

## Systematic Literature Review on Quarter Life Crisis in Final Year Students: A Study of the Role of Social Support, Career Decisions, and Resilience

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### ABSTRACT

The phenomenon of quarter-life crisis (QLC) among final-year students has become an increasingly important issue in developmental psychology studies, considering that the transition to the workforce and adulthood is often accompanied by complex psychosocial pressures. This research aims to systematically examine the role of social support, career decision-making, and resilience towards QLC through the Systematic Literature Review (SLR) method on 16 scientific articles published between 2018 and 2024 and indexed in reputable databases such as Scopus and ScienceDirect. The analysis was conducted with the help of VOSviewer software to map the relationships between keywords and main themes. The study results indicate that social support and maturity in career decisions contribute to reducing QLC pressure, while resilience proves to be an important mediator in helping students adapt psychologically. Bibliometric visualisation identifies two dominant approaches in the literature, namely psychosocial (focusing on mental health and study-to-work transitions) and reflective-spiritual (value-based and meaning of life). These findings emphasise the value of developing holistic campus interventions based on positive psychology to strengthen the resilience of final-year students in facing life transitions.

**Keywords:** *Quarter Life Crisis; Final Year Students; Social Support; Career Decisions; Resilience.*

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## INTRODUCTION

The phenomenon of quarter-life crisis (QLC) has been gaining more attention recently, especially among final-year students who are in the transition period towards the working world and adult life. Uncertainty, anxiety about the future, and dilemmas in life decision-making, particularly in relation to career and identity, frequently characterise this period. Final-year students often face social pressure, family expectations, and unpreparedness to confront post-campus realities, which can ultimately trigger psychological symptoms such as stress, identity confusion, and existential crises. In this context, it is important to understand the role of protective factors such as social support and the ability to make mature career decisions, as well as the extent to which individual resilience acts as a mediator in facing these pressures. A thorough study of these dynamics becomes relevant not only in the academic realm but also in higher education policies and positive-based psychological interventions.

Several recent studies show that psychosocial factors play an important role in reducing the negative impact of QLC. (Rahayu & Sawitri, 2022) found that social support from family and peers can reduce career anxiety levels among final-year students. Meanwhile, (Sunyoto & Mulyono, 2025) research by emphasises that uncertainty in career decision-making is strongly correlated with increased stress and depressive symptoms in the 20–25 age group. (Hakim & Rachman Nufaily, 2025) added that students with high levels of resilience tend to be more capable of overcoming the challenges and pressures of QLC compared to those who do not. In another study, (Adininggar et al., 2020) identified that the presence of academic mentors and career advisors can strengthen students' confidence in making meaningful career decisions. (Khairunnisa & Wulandari, 2023) reported similar results, demonstrating that resilience mediates the relationship between social pressure and life satisfaction among final-year students. The research conducted by (Handayani & Kurniawati, 2023) also reinforces these findings, where resilience has proven to be a significant predictor of students' adaptability in facing the post-campus transition period. In general, these studies draw attention to the interconnection between social support, career decision-making, and resilience in understanding and addressing QLC among students.

Although there have been quite a few studies examining QLC, most of them use traditional quantitative or qualitative approaches that focus on analysing primary data from a limited population. Not many studies have systematically summarised and analysed previous findings using the Systematic Literature Review (SLR) approach, particularly utilising sources of scientific articles from reputable international databases such as Scopus, ScienceDirect, and ProQuest. Furthermore, there is also a very limited amount of research that integrates bibliometric analysis using tools like VOSviewer to map the relationships between key concepts in the literature on QLC, social support, career decisions, and resilience. Thus, this research aims to fill that gap and provide a comprehensive understanding based on the synthesis of the latest scientific evidence.

This research aims to answer the main question: How is the relationship between social support, career decision-making, and resilience towards the phenomenon of the quarter-life crisis among final-year students based on recent scientific literature findings? The approach used is qualitative with the systematic literature review method, which examines relevant scientific articles from the year 2022 onwards. Data analysis was conducted with the help of VOSviewer to identify thematic patterns and the interconnections between variables bibliometrically. This research is expected to provide theoretical contributions to the development of psychology, particularly developmental psychology and positive psychology. In addition, the results of this study also have the potential to serve as a basis for formulating psychosocial intervention policies on campus to support the mental well-being of final-year students who are facing a crucial transitional period in their lives.

## METHOD

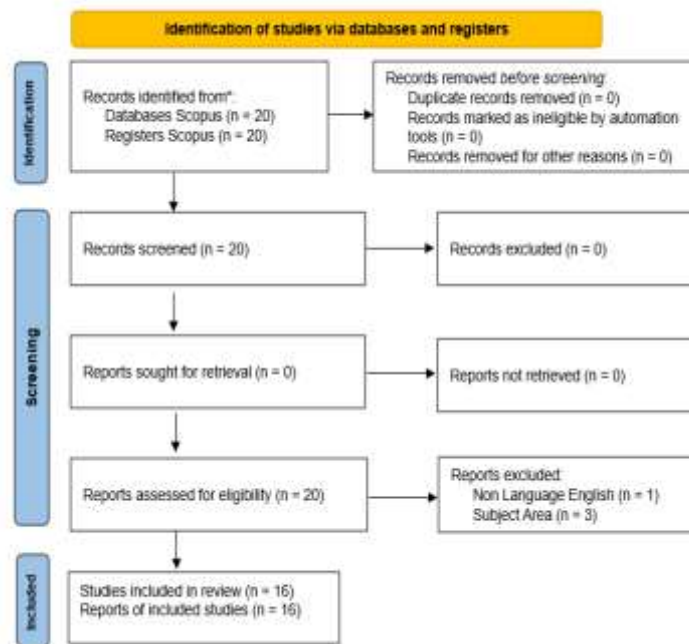
This research uses the Systematic Literature Review (SLR) method to look into, evaluate, and combine scientific findings about the quarter-life crisis that final-year students experience, focussing on social support, career choices, and resilience. The selection of the SLR method is based on its advantages in compiling evidence comprehensively and systematically from various previously published research findings. SLR allows researchers to evaluate and integrate diverse studies in a systematic, objective, and evidence-based manner. With this approach, research can avoid individual bias, expand the scope of analysis, and produce a valid theoretical synthesis that is methodologically accountable. Moreover, this method is considered relevant in addressing the need for an in-depth literature review that can provide a comprehensive conceptual map of the researched topic. TITLE-ABS-KEY ("Quarter LifeCrisis") AND (EXCLUDE (LANGUAGE, "Estonian")) AND (EXCLUDE (SUBJAREA, "ENGI") OR EXCLUDE (SUBJAREA, "BUSI") OR EXCLUDE (SUBJAREA, "ECON"))

The stages of this study follow the PRISMA (Preferred Reporting Items for Systematic Reviews and Meta-Analyses) protocol, which provides a systematic framework for compiling a transparent and replicable literature review. The process begins with the identification stage, where article searches are conducted through several reputable scientific databases such as Scopus, ScienceDirect, and ProQuest. The collected articles are then filtered based on titles and abstracts to evaluate their initial relevance to the research topic. At the feasibility stage, articles are further examined based on their full text to ensure that they meet the inclusion criteria, namely: (1) published within the 2018–2024 range, with a primary focus on articles published in the last two years (2022 and onwards); (2) originating from reputable international indexed journals; (3) explicitly discussing topics related to quarter-life crises, social support, career decisions, or resilience; and (4) available in full-text format for thorough analysis. Meanwhile, the exclusion criteria include opinion articles, those not subjected to the peer-review process, those not available in full text, or those not relevant to the thematic focus of this study (Agarwal et al., 2020; Balqis et al., 2023; Byock, 2015; Cirklová, 2020; Flynn, 2022; Hamvai et al., 2024; Hasyim et al., 2024; Henderson, 2019; Ku & Keats, 2024; Malik & Rafiq, 2022; Martin & Bohecker, 2022; Nanjunda et al., 2021; Robinson, 2019; Robinson et al., 2021; Sari & Purwandari, 2025; Soraya & Puspitasari, 2025)(Marian et al., 2025; Marian & Yansyah, 2021; Novtasari et al., 2023; Yansyah, 2022; Yansyah et al., 2022, 2024; Yansyah, Marian, et al., 2025; Yansyah, Putri, et al., 2025) .

Data analysis is conducted qualitatively with the help of the latest version of VOSviewer software, specifically designed for bibliometric mapping and visual analysis in scientific literature studies. This application is used to map the relationships between main topics, analyse the co-occurrence of keywords, and identify correlations and clusters of themes that develop in the studies examined. This process produces a visualisation of the literature network that explicitly shows the structure of knowledge

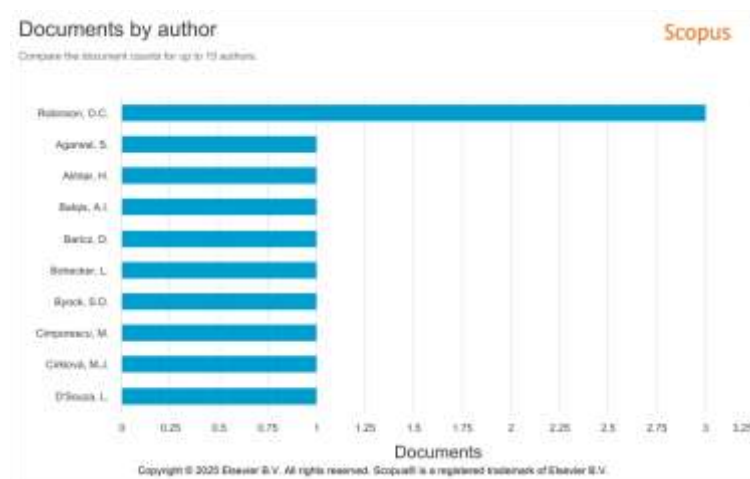
and relationships between concepts. After collecting all the articles, we selected and further analysed 16 pieces that met all the selection criteria. All of these articles are from international journals indexed by Scopus, covering publications from the last five years, which are expected to provide the most up-to-date insights into the dynamics of the quarter-life crisis and the factors influencing it among final-year students.

**Table 1. Identify Study Results**



During the data analysis stage, VOSviewer serves as a tool that enables researchers to map the main topics and the co-occurrence networks of keywords found in the collected literature. VOSviewer also allows researchers to see the relationships between themes and previous literature. Through this process, most of the final articles analysed, totalling 16, came from high-quality journals indexed in the Scopus database.

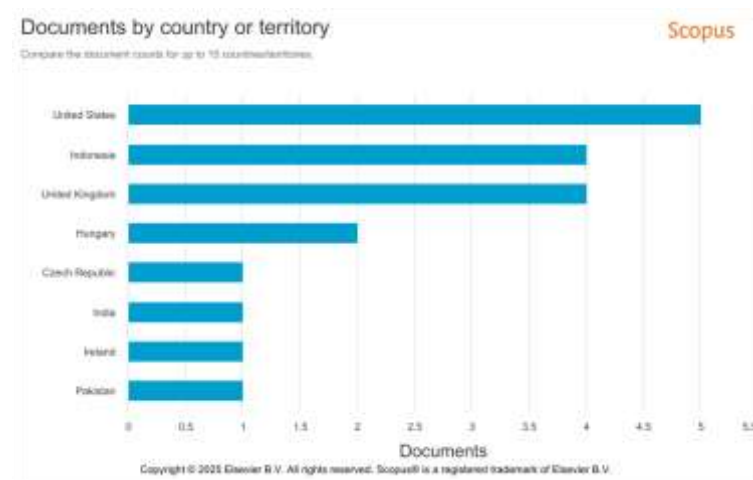
## FINDINGS AND DISCUSSION



**Figure 1. Document by Author**

The displayed image is the result of a bibliometric analysis from the Scopus database, focusing on the distribution of documents by author (Documents by Author). This graph illustrates the number of publications related to a specific topic (most likely "quarter-life crisis" or related variables in the systematic review) written by each of the top authors, up to 15 authors. However, only 10 authors are displayed in the graph. In this horizontal bar chart, each bar represents one author, and the length of the bar indicates the number of documents published by that author on the research topic. The visualisation results show that Robinson, O.C., is the author with the highest contribution, with a total of three documents. This author appears to have a high level of research interest in the theme being studied and is likely to be an important reference in the study of quarter-life crises or related themes, such as the development of young adult identities.

Meanwhile, other authors such as Agarwal, S., Akhtar, H., Balqis, A.I., Baricz, D., Bohecker, L., Byock, S.D., Cimporescu, M., Cirková, M.J., and D'Souza, L. each have 1 document recorded in Scopus. This indicates that although many researchers are involved in this study, only a few of them consistently publish more than one article on this theme, suggesting that research on the quarter-life crisis or relevant subjects is still relatively underdeveloped and widely dispersed among many authors from various institutions. Overall, this visualisation provides an overview of individual contributions to scientific publications related to the research topic and helps identify authors who influence the development of the scientific discourse. This information is important in bibliometric analysis to determine key figures in the field of study as well as potential collaborations or further literature development.

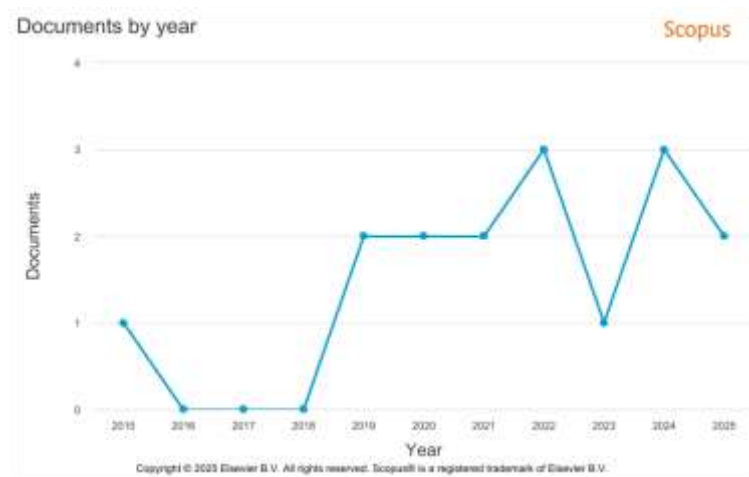


**Figure 2. Document by Country**

The displayed image is the result of a bibliometric analysis based on the distribution of scientific documents by the country or region of the authors, as recorded in the Scopus database. This graph is titled "Documents by country or territory" and presents a comparison of the number of publications from up to the top 15 countries, although only 8 countries are displayed in this visual. The purpose of this graph is to show the geographical contribution to research on a specific topic likely related to

quarter-life crises, social support, career decisions, and resilience, as analysed in a systematic review. From the visualisation, the United States occupies the top position with the highest number of documents, totalling 5 documents. This data indicates that the United States is the main contributor to academic publications on this topic. Indonesia and the United Kingdom, each contributing 4 documents, show that Southeast Asia and Western Europe also pay significant attention to this topic.

Hungary contributed 2 documents, while the Czech Republic, India, Ireland, and Pakistan each contributed 1 document. These countries may not dominate in number, but they still contribute to expanding the diversity of perspectives on the issue of quarter-life crisis and its supporting psychosocial factors. In general, this graph reflects that academic attention to this topic is global in nature, although most publications are still centred in countries with strong research traditions such as the United States and the United Kingdom. Interestingly, Indonesia has emerged as one of the countries with high contributions, indicating that the issue of quarter-life crisis among students has become a significant concern in the local context and is experiencing development within the realm of scientific research. This distribution is also important as a basis for identifying cross-country collaboration opportunities and mapping the relevance of cultural contexts in approaches to the quarter-life crisis.



**Figure 3. Document by Year**

The displayed image is a line graph from a bibliometric analysis based on the number of scientific documents per year, taken from the Scopus database. The title of this graph is "Documents by Year," which illustrates the trend of scientific publications related to a specific topic, most likely concerning quarter-life crisis, social support, career decisions, and resilience over the period from 2015 to 2025. From the graph, it can be seen that in 2015, there was 1 document published. Next, there was a drastic decline for three consecutive years, namely 2016, 2017, and 2018, with zero publications. This phenomenon indicates that academic attention to this topic was still very minimal during that early period. However, entering the year 2019, there was a surge in the number of publications to 2 documents, and this trend remained stable until 2021, with 2 documents per year each.

The peak number of publications first occurred in 2022, when 3 relevant documents were recorded as published. This may indicate that in that year, the issue of quarter-life crisis began to receive greater attention among academics. However, in 2023, the number of publications drastically decreased again to 1 document before rising again in 2024, which once again reached 3 documents. The last year recorded in this graph is 2025, where, up to now, there have been 2 documents published.

In general, this fluctuating pattern indicates that the related research topic is still in the developing stage, with a surge of interest that has started to appear more consistently since 2019. Although it has not yet shown a stable annual increase, this graph indicates the potential for growing scientific interest in the issue of quarter-life crisis, particularly in the psychosocial context of students. The fluctuations that occur may also reflect a response to global social and economic changes, such as the COVID-19 pandemic, which has prompted researchers to explore psychological aspects and individual resilience in facing future uncertainties.



**Figure 4. Network Visualization**

The image above is a result of a bibliometric visualisation generated using the VOSviewer software, focussing on the analysis of keyword co-occurrences in scientific publications related to a specific research topic—most likely about quarter-life crises, resilience, career decisions, and social support. This graph illustrates conceptual relationships between important terms in the literature by forming a network of keywords that frequently appear together in the analysed documents. Visually, the graph shows two main clusters that are weakly connected but still interrelated through sparse keyword pathways. The first cluster is on the left side and is dominated by keywords such as "mental health," "rate," "study period," "type," and "job," which are displayed in a blue-green-yellow gradient. This cluster represents themes related to students' mental health, study characteristics, or educational periods, as well as job conditions or career prospects. The relationships between terms in this cluster are very



close, indicating that studies on the quarter-life crisis often link mental health with contextual factors such as work and study periods.

Meanwhile, the second cluster located on the right side of the graph is dominated by the terms "regression," "analysis," "value," and "Buddhism," which are visualised with a gradient of purple-red-light blue. This cluster seems to be more methodological or philosophical in its orientation. Terms like "regression" and "analysis" indicate a statistical approach commonly used in quantitative studies, while the appearance of the words "Buddhism" and "value" suggests the presence of literature that incorporates spiritual aspects or life values as part of the approach to understanding the identity crisis or meaning of life experienced by individuals in early adulthood.

These two clusters are loosely connected through the term "job," which serves as a transition point between the discourse on mental health and existential values. This interconnectedness indicates that work or career orientation is not only viewed as a practical factor in facing a quarter-life crisis but can also be related to deeper life values, including aspects of spirituality or life philosophy. Overall, this graph provides an overview that the literature related to the quarter-life crisis not only discusses psychosocial and career issues conventionally but also encompasses broader dimensions such as spiritual approaches, mental health, and the quantitative methodologies used in the analysis. This visualisation helps researchers understand how various themes are interconnected in scientific studies and indicates opportunities for further exploration to bridge psychological and existential approaches in understanding identity crises among final-year students.



**Figure 5. Overlay Visualization**

The image above is the result of an overlay visualisation of a keyword-based bibliometric analysis using the VOSviewer software. This visualisation focusses on the temporal dimension, namely the emergence of keywords in scientific publications from 2019 to 2022, as indicated by the colour gradient legend in the bottom right corner of the image. The purple colour represents keywords that were more dominant in the



early years (around 2019), while the yellow colour indicates newer keywords that have become dominant in recent publications (around 2022). In general, the graph shows two clusters that are visually separated but still have thematic connections through certain keyword pathways. The first cluster is on the left side, consisting of keywords such as "mental," "health," "rate," "study period," "type," and "job," which are dominated by purple and blue colours, indicating that these topics have appeared earlier in research since 2019–2020. This indicates that issues related to mental health, study conditions, and job types have long been the main focus in the literature concerning the quarter-life crisis or the psychosocial development of young adults.

The second cluster is located on the right side and includes keywords such as "regression," "analysis," "value," and "Buddhism." The words "regression" and "analysis" are bright yellow, indicating that these statistical approaches were more frequently used in research published around 2022. Meanwhile, the terms "value" and "Buddhism" are teal-green, reflecting their emergence in the mid-range between 2020 and 2021. This means that quantitative approaches (such as regression) and existential or spiritual values have started to become a new focus in the study of the quarter-life crisis, particularly in the past two years. From this visual network, it is evident that although there is a thematic separation between mental health issues and philosophical-spiritual approaches, there is one important connecting pathway indicated by the keyword "job," which serves as a transition point between the left and right clusters. This indicates that the variable of work or career orientation may serve as a link between mental health issues and value/spirituality approaches in the context of research.

Thus, this graph illustrates how the focus of scientific studies has shifted thematically from basic issues such as mental health and study contexts in the early years (2019–2020) to more complex methodological and philosophical approaches in the following years (2021–2022). It also indicates that studies on the quarter-life crisis are now beginning to develop multidimensionally, combining psychological, spiritual, and deeper data analysis aspects to address existential issues in young adulthood.

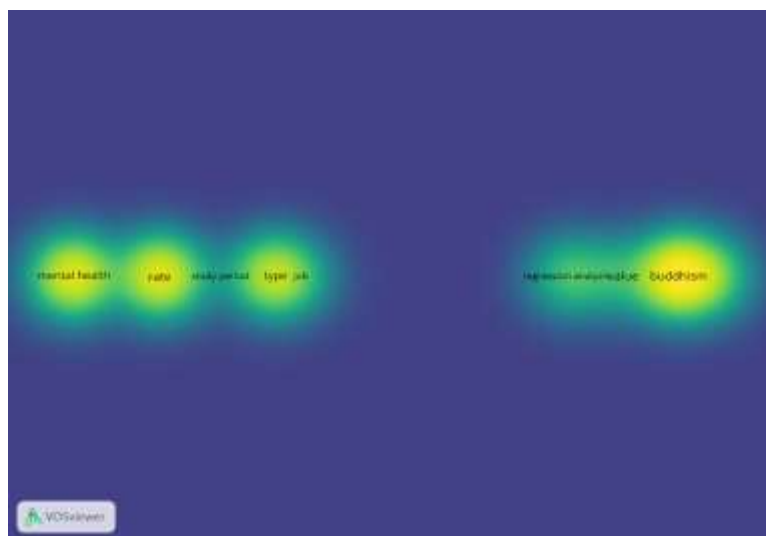


Figure 6. Density Visualization

The image above is a keyword density visualisation generated using the VOSviewer software. This visualisation illustrates how often certain keywords appear and interact within the analysed collection of scientific documents, related to main themes such as quarter-life crisis, mental health, career decisions, and resilience. In this map, bright yellow indicates keywords with a high level of density or frequency of occurrence, while blue indicates lower density.

From the visualisation, it is evident that the most densely populated area is on the left side of the image, dominated by the keywords "mental health," "rate," and "type." The bright yellow area surrounding all three keywords indicates their dominant focus in the reviewed scientific literature. This means that research on the quarter-life crisis for final-year students often connects this issue with mental health problems, how common these problems are, and different types of situations like job types, career choices, or personality types.

Other keywords that also fall within a high-density zone but are slightly lower, such as "study period" and "job," indicate that the study period and the transition to the workforce are also important variables in understanding the dynamics of the quarter-life crisis. This side of the density map can be linked to psychosocial studies that focus on the internal and external pressures experienced by final-year students when facing post-campus life choices and challenges.

On the right side of the image, a new density cluster emerges, led by the keywords "buddhism," "value," "analysis," and "regression." The word "Buddhism" stands out prominently in the bright yellow zone, indicating that spiritual approaches and life values have become important dimensions in some contemporary studies on the quarter-life crisis. The emergence of the word "value" suggests a focus on personal meaning or intrinsic values that individuals hold during times of crisis, while "analysis" and "regression" indicate that quantitative approaches are still often used to understand correlations between variables. The separation between two dense areas—one focusing on psychological aspects and career transitions, and the other on spiritual and methodological aspects—illustrates the existence of two major approaches in the current literature. On one hand, empirical and contextual approaches dominate discussions about the external pressures faced by students. On the other hand, reflective and spiritual approaches provide space to understand the quarter-life crisis as a phenomenon that is not only psychosocial but also existential.

This visualisation not only presents a map of the dominant topics in the analysed studies but also provides strategic guidance for future researchers. Future studies can bridge these two major clusters, combining the understanding of mental health and life transitions with a deeper approach to values and spirituality to create a more holistic and contextual intervention model in addressing the quarter-life crisis among final-year students.

## CONCLUSION

The results of this systematic review indicate that the quarter-life crisis (QLC) among final-year students is a complex phenomenon influenced by the interaction

between psychosocial and intrapersonal factors. Adequate social support from family, peers, and institutions has proven effective in reducing the levels of anxiety and emotional pressure often experienced by students during the transition to post-campus life. Moreover, the ability to make mature career decisions is not only correlated with an increase in life goal clarity but also impacts an individual's readiness to face the challenges of the working world. In this context, resilience emerges as a crucial mediator that enables students to remain resilient and adaptive in facing various pressures and uncertainties inherent in early adulthood.

Bibliometric analysis using VOSviewer shows that the literature related to QLC is developing in two main directions: a psychosocial approach that emphasises mental health and career study dynamics, and a reflective approach that explores life values and spirituality. Keywords such as "Buddhism," "value," and "regression" that prominently appear in recent publications reflect an expansion of the study's dimensions towards existential and methodological aspects. Thus, this study not only reinforces the importance of the roles of social support, career decisions, and resilience in understanding QLC, but also opens new opportunities for the integration of more comprehensive and contextual positive psychology-based interventions. The practical implications of these findings include the need for the development of holistic campus programs to strengthen the psychological resilience and life direction of final-year students in facing the transition to adulthood.

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