

Abstrak

Penelitian ini bertujuan untuk mengetahui pengaruh *gratitude* dan *mindfulness* terhadap *quarter life crisis* pada mahasiswa UIN Sunan Gunung Djati Bandung. Metode yang digunakan adalah kuantitatif dengan pendekatan kausal. Sampel penelitian sebanyak 255 mahasiswa yang dipilih menggunakan teknik purposive sampling. Instrumen yang digunakan adalah *Gratitude, Resentment, and Appreciation Test (GRAT)*, *Five Facet Mindfulness Questionnaire (FFMQ)*, dan skala *quarter life crisis*. Analisis data dilakukan menggunakan regresi linear berganda. Hasil penelitian menunjukkan bahwa *gratitude* dan *mindfulness* secara simultan berpengaruh signifikan terhadap *quarter life crisis* dengan kontribusi sebesar 5,6%. Artinya, semakin tinggi tingkat *gratitude* dan *mindfulness*, maka semakin rendah kecenderungan mengalami *quarter life crisis*. Simpulan dari penelitian ini adalah *gratitude* dan *mindfulness* merupakan faktor protektif yang dapat membantu mahasiswa menghadapi krisis identitas dan tekanan masa dewasa awal.

Kata Kunci: *gratitude, mindfulness, quarter life crisis, mahasiswa, UIN SGD Bandung*

Abstract

This study aims to examine the influence of gratitude and mindfulness on quarter life crisis among students of UIN Sunan Gunung Djati Bandung. A quantitative method with a causal approach was used. The sample consisted of 255 students selected through purposive sampling. Instruments used included the Gratitude, Resentment, and Appreciation Test (GRAT), the Five Facet Mindfulness Questionnaire (FFMQ), and a quarter life crisis scale. Data analysis was conducted using multiple linear regression. The results showed that gratitude and mindfulness simultaneously had a significant influence on quarter life crisis with a contribution of 5.6%. This indicates that higher levels of gratitude and mindfulness are associated with lower tendencies to experience a quarter life crisis. The conclusion is that gratitude and mindfulness serve as protective factors that help students cope with identity confusion and the pressures of emerging adulthood.

Keywords: *gratitude, mindfulness, quarter life crisis, students, UIN SGD Bandung*