Quarter Life Crisis Scale*, *Multidimensional Perfectionism Scale* (MPS), dan *intolerance of uncertainty* (IUS12). Responden dalam penelitian ini sebanyak 385 yang dikumpulkan dengan teknik *purposive sampling*. Pengumpulan data dilakukan secara *online* dengan menyebarkan kuesioner melalui Google Form. Data yang diperoleh dianalisis menggunakan analisis korelasi berganda menggunakan *software* SPSS versi 26. Hasil penelitian ini menunjukkan bahwa terdapat hubungan kuat antara *perfectionism* dan *intolerance of uncertainty* dengan *quarter-life crisis* dengan arah hubungan positif. Kesimpulan dari peneliti ini semakin tinggi *perfectionism* dan *intolerance of uncertainty* maka semakin tinggi tingkat *quarter-life crisis* individu. Secara simultan *perfectionism* dan *intolerance of uncertainty* berkontribusi sebesar 65,4% terhadap kondisi *quarter-life crisis*.

Katakunci: *perfectionism*, *intolerance of uncertainty*, *quarter-life crisis*



UIN SUNAN AMPEL
S U R A B A Y A

ABSTRACT

Quarter-life crisis is a state of confusion experienced by individuals during the transition period of early adulthood (age 20s to early 30s) when facing various major decisions in life, related to education/career, life goals, or interpersonal relationships which then cause anxiety, doubt, and feelings of inferiority. This study aims to see the relationship between perfectionism and intolerance of uncertainty with quarter-life crisis in early adults domiciled in Surabaya. The design of this study is quantitative correlational measured using the Quarter Life Crisis Scale, Multidimensional Perfectionism Scale (MPS), and intolerance of uncertainty (IUS12). Respondents in this study were 385 who were collected using purposive sampling techniques. Data collection was carried out online by distributing questionnaires via Google Form. The data obtained were analyzed using multiple correlation analysis using SPSS software version 26. The results of this study indicate that there is a strong relationship between perfectionism and intolerance of uncertainty with quarter-life crisis with a positive relationship direction. The conclusion of this researcher is that the higher the perfectionism and intolerance of uncertainty, the higher the level of the individual's quarter-life crisis. Simultaneously, perfectionism and intolerance of uncertainty contribute 65.4% to the quarter-life crisis condition.

Keyword: perfectionism, intolerance of uncertainty, quarter-life crisis



UIN SUNAN AMPEL
S U R A B A Y A

DAFTAR ISI

HALAMAN JUDUL.....	i
HALAMAN PERNYATAAN KEASLIAN	ii
HALAMAN PERSETUJUAN.....	ii
HALAMAN PENGESAHAN.....	iv
LEMBAR PERSETUJUAN PUBLIKASI.....	v
KATA PENGANTAR	vi
INTISARI.....	viii
ABSTRACT	ix
DAFTAR ISI.....	x
DAFTAR TABEL.....	xiii
DAFTAR GAMBAR	xiii
DAFTAR LAMPIRAN.....	xiv
BAB I PENDAHULUAN.....	1
A. Latar Belakang Penelitian	1
B. Rumusan Masalah	8
C. Tujuan Penelitian	9
D. Manfaat Penelitian	9
E. Keaslian Penelitian.....	10
BAB II KAJIAN PUSTAKA.....	13
A. <i>Quarter-Life Crisis</i>	13
B. <i>Perfectionism</i>	22
C. <i>Intolerance of Uncertainty</i>	26
D. Hubungan antara <i>Perfectionism</i> dan <i>Intolerance of Uncertainty</i> dengan <i>Quarter-Life Crisis</i>	32
E. Landasan Teoritis	33
F. Hipotesis.....	37
BAB III METODE PENELITIAN.....	38
A. Variabel Penelitian dan Definisi Operasional	38
B. Populasi, Sampel, dan Teknik Sampling.....	39

C. Teknik Pengumpulan Data.....	41
D. Validitas dan Reliabilitas Data.....	44
E. Analisis Data	46
BAB IV HASIL PENELITIAN DAN PEMBAHASAN.....	50
A. Hasil Penelitian	50
B. Pembahasan.....	58
BAB V PENUTUP.....	67
A. Kesimpulan	67
B. Saran.....	67
DAFTAR PUSTAKA	69
LAMPIRAN.....	79



UIN SUNAN AMPEL
S U R A B A Y A

DAFTAR TABEL

Tabel 1. <i>Blueprint Quarter-Life Crisis Scale</i>	42
Tabel 2. <i>Blueprint Multidimensional Perfectionism Scale (MPS)</i>	43
Tabel 3. Hasil <i>Expert Judgement Skala Perfectionism</i>	43
Tabel 4. <i>Blueprint Intolerance of Uncertainty Scale (IUS-12)</i>	44
Tabel 5. Hasil Uji Validitas Skala.....	45
Tabel 6. Hasil Uji Reliabilitas Skala.....	46
Tabel 7. Hasil Uji Normalitas.....	47
Tabel 8. Hasil Uji Linearitas Variabel <i>Perfectionism</i>	47
Tabel 9. Hasil Uji Linearitas Variabel <i>Intolerance of Uncertainty</i>	48
Tabel 10. Hasil Uji Multikolinearitas.....	48
Tabel 11. Hasil Uji Homoskedastisitas.....	49
Tabel 12. Hasil Sebaran responden Berdasarkan Jenis Kelamin.....	50
Tabel 13. Hasil Sebaran Responden Berdasarkan Usia.....	50
Tabel 14. Hasil Sebaran Responden Berdasarkan Domisili.....	51
Tabel 15. Hasil Sebaran Responden Berdasarkan Durasi Tinggal di Surabaya ..	52
Tabel 16. Hasil Sebaran Responden Berdasarkan Jenis Kegiatan Di Surabaya ..	53
Tabel 17. Deskripsi Statistik.....	54
Tabel 18. Rumus Kategori Varian Skor.....	55
Tabel 19. Norma Kategorisasi.....	55
Tabel 20. Hasil Analisis Uji Korelasi <i>Pearson</i> Variabel <i>Perfectionism</i> dan <i>Quarter-Life Crisis</i>	56
Tabel 21. Hasil Analisis Uji Korelasi <i>Pearson</i> Variabel <i>Intolerance of Uncertainty</i> dan <i>Quarter-Life Crisis</i>	56
Tabel 22. Hasil Analisis Korelasi Berganda.....	58

DAFTAR GAMBAR

Gambar 1 Kerangka Penelitian Hubungan antara *Perfectionism* dan *Intolerance of Uncertainty* dengan *Quarter-Life Crisis* pada Dewasa Awal 36



UIN SUNAN AMPEL
S U R A B A Y A

DAFTAR LAMPIRAN

Lampiran 1 Surat Kesiediaan Penilaian Instrumen Penelitian	79
Lampiran 2 Skala <i>Quarter-Life Crisis</i>	80
Lampiran 3 Skala <i>Perfectionism</i>	82
Lampiran 4 Skala <i>Intolerance of Uncertainty</i>	83
Lampiran 5 Hasil Uji Validitas Skala <i>Quarter-Life Crisis</i>	84
Lampiran 6 Hasil Uji Validitas Skala <i>Perfectionism</i>	85
Lampiran 7 Hasil Uji Validitas Skala <i>Intolerance of Uncertainty</i>	85
Lampiran 8 Hasil Uji Validitas Skala <i>Quarter-Life Crisis</i>	85
Lampiran 9 Hasil Uji Validitas Skala <i>Perfectionism</i>	85
Lampiran 10 Hasil Uji Reliabilitas Skala <i>Intolerance of Uncertainty</i>	86
Lampiran 11 Hasil Uji Normalitas	86
Lampiran 12 Hasil Uji Linearitas Variabel <i>Perfectionism</i> dan <i>Quarter-Life Crisis</i>	86
Lampiran 13 Hasil Uji Linearitas Variabel <i>Intolerance of Uncertainty</i> dan <i>Quarter-Life Crisis</i>	87
Lampiran 14 Hasil Uji Multikolinearitas	87
Lampiran 15 Hasil Uji Heteroskedastisitas.....	87
Lampiran 16 Hasil Uji Deskripsi Data.....	87
Lampiran 17 Uji Korelasi Sederhana Pearson (X1 & Y).....	88
Lampiran 18 Uji Korelasi Sederhana Pearson (X2 & Y).....	88
Lampiran 19 Uji Korelasi Berganda (X1,X2 & Y).....	88

UIN SUNAN AMPEL
S U R A B A Y A

DAFTAR PUSTAKA

- Abraham, J. (2023). *Apa Itu Quarter Life Crisis? Kondisi Psikologis yang Hampir Dialami Semua Anak Muda*. Tribun Pontianak. <https://pontianak.tribunnews.com/2023/03/23/apa-itu-quarter-life-crisis-kondisi-psikologis-yang-hampir-dialami-semua-remaja>
- Adita, P. L. K., Lestari, S., & Khisbiyah, Y. (2022). . . A quarter-life crisis in early adulthood in Indonesia during the Covid-19 pandemic. *Indigenous: Jurnal Ilmiah Psikologi*, 7(1), 28–47. <https://doi.org/10.23917/indigenous.v7i1.15543>
- Aditomo, A., & Retnowati, S. (2019). Perfeksionisme, Harga Diri, dan Kecenderungan Depresi pada Remaja Akhir. *Jurnal Psikologi*, 1, 1–14.
- Afandi, M., Afandi, N. H., Afandi, S. A., & Erdayani, R. (2023). Measuring the Difficulties of Early Adulthood: The Development of the Quarter Life Crisis Scale. *Jurnal Kajian Bimbingan Dan Konseling*, 8(3), 167–176. <https://doi.org/10.17977/um001v8i32023p167-176>
- Afnan, Fauzia, R., & Utami Tanau, M. (2020). Hubungan Efikasi Diri Dengan Stress Pada Mahasiswa Yang Berada Dalam Fase Quarter Life Crisis. *Jurnal Kognisia*, 3(1), 23–29. <https://doi.org/https://doi.org/10.20527/jk.v3i1.1569>
- Agarwal, S., Guntuku, S. C., Robinson, O. C., Dunn, A., & Ungar, L. H. (2020). Examining the phenomenon of quarter-life crisis through artificial intelligence and the language of Twitter. *Frontiers in Psychology*, 11, 341. <https://doi.org/10.3389/fpsyg.2020.00341>
- Anggraini, J. D., Wahyuningsih, & Aqila, S. A. (2022). The Existence Of The Quarter Life Crisis Phenomenon and Its Effect On Student Self Confidence. *Nosipakabelo: Jurnal Bimbingan Dan Konseling Islam*, 3(1), 38–44. <https://doi.org/10.24239/nosipakabelo.v3i1.935>
- Aprodita, N. P. (2021). Peran intolerance of uncertainty terhadap depresi pada individu dewasa awal. *Humanitas*, 5(2), 179–196.
- Aristawati, A. R., Meiyuntariningsih, T., & Dwi, F. (2021). EMOTIONAL INTELLIGENCE DAN STRES PADA MAHASISWA YANG MENGALAMI QUARTER-LIFE CRISIS. *Jurnal Psikologi Konseling*, 19(2), 1035–1046.
- Arnett, J. J. (2000). Emerging adulthood: A theory of development from the late teens through the twenties. *American Psychologist*, 55(5), 469–480. <https://doi.org/10.1037/0003-066X.55.5.469>
- Arnett, J. J., & Schwab, J. (2012). *The Clark University Poll of Emerging Adults:*

Thriving, Struggling, and Hopeful.
https://commons.clarku.edu/clarkuni_poll/1

Arnett, J. J., & Tanner, J. L. (2006). *Emerging adults in America: Coming of age in the 21st century*. American Psychological Association Washington, DC.

Artiningsih, R. A., & Savira, S. I. (2021). Hubungan Loneliness dan Quarter Life Crisis Pada Dewasa Awal. *Jurnal Penelitian Psikologi*, 8(5).
<https://ejournal.unesa.ac.id/index.php/character/article/view/41218/35541>

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>

Azzyati, R. A., & Hasanat, N. U. (2023). *Peran Koping Religius dalam Memoderasi Hubungan antara Intoleransi Ketidakpastian dan Quarter-life Crisis pada Emerging Adulthood*. Universitas Gadjah Mada.

Balqis, A. I., Karmiyati, D., Suryaningrum, C., & Akhtar, H. (2023). Quarter-life crisis: Personal growth initiative as a moderator of uncertainty intolerance in psychological distress. *Psikohumaniora*, 8(1), 19–34.
<https://doi.org/10.21580/pjpp.v8i1.13527>

Balzarie, E. N., & Nawangsih, E. (2019). Kajian resiliensi pada mahasiswa Bandung yang mengalami Quarter Life Crisis. *Prosiding Psikologi*, 494–500.

Birrell, J., Meares, K., Wilkinson, A., & Freeston, M. (2011). Toward a definition of intolerance of uncertainty: A review of factor analytical studies of the Intolerance of Uncertainty Scale. *Clinical Psychology Review*, 31(7), 1198–1208.
<https://doi.org/https://doi.org/10.1016/j.cpr.2011.07.009>

Bottesi, G., Gürdere, C., Cerea, S., Sica, C., & Ghisi, M. (2020). Familial Patterns of Intolerance of Uncertainty: Preliminary Evidence in Female University Students. *International Journal of Cognitive Therapy*, 13(1), 30–41.
<https://doi.org/10.1007/s41811-019-00063-5>

Cahyadi, I., Hazairin Zubair, A. G., & Purwasetiawatik, T. F. (2023). Pengaruh Academic Perfectionism terhadap Academic Stress pada Mahasiswa Semester Akhir di Kota Makassar. *Jurnal Psikologi Karakter*, 3(2), 650–659.
<https://doi.org/10.56326/jpk.v3i2.3456>

Carleton, R. N. (2012). The intolerance of uncertainty construct in the context of anxiety disorders: Theoretical and practical perspectives. *Expert Review of Neurotherapeutics*, 12(8), 937–947.
<https://doi.org/https://doi.org/10.1586/ern.12.82>

Carleton, R. N., Sharpe, D., & Asmundson, G. J. G. (2007). Anxiety sensitivity

- and intolerance of uncertainty: Requisites of the fundamental fears? *Behaviour Research and Therapy*, 45(10), 2307–2316. <https://doi.org/https://doi.org/10.1016/j.brat.2007.04.006>
- Carmo, C., Oliveira, D., Bras, M., & Faisca, L. (2021). *the Influence of Parental Perfectionism and Parenting Styles on Child Perfectionism*. 8(9), 777. <https://doi.org/10.3390/children8090777>
- Curran, T., & Hill, A. P. (2019). Perfectionism is increasing over time: A meta-analysis of birth cohort differences from 1989 to 2016.. *Psychological Bulletin*, 145(4), 410–429. <https://doi.org/https://doi.org/10.1037/bul0000138>
- Dalan, K. H., & Lopez, E. (2024). Psychological Well-Being, Curiosity and Perfectionism among Filipino Young Professionals with Quarter Life Crisis: Basis for Existential Positive Psychology Wellness Plan. *Proceedings of The International Conference on Research in Psychology*, 1(1), 48–62. <https://doi.org/10.33422/icrconf.v1i1.289>
- Damian, L. E., Stoeber, J., Negru, O., & Băban, A. (2013). On the development of perfectionism in adolescence: Perceived parental expectations predict longitudinal increases in socially prescribed perfectionism. *Personality and Individual Differences*, 55(6), 688–693. <https://doi.org/https://doi.org/10.1016/j.paid.2013.05.021>
- Dugas, M. J., Gosselin, P., & Ladouceur, R. (2001). Intolerance of Uncertainty and Worry: Investigating Specificity in a Nonclinical Sample. *Cognitive Therapy and Research*, 25(5), 551–558. <https://doi.org/10.1023/A:1005553414688>
- Dugas, M. J., Schwartz, A., & Francis, K. (2004). *Intolerance of Uncertainty, Worry, and Depression*. 28(6), 835–842. <https://doi.org/https://doi.org/10.1007/s10608-004-0669-0>
- Fadli, R., Hidayati, S., Cholifah, M., Siroj, R. A., & Afgani, M. W. (2023). Validitas dan Reliabilitas pada Penelitian Motivasi Belajar Pendidikan Agama Islam Menggunakan Product Moment. *JIIP - Jurnal Ilmiah Ilmu Pendidikan*, 6(3), 1734–1739. <https://doi.org/https://doi.org/10.54371/jiip.v6i3.1419>
- Febriani, G., & Fikry, Z. (2023). Gambaran Quarter Life Crisis pada Mahasiswa Tingkat Akhir yang sedang Mengerjakan Skripsi. *Naskah Publikasi Fakultas Psikologi Universitas Muhammadiyah Jember*, 3(4), 1472–1487.
- Fischer, K. (2008). *Ramen noodles, rent and resumes: An after-college guide to life*. Supercollege, Llc.
- Flett, G. L., Hewitt, P. L., & Dyck, D. G. (1989). Self-oriented perfectionism,

- neuroticism and anxiety. *Personality and Individual Differences*, 10(7), 731–735. [https://doi.org/10.1016/0191-8869\(89\)90119-0](https://doi.org/10.1016/0191-8869(89)90119-0)
- Flett, G. L., Hewitt, P. L., Nepon, T., Sherry, S. B., & Smith, M. (2022). The destructiveness and public health significance of socially prescribed perfectionism: A review, analysis, and conceptual extension. *Clinical Psychology Review*, 93, 102130. <https://doi.org/https://doi.org/10.1016/j.cpr.2022.102130>
- Fourtounas, A., & Thomas, S. J. (2016). Cognitive factors predicting checking, procrastination and other maladaptive behaviours: Prospective versus Inhibitory Intolerance of Uncertainty. *Journal of Obsessive-Compulsive and Related Disorders*, 9, 30–35. <https://doi.org/https://doi.org/10.1016/j.jocrd.2016.02.003>
- Fowler, S. A., Davis, L. L., Both, L. E., & Best, L. A. (2018). Personality and perfectionism as predictors of life satisfaction: The unique contribution of having high standards for others. *FACETS*, 3(1), 227–241. <https://doi.org/10.1139/facets-2017-0084>
- Freeston, M. H., Rhéaume, J., Letarte, H., Dugas, M. J., & Ladouceur, R. (1994). Why do people worry? *Personality and Individual Differences*, 17(6), 791–802. [https://doi.org/https://doi.org/10.1016/0191-8869\(94\)90048-5](https://doi.org/https://doi.org/10.1016/0191-8869(94)90048-5)
- Frost, R. O., Marten, P., Lahart, C., & Rosenblate, R. (1990). The dimensions of perfectionism. *Cognitive Therapy and Research*, 14(5), 449–468. <https://doi.org/10.1007/BF01172967>
- Fundrika, B. A. (2024). *Gen Z Lebih Sadar Kesehatan Mental, Ini Masalah yang Kerap MEreka Cemaskan*. Yoursay.Id.
- Ghozali, I. (2016). *Aplikasi Analisis Multivariete dengan program IBM SPSS 23*. Badan Penerbit UNDIP.
- Gordon L., F., Paul L., H., J. M., O., & S, M. (2002). Perfectionism in children and their parents: A developmental analysis. In G. L. Flett & P. L. Hewitt (Eds.), *Perfectionism: Theory, research, and treatment* (pp.). American Psychological Association. *American Psychological Association*, 89–132. <https://doi.org/10.1037/10458-004>
- Gu, Y., Gu, S., Lei, Y., & Li, H. (2020). From Uncertainty to Anxiety: How Uncertainty Fuels Anxiety in a Process Mediated by Intolerance of Uncertainty. *Neural Plasticity*, 2020(1), 8866386. <https://doi.org/https://doi.org/10.1155/2020/8866386>
- 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>
- Hendarto, W. T., & Ambarwati, K. D. (2020). Perfeksionisme dan Distres Psikologis pada Mahasiswa. *Jurnal Ilmiah Bimbingan Konseling Undiksha*, 11(2), 148–159. <https://doi.org/10.23887/jjbk.v11i2.30524>
- Hewitt, P. L., & Flett, G. L. (1991). Perfectionism in the Self and Social Contexts: Conceptualization, Assessment, and Association With Psychopathology. *Journal of Personality and Social Psychology*, 60(3), 456–470. <https://doi.org/10.1037/0022-3514.60.3.456>
- Hewitt, P. L., & Flett, G. L. (1993). Dimensions of Perfectionism, Daily Stress, and Depression: A Test of the Specific Vulnerability Hypothesis. *Journal of Abnormal Psychology*, 102(1), 58–65. <https://doi.org/10.1037/0021-843X.102.1.58>
- Hewitt, P. L., Smith, M. M., Ge, S. Y. J., Mössler, M., & Flett, G. L. (2022). Perfectionism and its role in depressive disorders. *Canadian Journal of Behavioural Science/Revue Canadienne Des Sciences Du Comportement*, 54(2), 121.
- Hur, J., Smith, J. F., DeYoung, K. A., Anderson, A. S., Kuang, J., Kim, H. C., Tillman, R. M., Kuhn, M., Fox, A. S., & Shackman, A. J. (2020). Anxiety and the neurobiology of temporally uncertain threat anticipation. *Journal of Neuroscience*, 40(41), 7949–7964. <https://doi.org/10.1523/JNEUROSCI.0704-20.2020>
- Jacoby, R. J. (2020). *Intolerance of uncertainty*. In J. S. Abramowitz & S. M. Blakey (Eds.), *Clinical handbook of fear and anxiety: Maintenance processes and treatment mechanisms*. American Psychological Association. <https://doi.org/10.1037/0000150-003>
- Kong, J. (2024). *Straddling Between Two Worlds: An Exploration of the Quarter-Life Crisis Among Asian American College Graduates*. Chestnut Hill College.
- Kothari, R. (2017). *Guided Internet-based Cognitive Behavioural Therapy for Perfectionism, and its Impact on Self-esteem and Intolerance of Uncertainty: A Randomised Controlled Trial* [UCL (University College London)]. <https://discovery.ucl.ac.uk/id/eprint/10024577>
- 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://e-journals.unmul.ac.id/index.php/psikoneo/article/download/4533/pdf>

- Li, X., & Song, J. (2024). The association between uncertainty intolerance, perceived environmental uncertainty, and ego depletion in early adulthood: the mediating role of negative coping styles. *Frontiers in Psychology*, 15(April), 1–10. <https://doi.org/10.3389/fpsyg.2024.1228966>
- LinkedIn. (2017). *New LinkedIn research shows 75 percent of 25-33 year olds have experienced quarter-life crises*. LinkedIn Pressroom. <https://news.linkedin.com/2017/11/new-linkedin-research-shows-75-percent-of-25-33-year-olds-have-e>
- Lubis, F. Y., Hawadi, L. F., Agoes Salim, R. M., & Purwono, U. (2021). Maladaptive Perfectionism and Academic Achievement in Indonesian Gifted Undergraduate Students: Goal Adjustment as Moderator. *Psymphatic : Jurnal Ilmiah Psikologi*, 7(2), 169–184. <https://doi.org/10.15575/psy.v7i2.9619>
- Mohr, M., Nesher Shoshan, H., & Sonnentag, S. (2023). Perfectionism and cognitive-behavioural processes in daily work: Implications for self-related perceptions and emotions. *European Journal of Work and Organizational Psychology*, 32(6), 858–869.
- Moser, J. S., Slane, J. D., Alexandra Burt, S., & Klump, K. L. (2012). Etiologic relationships between anxiety and dimensions of maladaptive perfectionism in young adult female twins. *Depression and Anxiety*, 29(1), 47–53. <https://doi.org/10.1002/da.20890>
- Muhid, A. (2012). *Analisis Statistik*. Zifatma Jawa.
- Muttaqien, F., & Hidayati, F. (2020). HUBUNGAN SELF EFFICACY DENGAN QUARTER LIFE CRISIS PADA MAHASISWA FAKULTAS PSIKOLOGI UNIVERSITAS ISLAM NEGERI MAULANA MALIK IBRAHIM MALANG ANGKATAN 2015. *Psikoislamedia Jurnal Psikologi*, 5(1), 75–84.
- Nash, R. J., & Murray, M. C. (2010). *Helping College Students Find Purpose: The Campus Guide to Meaning-Making*. John Wiley & Sons.
- Nazir, M. (2023). *Metode Penelitian* (R. Sikumbang (Ed.); 8th ed.). Ghaila Indonesia.
- Novita, P., Nugraheni, M., Rahayu, M., & Info, A. (2023). Intolerance of Uncertainty dan Psychological Distress yang dialami Mahasiswa Angkatan Pertama pada Program Studi yang Baru didirikan. *Psikoborneo Jurnal Ilmiah Psikologi*, 11(1), 124–130. <http://dx.doi.org/10.30872/psikoborneo.v11i1>
- Nur Istiqomah, A., Fadilla Helmi, A., & Widhiarso, W. (2022). Translasi, Adaptasi dan Validasi Skala Intolerance of Uncertainty Short Version 12-

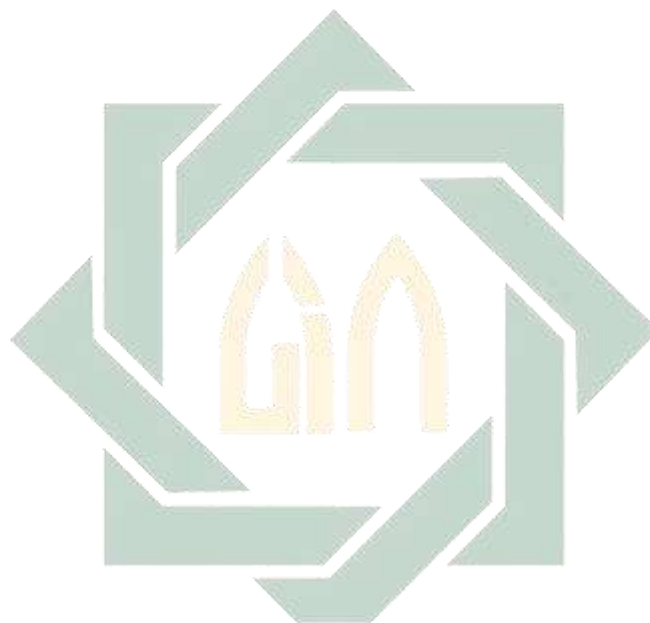
- item (IUS-12) ke Bahasa Indonesia. *Psikologika: Jurnal Pemikiran Dan Penelitian Psikologi*, 27(1), 107–124.
<https://doi.org/10.20885/psikologika.vol27.iss1.art8>
- Palitz, S. A., Rifkin, L. S., Norris, L. A., Knepley, M., Fleischer, N. J., Steinberg, L., & Kendall, P. C. (2019). But what will the results be?: Learning to tolerate uncertainty is associated with treatment-produced gains. *Journal of Anxiety Disorders*, 68, 102146.
<https://doi.org/https://doi.org/10.1016/j.janxdis.2019.102146>
- Permatasari, I. (2021). *HUBUNGAN KEMATANGAN EMOSI DENGAN QUARTER LIFE CRISIS PADA DEWASA AWAL*. Universitas Muhammadiyah Malang.
- Pinggolio, J. P. R. V. (2015). Development and Validation of Quarterlife Crisis Scale for Filipinos. *The Asian Conference on Psychology and the Behavioral Science 2015*, 447–459.
- Purnomo, S. D., & Nadhiro, Y. F. (2020). Persepsi Karir dan Kesiapan Kerja Mahasiswa Tingkat Akhir di Surabaya. *Jurnal Riset Manajemen Sains Indonesia*, 11(1), 1–18.
- Putri, P., Panjiatan, D. H., Natasya, A., & Audina, F. (2024). Hubungan Antara Persepsi Atas Ekspresi Emosi Orang Tua dengan Tingkat Kecenderungan Depresi pada Remaja. *Jurnal Pendidikan Tambusai*, 8(1), 1211–1217.
- Qonita, D. N., & Pupitadewi, N. W. S. (2022). Hubungan Quarter Life Crisis Dengan Turnover Intention Pada Generasi Milenial Kota Surabaya. *Jurnal Penelitian Psikologi*, 8(9), 1–12.
- Rahmania, F. A., & Tasaufi, M. N. F. (2020). Terapi Kelompok Suportif untuk Menurunkan Quarter-Life Crisis pada Individu Dewasa Awal di Masa Pandemi Covid-19. *PSISULA: Prosiding Berkala Psikologi*, 2, 1–16.
<https://doi.org/http://dx.doi.org/10.30659/psisula.v2i0.13061>
- Ramadhan, M. F., Siroj, R. A., & Afgani, M. W. (2024). Validitas and Reliabilitas. *Journal on Education*, 6(2), 10967–10975.
<https://doi.org/https://doi.org/10.31004/joe.v6i2.4885>
- Rice, K. G., Ashby, J. S., & Slaney, R. . (1998). Self-Esteem as a Mediator Between Perfectionism and Depression: A Structural Equations Analysis. *Journal of Counseling Psychology*, 45, 304 – 314.
- Rice, K. G., Ray, M. E., Davis, D. E., DeBlaere, C., & Ashby, J. S. (2015). Perfectionism and longitudinal patterns of stress for STEM majors: Implications for academic performance. *Journal of Counseling Psychology*, 62(4), 718–731. <https://doi.org/10.1037/cou0000097>

- Robbins, A., & Wilner, A. (2001). *Quarterlife crisis: The unique challenges of life in your twenties (1st ed)*. TarcherPerigee.
- Robinson, O. C. (2019). A Longitudinal Mixed-Methods Case Study of Quarter-Life Crisis During the Post-university Transition: Locked-Out and Locked-In Forms in Combination. *Emerging Adulthood*, 7(3), 167–179. <https://doi.org/10.1177/2167696818764144>
- Robinson, O. C., Demetre, J. D., & Litman, J. A. (2016). Adult life stage and crisis as predictors of curiosity and authenticity: Testing inferences from Erikson's lifespan theory. *International Journal of Behavioral Development*, 41(3), 426–431. <https://doi.org/10.1177/0165025416645201>
- Robinson, O. C., & Wright, G. R. T. (2013). The prevalence, types and perceived outcomes of crisis episodes in early adulthood and midlife: A structured retrospective-autobiographical study. *International Journal of Behavioral Development*, 37(5), 407–416. <https://doi.org/10.1177/0165025413492464>
- Robinson, O. C., Wright, G. R. T., & Smith, J. A. (2013). The Holistic Phase Model of Early Adult Crisis. *Journal of Adult Development*, 20(1), 27–37. <https://doi.org/10.1007/s10804-013-9153-y>
- Rosalinda, I., & Michael, T. (2019). Pengaruh Harga Diri Terhadap Preferensi Pemilihan Pasangan Hidup Pada Wanita Dewasa Awal Yang Mengalami Quarter-Life Crisis. *JPPP - Jurnal Penelitian Dan Pengukuran Psikologi*, 8(1), 20–26. <https://doi.org/https://doi.org/10.21009/jppp.081.03>
- Rosser, B. A. (2019). Intolerance of Uncertainty as a Transdiagnostic Mechanism of Psychological Difficulties: A Systematic Review of Evidence Pertaining to Causality and Temporal Precedence. *Cognitive Therapy and Research*, 43(2), 438–463. <https://doi.org/10.1007/s10608-018-9964-z>
- Rossi, N. E., & Mebert, C. J. (2011). Does a quarterlife crisis exist? *The Journal of Genetic Psychology*, 172(2), 141–161.
- Smith, M. M., Sherry, S. B., Vidovic, V., Saklofske, D. H., Stoeber, J., & Benoit, A. (2019). Perfectionism and the Five-Factor Model of Personality: A Meta-Analytic Review. *Personality and Social Psychology Review*, 23(4), 367–390. <https://doi.org/10.1177/1088868318814973>
- Sri Sulastri, T., Purwandari, E., & Lestari, R. (2021). *Intoleransi Ketidakpastian, Ruminasi, Welas Diri, dan Kecemasan pada Mahasiswa*. Universitas Muhammadiyah Surakarta.
- Stoeber, J. (2015). How Other-Oriented Perfectionism Differs from Self-Oriented and Socially Prescribed Perfectionism: Further Findings. *Journal of Psychopathology and Behavioral Assessment*, 37(4), 611–623.

<https://doi.org/10.1007/s10862-015-9485-y>

- Stoeber, J. (2018). *The psychology of perfectionism: Critical issues, open questions, and future directions* (pp. 333–352). Routledge. <https://kar.kent.ac.uk/id/eprint/59812>
- Sugiyono. (2019). *Metode Penelitian Kuantitatif Kualitatif dan R&D*. Alfabeta Bandung.
- Suharsono, Y., & Istiqomah. (2014). Validitas Dan Reliabilitas Skala Self_Efficacy. *Jurnal Ilmiah Psikologi Terapan*, 2(1), 144–151. <https://doi.org/http://202.52.52.22/index.php/jipt/article/download/1776/1864>
- Sujudi, M. A., & Ginting, B. (2020). Buddayah : Jurnal Pendidikan Antropologi Quarterlife Crisis di Masa Pandemi Covid-19 pada Mahasiswa Semester Akhir Universitas Sumatera Utara. *Buddayah: Jurnal Pendidikan Antropologi*, 2(2), 105–112.
- Sulastri, T. S., Purwandari, E., & Lestari, R. (2021). *INTOLERANSI KETIDAKPASTIAN, RUMINASI, WELAS DIRI, DAN KECEMASAN PADA MAHASISWA*. Universitas Muhammadiyah Surakarta.
- Sumargi, A. M., & Kristi, A. N. (2017). Quarter-life crisis pada Individu Dewasa Muda di Surabaya. *Jurnal Psikologi Ulayat*, 4(1), 79–90. <https://doi.org/https://doi.org/10.24854/jpu12017-85>
- Sumarta, A. R. (2020). *Pengaruh Traid Kepribadian Neuroticism Terhadap Quarter Life Crisis Dimensiasi pada Mahasiswa Tingkat Akhir Universitas Islam Negeri Maulana Malik Ibrahim [UIN Maulana Malik Ibrahim]*. <ttp://etheses.uin-malang.ac.id/id/eprint/19370>
- Suyono, T. A., Kumalasari, A. D., & Fitriana, E. (2021). Hubungan Quarter-Life Crisis Dan Subjective Well-Being Pada Individu Dewasa Muda. *Jurnal Psikologi*, 14(2), 301–322. <https://doi.org/10.35760/psi.2021.v14i2.4646>
- Walton, G. E., Hibbard, D. R., Coughlin, C., & Coyl-Shepherd, D. D. (2020). Parenting, personality, and culture as predictors of perfectionism. *Current Psychology*, 39(2), 681–693. <https://doi.org/10.1007/s12144-018-9793-y>
- Wijiati, D. A., & Ediyono, S. (2023). *HUBUNGAN PERFEKSIONISME DENGAN KATA “SEHARUSNYA” DALAM SUDUT PANDANG TEORI KAREN HORNEY*. December.
- Yeler, Z., Berber, K., Özdoğan, H. K., & Figen, Ç. (2021). Quarter life crisis among emerging adults in Turkey and its relationship with intolerance of uncertainty. *Turkish Psychological Counseling and Guidance Journal*, 11(61), 245–262.

Zein, A. U., Yuliadi, I., Subandono, J., & Septiawan, D. (2023). Self-disclosure (Keterbukaan Diri) dan Quarter-life Crisis (Krisis Seperempat Abad) Mahasiswa Psikologi. *Plexus Medical Journal*, 2(1), 18–25. <https://doi.org/10.20961/plexus.v2i1.416>



UIN SUNAN AMPEL
S U R A B A Y A