

HUBUNGAN ANTARA *ADVERSE CHILDHOOD EXPERIENCE (ACE)* DAN *PERCEIVED PARENTAL ACCEPTANCE-REJECTION* DENGAN *QUARTER LIFE CRISIS* PADA *EMERGING ADULTS*

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ABSTRAK

Quarter life crisis (QLC) merupakan krisis perkembangan yang terjadi pada masa transisi dari remaja menuju dewasa. Krisis ini berdampak pada kondisi emosional dan psikologis individu. *Adverse childhood experience (ACE)* telah dijelaskan sebagai peristiwa negatif yang terjadi di masa kanak-kanak atau remaja sehingga berpotensi traumatis yang berdampak negatif terhadap kesehatan dan kesejahteraan individu. Adanya persepsi subjektif individu terhadap pengasuhan orangtua atau biasa dikenal dengan istilah *perceived parental acceptance-rejection (PAR)* dijelaskan dapat berdampak bagi kesehatan mental individu. Tujuan dari penelitian ini yaitu untuk menguji hubungan antara ACE dan PAR dengan QLC pada *emerging adults*. Penelitian ini merupakan penelitian kuantitatif korelasional dengan metode analisis regresi berganda. Subjek penelitian ini melibatkan 326 partisipan dengan teknik *convenience sampling*. Adapun kriteria partisipan dalam penelitian ini yaitu: mahasiswa aktif Universitas Diponegoro tingkat magister berusia 18-29 tahun, belum menikah, dan masih memiliki orangtua lengkap. Alat ukur yang digunakan dalam penelitian ini adalah skala *Quarter life crisis* (28 item; $\alpha = 0,930$); WHO ACE-IQ (29 item) dan *Adult-PARQ* (22 item; $\alpha = 0,947$) versi Ayah dan (22 item; $\alpha = 0,922$) versi Ibu. Berdasarkan hasil analisis diketahui nilai ($r_{xy} = 0,587$, $F = 56,319$; $p < 0,05$) sehingga terdapat hubungan positif antara ACE dan PAR ayah dan ibu dengan QLC pada *emerging adults*. ACE dan PAR memiliki sumbangan efektif sebesar 34,4% terhadap QLC. Penerimaan orangtua terutama penerimaan ibu merupakan faktor protektif terjadinya QLC. Layanan kesehatan mental serta pemberian psikoedukasi mengenai masa transisi yang menyebabkan ketidakstabilan emosi dapat dilakukan sebagai bentuk preventif *stress* maladaptif pada *emerging adulthood*.

Kata kunci: *adverse childhood experience, perceived parental acceptance-rejection, quarter life crisis, emerging adulthood*

THE CORRELATION BETWEEN ADVERSE CHILDHOOD EXPERIENCE (ACE) AND PERCEIVED PARENTAL ACCEPTANCE-REJECTION WITH QUARTER LIFE CRISIS IN EMERGING ADULTS

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ABSTRACT

The quarter-life crisis (QLC) is a developmental crisis that occurs during the transition from adolescence to adulthood. This crisis has impact on individuals as well as on the emotional and psychological condition. Adverse childhood experience (ACE) has been described as a negative event that occurs in childhood or adolescence is potentially traumatic and has a negative impact on an individual's health and well-being. The existence of an individual's subjective perception of parenting commonly known as perceived parental acceptance-rejection (PAR) is explained to have an impact on an individual's mental health. This research aims to examine the relationship between ACE, PAR and QLC in emerging adults. This research employ quantitative correlational research with multiple regression analysis. This research involved 326 participants selected through convenience sampling with criteria for participants included being aged 18-29, unmarried, and enrolled as master's level students at Diponegoro University with complete parental information. The measuring instrument used in this research is the Quarter Life Crisis scale (28 items; $\alpha = 0.930$); WHO ACE-IQ (29 items) and Adult-PARQ (22 items; $\alpha = 0.947$) Father's version and (22 items; $\alpha = 0.922$) Mother's version. Based on the results of the analysis, it is known that the value is ($r_{xy} = 0.587$, $F = 56.319$; $p < 0.05$) so there is a positive relationship between ACE and PAR of fathers and mothers and QLC in emerging adults. ACE and PAR have an effective contribution of 34.4% to QLC. These result indicate that parental acceptance, particularly maternal acceptance, serves as a protective factor against the onset of QLC. Offering mental health services and psychoeducation during transition periods that induce emotional instability can be a preventive measure against maladaptive stress in emerging adulthood.

Keywords: *adverse childhood experience, perceived parental acceptance-rejection, quarter-life crisis, emerging adulthood*