

ABSTRACT

THE IMPACT OF QUARTER-LIFE CRISIS ON BARRIERS TO SOCIAL FUNCTIONING: A CASE STUDY OF FINAL-YEAR STUDENTS AT UNIVERSITY X

Quarter-Life Crisis is a psychosocial phenomenon commonly experienced by individuals in early adulthood, including final-year university students. This condition is characterized by anxiety, confusion, and uncertainty regarding future life, career prospects, interpersonal relationships, and various challenges that arise after completing higher education. Experiences of Quarter-Life Crisis may affect students' social functioning in carrying out academic responsibilities, maintaining social relationships, and coping with life challenges. This study aims to describe the experiences of Quarter-Life Crisis among final-year students and analyze its impact on their social functioning. This research employed a qualitative approach using a case study method. The participants consisted of final-year students experiencing Quarter-Life Crisis who were selected through purposive sampling. Data were collected through in-depth interviews, observations, and documentation studies, and were analyzed using an interactive data analysis model consisting of data reduction, data display, and conclusion drawing. The findings indicate that Quarter-Life Crisis among final-year students is influenced by uncertainty about the future, career concerns, academic pressures, economic conditions, and social expectations. The impacts include decreased academic concentration and motivation, changes in patterns of social interaction, and uncertainty in decision-making. However, Quarter-Life Crisis does not completely diminish students' social functioning, as they remain capable of fulfilling their social roles with support from family, peers, and a supportive social environment. In addition to causing psychological distress, Quarter-Life Crisis also encourages self-reflection and more mature future planning. In conclusion, Quarter-Life Crisis affects the social functioning of final-year students; however, its negative impacts can be minimized through adequate social support and adaptive capacities.

Keywords: Quarter-Life Crisis, Social Functioning, Final-Year Students, Social Support, Case Study.