

## **ABSTRACT**

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**Psychological Well-Being of Unemployed Graduates Who Experience A Quarter-Life Crisis; Agustina, M.Psi., Psi.; Undergraduate Program in Psychology, Tarumanagara University; (i-x ; 149 Pages; P1-P6; L1-L39)**

A quarter-life crisis is a phenomenon that is currently being talked about on social media, especially by graduates. The crisis experienced is usually around job search, lifestyle, finance, and self-identity (Atwood & Scholtz, 2008). Many graduates find it difficult to get a job until they are unemployed. Failure in the job search process increases the challenge of aspects of self-esteem, positive affect, and well-being of unemployed individuals (Robinson, 2018). This study aims to find out the description of psychological well-being in unemployed graduates who experience a quarter-life crisis. This research is descriptive qualitative research with an in-depth interview method for six unemployed graduates who experience a quarter-life crisis. The results showed that psychological well-being in unemployed graduates who experienced a quarter-life crisis tended to be low. Based on the dimensions of psychological well-being, it was found that autonomy, positive relationships, environmental mastery, and purpose in life tended to be low in the six subjects, while personal growth and self-acceptance tended to be high in the six subjects.

*Keywords: Psychological Well-Being, Unemployed Graduates, Quarter-Life Crisis, Young Adulthood*