

The Relationship Between Social Support from Peers and Family and the Quarter Life Crisis in K-pop Fandom

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DOI : <https://doi.org/10.61796/icossh.v2i3.43>



Sections Info

Article history:

Submitted: April 10, 2025

Final Revised: May 15, 2025

Accepted: May 28, 2025

Published: June 05, 2025

Keywords:

Quarter life crisis

Peer social support

Family support

K-pop fandom

ABSTRACT

Objective: This study aims to examine the relationship between peer and family social support and the quarter life crisis experienced by individuals within the K-pop fandom, specifically members of the Seventeen (Carat) fan community. **Method:** Using a quantitative correlational design, data were collected from 146 purposively selected participants out of a population of 250 fandom members. The analysis employed a multiple regression correlation test to assess the influence of social support on the quarter life crisis. **Results:** The findings indicate a significant negative relationship between peer social support and quarter life crisis ($r = -0.385$; $p < .001$), and between family social support and quarter life crisis ($r = -0.445$; $p < .001$). The combined contribution of peer and family social support to the reduction of quarter life crisis was 56.5%, suggesting that greater perceived support is associated with lower levels of psychological distress during emerging adulthood. **Novelty:** This research introduces a unique perspective by focusing on the psychosocial dynamics of the K-pop fandom – particularly the Seventeen fandom – which remains an underexplored population in psychological studies. The findings contribute to the growing discourse on youth mental health in digital fan communities, emphasizing the protective role of social support.

INTRODUCTION

In the course of life, a person goes through various stages of development, whether psychological or physical. Starting from childhood to old age. Erik Erikson explained that every human being goes through 8 stages of development in his life, namely infancy, early childhood, middle childhood, late childhood, adolescence, early adulthood, middle adulthood, and late adulthood [1]. Each stage of development has its own characteristics and learning mechanisms. The transition from adolescence to adulthood is no exception as an important period of growth.

Papalia & Olds explain that, during the transition from adolescence to adulthood, individuals have begun to learn to think more abstractly, take responsibility for themselves, and live independently [2]. This exploration stage is called the *emerging adulthood* phase. Arnett coined the term *emerging adulthood*, which is a stage that everyone goes through at the end of adolescence, and the age range is between 18 years and 25 years [2].

During *emerging adulthood*, it is not uncommon for individuals to start feeling anxious and uncertain about their future direction and goals, successes achieved or not realized to date, and satisfaction with what has been achieved. Thus, this can lead to various types of anxiety and stress such as doubts about career success and economic opportunities, increased competition between group members, and increased

psychological problems such as anxiety, depression, and fear of romance and relationships with the opposite sex [2].

In this phase, a person is considered more vulnerable to mental disorders due to the many adaptation processes and changes experienced in various aspects both emotional, psychological, and economic [3]. In addition, a person also begins to explore themselves, solve their own problems, and build new bonds with other individuals. However, if individuals do not succeed in making relationships with others, the result is that individuals will isolate themselves [3]. Meanwhile, individuals who can resolve stress and difficulties due to this crisis will have a positive impact on their development, such as increasing self-confidence, self-awareness and maturity of lifestyle and reality, self-authenticity, and meaningfulness of life [4]. This can lead to emotional crises that have a negative impact on individuals if they cannot cope with the changes and challenges that occur, causing individuals to feel incompetent, isolated, afraid of failing in the future, or doubting themselves. This is often referred to as a *quarter life crisis*.

According to Robbins & Wilner, *quarter life crisis* is a feeling that occurs around the mid-20s when people feel anxious about the future of their lives, especially relationships, work, and social life. *Quarter life crisis* can be interpreted as a reaction to increased instability, too many decisions, constant change, and feelings of helplessness and panic that generally occur in someone between the ages of 18-25 years [5]. A person must face various questions from their social environment, such as when to graduate, when to get married, when to have children, when to work, and other questions from adults [1]. These questions indirectly put pressure on a person and can lead to depression and *stress*.

There are various aspects of *quarter life crisis* proposed by Robbins & Wilner, namely: (1) Indecisiveness in decision making. (2) Desperation. (3) Negative self-assessment. (4) Trapped in a difficult situation. (5) Anxious. (6) Feeling depressed. (7) Worried about interpersonal relationships [6]. The characteristics of people who feel a *quarter life crisis* include: 1) Easily worried about the future. 2) Often question life. 3) Often have different perceptions with parents. 4) Often feel like a failure and have low motivation. 5) Feeling abandoned by peers and increasing self-doubt [7]. There are two factors of *quarter life crisis* according to Arnett, namely external and internal factors. Internal factors include identity exploration, self-focus, instability, potential/optimism. While external factors include relationships with friends, romantic relationships, career and work, family, academic challenges, etc [8].

The phenomenon of *quarter life crisis* can be seen through previous research. There are several studies that explain that the majority of early adults in Indonesia feel a *quarter life crisis*, such as research conducted by Korah (2022) with a total of 123 respondents. From this research, the results obtained were 30.1% of respondents in the high category, 48% of respondents in the medium category, and 22% of respondents in the low category [9]. The previous research above explained that the highest percentage ranking of *quarter life crisis* was the moderate category. In line with previous research

conducted by Rahmadian (2022), it can be understood that *quarter life crisis* in the poor Army fandom has a level of *quarter life crisis* with a percentage of low category 5%, medium category 56%, and high category 39% [3]. So it can be concluded that the highest percentage ranking of quarter life crisis in the k-pop fandom is the medium category.

Based on the results of an initial survey that has been conducted by researchers on k-pop fandom, by distributing questionnaires in the form of questions about aspects of *quarter life crisis* to 15 respondents, the results show that indecision in decision making as much as 93.3%, namely 14 respondents, despair as much as 80%, namely 12 respondents, negative self-assessment as much as 73.3%, namely 11 respondents, trapped in a difficult situation as much as 80%, namely 12 respondents, feeling anxious as much as 93.3%, namely 14 respondents, feeling depressed as much as 86.7%, namely 13 respondents, worried about interpersonal relationships as much as 46.7%, namely 7 respondents. Through the survey results, it can be concluded that 18-25 year olds in the k-pop fandom are experiencing *quarter life crisis* problems, especially in despair, anxiety, and depression. In line with research conducted by Rahmadian (2022), it shows that there is a percentage of 56% or 72 people who experienced a *quarter life crisis* in the poor Army fandom [3]. So everyone needs social support and encouragement from the people closest to them. The more social support received, the smaller the level of *quarter life crisis* that a person feels. Conversely, when social support is low, the amount of *quarter life crisis* a person feels will be greater [10].

One of the external aspects that impact on quarter life crisis is social support. Social support includes spousal, friend, work, family, academic and career challenges. A person always needs social support from other individuals, especially social support from family and coworkers. Peer social support is the actions and behaviors that a person displays to provide support and assistance to other individuals [3]. So that the individual feels valued, loved, and cared for as part of a social group. According to Sarafino, there are a number of aspects of peer social support, including 1) Emotional support as attention, love, affection, and trust in someone. 2) Appreciation support, such as positive appreciation of someone. 3) Instrumental support (instrumental or material support) includes direct support. 4) Information support also includes information provision support [3].

In previous research conducted by Taufani & Asrar (2022), it shows that social support from peers has an impact of 8.9% on *quarter life crisis*. The events above show that peer social support affects the occurrence of *quarter-life crisis* in a person [1]. Social support from peers helps reduce individual fears, reduce worries, accept more of what has been achieved, and maintain individual healthy behavior until individuals become more competent and confident [2]. Likewise, family social support from parents in the form of emotional support gives a person a sense of security when walking out into the outside world and establishing new relationships [11].

Friedman explained that family support is an attitude, behavior, and acceptance among family members with full support to provide help and support when needed [12]. He also added that family support can be provided in the form of goods, help, information, and advice to help individuals feel loved, valued, and safe. According to Sarafino, family support also has several aspects, namely emotional, instrumental, appreciation, and information support [13]. Previous research conducted by Saprowi and Wijaya (2022) found that the family aspect plays the biggest role in *quarter-life crisis* in adulthood, which is worth 11% compared to the influence of friends (1.8%) and other impacts (2%). This is experienced because family can reduce a person's stress level. Therefore, family support is needed for those entering *emerging adulthood* [11].

During a *quarter life crisis*, a person often feels great pressure, the desire to give up, demands, confusion about their future, feelings of anxiety and stress, and other negative emotions. Social support from family, parents, partners, friends, and the community creates enthusiasm, feelings of being valued, loved, and reduces negative emotions, so that problems will be able to be reached optimistically [14].

There are several reasons why researchers use the topic "Peer and Family Social Support with *Quarter Life Crisis* in the Transitional Phase of Adolescence to Early Adulthood in K-pop Fandom". According to a survey conducted by IDN Times, the geographical distribution of k-popers in Indonesia shows that the majority are in East Java with a percentage of 32.1%, followed by West Java with 17.8%, DKI Jakarta with 15.9%, Banten with 5.9%, and the remaining 23.3% spread in various other cities in Indonesia (idntimes, 2019).

Someone who likes k-pop, feels some negative impacts in his daily life, such as being shunned or disliked by friends and family, reduced sleep time, forgetting time, and wasteful [15]. Lack of social interaction and friendship in the surrounding environment due to complaints from family or closest friends about the idolization attitude can also make individuals feel depressed, anxious, and have a negative view of themselves, thus making individuals withdraw from their social environment and choose to interact with fellow fandoms only [16]. This condition can exacerbate the *quarter life crisis* experienced by individuals. Therefore, social support from peers and family has an important role in helping individuals deal with and reduce the negative impact of *quarter life crisis*.

As in previous research conducted by Rahmadian (2022) on "The effect of peer social support on *quarter life crisis* in fandom army members in Malang", it can be seen that there is a significant and positive relationship on the scale of peer social support and *quarter life crisis* [3]. Meanwhile, in Rahajeng & Kuncoro's research (2022) on the topic "The relationship between family support and quarter life crisis in working early adults", there is a negative correlation between family support and *quarter life crisis* in working early adults [17]. Based on the description above, it can be observed that there are gaps in previous research. In previous research, the topic of peer and family social support with *quarter life crisis* is still a little run, and there are also gaps in the aspect of

population coverage when taking research data. Until there are still few who conduct research on k-pop fandom. So the researcher is interested in conducting research in the transition phase of adolescence to early adulthood in the k-pop fandom.

Based on the problem analysis above, there is a research question whether there is a relationship between peer and family social support with *quarter life crisis* in k-pop fandom. The purpose of this study is to determine the relationship between peer and family social support with *quarter life crisis* in k-pop fandom. Through the following research, it is hoped that this study can help in supporting individuals who experience *quarter life crisis* by paying attention to the important role of peer and family social support.

The novelty in this study is that it examines the relationship between Peer and Family Social Support with *Quarter Life Crisis* in K-Pop fandom, which has rarely been studied before. In contrast to previous studies that focused more on *quarter life crisis* in academic or work contexts. This study also provides a new perspective on how social support in the Seventeen fan community (Carat).

RESEARCH METHOD

This research uses correlational research type with quantitative method. In the following study there are three variables, the independent variable (X1) is peer social support, (X2) family support, and the dependent variable (Y) is *quarter life crisis*.

The population in this study were women and men obtained from the Seventeen fan community whatsapp group (Carat) which amounted to 250 people, referring to research conducted by Rahmadian, 2022 on the Malang Army fandom which determined the sample with the Isaac and Michael formula. The sampling criteria for this study are women and men aged between 18 to 25 years in the k-pop fandom with an error rate of 5% developed by Isaac and Michael to determine the sample size. So that the number of samples in this study was 146 subjects. The sampling technique used in the following research is *purposive sampling* technique.

The data collection tool used is a psychological scale. The measurement used in the following study is a Likert scale, where each item is responded to by determining one of the answer options, namely Strongly Agree (SS), Agree (S), Disagree (TS), and Strongly Disagree (STS).

There are three instruments to collect data from a specific population. The *Quarter Life Crisis* scale instrument uses an adaptation scale used by Rahmatunnisa (2022) [18], consisting of 26 items related to aspects of *quarter life crisis* according to Robbins & Wilner. The dimensions include indecision in decision making, a sense of hopelessness, being in difficult conditions, negative self-evaluation, feelings of pressure, anxiety, and interpersonal problems, with a reliability of 0.868. For the Peer Social Support scale instrument using the adaptation scale used by Aulia (2019) [19], which consists of 23 statement items that refer to aspects of peer social support according to Sarafino. These

aspects include emotional support, instrumental support, appreciation support, information support with a reliability of 0.944. For the family social support scale instrument using the adaptation scale used by Rahmatunnisa (2022) [18], which is composed of 24 statement items that refer to aspects of family support according to Sarafino. The aspects include emotional, instrumental, appreciation and information support, with a reliability of 0.943.

The data collection technique used in this study is by distributing scales *online* using *google form* to the Korean *boy group Seventeen* fan community who have a fan group called Carat who meet the criteria as research respondents. The analysis technique used to analyze the data from this study is to use multiple regression analysis which is assisted using computer statistical calculations, namely JASP *software* version 18.1. Multiple regression is an equation model that explains the relationship of one dependent variable (Y) with two or more independent variables (X1, X2, ... Xn) [20].

RESULTS AND DISCUSSION

Results

The participants in this study are k-pop fandom aged 18-25 years old with a total of 146 people. Based on the data in table 1. it is found that the percentage of k-pop fandom experiencing quarter life crisis is highest at the age of 21 with a percentage of 16%.

Table 1. Quarter life crisis by gender and age

Characteristics	Category			Distribution	Percentage
	High	Medium	Low		
Gender					
Male	12	30	7	49	34%
Female	11	73	13	97	66%
Age					
18	3	9	3	15	10%
19	2	13	1	16	11%
20	2	15	0	17	12%
21	3	15	5	23	16%
22	3	13	1	17	12%
23	4	12	2	18	12%
24	4	13	4	21	14%
25	2	13	4	19	13%

Based on the descriptive test results in table 2. it can be seen that the distribution of data obtained by researchers, namely variable X1 (Peer Social Support) has a minimum value of 45, a maximum value of 92, with an average value of 71.75, and a standard deviation of 10.72. Whereas for variable X2 (Family Support) has a minimum value of 52,

a maximum value of 96, with an average of 75.62, and a standard deviation of 9.98. And for variable Y (Quarter Life Crisis) has a minimum value of 28, a maximum value of 73, with an average value of 48.44, and a standard deviation of 9.20.

Table 2. Descriptive Test

Descriptive Statistics			
	X1	X2	Y
N	146	146	146
Minimum	45	52	28
Maximum	92	96	73
Mean	71,75	75,62	48,44
Std. Deviation	10,72	9,98	9,20

Based on the results of table 3. with a total of 164 participants, the results obtained on the peer social support scale at the low category level were 20 people (14%), 103 people (70%) in the moderate category, and 23 people (16%) in the high category. So it can be concluded that the highest categorization of the peer social support scale is in the moderate category. Then, for the family support scale, it was found that the low category level was 24 people (16%), the medium category was 98 people (68%), and the high category was 24 people (16%), so it can be concluded that the highest categorization of the family support scale was in the medium category. Furthermore, for the quarter life crisis scale, it was found that the low category level was 28 people (19%), the moderate category was 93 people (64%), and the high category was 25 people (17%), so it can be concluded that the highest categorization of the quarter life crisis scale is in the moderate category.

Table 3. Data Categorization

Variables	Category	Interval	Frequency	Percentage
Peer Social Support	Low	$X < 39$	20	14%
	Medium	$39 < X < 58$	103	70%
	High	$X > 58$	23	16%
Family Support	Low	$X < 61$	24	16%
	Medium	$61 < X < 82$	98	68%
	High	$X > 82$	24	16%
Quarter Life Crisis	Low	$X < 66$	28	19%
	Medium	$66 < X < 86$	93	64%
	High	$X > 86$	25	17%

Based on the results of hypothesis testing in table 6. it can be seen that $r = -0.385$ and p value $< .001$ where if the p value < 0.05 is considered significant, so that in H1 there is a significant relationship between Peer Social Support (X1) and Quarter Life Crisis (Y), as

well as H2 it can be seen that $r = -0.445$ and $p \text{ value} < .001$ ($p < 0.05$), then there is a significant relationship between Family Support (X2) and Quarter Life Crisis (Y). It can be concluded that H1 and H2 are accepted. Meanwhile, the negative coefficient indicates that an increase in the X1 and X2 variables can reduce the value of the Y variable.

Table 7. Hypothesis Test

ANOVA

Model		Sum of Squares	df	Mean Square	F	p
H ₁	Regression	6945.231	2	3472.615	92.770	< .001
	Residuals	5352.831	143	37.432		
	Total	12298.062	145			

Based on table 7. it can be seen that the $p \text{ value} < .001$ ($p < 0.05$), then Peer Social Support (X1) and Family Support (X2) have a significant relationship to Quarter Life Crisis (Y) simultaneously and together. Thus, it can be concluded that H3 is accepted, where there is a relationship between Peer Social Support (X1) and Family Support (X2) on Quarter Life Crisis (Y).

Table 8. Determination Test

Model Summary - Y

Model	R	R ²	Adjusted R ²	RMSE	R ² Change	F Change	df1	df2	p
H ₁	0.751	0.565	0.559	6.118	0.565	92.770	2	143	< .001

In table 8. it can be seen that the large correlation value (R) is 0.751. And obtained the coefficient of determination (R²) of 0.565, so it can be concluded that the effect of peer social support and family support on Quarter life crisis is 56.5%.

Discussion

Theoretically, peer social support is the actions and behaviors that a person displays to provide support and assistance to other individuals [3]. In general, individuals spend more time with peers at the adolescent to early adult stage, so the role of peers as a source of emotional support is very important for individuals [22]. So that individuals feel appreciation, get attention, and have a meaningful role for their well-being. Social support from peers helps reduce individual fears, reduce worries, accept what has been achieved more, and maintain individual healthy behavior until individuals become more competent and confident [2]. Therefore, with the formation of k-pop fandom, it can lead to peer social support in some individuals. Likewise, family social support from parents in the form of emotional support gives a person a sense of security when walking out into the outside world and establishing new relationships [11].

Family support is an attitude, behavior, and acceptance among family members with full support to provide assistance and support when needed [12]. Friedman, explains that family support can be provided in the form of goods, help, information, and advice to help individuals feel loved, valued, and safe [12]. Family support will also increase trust and increase motivation in dealing with problems [23]. With support from the family, individuals can be helped in developing a positive mindset, optimistic attitude, and openness to various choices and views. In addition, this support also plays a role in reducing feelings of pressure and loneliness [24]. Garmenzy, argues that the benefits of social support can reduce anxiety, and stress [25]. However, for someone who does not get social support can make the individual experience a quarter life crisis.

Quarter life crisis can be interpreted as a reaction to increased instability, too many decisions, constant change, and feelings of helplessness and panic that generally occur in a person between the ages of 18-25 years [5]. A person must face various questions from their social environment, such as when to graduate, when to get married, when to have children, when to work, and other questions from adults [1]. These questions indirectly put pressure on a person and can lead to depression and stress. This can have a negative impact on individuals who cannot resolve stress and difficulties in the quarter life crisis phase, causing individuals to feel incompetent, isolated, afraid of failing in the future, or doubting themselves. However, for individuals who can pass through this phase, it will have a positive impact on them, such as increased self-confidence, self-awareness and maturity of lifestyle and reality, self-authenticity, and meaningfulness of life [4]. According to Robbins & Wilner, the characteristics of individuals who experience quarter life crisis are identity crisis, confusion in choosing a partner and getting married, difficulty in determining a profession, and difficulty building interpersonal relationships and social life [26].

Each member of the k-pop fandom has a different level of quarter life crisis depending on one's living conditions. It cannot be equated that every individual in the k-pop fandom can go through the quarter life crisis well. As in this study, it can be seen that there are 49 male participants (34%), and 97 female participants (66%), based on gender, the dominating participants are female. Furthermore, based on the age category, participants consisted of 18-25 years old with a total of 146 participants. At the age of 18 years there were 15 people (10%) who experienced a quarter life crisis, at the age of 19 years there were 16 people (11%), at the age of 20 years there were 17 people (12%), at the age of 21 years there were 23 people (16%), at the age of 22 years there were 17 people (12%), at the age of 23 years there were 18 people (12%), at the age of 24 years there were 21 people (14%), and at the age of 25 years there were 19 people (13%). So, the most individuals who experience quarter life crisis are at the age of 21 years as many as 23 people with a percentage of 16%, and are at a moderate level of quarter life crisis. In research conducted by Habibie et al (2019), the quarter life crisis phase at the age stage of

development, the most people experiencing quarter life crisis is at the age of 21 as many as 53 people with a percentage of 24.2% [27].

Based on the results of hypothesis testing, it is found that there is a significant relationship between peer social support and family support on quarter life crisis in k-pop fandom. The results of the analysis of hypothesis 1 (H1) show that peer social support (X1) has a significant relationship to quarter life crisis (Y), with the results of $r = -0.385$ and a significance value of $< .001$ ($p < 0.05$), it can be concluded that social support from peers has a significant negative relationship to quarter life crisis in k-pop fandom, so hypothesis 1 is accepted. This finding is in line with research conducted by Setiani & Kamillah (2023), which shows a significant relationship between peer social support and quarter life crisis. High peer social support in individuals experiencing quarter life crisis or other problems can help reduce their problems. Thus, support from peers plays an important role in helping individuals face various challenges or emotional crises that they are experiencing [28].

For the results of the analysis of hypothesis 2 (H2), it shows that family support has a significant relationship with quarter life crisis with the results of $r = -0.445$ and a significance value of $p < .001$ ($p < 0.05$), so H2 is accepted, which means that there is a significant negative relationship between family support and quarter life crisis in k-pop fandom. This is in line with research conducted by Rahajeng (2022), where there is a relationship between family support and quarter life crisis. The existence of this correlation shows that the role of family is very important for individuals. When individuals get optimal family support, they are less likely to experience quarter life crisis [17]

The relationship between peer social support and family support has a significant relationship to quarter life crisis together. The third hypothesis (H3), that there is a relationship between peer social support and family support on quarter life crisis together, is accepted. Both independent variables jointly affect the level of quarter life crisis in k-pop fandom

In the coefficient of determination test results, it can be seen that the R^2 value is 0.565. This value can be interpreted that peer social support and family support have an influence of 56.5% on quarter life crisis. Meanwhile, 43.5% is influenced by other factors on quarter life crisis and is not the focus of this study.

Based on the results of data categorization, the level of peer social support in k-pop fandom is in the low category as many as 24 people (16%), medium category as many as 98 people (68%), and for the high category as many as 24 people (16%) with a total of 146 participants. From these results, it can be concluded that the majority of k-pop fandom members have a moderate level of peer social support, with a percentage of 68% or as many as 98 people. Supported by research conducted by Sabila (2022), it can be seen that peer social support in final year students at the Faculty of Psychology UIN Ar-Raniry is in the moderate category as many as 95 people with a percentage of 61.3% [10].

The level of family support in k-pop fandom from a total of 146 participants is divided into three categories, namely a low category of 28 people (19%), a medium category of 93 people (64%), and a high category of 25 people (17%). These results indicate that the majority of k-pop fandom members have a level of family support in the moderate category with a percentage of 64% or 93 people. Supported by previous research conducted by Ariashinta (2024), that the average level of family social support is in the moderate category as many as 46 people with a percentage of 36.22% [29].

Based on the results that have been presented, the level of quarter life crisis in k-pop fandom from 146 subjects shows a low category with a total of 20 people (14%), a medium category of 103 people (70%), and a high category of 23 people (16%). This finding indicates that most k-pop fandom members experience quarter life crisis at a moderate level, with a percentage of 70% or as many as 103 people. Supported by previous research conducted by Salsabila (2021), it is known that Uin Malang psychology students experienced quarter life crisis in the moderate category as much as 60.9% [30].

Each member of the k-pop fandom experiences varying levels of quarter life crisis, depending on the situation and conditions of each individual's life. It cannot be equated that every individual in the k-pop fandom can go through a quarter life crisis well, as in this study that some individuals tend to be at a moderate level of quarter life crisis, so that it can affect the life that is being lived. There are several factors of quarter life crisis according to Arnett, namely external and internal factors. Internal factors include identity exploration, self-focus, instability, potential/optimism. While external factors include relationships with friends, romantic relationships, career and work, family, academic challenges, etc [8].

Quarter Life Crisis has a variety of impacts, but tends to have more negative effects. Some of the impacts that arise include emotional instability, increased stress, excessive anxiety, decreased mental health, and the risk of causing depression. This happens because individuals feel pressure due to uncertainty about the future, especially in the aspects of career and personal life [31]. This theory is in line with informants in research conducted by Mukhlida (2020) on "Celebrity Worship and Future Orientation (Case Study on BTS fans during Quarter Life Crisis)", it was found that the subjects in this study were fans of the Korean boy band BTS who were too attached to their idols to hinder their personal development. They tend to spend a lot of time and resources following idol activities, which can lead to impulsive and consumptive patterns create financial difficulties. In addition, unrealistic expectations of celebrity life can make individuals feel dissatisfied with their own lives, increase feelings of anxiety, doubt, and stress about the future, and be shunned by their friends [32]. In a study conducted by Hidayati et al (2022), there are negative impacts of individuals who are fond of k-pop, such as being shunned or disliked by friends and family, reduced sleep time, forgetting time, and being wasteful or consumptive [15].

As for the research conducted by Rahmadian (2022), most members of the k-pop fandom can establish closeness between fellow fans because they find compatibility and

familiarity in the same interests, this makes it not uncommon for them to be good friends to be friends [3]. Supported by research conducted by Ayu & Astiti (2020), liking k-pop also has a positive impact, such as making idols as encouragement, motivation, and inspiration for fans [33].

CONCLUSION

Fundamental Finding : This study reveals a significant negative relationship between peer and family social support and the quarter life crisis among members of the Seventeen (Carat) K-pop fandom, with both variables collectively accounting for 56.5% of the variance in the crisis experienced. **Implication** : These findings underscore the crucial role of a supportive social environment in mitigating psychological distress during the transitional period of emerging adulthood, suggesting that enhancing peer and family support may serve as a protective factor against quarter life crises. **Limitation** : The study is limited by its focus on a specific fandom group, which restricts the generalizability of the findings to broader K-pop communities. Additionally, the use of self-report surveys may introduce subjectivity bias, and the correlational design precludes causal inference. **Future Research** : Further studies should adopt a more diverse sample that includes various fandoms and cultural backgrounds, apply longitudinal or experimental designs to explore causality, and consider integrating qualitative methods to capture deeper psychological experiences related to social support and life transition challenges.

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