

**HUBUNGAN *SPIRITUAL WELL BEING* DENGAN *QUARTER LIFE CRISIS*  
PADA *FRESH GRADUATE* SARJANA KEPERAWATAN  
DI UNIVERSITAS BHAKTI KENCANA**

Syifa Camelia

201FK03055

Program Studi Sarjana Keperawatan, Fakultas Keperawatan  
Universitas Bhakti Kencana

**ABSTRAK**

Banyaknya permasalahan yang muncul pada fase *emerging adulthood* seperti meningkatnya ketidakstabilan, perubahan yang terus-menerus, dan banyaknya pilihan yang dimiliki menyebabkan munculnya *quarter life crisis* sehingga terjadi krisis emosional seperti disorientasi, frustrasi, panik, khawatir dan tidak tahu arah. *Spiritual well being* menjadi salah satu faktor yang berhubungan dengan *quarter life crisis*. Penelitian ini bertujuan untuk mengetahui adanya hubungan *spiritual well being* dengan *quarter life crisis* pada *fresh graduate* sarjana Keperawatan di Universitas Bhakti Kencana. **Metode:** penelitian kuantitatif dengan Teknik korelasional dan pendekatan *cross sectional*. Penelitian ini dilakukan di Prodi Sarjana Keperawatan Universitas Bhakti dengan jumlah populasi sebanyak 285 responden & sampel sebanyak 164 responden *fresh graduate* dengan menggunakan Teknik *Purposive Sampling*. Alat ukur yang digunakan adalah *Spiritual well being quisioner* dan *Skala Quarter Life Crisis*. Analisis dalam penelitian ini univariat menggunakan distribusi frekuensi, dan bivariat menggunakan uji rank spearman. **Hasil Penelitian:** *fresh graduate* dengan *quarter life crisis* pada Tingkat sedang sebanyak 110 responden (67.0%), *fresh graduate* dengan *spiritual well being* pada tingkat sedang sebanyak 102 responden (62.2%) & uji hipotesis menunjukkan nilai P-value yaitu  $0,000 < 0,05$  atau terdapat hubungan antara *spiritual well being* dengan *quarter life crisis* pada *fresh graduate* sarjana Keperawatan Universitas Bhakti Kencana. Menurut peneliti aspek tertekan menjadi dimensi yang paling mempengaruhi terjadinya *quarter life crisis* dikarenakan tekanan hidup yang semakin berat. Saran untuk peneliti selanjutnya selanjutnya untuk meneliti *spiritual well being* terhadap aspek tertekan

Kata Kunci : *Emerging Adulthood, Spiritual Well Being, Quarter Life Crisis*  
Referensi : 43 Artikel (2003-2023)  
21 Buku (2001-2021)  
14 Website (2017-2023)

**THE RELATIONSHIP BETWEEN SPIRITUAL WELL BEING WITH  
QUARTER LIFE CRISIS ON FRESH GRADUATE BACHELOR  
OF NURSING AT BHAKTI KENCANA UNIVERSITY**

Syifa Camelia

201FK03055

Undergraduate Nursing Study Program, Faculty Of Nursing  
Bhakti Kencana University

**ABSTRACT**

*The many problems that arise in the emerging adulthood phase such as increased instability, constant change, and many choices have caused a quarter life crisis resulting in emotional crises such as disorientation, frustration, panic, worry and lack of direction. Spiritual well being is one of the factors associated with quarter life crisis. This study aims to determine the relationship between spiritual well being and quarter life crisis in fresh graduate nursing graduates at Bhakti Kencana University. **Method:** quantitative research with correlational technique and cross sectional approach. This research was conducted at the Bachelor of Nursing Program at Bhakti University with a population of 285 respondents & a sample of 164 fresh graduate respondents using Purposive Sampling Technique. The measuring instruments used are Spiritual well being questionnaire and Quarter Life Crisis Scale. The analysis in this study was univariate using frequency distribution, and bivariate using the spearman rank test. **Research Results:** fresh graduates with quarter life crisis at a moderate level were 110 respondents (67.0%), fresh graduates with spiritual well being at a moderate level were 102 respondents (62.2%) & hypothesis testing showed a P-value of  $0.000 < 0.05$  or there was a relationship between spiritual well being and quarter life crisis in fresh graduates of the Bhakti Kencana University Nursing program. According to researchers, the depressed aspect is the dimension that most influences the occurrence of quarter life crisis due to the increasingly heavy life pressure. Suggestions for future researchers to further examine spiritual well being on the depressed aspect.*

**Keywords** : Emerging Adulthood, Spiritual Well Being, Quarter Life Crisis  
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