PENGARUH TERAPI RASIONAL EMOTIF (TRE) UNTUK MENURUNKAN KRISIS SEPEREMPAT ABAD (*QUARTERLIFE CRISIS*) PADA INDIVIDU DI FASE *EMERGING ADULTHOOD*

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ABSTRAK

Penelitian ini bertujuan untuk mengetahui pengaruh terapi rasional emotif (TRE) terhadap penurunan skor pada individu di fase *emerging adulthood*. Metode penelitian ini menggunakan pendekatan kuantitatif dengan metode *eksperimental* dan *design pretest-posttest control group design with follow up.* Analisis yang digunakan menggunakan analisis *Wilcoxon signed rank test.* Jumlah subjek penelitian sebanyak empat orang dengan kriteria dan ciri-ciri tertentu. Teknik pengumpulan data yang digunakan dengan memberikan skala kepada subjek dan menggunakan uji beda.

Quarterlife crisis adalah perasaan khawatir atas ketidakpastian kehidupan yang akan datang terkait relasi, karir, kehidupan sosial, terkait mimpi dan harapan, akademis, agama dan spiritualitas sehingga mengalami ketidakstabilan emosi dan krisis emosional. Permasalahan tersebut muncul ketika individu masuk usia 18-29 tahun. Salah satu terapi yang dapat menurunkan *quarterlife crisis* adalah pemberian terapi rasional emotif. TRE dilakukan selama dua kali pertemuan.

Hasil pengujain dengan analisis *Wilcoxon signed rank test* diketahui bahwa nilai Z sebesar -1.826 dengan nilai *p value = 0.068 > 0.05* hal ini menunjukkan bahwa tidak ada perbedaan *quarterlife crisis* sebelum dan setelah diberikan terapi rasional emotif (TRE). Namun, nilai *mean* atau nilai rata-rata *quarterlife crisis* sebelum diberikan terapi TRE adalah 102 setelah diberikan terapi TRE adalah 70,75 sehingga dapat disimpulkan bahwa terdapat penurunan *quarterlife crisis* pada individu setelah diberikan TRE.

Kata kunci : Krisis seperempat abad, *Quarterlife crisis,* Terapi rasional emotif, Terapi TRE, *pretest-posttest control group design with follow up*

THE EFFECT OF RATIONAL EMOTIVE THERAPY (TRE) TO REDUCE THE *QUARTERLIFE CRISIS* ON INDIVIDUALS IN THE EMERGING ADULTHOOD PHASE

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ABSTRAK

This study aims to determine the effect of rational emotive therapy (TRE) on decreasing scores in individuals in the emerging adulthood phase. This research method uses a quantitative approach with experimental methods and pretest-posttest control group design with follow-up design. The analysis used was the Wilcoxon signed rank test. The number of research subjects was four people with certain criteria and characteristics. Data collection techniques used by giving a scale to the subject and using a different test.

Quarterlife crisis is a feeling of worry over the uncertainty of future life related to relationships, career, social life, related to dreams and hopes, academics, religion and spirituality so that they experience emotional instability and emotional crisis. These problems arise when individuals enter the age of 18-29 years. One of the therapies that can reduce the quarterlife crisis is the provision of rational emotive therapy. TRE was conducted for two meetings.

The results of the test using the Wilcoxon signed rank test analysis revealed that the Z value was -1.826 with a p value = 0.068 > 0.05, this indicates that there is no difference in the quarterlife crisis before and after being given rational emotive therapy (TRE). However, the mean value or average value of the quarterlife crisis before being given TRE therapy is 102 after being given TRE therapy is 70.75 so it can be concluded that there is a decrease in the quarterlife crisis in individuals after being given TRE. Keywords: Quarter century crisis, Quarterlife crisis, rational emotive therapy, TRE therapy, pretest-posttest control group design with follow up.

Keywords: Quarterlife crisis, RET therapy, Rational Emotive Therapy, pretest-posttest control group design with follow up.