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QUARTER-LIFE CRISIS IN EMERGING ADULthood: THE INFLUENCE OF PARENTING STYLES, SOCIAL MEDIA, AND SELF-ESTEEM

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**DEPARTMENT OF FAMILY AND CONSUMER SCIENCES
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2025**

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ABSTRACT

AURELIA VANIA ALSYAH. Quarter-Life Crisis in Emerging Adulthood: The Influence of Parenting Styles, Social Media, and Self-Esteem. Supervised by YULINA EVA RIANY and SALWA MAHALLE.

Emerging adulthood is a transitional phase filled with challenges, indecision, and social pressures. This research aimed to analyze the influence of parenting style and intensity of social media use on quarter-life crisis mediated by self-esteem. A quantitative method with an explanatory design was employed. Using a quantitative approach, data was collected from 248 respondents aged 18-25 years in the Jabodetabek area through an online survey and analyzed using Structural Equation Modelling. The results showed that parenting style and the intensity of social media use had a significant negative effect on quarter-life crisis indirectly through self-esteem. However, both variables did not show a significant direct effect on quarter-life crisis. These findings highlight the importance of self-esteem in reducing quarter-life crisis risk. Warmth parenting styles and responsible use of social media can help protect psychological well-being during emerging adulthood. This study suggests the need for educational programs that promote healthy family communication. Future research should explore more social media activity patterns and their impact on quarter-life crisis.

Keywords: emerging adulthood, parenting style, self-esteem, social media, quarter-life crisis.

ABSTRAK

AURELIA VANIA ALSYAH. Quarter-Life Crisis *pada Dewasa Awal: Pengaruh Gaya Pengasuhan, Media Sosial, dan Self-Esteem*. Dibimbing oleh YULINA EVA RIANY dan SALWA MAHALLE.

Dewasa awal adalah fase transisi yang dipenuhi oleh tantangan dan tekanan sosial. Penelitian ini bertujuan untuk menganalisis pengaruh gaya pengasuhan dan intensitas penggunaan media sosial terhadap quarter-life crisis yang dimediasi oleh self-esteem. Menggunakan pendekatan kuantitatif dengan desain eksplanatori, data diperoleh secara online dari 248 responden berusia 18-25 tahun di wilayah Jabodetabek dan dianalisis dengan Structural Equation Modelling. Hasil penelitian menunjukkan bahwa gaya pengasuhan dan intensitas penggunaan media sosial berpengaruh negatif secara tidak langsung terhadap quarter-life crisis melalui self-esteem. Namun, kedua variabel tidak menunjukkan pengaruh langsung terhadap quarter-life crisis. Temuan ini menegaskan pentingnya peran self-esteem dalam menurunkan risiko quarter-life crisis. Oleh karena itu, pemangku kebijakan diharapkan dapat menyediakan program yang mendorong komunikasi sehat dalam keluarga. Penelitian selanjutnya diharapkan dapat lebih menggali mengenai aktivitas media sosial dan dampaknya terhadap quarter-life crisis.

Kata kunci: dewasa awal, gaya pengasuhan, media sosial, self-esteem, quarter-life crisis.



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QUARTER-LIFE CRISIS IN EMERGING ADULTHOOD: THE INFLUENCE OF PARENTING STYLES, SOCIAL MEDIA, AND SELF-ESTEEM

AURELIA VANIA ALSYAH

Thesis
as one of requirements for obtaining a Bachelor's degree
in
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**DEPARTMENT OF FAMILY AND CONSUMER SCIENCES
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Bogor, August 2025

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