

ABSTRAK**PENGARUH KECERDASAN EMOSIONAL TERHADAP *QUARTER LIFE CRISIS* PADA DEWASA AWAL**

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Beberapa dewasa awal merasakan ketidakberdayaan, kebingungan, takut gagal, kecemasan, frustrasi hingga depresi saat memasuki fase dewasa awal. Perasaan tersebut biasa disebut sebagai *quarter life crisis*. Salah satu faktor terjadinya *quarter life crisis* adalah kecerdasan emosional. Tujuan penelitian untuk melihat pengaruh kecerdasan emosional terhadap *quarter life crisis* pada dewasa awal. Rancangan penelitian ini adalah kuantitatif kausalitas. Metode pengambilan sampel menggunakan *nonprobability sampling* dengan teknik *purposive sampling* sejumlah 400 sampel. Alat ukur kecerdasan emosional sebanyak 48 aitem valid dengan rentang $r = 0,305$ hingga $0,936$ dan nilai reliabilitas (α) = $0,993$. Alat ukur *quarter life crisis* sebanyak 33 aitem valid dengan rentang $r = 0,846$ hingga $0,922$ dan nilai reliabilitas (α) = $0,991$. Kedua alat ukur tersebut menunjukkan valid dan reliabel. Hasil pengolahan data menggunakan analisis regresi mendapatkan nilai sig. (p) $0,000$ ($<0,05$) dengan nilai koefisien regresi $b = -0,584X$, artinya hipotesis diterima terdapat pengaruh negatif signifikan kecerdasan emosional terhadap *quarter life crisis*. Kecerdasan emosional berkontribusi sebesar $83,7\%$ terhadap *quarter life crisis* pada dewasa awal, sedangkan $16,3\%$ dipengaruhi oleh variabel lain. Dewasa awal yang memiliki kecerdasan emosional tinggi sebanyak 223 responden ($55,8\%$) dan *quarter life crisis* rendah sebanyak 225 responden ($56,3\%$).

Kata Kunci: Kecerdasan Emosional, *Quarter Life Crisis*, Dewasa Awal

ABSTRACT**THE EFFECT OF EMOTIONAL INTELLIGENCE ON QUARTER LIFE CRISIS
IN EARLY ADULTS**

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Some early adults feel helplessness, confusion, fear of failure, anxiety, frustration and depression when entering the early adult phase. This feeling is commonly referred to as a quarter life crisis. One factor in the occurrence of a quarter life crisis is emotional intelligence. The purpose of this study was to see the effect of emotional intelligence on quarter life crisis in early adulthood. The design of this research is quantitative causality. The sampling method used nonprobability sampling with a purposive sampling technique of 400 samples. There are 48 valid items to measure emotional intelligence with a range of $r = 0.305$ to 0.936 and a reliability value (α) = 0.993 . The quarter life crisis measuring instrument consists of 33 valid items with a range of $r = 0.846$ to 0.922 and a reliability value (α) = 0.991 . The two measuring instruments show valid and reliable. The results of data processing using regression analysis to get a sig. (p) 0.000 (<0.05) with a regression coefficient $b = -0.584X$, meaning that the hypothesis is accepted that there is a significant negative effect of emotional intelligence on quarter life crisis. Emotional intelligence contributes 83.7% to quarter life crisis in early adulthood, while 16.3% is influenced by other variables. Early adults who have high emotional intelligence are 223 respondents (55.8%) and low quarter life crisis are 225 respondents (56.3%).

Keywords: *Emotional Intelligence, Quarter Life Crisis, Early Adulthood*