

## The Indonesian Adaptation of Developmental Crisis Questionnaire-I2 (DCQ-I2)

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### Abstract

The developmental crisis in early adulthood, often referred to as the Quarter-Life Crisis, has garnered significant attention in recent years. Although widely discussed in mass media and popular writings, there is a lack of a well-established psychological scale to measure this crisis in Indonesia. This study aims to examine the psychometric properties of the Indonesian adaptation of the Developmental Crisis Questionnaire (DCQ-I2) developed by Petrov et al. (2022) for assessing early adulthood developmental crises. The DCQ-I2 instrument consists of twelve statements divided into three factors: Disconnection and Distress, Lack of Clarity and Control, and Transition and Turning Point. Exploratory Factor Analysis (EFA) and Confirmatory Factor Analysis (CFA) are used in the test. This research involves 300 Indonesian early adult participants (mean age = 31.81 years, SD = 6.72, 90% female) for EFA testing and 248 participants (mean age = 25.2 years, SD = 5.32, 78.2% female) for CFA testing. The results indicate that the three-factor structure of the ten items of the Indonesian version of the DCQ has psychometric properties classified as "acceptable fit," making it suitable for research on developmental crises in early adult individuals. Future research should explore the psychometric properties of this instrument in other population groups, such as middle-aged and older adults, and consider implications for interventions or support programs.

**Keywords:** *scale adaptation, early adulthood, developmental crisis, quarter-life crisis*

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### Introduction

The developmental crisis in early adulthood, commonly known as the Quarter-life Crisis (QLC), has gained prominence in recent years and has become a hot topic in mass media and popular writings. Agarwal et al. (2020) discuss the challenges faced by individuals in early adulthood. The concept of QLC was initially proposed by Robbins and Wilner (as cited in Atwood, 2008), who sought to explain a potential crisis period experienced by individuals in the early years of adult development. Subsequently, Robinson et al. (2013) expanded on this concept, outlining phases that early adults

often go through during a developmental crisis: locked-in, separation and time-out, exploration, and rebuilding. Petrov et al. ([2022](#)) further elucidate the features of a developmental crisis, which include being at a transition or turning point in life, feeling overwhelmed by environmental demands and having difficulty coping with them, an increased tendency to question and search for meaning, changes in self-identity, and experiencing strong negative emotions.

Several studies explore developmental crises in early adult individuals using both qualitative and quantitative approaches (Robinson & Smith, [2010](#); Robinson & Stell, [2015](#); Robinson & Wright, [2013](#); Yeler et al., [2021](#)). One main challenge in quantitative research on the QLC phenomenon is the availability of valid and reliable measurement scales. Various measuring instruments for developmental crises exist, including the Adult Life Crisis Retrospective Questionnaire (ACERSAT) developed by Robinson and Wright ([2013](#)). ACERSAT aims to identify life crisis experiences and provides data on the occurrence and timing of crises or lack thereof, and events in crisis episodes in the domains of career, relationships, family, sexuality, worldview, and health (Robinson & Wright, [2013](#) in Uugwanga, [2020](#)). Uugwanga ([2020](#)) further explained that this list of crisis events developed by Robinson and Wright ([2013](#)) aligns with an in-depth review of the extensive literature on the content of adult life crises and types of stressful life transitions.

The QLC phenomenon has garnered significant attention in Indonesian research. Some studies on QLC in Indonesia utilize the Quarter-Life Crisis Diagnosis Quiz measuring instrument developed by Christine Hassler ([2009](#)), consisting of 25 questions with “yes” and “no” answer choices (Riyanto & Arini, [2021](#); Afnan et al., [2020](#); Suyono et al., [2021](#)). However, this instrument lacks sufficient psychometric property testing results and is not supported by a theoretical basis.

In addition to these instruments, a recent development in measuring developmental crises in adulthood is the Developmental Crisis Questionnaire-12 (DCQ-12). This instrument is based on five general features of a developmental crisis, including being in a transitional period, feeling overwhelmed by environmental demands, an increased tendency to question and search for life’s meaning, a change in identity, and experiencing strong negative emotions (Petrov et al., [2022](#)). Petrov et al. ([2022](#))



initially created a scale with 42 items, which underwent exploratory factor analysis (EFA) and confirmatory factor analysis (CFA). The instrument was then modified into DCQ-12, comprising twelve statement items across three dimensions: Disconnection and Distress, Lack of Clarity and Control, and Transition and Turning Points. Confirmatory factor analysis results, including a “good fit” (GFI=0.910, CFI=0.911, RMSEA=0.082), attest to its psychometric properties. Convergent and discriminant validity tests indicate that the DCQ-12 aligns theoretically with previous research on developmental crises (Petrov et al., [2022](#)).

As the DCQ-12 measuring tool is still relatively new and has not been adapted to other languages, including Indonesian, there is a growing interest in research on developmental crises, particularly in the early adult population in Indonesia. Given this, there is a need to adapt the DCQ-12 measuring instrument to the Indonesian language. This research aims to facilitate the adaptation of the DCQ-12 into Indonesian and explore its psychometric properties in a group of Indonesian young adults. The adaptation and psychometric evaluation of the Indonesian version of DCQ-12 in the early adult group will contribute to enhancing the psychometric evidence of measuring instruments in this domain.

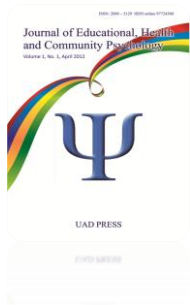
## **Method**

### *Participants*

Out of the 548 participants who met the criteria (aged 18-40 years and having completed the questionnaire), demographic data including age, marital status, highest level of education, and occupation were collected. Before answering the demographic and questionnaire items, participants provided informed consent, which included an explanation of the research. They indicated their willingness to participate by selecting 'yes.' The participants were then divided into two groups for factor analysis: 300 participants for exploratory factor analysis (EFA) and 248 participants for confirmatory factor analysis (CFA).

### *Design and Procedure*

This research aims to examine the psychometric properties and validate the adaptation of the

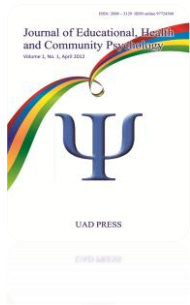


Developmental Crisis Questionnaire-12 (DCQ-12). The study uses a non-experimental research design and employs convenience sampling for its practicality and accessibility to the target population (Turner, [2020](#)). Questionnaires are distributed online via Google Forms, utilizing popular social media platforms such as Instagram, Twitter, LinkedIn, and WhatsApp for participant recruitment.

To ensure the cultural and linguistic appropriateness of the adapted instrument, this research follows The International Test Commission Guidelines for Translating and Adapting Tests (International Test Commission, 2018). The translation involved collaboration with bilingual experts to maintain linguistic equivalence and cultural relevance throughout the adaptation process. The researchers also obtained permission to adapt the DCQ-12 from Oliver C. Robinson, one of the original developers of the instrument (Petrov et al., [2022](#)), through email correspondence.

Upon receiving permission, the adaptation process began with a thorough translation procedure involving forward and backward translations. Initially, the first and third researchers translated the instrument into Indonesian independently. The second researcher then reviewed these translations comprehensively. Additional reviewers, all researchers in Psychological Science with expertise in the topic and a deep understanding of the culture, further scrutinized the translations.

Backward translation was performed by a psychology practitioner with academic experience in an English-speaking country. Two native Indonesian speakers with educational backgrounds in psychology, proficiency in both English and Indonesian, and a strong grasp of psychological measurement principles, evaluated the translations. To ensure linguistic and cultural relevance, the final translation underwent a cognitive interviewing process via Google Forms with eighteen psychology students from three Indonesian universities. This process assessed the readability of the items and identified challenging statements. The results from the translation and cognitive interviewing led to several modifications to improve the effectiveness and clarity of the item statements.



### *Measures*

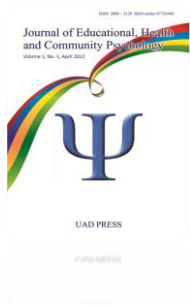
The primary tool for this research is the Developmental Crisis Questionnaire-12 (DCQ-12), developed by Petrov et al. (2022). The DCQ-12 comprises 12 items divided into three factors: Disconnection and Distress, Lack of Clarity and Control, and Transition and Turning Point. An example item from the Disconnection and Distress factor is, "I feel like my life has lost direction." Participants are asked to reflect on their life over the past six months to complete the questionnaire. Responses are rated on a scale from 1 to 5, where 1 denotes "strongly disagree," 2 "disagree," 3 "neutral/undecided," 4 "agree," and 5 "strongly agree."

### *Statistical Analysis*

Internal reliability is assessed using the Cronbach's Alpha coefficient. Item analysis is performed by examining the Corrected Item-Total Correlation results. Validity is evaluated through internal, convergent, and discriminant validity checks. Internal validity is assessed using Exploratory Factor Analysis (EFA) and Confirmatory Factor Analysis (CFA). Convergent validity is measured by calculating Construct Reliability (CR) and Average Variance Extracted (AVE). The measuring instrument is considered acceptable if the CR score is greater than 0.7 and the AVE score is greater than 0.5 (Fornell & Larcker, 1981).

Data analysis is conducted using SPSS and JASP software. Before performing EFA, it is necessary to check the factor analysis assumptions using the KMO-Bartlett Test. A KMO value higher than 0.5 indicates adequate correlations among variables, which is necessary for proceeding with factor analysis (Hair et al., 2009). EFA aims to determine the number of factors underlying the construct and employs methods such as principal components and direct oblimin rotation.

Following EFA, CFA is conducted with different sample groups to assess the model fit or accuracy of the scale model. CFA testing evaluates parameters as outlined by Matsunaga (2010), including Root Mean Square Error of Approximation (RMSEA), Comparative Fit Index (CFI), and Standardized Root Mean Square Residual (SRMR). A model is considered to have a "good fit" if RMSEA < .06, CFI > .95, and SRMR < .1. It is deemed to have an "acceptable fit" if RMSEA < .08, CFI > .9, and SRMR < .1.



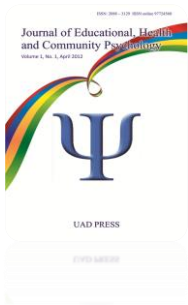
## Result

This study aims to examine the psychometric properties of the Developmental Crisis Questionnaire (DCQ-12) adaptation by Petrov et al. (2022) for assessing early adulthood developmental crises in the Indonesian population. Participants are adults aged 18-40 years, recruited through social media platforms such as Instagram, Twitter, LinkedIn, and WhatsApp, with a total of 548 participants. The sample includes predominantly women (84.7%), with the majority residing in East Java (26.3%), unmarried (71.5%), employed as permanent employees (29.4%), and holding a bachelor's degree (51.8%).

Table 2 presents the mean (M), standard deviation (SD), and correlations among the twelve DCQ items. It shows that 11 of the 12 items are positively correlated with the overall DCQ score, with correlations ranging from  $r = 0.289$  to  $0.768$  and  $p < 0.001$ . However, item 12 has a corrected total item correlation score below 0.25, with  $r = 0.040$  and  $p > 0.05$ . The reliability analysis indicates that the Indonesian version of the DCQ-12 has a Cronbach's Alpha score of 0.776 (see Table 3).

**Table 1**  
*Participants' Demographic Data*

Demographic Data	Aspect	Frequency	Percentage
Gender	Male	84	15.3
	Female	464	84.7
Domicile	Banten	46	8.4
	Special Capital Territory of Jakarta	83	15.1
	West Java	97	17.7
	Central Java	117	21.4
	East Java	144	26.3
	Yogyakarta Special Region	30	5.5
	Bali	31	5.7
Marital Status	Single/Unmarried	392	71.5
	Married	139	25.4



**Table 1**  
*Participants' Demographic Data*

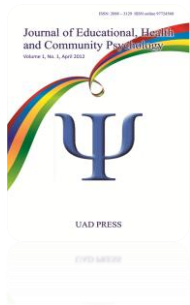
Demographic Data	Aspect	Frequency	Percentage
Current Residence	Divorced/Widowed	17	3.1
	House/Rent (living alone)	70	12.8
	House/Rent (living with family)	350	63.9
	Boarding House/Apartment (alone)	111	20.3
	Boarding House/Apartment (with housemates)	11	2.0
	University Housing	6	1.1
Occupation	Student	158	28.8
	Permanent Employee	161	29.4
	Non-Permanent Employee	68	12.4
	Freelancer	42	7.7
	Stay at home dad/mom	43	7.8
	Entrepreneur	37	6.8
Education	Unemployed	39	7.1
	Junior High School	5	0.9
	Senior High School	176	32.1
	Diploma	32	5.8
	Bachelor	284	51.8
	Master	48	8.8
	Doctorate	3	0.5

**Table 2**  
*Item Intercorrelation Matrix Test Result*

	DCQ 1	DCQ 2	DCQ 3	DCQ 4	DCQ 5	DCQ 6	DCQ 7	DCQ 8	DCQ 9	DCQ 10	DCQ 11	DCQI 2
DCQ 1	--											
DCQ 2	.552	--										
DCQ 3	.402	.564	--									
DCQ 4	.365	.613	.524	--								
DCQ 5	.107	.383	.158	.319	--							
DCQ 6	.210	.372	.204	.324	.482	--						
DCQ 7	.294	.446	.323	.412	.413	.595	--					
DCQ 8	.211	.347	.250	.334	.418	.539	.540	--				
DCQ 9	.338	.215	.272	.154	-.049	.038	.195	.015	--			
DCQ 10	.276	.207	.203	.213	-.098	.036	.202	-.006	.597	--		
DCQ 11	.202	.029	.026	.005	-.168	-.130	-.065	-.075	.361	.414	--	
DCQ 12	.057	-.023	-.001	-.064	-.244	-.223	-.154	-.198	.166	.164	.509	--
Total	.664	.768	.673	.701	.334	.524	.658	.520	.526	.523	.289	.040
Mean	3.90	3.10	3.18	2.20	2.49	2.64	2.98	2.67	3.88	3.55	3.70	3.95
SD	1.138	1.332	1.312	1.307	1.086	.997	1.055	.989	.997	1.092	1.092	.954

The EFA testing sought to empirically determine the factor structure of the DCQ-12 within the Indonesian sample of 300 participants. Before conducting the analysis, researchers evaluated the Kaiser-Meyer-Olkin (KMO) measure to ensure the sample's suitability for EFA. The KMO value of 0.756 confirmed that the factor analysis could proceed, validating the adequacy of the sample for EFA





analysis (Dziuban & Shirkey, [1974](#); O'Connor, [2000](#)).

**Table 3**

*Reliability Test Results*

Item	Test Item Correlation	When The Item Is Deleted
DCQ 1	0,534	0,747
DCQ 2	0,675	0,726
DCQ 3	0,524	0,747
DCQ 4	0,577	0,740
DCQ 5	0,295	0,772
DCQ 6	0,420	0,760
DCQ 7	0,557	0,746
DCQ 8	0,409	0,761
DCQ 9	0,390	0,763
DCQ 10	0,367	0,765
DCQ 11	0,166	0,785
DCQ 12	0,001	0,796

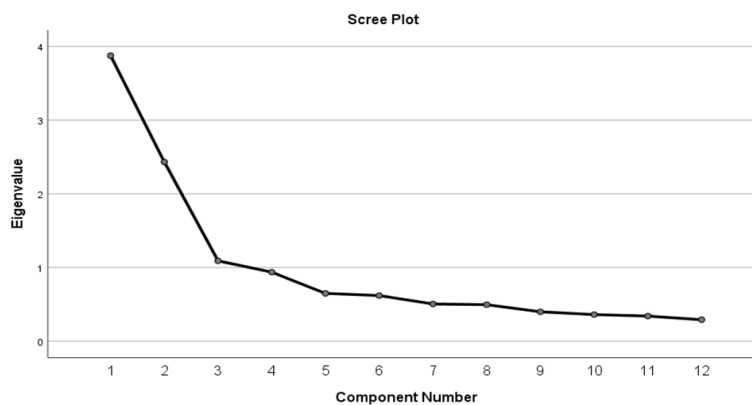
Varimax rotation was applied to assess the factor structure of the DCQ-12 in the Indonesian sample. The analysis revealed that the DCQ-12 demonstrates three factors, aligning with the exploratory factor analysis (EFA) conducted on the original instrument by Petrov et al. ([2022](#)). The scree plot also supported the presence of three factors, endorsing their inclusion. This model accounts for a total variance of 59.91%, with the variance distributed among the three factors as follows: 21.9% for the first factor, 19.45% for the second factor, and 18.56% for the third factor.

**Table 4**  
 Rotated Component Matrix<sup>a</sup>

	Component		
	1	2	3
DCQ 1	<b>.714</b>	.214	.157
DCQ 2	<b>.808</b>	.022	.228
DCQ 3	<b>.779</b>	.084	.204
DCQ 4	<b>.788</b>	-.113	.155
DCQ 5	.125	-.375	<b>.517</b>
DCQ 6	.164	-.066	<b>.860</b>
DCQ 7	.199	.135	<b>.762</b>
DCQ 8	.258	-.099	<b>.637</b>
DCQ 9	.142	<b>.720</b>	.163
DCQ 10	.240	<b>.756</b>	-.001
DCQ 11	-.059	<b>.769</b>	-.117
DCQ 12	-.080	<b>.644</b>	-.226

Extraction Method: Principal Component Analysis.

Rotation Method: Varimax with Kaiser Normalization.<sup>a</sup> Rotation converged in 5 iterations.



**Figure 1.** Scree Plot

CFA testing was conducted to validate the number of dimensions underlying the factors and establish a well-fitting model (Brown, 2015). This research included two rounds of CFA, with each round involving a separate set of participants from the EFA process (n=248). The first round confirmed the structure of the DCQ factors as recommended by the EFA results. The second round aimed to verify the CFA results after removing items with low factor loadings.

Model fit was assessed using SRMR for absolute fit, RMSEA for parsimony correction, and CFI for comparative fit (Brown, 2015). In the first round, parameters SRMR=0.093, RMSEA=0.101, and CFI=0.0857 indicated that the model did not meet the criteria for a “good fit.” Consequently, the researchers revised the instrument by excluding items 5 and 12 due to factor loadings below 0.3.

In the second round of CFA, with ten statements, the parameters SRMR=0.065, RMSEA=0.075, and CFI=0.942 indicated an “acceptable fit” for the modified model. The final structure, consisting of three factors (Disconnection and Distress, Lack of Clarity and Control, and Transition and Turning Point), aligns with the original measuring instrument developed by Petrov et al. (2022).

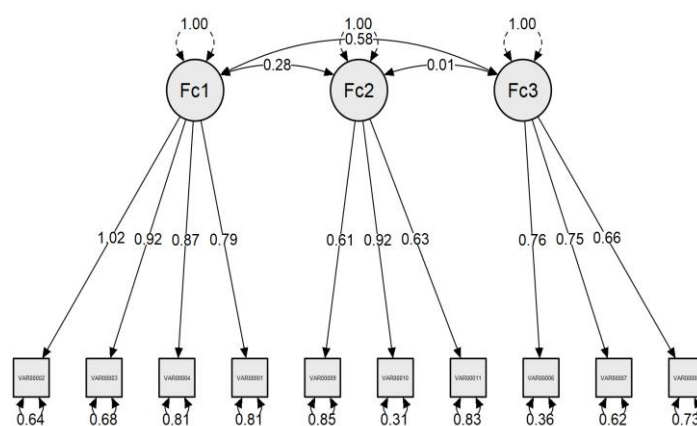


Figure 2. CFA Model from DCQ-12

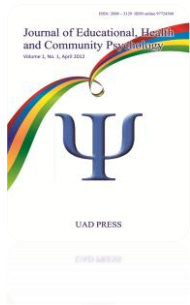
CFA testing can evaluate the convergent validity of theoretical constructs (Brown, [2015](#)) using the CR Index value. A CR Index of  $\geq 0.7$  suggests that all items consistently represent the same latent construct (Hair et al., [2014](#)). Table 5 shows that all CR values for each factor of the DCQ exceed 0.7, thereby confirming the validity of the three factors in the DCQ.

**Table 5**  
 Convergent Validity Result

Dimension	Item	$\lambda$	$\lambda^2$	Error	CR	AVE
1	DCQ 1	0,708	0,501	0,499	0,854	0,595046931
	DCQ 2	0,814	0,662	0,338		
	DCQ 3	0,759	0,575	0,425		
	DCQ 4	0,801	0,642	0,358		
	TOTAL	3,081	2,380	1,620		
2	DCQ 6	0,843	0,711	0,289	0,818989303	0,60319032
	DCQ 7	0,798	0,637	0,363		
	DCQ 8	0,680	0,462	0,538		
	TOTAL	2,321	1,810	1,190		
3	DCQ 9	0,751	0,564	0,436	0,820004092	0,603080907
	DCQ 10	0,794	0,630	0,370		
	DCQ 11	0,784	0,615	0,385		
	TOTAL	2,329	1,809	1,191		

## Discussion

This research focuses on adapting and evaluating the psychometric properties of the Indonesian version of the Developmental Crisis Questionnaire-12 (DCQ-12). The findings from both Exploratory Factor Analysis (EFA) and Confirmatory Factor Analysis (CFA) demonstrate that the Indonesian DCQ, which consists of ten items, achieves an “acceptable fit” according to the established criteria.



The first factor, labeled “Disconnection and Distress,” comprises four items (1, 2, 3, and 4). This factor reflects experiences where individuals feel their lives lack meaning, lose direction, encounter negative emotions, and engage in heightened self-questioning. Factor loadings for items 1, 2, 3, and 4 are 0.71, 0.81, 0.76, and 0.80, respectively, all above 0.5, confirming the validity of these items in measuring the “Disconnection and Distress” construct.

The second factor, “Lack of Clarity and Control,” includes three items (6, 7, and 8). This factor captures feelings of losing control, lacking confidence about future plans, perceiving life as unstable, and feeling inadequately prepared to face challenges. The factor loadings for items 6, 7, and 8 are 0.84, 0.80, and 0.68, respectively, all exceeding 0.5, indicating the validity of these items for the “Lack of Clarity and Control” construct.

The third factor, “Transition and Turning Point,” consists of three items (9, 10, and 11). This factor relates to experiences of life transitions, personal changes, and shifts in perspective. The factor loadings for items 9, 10, and 11 are 0.75, 0.80, and 0.78, respectively, all above 0.5, confirming the validity of these items for measuring the “Transition and Turning Point” construct.

Convergent validity testing, based on factor loadings, construct reliability (CR), and average variance extracted (AVE) indicators, shows that the Indonesian version of the DCQ has adequate convergent validity (Fornell & Larcker, [1981](#)). Factor loadings for all ten items exceed 0.3, while the CR and AVE scores for the three factors are above 0.7 and 0.5, respectively, suggesting strong correlations with theoretically related variables. Note that no other instruments were used for testing convergent validity in this study.

Previous instruments used in research on developmental crises include the Adult Life Crisis Retrospective Questionnaire (ACERSAT) and the Quarter-Life Crisis Diagnosis Quiz. ACERSAT focuses on life crisis experiences across various domains, while the DCQ provides a deeper exploration into individual psychological experiences, including cognitive and affective dimensions, offering a more nuanced understanding than ACERSAT.



The Quarter-Life Crisis Diagnosis Quiz, with its 25 questions on feelings of confusion, anxiety, and doubt in early adulthood, differs from the DCQ. Unlike the QLC Quiz, which uses a definition from the online dictionary Word Spy and lacks a clear development process, the DCQ is based on Erikson's theoretical concepts and specifically addresses crises in early adulthood. This distinction underscores the DCQ's robust theoretical foundation and enhances its credibility and utility in studying developmental crises.

### **Limitations**

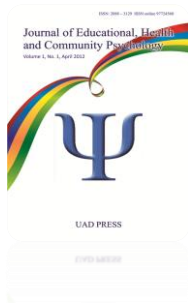
This research has both strengths and limitations. The substantial participant pool, which allowed for subgroup analysis, and the heterogeneous backgrounds of the participants contribute to its strengths, providing a representative sample of early adults in Indonesia. However, a notable limitation is the imbalance between male and female participants, with females being overrepresented. Additionally, the DCQ has not been adapted to other languages, which limits comparative analysis across different linguistic contexts. Future research should explore the psychometric properties of the DCQ in various languages.

Although the instrument was designed for both early and older adults, this study focused exclusively on early adults, limiting the generalizability of the findings to other age groups. Future studies should include diverse age groups, such as middle-aged and older adults, to provide a more comprehensive understanding of developmental crises across the lifespan.

### **Conclusion**

This research successfully adapted the DCQ-12 to the Indonesian language and evaluated its psychometric properties among Indonesian young adults. The results indicate that the 10-item DCQ-12 demonstrates strong reliability and validity, making it a valuable tool for research and practical use among Indonesians, particularly in early adulthood. The DCQ's solid theoretical foundation and systematic development process further enhance its credibility.

Future studies should continue to advance developmental crisis measurement instruments like the



DCQ-12. Expanding research to include middle and late-adult populations will provide a broader perspective on developmental crises across different stages of adulthood.

### **Acknowledgment**

The authors would like to thank all students who participated in the study.

### **Conflict of Interest**

The researchers declare that this paper has no conflicts of interest.

### **Author Contribution**

All authors have contributed equally to the study's conceptualization, interpreting data, reviewing, and editing the manuscript.

### **Data Availability**

Data can be provided upon request to the author.

### **Declarations Ethical Statement**

The study followed the guidelines of the Declaration of Helsinki.

### **Informed Consent Statement**

Informed consent was obtained from all persons involved in the study.

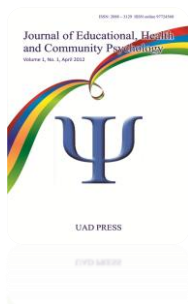
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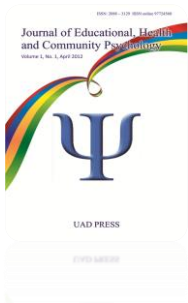




**Appendix I.**

**DCQ-12 Translation**

Original Item	Translation - Bahasa Indonesia (Forward Translation)	Backward Translation	Final Translation
I have been questioning myself and my life more than I normally do.	Beberapa waktu terakhir ini saya mempertanyakan diri dan hidup saya lebih sering dari biasanya.	In recent times, (recently), I questioned myself and my life more than usual	Beberapa waktu terakhir ini, saya mempertanyakan diri dan hidup saya lebih sering dari biasanya.
I feel like my life has lost direction.	Saya merasa hidup saya kehilangan arah.	I feel my life has lost its direction	Saya merasa hidup saya kehilangan arah
I have been experiencing stronger negative emotions than normal.	Hingga saat ini saya mengalami emosi negatif yang lebih kuat dari biasanya.	Until now (or recently), I experience stronger negative emotion more than usual	Hingga saat ini saya mengalami emosi negatif (cth: marah, sedih, kecewa, dll) yang lebih kuat daripada biasanya.
I have been thinking that life is meaningless.	Hingga saat ini saya berpikir hidup tidak ada artinya.	Until now, I think my life is meaningless	Hingga saat ini saya berpikir hidup tidak ada artinya.
I have been confident about what I need to do to make it in life.	Saya yakin tentang apa yang perlu saya lakukan agar sukses dalam hidup.	I am confident on what I need to do to be successful	Saya yakin tentang apa yang perlu saya lakukan agar sukses dalam hidup.
I have been feeling in control of my life.	Hingga saat ini saya merasa mampu mengendalikan hidup saya.	Until now (recently), I feel I am able to manage/control my life	Hingga saat ini saya merasa mampu mengendalikan hidup saya.
My life feels stable and predictable.	Hidup saya terasa stabil dan dapat diprediksi.	My life is stable and can be predicted	Hidup saya terasa stabil dan dapat diperkirakan.



I have felt that I have had the resources to deal with any challenges that life throws at me.

Saya merasa saya memiliki sumber daya untuk menghadapi tantangan apapun yang terjadi dalam hidup saya.

I feel I have (enough) resources to face any challenges in my life

Saya merasa memiliki sumber daya untuk menghadapi tantangan apapun yang terjadi dalam hidup saya.

I am experiencing a time of transition in my life.

Saya sedang mengalami masa transisi dalam hidup saya.

I am experiencing (currently undergo) a transition phase in my life

Saya sedang mengalami masa transisi dalam hidup saya.

I am passing through a major turning point in my life.

Saya sedang melewati titik balik yang besar dalam hidup saya.

I am currently undergo a big turning point in my life

Saya sedang melewati titik balik yang besar dalam hidup saya.

I feel like I may be in the process of leaving the "old me" behind and am developing a "new me".

Saya merasa berada dalam proses berpindah dari 'saya yang dulu' menuju ke 'saya yang baru'.

I feel that I am in the process of transitioning from my "old self" to my "new self"

Saya merasa berada dalam proses meninggalkan "diri saya yang dulu" menuju ke "saya yang baru".

I have noticed that the way I have thought about my life has changed.

Saya menyadari bahwa cara saya berpikir tentang hidup saya telah berubah.

I realized that my thought (opinion) on my life has changed

Cara berpikir saya tentang hidup saya telah berubah.