



## **LITERATURE REVIEW: THE EFFECTIVENESS OF SUPPORTIVE GROUP THERAPY IN FAMILY WITH EARLY ADULTS WITH ANXIETY IN THE QUARTER-LIFE CRISIS**

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### **ABSTRACT**

**Background:** In the age range of 18-29 years, generally early adults experience anxiety that arises during the quarter life crisis phase. Anxiety arises with increasing age because individuals experience several pressures from various parties, both demands from the environment, demands from family to demands from themselves. Supportive group therapy will make a place for individual mental healing because individuals with the same problem will strengthen each other and share experiences in the group, **Methods:** The Method used is a literature review by reviewing 5 international articles and 5 national articles, the data collection process using the PRISMA (Preferred Reporting Items For Review and Meta Analysis) method and data analysis using Thematic Analysis to examine articles using compare, contrast and criticize., **Results:** The results showed that 10 articles stated that supportive group therapy was significantly able to reduce anxiety. Anxiety decreases due to mutual reinforcement of members in a supportive group, **Conclusions:** The conclusion of the author states that supportive group therapy can be used as a nursing intervention to reduce anxiety in early adults who experience anxiety during the quarter life crisis.

**Keywords:** Supportive Group Therapy, Anxiety, Early Adulthood

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### **INTRODUCTION**

At the age range of 18-29 years, some human individuals begin to feel a period of emotional crisis. Feelings of anxiety and life is full of stress, even to the point that life is meaningless. This emotional crisis can be called the *quarter life crisis phase*. When individuals enter the *quarter life crisis phase*, human individuals will experience various psychological problems in the form of excessive anxiety about future life, feeling swayed in uncertainty and experiencing emotional crises. Anxiety in early adulthood during the *quarter life crisis* can cause mental growth of individuals to be disrupted. The existence of pressure from various parties, both demands from the

environment, demands from family to demands from themselves are factors that trigger anxiety during the *quarter life crisis phase*.

There are many Thing bad to be happens to individuals man when currently in state anxious, from worried light until heavy. Condition worst that could be experienced someone who is in worry tall that is start happening lost control self. In state like that individual will lost ability for relate with other people, happening perception that is not true and lost intelligence the usual rational accompanied with appearance disturbance personality. According to a survey conducted in Pekanbaru City with individual data 20-30 years old, 43.22%

individuals experience *quarter life crisis* category moderate , and 22.97% individuals experience category high . With that data show that more than 50% of individuals mature start in Pekanbaru City experience *quarter life crisis* (Herawati & Hidayat, 2020).

The provision of interventions that can help individuals survive and get through the *quarter life crisis* is supportive group therapy. Supportive group therapy is an activity therapy in the form of activities carried out when there is free time to increase confidence in someone (Widyastuti et al., 2018). This is in accordance with previous research which states, According to Habibullah (Habibullah, 2018) supportive group therapy is a form of supportive psychotherapy in the form of activities that can affect independence, creativity, and can get used to the surrounding environment. Supportive group therapy allows individuals who are experiencing the same problems to share to strengthen each other and come up with joint problem solving.

When individuals give each other reinforcement, it is hoped that new *insights will emerge* on how to behave more adaptively in a *quarter life crisis situation*. Group members can support each other and provide pleasant or unpleasant experiences to be used as joint evaluation material (Prasyatiani & Sulistyarini, 2018). Support groups such as supportive group therapy will make a place for individual

mental healing because individuals with the same problem will strengthen each other and share experiences in the group. Based on the explanation above, the authors are interested in knowing whether group therapy is effective for families with early adult children who experience anxiety during the *quarter life crisis* . The purpose of this *litterature review* is to get an overview from various points of view as well as from various similar studies on the effectiveness of supportive group therapy in families with early adult children who experience anxiety during the *quarter life crisis*.

## METHODS

The method of research used is the *litterature review*. Method study *litterature review* is one \_ method of collection of library data, reading and taking notes, and managing and analyzing ingredient relevant writing \_ for the next conducted identification, evaluation, and synthesis to the works that have been there for the drawn conclusion (Ulhaq & Rahmayanti, 2020).

The data collection process is carried out use tool search *database* with stages search *litterature review* using the PRISMA (*Preferred Reporting Items For Review and Meta Analysis*) method and perform limitation article with *boolean logic* use PIO technique (*Problem, Intervention, Outcome*) with description as following:

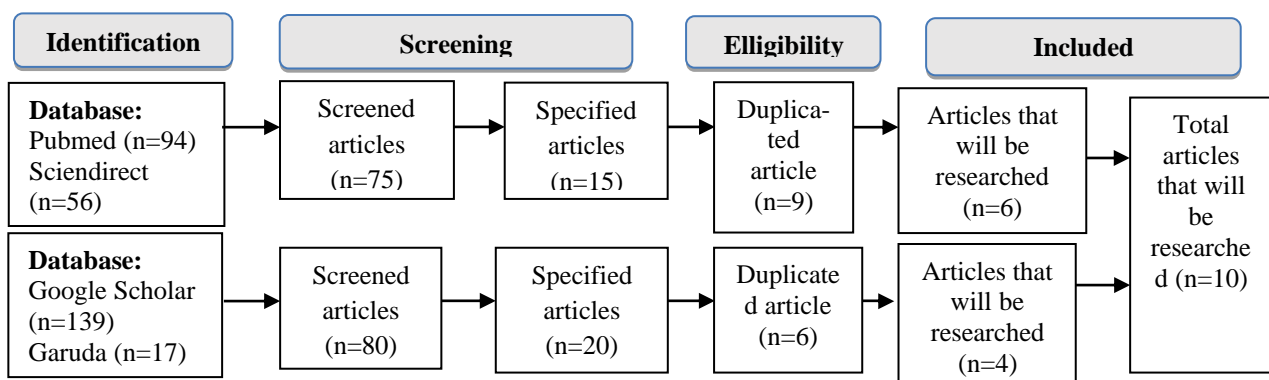


Figure 1. PRISMA Flowchart



The figure 1, explain how method search determine article which will researched on literature review this with explanation as following :

#### a. Identification

In accordance with problems taken in research this author, to do article data collection through provider database journal international PubMed and Science direct as well as search National journals using Google Scholar and Garuda. Writer use keywords \_ *Supportive Group Therapy* then using “AND” as *boolean operator* on search source article journal internationally on the website <https://www.ncbi.nlm.nih.gov/pubmed.com> for Pubmed and using page <https://www.sciencedirect.com> for search journal Sciedirect. So the keywords used for look for article journal international that is “*Supportive Group Therapy AND Anxiety*” and “*Supportive Group Therapy AND Quarter Life Crisis*” later obtained findings journal as many as 150 findings. For search journal national Indonesian, writer open page <https://garuda.kemdikbud.go.id> for the Garuda website and use page <https://scholar.google.com> for Google Scholar *website* with using the keyword "therapy “Group Support and Anxiety” and “Therapeutic Group Supportive and Quarter Life Crisis” on Google Scholar database and Garuda later obtained findings journal as many as 156 findings .

#### b. Filtering (Screening)

Filtering (*Screening*) is very important for election journal articles that meet limitation standard in accordance with criteria inclusion and exclusion . Writer To do filtering (*Screening*) with method determine articles and limit article use criteria inclusion and exclusion.

##### 1) Criteria Inclusion

- a) Articles journal with usage language England & language Indonesia
- b) type from article which used is article *Research Articles*

c) Articles *Full Text* can be accessed and downloaded

d) Articles with year published 2018-2022

##### 2) Criteria Exclusion

a) Year publishing journal article under year 2018

Article journal which has obtained then conducted process *screening* with using a *boolean logic* filter with PIO Problem, *Intervention, Outcome*, after conducted *screening* on articles journal in English obtained results as many as 75 findings while in the article speak Indonesia get findings as many as 80 findings. Not only until that, author to do specification more in with To do limitation with criteria inclusion exclusion on findings article, results from specify article journal use language English get findings article as much 15 findings whereas article journal Indonesian language get findings as many as 20 findings. After the author specify article writer do a duplicate test with method use application *mendeley* . Writer To do checking duplication article get results duplicate article speak English 6 articles duplicate whereas for results duplicate article Indonesian writer find 14 articles duplicate so that results findings after checking duplication journal international totaling 9 findings and journals national totaling 6 findings. After getting results of the limiting process writer will test appropriateness (*Eligibility*) article.

#### c. Qualifications (Eligibility)

Writer then determine article decent journal made ingredient for study with method *literature review*. Writer determine appropriateness based on discussion thorough article have discussion about therapy group supportive for lower anxiety. Findings which fulfill appropriateness for article speak English that is as much 6 findings whereas article speak Indonesia which Fulfill appropriateness found as much 4 findings.



#### d. Included

After doing the feasibility test ( *Ellgibility* ) then will obtained amount articles that will used in study *literature review*. Amount obtained articles from article speak English as much 6 findings, and article speak Indonesia as much 4 findings, so total articles which will in careful as much 10 article.

#### Data analysis

Data analysis which used in study this is *Thematic Analysis*. *Thematic Analysis* or can called with Analysis Thematic is one method for analyze data using data collection by researchers with destination for identify pattern or for find theme through data that has been collected (Heriyanto, 2018). Method it's very effective for a research that means peeling in detail and in detail the data obtained then for find linkages patterns in a phenomenon then drawn conclusion (Heriyanto, 2018). In analysis thematic there are 3 stages namely :

- a. *Compare*: find and search equality between a number of article.
- b. *Contrast*: find difference between a number of article and taken conclusion .
- c. *Criticize*: give opinion alone based on source read author.

#### RESULTS

Analysis result to article the journal that has been Fulfill procedure with through the collection process article journal use PRISMA method (*Preferred Reporting Items For Systematic Reviews and Meta Analysis*) as well as to do data analysis using *Thematic Analysis* with to do stages *compare, contrast, and criticize* get results that, based on 10 articles the author 's journal take for study this *literature review* mention that all journal state therapy group supportive have big impact for worry individual. Worry individual experience drop consequence existence same feeling in one group therapy supportive, apart that Support or *support* one each other in one group make existence solving problem new for can lower degrees anxiety. Feeling worry , worry , even until depression could decrease with alone because mental strengthening one each other. Results of 10 articles journal that discusses about therapy group supportive for lower worry will writer explain under this with apply stages *compare, contrast, and criticize* as data analysis for peeling article in detail and in detail as well as used for find linkages Among patterns in a phenomenon so that could drawn conclusion.

Table 1. *Journal Article Research Results*

No	Writer	Title	Goal / Problem	Method / Sample	Results
1.	(Rahmania & Tasaufi, 2020)	Therapy Group Supportive for Lower <i>Quarter-Life Crisis</i> in Individuals Early Adulthood During the Covid-19 Pandemic	For test influence change level <i>quarter-life crisis</i> after given intervention therapy group supportive	Subject in study this is individual in emerging adulthood phase which experienced a quarter life crisis (n=5). design research used _ is <i>one group pretest post-test</i> . Measuring tools used is the Quarter-Life Crisis Diagnosis Quiz developed by Hassler (2009).	All respondents in study this by material experience drop score at the moment pre test and post test. <i>Quarter</i> score the most declining <i>life crisis</i> occur drop of 42 points , while score lowest drop _ that is 9 points. Research results show that there is significant difference _ quarter life crisis score between before and



No	Writer	Title	Goal / Problem	Method / Sample	Results
					after conducted intervention therapy group supportive .
2.	(Conny & Korah, 2022)	The Role Of Family Functioning In The <i>Quarter-Life Crisis</i> In Early Adulthood During The Covid-19 Pandemic	For knowing functionality family with application therapy group supportive for crisis quarter life in adulthood beginning during the Covid-19 pandemic	Subject in study this is individual mature early 18-29 years old _ with amount subject as many as 123 people. Data collection is carried out with purposive sampling method . design research used _ is a one group pretest post test . Instrument study this using the Family Assessment Device (FAD) Scale and the Quarter Life Crisis Quiz.	Research results obtained coefficient correlation (p) is - 0.226 with score significance of 0.012 (p<0.05), which means there is connection negative Among functionality family with crisis worry quarter life in adulthood early . Where if function family good with apply therapy group supportive so level crisis quarter life low and vice versa if function family bad so crisis quarter life high .
3.	(Sandy et al., 2022)	The Relationship Between Social Support and Mental Health Degrees in Emerging Adulthood Of Students	For test Support social use therapy group supportive and degree mental health in adulthood new to experience crisis emotional	retrieval technique sample used _ in study this is stratified random sampling number respondents 411 people. Scale used in study this is scale Support adapted social _ from Multidimensional Scale of Perceived Social Support (MSPSS) (12 items, = 0.888) and scale degrees adapted mental health from the Mental Health Inventory (MHI-38) (24 items = 0.941).	Research results show existence significant change _ Among source Support social on application therapy group supportive with degrees mental health in adulthood new student . Pearson Correlations variable value study of 0.445, p this show that Support social in the form of therapy group supportive capable effective for lower crisis emotional quarter century <i>quarter-life crisis</i> .
4.	(Wijaya & Utami, 2022)	Conscientiousness and Quarter-Life Crisis in Emerging Adulthood: Social Support as a Mediator	For test role personality seriousness to crisis age quarter century or <i>quarter life crisis</i> in emerging adulthood with Support social therapy group	Participants study this is individuals in the group _ 18-25 years old as many as 286 people. design research used _ is one group pretest post test There is three tool The measures used are the Quarter-life Crisis Scale , Big-Five	Research results show that Support social therapy supportive to crisis age quarter century get results by 13% (-0.1286; p < 0.05). With so , can concluded that Support social therapy group





No	Writer	Title	Goal / Problem	Method / Sample	Results
			supportive as a mediator	Inventory (BFI), and The Multi-dimensional Scale of Perceived Social Support (MSPSS).	supportive working as top mediator role personality seriousness to crisis age quarter century and able lower the anxiety suffered respondents .
5.	(Wijaya & Saprowi, 2022)	Social Support and Quarter-Life Crisis in Emerging Adulthood	For knowing aspect Support social to crisis age quarter century of emerging adulthood	design research used _ in study this is <i>one group pretest post test</i> Participants study this as many as 220 participants 18-25 years old , research this using the Quarter-life Crisis Scale, and The Multidimensional Scale of Perceived Social Support (MSPSS) as tool measuring	Research results disclose that Support social correlated to crisis age quarter century with aspect highest is Support from family by 11%. With apply Support social as one _ therapy group supportive anxiety experienced _ mature young when crisis quarter century can decreased .
6.	(Karomani et al., 2021)	Psychosocial Assistance Through a Support Group Program as a Strategy for Handling Adolescent Social Problems in the Village of Merak Belantung, South Lampung	For knowing the influence of the support group program in help increase awareness teenager about importance healthy by social in times of crisis quarter century / <i>quarter life crisis</i>	design research used _ in study this is <i>one group pretest post test</i> . With respondents 35 teenagers end . Method activity using the Support Group program, which includes : will there is activity guidance , counseling and assistance psychosocial .	Research results mention that the support group therapy given make informant recognize herself besides that , group therapy that has been held capable give function therapeutic to group , that is as factor support (supportive factors), factor openness self and catharsis , factor study wisdom or wisdom from member group others , as well factors related psychology _ with how weave connection with other people and how understand self alone .
7.	(Klein et al., 2021)	Online Computer or Therapist- Guided Cognitive Behavioral Therapy in University Students with Anxiety and/or	For test the effectiveness of the therapy program supportive for lower guided anxiety _ with	design study use trial design _ controlled by random . Worry social be measured with the Anxiety Scale item Social Interaction -6 (SIAS-6)63 and Mini-	Research results mention Scale show strong sensitivity ( 93.8 %), p this prove that therapy support done _ by distance far capable



No	Writer	Title	Goal / Problem	Method / Sample	Results
		Depression	computer by distance far	Social Phobia Inventory (Mini-SPIN).	effective for lower degrees worry mature beginning at university.
8.	(E Gusdiansyah & Susanti, 2020)	Medical Health Journal Science : Influence Therapy Supportive To Decrease Anxiety in Prisoners Adolescents in Class II A Correctional Institutions	For knowing influence Therapy Supportive to drop anxiety	<i>Quasi Experiment</i> with design <i>pre and post test design with control</i> and approach <i>two group pretest-Posttest Design. Respondent amount</i> 30 consists of 15 respondents group intervention and 15 respondents group control . Instruments used _ is the HARS ( <i>Hamilton Anxiety Rating scale</i> ) used for measure level worry	Results on research this show happening drop level worry respondent group intervention and control which are 1.53 and 2.40, respectively . Based on the t-test obtained p- value 0.000 in the group intervention and p- value 0.019 in the group control , conclusion (p<0.05) which means there is drop level worry before and after given therapy supportive of the group intervention compared control
9.	(Edo Gusdiansyah et al., 2021)	Effectiveness Giving Therapy Supportive in Lower Anxiety in Adolescents	For knowing influence Therapy Supportive to drop anxiety	Respondents in _ study this totaling 20 people with range age youth 10-19 years . On research this , design research used _ in study this is <i>one group pretest post test</i>	Results on research mention that happening drop level anxiety in adolescents when <i>pretest</i> and <i>posttest</i> . Besides that , on study it also mentions that therapy group support for adolescents who experience anxiety effective for cure teenager from anxiety . Experience provided _ to teenagers are very effective in reduce anxiety . Teenager feel helped and felt no lonely when follow therapy group supportive .
10.	(Zwagery & Yuniarramah, 2021)	Psychoeducation "Quarter Life Crisis: Choose The Right Path, What Should I Do Next?"	For give description related QLC way face obstacle with therapy group	Method activity in the form of panel discussion , divided into 2 sessions delivery materials and sessions discussion . Participant	Result of activity this is participant understand QLC concept and its application in reality life . as well



No	Writer	Title	Goal / Problem	Method / Sample	Results
			supportive , and improve understanding individual	originated from Public common people who experience worry totaling 116 people.	as capable for apply prevention worry with To do therapy group supportive . Activity this important held because each person 's QLC is different and dynamic so that need understanding the right concept and application of QLC

## Discussion

Based on of 10 articles journal that discusses about therapy group supportive above, therapy group supportive is a therapy group psychoeducation for make individual feel existence balance emotional , capable increase mechanism coping in self , and able reduce causes stressor for handle worry (Arifin, 2018). Worry alone arise due to stressors from in self himself appeared consequence feeling not enough believe self, excessive worry, distraction prolonged depression until disturbance isolation social traumatic. one possible method used for lower worry that is with method To do therapy group supportive (Palmisano et al., 2021). Therapy group supportive rated effective for lower worry individuals who experience *quarter life crisis*. Inside one group therapy supportive all member have right talk and give opinion or the same input. Besides that, therapy group supportive can for give each other strengthen one each other on a group with same problem. With To do therapy these are individuals gain a sense of trust self for permanent believe self face current problem through it (Rahmania & Tasaufi, 2020).

From the results of 10 articles that have been reviewed , found a number of characteristics respondents to 10 articles in *the literature review* this . Characteristics age respondents who experienced phase the *quarter life crisis* is individual with

range 18-29 years old (Rahmania & Tasaufi, 2020). Displacement phase from teenager end going to mature beginning make the respondents experience crisis emotional related worry will future life. Wicaksono and Susilawati (Wicaksono & Susilawati, 2016) mention that when individual step on age transition with range 15-22 years old from phase teenager end going to phase mature early , crisis emotional in the form of worry start felt , thing this signify that individual start enter phase *quarter-life crisis*. From all over the author 's article put in this *literature review*, the majority respondent be at the age transition phase teenager end going to mature early. A number of respondents to research conducted by Rahmania & Tasaufi (Rahmania & Tasaufi, 2020) mention that worry arise consequence life future career , problems will affairs partner nor relationships and life social. Anxiety arising in respondents state that majority related anxiety will future life. This thing in accordance with studies previously developed by Habibie (Habibie et al., 2019)which states : that at age transition from teenager end going to mature beginning individual tend experience crisis quarter century or the usual known with *quarter life crisis*, individual tend experience worry excessive caused from demands self alone until demands from family.

Based on 10 articles that have been obtained, there is similarities and





differences from article that. The first difference that is from amount samples used in each article, article with sample the most that is as many as 411 respondents and at least as many as 5 respondents. Method The research used is also different where is 1 article use quasi- experimental method, 7 articles use approach *one group pre test and post test*, 1 article use trial design controlled by random, and 1 article use design panel discussion. There is difference tool measuring anxiety and *quarter life crisis*, where 4 articles use tool measuring *Quarter Life Crisis Diagnosis Quiz* by Hanzler 2009. There are 2 articles use tool measuring HARS (*Hamilton Anxiety Rating Scale*). After reviewing 10 articles writer get equality among them there are 7 articles with target respondent with range 18-29 years old, and there are 3 articles with target teenager end with range of 15-22 years. Another equation says that to 10 articles state use psychoeducation Support social therapy group supportive proven effective for lower anxiety during the *quarter life crisis*.

After reviewing 10 articles, the author get fact that Anxiety that occurs in individuals with range 18-19 years old can overcome with method to do therapy Support social in the form of therapy group supportive. When entering a transition period from teenager end going to mature beginning individual often experience *quarter life crisis* with feeling excessive anxiety until feel life full with challenge. In the research conducted Karomani (Karomani et al., 2021) mention that one interventions that can conducted among others, namely with To do intervention therapy group supportive. All respondents in the research conducted Rahmania & Tasaufi (Rahmania & Tasaufi, 2020) by significant experience drop worry after conducted therapy group supportive . Decrease score worry the most *quarter life crises* occur drop by 42 points . Therapy group supportive rated effective for lower worry individuals who

experience *quarter life crisis* (E Gusdiansyah & Susanti, 2020; Edo Gusdiansyah et al., 2021; Rahmania & Tasaufi, 2020; Zwagery & Yuniarramah, 2021). Besides that , research according to Sandy & Wijaya (Sandy et al., 2022; Wijaya & Utami, 2022) display that therapy group supportive if conducted with Support social by family could effective for lower worry proven with happening drop *quarter life crisis score* by 13% (0.1286;  $p < 0.05$ ) after conducted Support social therapy group supportive (Wijaya & Utami, 2022). Support social in therapy group supportive working as a mediator for role personality seriousness to crisis age quarter century or phase *quarter life crisis* for capable lower anxiety . Therapy group support can also conducted by distance far with method using online media, Klein's (Klein et al., 2021) mention that therapy group supportive with approach by distance far using proven online media capable effective for lower anxiety . Research results mention scale effectiveness respondent in use online media to therapy group supportive show strong sensitivity by 98%,  $p$  this show that therapy carried out by distance far capable effective for lower degrees worry mature beginning by distance far away.

Based on 10 articles that have been reviewed , author find theory that states that according to (E Gusdiansyah & Susanti, 2020; Edo Gusdiansyah et al., 2021; Rahmania & Tasaufi, 2020; Zwagery & Yuniarramah, 2021) when individual enter phase displacement from teenager end going to mature beginning part individual feel that those times pleasant because could try all the possibilities for get meaning inside his life . However, different with part individual others started experiencing a *quarter-life crisis* with feeling anxious , full with pressure even feel life no mean . Interventions that can help somebody for could endure in situation *quarter life crisis* is therapy group supportive . This thing



caused because individual inside group the have same problem and can for each other share the problem so that bring up new *insights* about more behavior adaptive. Therapy group supportive is a medium for bunch individual for share opinions and needs one each other. Member group could each other support and mutual share experience to participant another . In supportive group therapy, individuals will get new media to express what they feel, not only that, individuals will also get other opinions about the problems they are facing (Prasyatiani & Sulistyarini, 2018). Support groups such as supportive group therapy will make a place for individual mental healing because individuals with the same problem will strengthen each other and share experiences in the group. According to the author's assumption, after reviewing 10 articles on the effectiveness of social support in the form of supportive group therapy in reducing anxiety in early adults who are experiencing the *quarter life crisis phase* , it can be judged that the effectiveness of social support in the form of supportive group therapy in reducing anxiety in *emerging adulthood individuals* is proven to be effective as evidenced by facts and figures. theory that has been described in 10 articles. Anxiety that arises in *emerging adulthood individuals who enter the quarter life crisis* phase is an emotional reaction in themselves when expectations do not match expectations and reality. When individuals enter *emerging adulthood*, individuals tend to have high expectations about their lives in the future, this is what makes individual anxiety even more severe. Demands from the social environment, from oneself and from the family can also be a contributing factor to the emergence of anxiety during the *quarter life crisis phase* . One method that can be used when experiencing anxiety in the *quarter life crisis phase* is using social support in the form of supportive group therapy. Supportive group therapy has been shown to be able

to reduce the anxiety of *emerging adulthood individuals* who have experienced an emotional crisis in a quarter of a century. Individuals with the same problem will have a new place to express their feelings in a supportive therapy group. When individuals in the same supportive group give each other reinforcement, it is hoped that they will be able to bring up new *insights* or experiences in solving problems, so that it will lead to a more adaptive behavior in reducing anxiety that occurs in the *quarter life crisis phase*

## CONCLUSION

Based on results study *literature* review containing 10 articles about effectiveness therapy group supportive for resolve anxiety, prove that 10 articles that the author specify as *literature review* mentions therapy psychoeducation social support in the form of therapy group supportive proven effective for lower worry individual *early adulthood* in phase *quarter-life crisis*. Conclusion writer based on results *literature review* article by the author specify mention intervention psychoeducation support social in the form of therapy group supportive in adults beginning to experience anxiety during the *quarter life crisis* proven can be one appropriate intervention used for lower degrees worry proven with effectiveness from exposure articles in this *literature* review

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