

The Influence of Social Support and Spirituality with Quarter Life Crisis in Prisoners

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ABSTRACT

Objective: This study aims to determine the influence of social support and spirituality with quarter life crisis in prisoners at Class IIB Jombang Correctional Institution.

Method: This study uses quantitative methods with a sample of 155 prisoners aged 20-30 years. The instrument used consists of 3 scales, namely the social support scale (12 items, $\alpha = 0.894$), spirituality scale (16 items, $\alpha = 0.936$), and quarter life crisis scale (15 items, $\alpha = 0.725$). **Results:** The results showed that social support and spirituality have a significant negative influence on quarter life crisis, which means that the higher the social support and spirituality, the lower the level of quarter life crisis. Social support provides a sense of acceptance and emotional validation, while spirituality helps individuals manage stress and anxiety. The findings suggest the importance of social and spiritual development programs for prisoners to help them deal with psychological distress during incarceration. **Novelty:** The novelty of this study lies in exploring the experience of quarter life crisis in prisoners, a population that remains under-researched in this context.

INTRODUCTION

According to Papalia and Feldman quoted from [1], human development begins at conception and continues through various processes of change that last throughout life. The stages of human growth and development begin from the womb until old age. Apart from being physical, the changes that occur also include cognitive, emotional and social abilities. One stage of development is the early adult stage. Individuals in the early adult stage will experience emotional tension, changes in values, living independently apart from their parents, and exploration themselves and their environment [2]. According to Arnett, quoted from [3] argues that exploration in early adulthood begins with increasing the intensity of relationships with others. The response of each individual in completing their developmental tasks will vary; some feel excited in accepting challenges. However, on the contrary, some feel depressed, anxious and empty. Individuals will give a positive response if they are able to overcome existing challenges so that they can adapt and have satisfaction in their lives [4]. According to Arwood & Scholtz, as quoted from [5], if individuals are unable to adapt to existing changes, they will be emotional instability, such as anxiety, feelings of fear of failure, confusion, alienation, and helplessness.

Quarter life crisis is a phase where individuals feel anxious because they begin to doubt the direction of their life, the targets they must achieve, and the satisfaction they are experiencing [6]. Quarter life crisis is an emotional condition experienced by individuals in their mid-20s, characterized by concerns about the future, including aspects of career, relationships, and social life [7]. In line with that, Fisher, as quoted from [8], revealed that this quarter life crisis is a form of worry and anxiety about the future,

particularly related to relationships, work and social life that will occur at the age of 20. Furthermore, according to Jamil, as quoted from [9], if this feeling of anxiety persists it will cause problems related to emotions and behavior such as violence, low psychological well-being, aggression and feelings of worry arising from uncertainty about the future.

There are several common characteristics that individuals may experience during a quarter life crisis, including (1) feeling confused about their desires and direction in life; (2) feeling that their achievements do not align with their expectations; (3) worrying about failure; (4) feeling reluctant as their childhood and adolescence come to an end; (5) fearing making incorrect decisions and (6) often feeling useless due to comparing their achievements with others [10]. According to Robinson, as quoted from [11], revealed that individuals who go through a quarter life crisis typically experience four phases: (1) Feeling trapped in various situations, such as romantic relationships, friendships and work; (2) The emergence of ideas to improve the situation; (3) building a new foundation that they enables them to direct their life goals; (4) starting a new, more purposeful life based on their interests and principles.

A quarter life crisis can have a positive impact on individual's development if they successfully cope with the stress and challenges that come with it. According to Robinson & Smith, as cited from [12], the positive impact of quarter life crisis includes increased self-confidence, maturity, a better understanding of reality, a more balanced lifestyle, a deeper sense of life's meaning, and self-authenticity. On the other hand, as stated in [13], a quarter life crisis can also have negative consequences, causing stress and instability in life due to the misalignment between an individual's desires and reality. Even if individuals have planned their goals, the outcomes may not meet their expectations. This condition is often triggered by unrealistic expectations that contrast sharply with reality. When facing this difficult situation, individuals usually try to understand themselves in a new way and find new strategies to face life's challenges [14]. Similarly, according to [15], if not properly managed, this crisis can escalate into depression and mental health disorders. Each individual responds differently to this situation, as not everyone is able to handle the challenges that arise during this period. Individuals who have adequately prepared themselves for change tend to feel more ready, allowing them to navigate this phase successfully and grow into more mature individuals. Conversely, some individuals perceive this stage as a difficult and anxiety-inducing period, making them feel unprepared to face the obstacles and changes involved in the transition to early adulthood [16].

Previous research by Agustina, as quoted from [17] revealed that 98% of 125 participants in Indonesia experienced a quarter life crisis. Of these, 82% experienced a quarter life crisis due to financial instability, 79% felt that they did not deserve a more prosperous life, and 65.6% felt pressured by the burdens and responsibilities of adult life. These findings are in line with the findings conducted by Artiningsih and Savira cited in [18], which found that 330 participants had quarter life crisis scores ranging from 20 to 74, with an average score of 47.82. This average value indicates that the level of quarter life crisis faced by participants is at a moderate level.

This study was conducted at Jombang Class IIB Correctional Institution due to the unique characteristics of this region, which is known as the 'City of Santri'. Jombang has a strong religious background with many Islamic boarding schools, which can influence the level of spirituality of individuals, including prisoners. This is in line with previous research showing that the level of spirituality of prisoners at the Jombang Class IIB Correctional Institution are mostly in the moderate category (69.3%), whereas only a small proportion were in the high (15.1%) and low (15.6%) categories [19]. This finding suggests that there are variations in the level of spirituality, which can help prisoners cope with quarter life crisis. In addition, previous research showed that 27 prisoners (52%) experienced high levels of stress because they were influenced by various factors related to their lives in prison, such as loss of freedom and separation from their family and social environment. Monotonous routines, uncertainty about the future, and psychological pressure due to limited space for movement and social interaction also increase stress level. Moreover, many prisoners experience anxiety, fear, or even trauma due to past violence or injustice they may have faced while in prison [20].

A prisoner is someone who is serving a criminal sentence in a Correctional Institution. Based on an initial survey conducted by researchers through interviews with two prisoners at the IIB Jombang Correctional Institution, it was found that they experienced symptoms of a quarter life crisis characterized by feelings of loss of direction, anxiety about the future, and low self-confidence. The first prisoner, named RK, was involved in a narcotics case. He has a remaining prison term of nine months. RK felt uncertain about his future after his release. He also feels burdened because he has no income, especially since he is married. Although he has the desire to work or open a business, he is often overwhelmed by concerns about whether society will accept him again. These feelings of anxiety caused mental distress, leading to sleeplessness and reduced self-confidence. To overcome these anxieties, RK tries to distract himself by reading books available at the Correctional Institution, cleaning the cell, and attending skills training, although sometimes he feels unmotivated. RK also actively participates in religious activities such as recitation, which gives him a sense of peace. However, anxiety remains, especially as he feels he has no guaranteed income upon release. His relationship with his family is relatively good, and they regularly visit him every Wednesday to provide moral support. RK tries to accept his situation and focus on improving himself.

The second prisoner, named DS, was involved in a case of embezzlement. He has three years left on his sentence. DS felt uncertain about his future, especially in terms of employment after being released from the Correctional Institution. He dreamed of working after his release but was unsure of the steps to take. Just like RK, DS also felt burdened because he did not have an income yet. He often compares himself to others out there who have a more stable life. However, DS receives full support from his family, who regularly visit him every Friday.

According to Robbins and Wilner, in their book *Quarter Life Crisis: The Unique Challenges of Life in Your Twenties*, quoted from [21], they explain the various

dimensions of the quarter life crisis, which are then summarized by Agustin, namely: (1) Confusion in making decisions; (2) Feeling disappointed when experiencing failure; (3) Negative views of themselves; (4) Difficulty in carrying out the responsibilities they have; (5) Anxiety, which includes fear and worry about uncertain future events; (6) Increased pressure with age, where rising life expectations and demands often cause a person to feel pressured to fulfill them; and 7) Concerns about interpersonal relationships, both current and future.

According to Thouless, cited from [9], there are two factors that influence quarter life crisis: a) Internal factors, which come from outside the individual, including self-experience, love, moral values, cognitive abilities and emotions. b) External factors, which come from outside the individual, including the community environment, education, daily needs, culture and tradition. Meanwhile, according to Robbins, quoted from [22], the internal factors that impact a quarter life crisis begin with questions to themselves about aspects of life, such as: (1) Hopes and Dream, which refer to questions related to an individual's aspirations and goals for the future. (2) Religion and Spirituality, which involve questions about one's spirituality and connection with God.

An individual's ability to manage emotions plays an important role in determining responses to life challenges in order to overcome quarter life crisis. Therefore, emotion regulation is one aspect of emotional intelligence that can also affect quarter life crisis can influence quarter life crisis. Someone who can manage stress during a quarter life crisis is those who have good emotional intelligence in regulating and channeling their emotions [23]. Individuals who have good emotion regulation skills tend to be able to act correctly, while individuals with poor emotion regulation often find it difficult to control their emotions and solve problems. If a person's emotion regulation and social support increase, his quarter life crisis will decrease. Conversely, if emotion regulation and social support decrease, the quarter life crisis will increase. Therefore, social support is also needed to cope with quarter life crisis. Therefore, social support is also needed to deal with quarter life crisis so that it can be overcome better [24].

Social support plays an important role in a person's life, helping them maintain their well-being, manage stress, and find solutions to various problems accordance with their roles and duties [25]. According to Baron and Byrne, as quoted from [26], social support is a form of physical and psychological comfort obtained from others, including friends and family members. Family support, in particular, refers to a specific form of social support provided by family members as an effort to help one another. In line with this, Friedman, as cited in [27] defines family support as a relational process that includes attitudes, behaviors, and acceptance from family members. This support plays a crucial role in fostering feelings of being loved, valued, and safe for those who receive it.

In addition to social support, spirituality also plays a role in helping individuals cope with quarter life crisis. According to Underwood, as cited in [28], spirituality is an attitude that reflects religious beliefs and a spiritual connection, encompassing aspects such as gratitude, compassion, love, a sense of awe, and the desire to grow closer to God. Research by Graham, as cited in [29], states that individuals require a high level of

spirituality to build resilience against the problems they experience. The higher an individual's spirituality, the greater their resilience to challenges, which in turn affects their stress levels. According to Vebrian, Emiralda, and Winarni, as cited in [30], spirituality helps individuals find meaning and purpose in life. Those with strong spirituality are better equipped to handle difficulties. The presence of strong spirituality can reduce anxiety, enhance motivation, promote inner peace, and foster a belief in a positive future.

Based on the theoretical studies and previous research findings, the hypotheses in this study are:

- H₀ (Null Hypothesis): There is no significant influence of social support and spirituality on the quarter life crisis among prisoners at Class IIB Jombang Correctional Institution.
- H_a (Alternative Hypothesis): There is a significant influence of social support and spirituality on the quarter life crisis among prisoners at the Jombang Class IIB Correctional Institution.

Although the quarter life crisis has been widely studied in the context of early adulthood, particularly among students and young workers, research examining this phenomenon in prisoners remains limited. Social support and spirituality are factors that can help individuals cope with psychological distress, including the quarter life crisis. Therefore, this study aims to analyze the influence of social support and spirituality on the quarter life crisis in prisoners.

RESEARCH METHOD

Researchers used a quantitative methods with multiple linear regression analysis. The variables studied were social support (X_1), spirituality (X_2) and quarter life crisis (Y). The population in this study consisted of all prisoners at the Jombang Class IIB Correctional Institution aged 20-30 years, with a total of 280 prisoners. Sampling was conducted using simple random sampling based on Isaac and Michael's table with a 5% error rate, resulting in 155 prisoners as participants.

The instruments used in this study consisted of three scales: the social support scale, the spirituality scale, and quarter life crisis scale, all of which had been tested for validity and reliability. The social support scale uses the Multidimensional Scale of Perceived Social Support (MSPSS), adapted by [31]. This scale consists of 12 items, which reflecting three main aspects: support from friends, support from family, and support from significant others, each consisting of four items. All items in this scale are favorable, with response options of strongly unsuitable, unsuitable, suitable, and strongly suitable, and a Cronbach's Alpha reliability coefficient of 0.894.

The spirituality scale uses the Daily Spiritual Experience Scale (DSES), developed by Underwood and translated by [32]. This scale measures various aspects of an individual's spiritual experience, such as closeness to God, transcendent or spiritual activities, comfort and resilience, feelings of peace, receiving help and guidance, realizing God's love, feeling awe, appreciation and gratitude, caring for others, and feeling united

with God. This scale consists of 16 favorable items, with response options of Strongly Disagree, Disagree, Agree, and Strongly Agree, and a Cronbach's Alpha reliability coefficient of 0.936.

Meanwhile, the quarter life crisis scale uses a scale developed by Robbins and Wilner, modified by [2]. The aspects measured include indecision in decision-making, worries about interpersonal relationships, feelings of anxiety and pressure, negative self-assessment, feeling trapped in difficult situations, and feelings of hopelessness. This scale consists of 15 items, with 10 favorable items and 5 unfavorable items. This scale uses four response options of Strongly Unsuitable, Unsuitable, Suitable, and Strongly Suitable. This scale has a Cronbach's Alpha reliability coefficient of 0.725.

After the data collected, the scoring process was conducted, followed by assumption tests (normality, multicollinearity, and linearity), and a Pearson correlation test to examine the relationship between variables. Furthermore, hypothesis testing was carried out using multiple linear regression with the help of SPSS 25 Statistics for Windows software.

RESULTS AND DISCUSSION

Results

Table 1. Categorization of Prisoners by Gender.

Gender	Number of Subjects	Percentage (%)
Male	151	98.70%
female	4	1.29%
Total	155	100%

In this study, participants were 155 prisoners at the Jombang Class IIB Correctional Institution with 153 men (98.70%) and 4 women (1.29%).

Table 2. Number of Prisoners by Type of Case.

Case Type	Total	Percentage (%)
Narcotics	85	54.84%
Theft	45	29.03%
Others (violence, fraud, etc)	25	16.13%
Total	155	100%

Based on the results of data collection, the number of prisoners was 155 people, with details of 85 people (54.84%) involved in narcotics cases, 45 people (29.03%) involved in theft cases, and 25 people (16.13%) involved in other cases such as violence, fraud and embezzlement.

Table 3. Normality Test Result.

	Kolmogorov-Smirnov			Shapiro-Wilk		
	Statistic	df	Sig.	Statistic	df	Sig.
Quarter life crisis	.045	155	.200	.991	155	.397
Social Support	.043	155	.200	.989	155	.273
Spirituality	.046	155	.200	.986	155	.107

The results of the normality test, obtained the value of Asymp. Sig. (2-tailed) = 0.200 > 0.05, meaning that the data in this study is normally distributed. This shows that the assumption of normality is met, so it can proceed to the next stage of analysis.

Table 4. Multicollinearity Test result.

Model	Coefficients	
	Tolerance	VIF
Social Support	.830	1.205
Spirituality	.830	1.205

The multicollinearity test results show that there is no multicollinearity (VIF = 1.205; tolerance = .830), meaning that there is no strong relationship between the predictor variables in the regression model. This indicates that there is no multicollinearity, so that it can proceed to the next stage of analysis.

Table 5. Linearity Results.

Variable	Linierity	Deviation from Linierity	Description
Quarter Life Crisis * Social Support	.0000	0.13	Linier
Quarter Life Crisis * Spirituality	.0000	0.964	Linier

The results of the linearity test indicate that the relationship between the variables social support and spirituality to quarter life crisis is linear Sig. Linearity < .001. This means that the regression model can be used to analyze the relationship between these variables.

Table 6. Correlation Test.

Correlation

			Quarter Life Crisis	Social Support	Spirituality
Quarter Crisis	Life	Pearson Correlation	1	-.759**	-.678**
		Sig. (2-tailed)		.000	.000
		N		155	155
Social Support		Pearson Correlation	-.415**	1	.488**
		Sig. (2-tailed)	.000		.000
		N	155	155	155
Spirituality		Pearson Correlation	-.437**	.488**	1
		Sig. (2-tailed)	.000	.000	
		N	155	155	155

**** Correlation is significant at the 0.01 level (2-tailed)**

The Pearson correlation test results show that there is a significant negative correlation between social support with quarter life crisis $r = -.415$; $p < .001$ and spirituality with quarter life crisis with $r = -.437$; $p < .001$.

Table 7. Effective Contribution.

Model	R	R Square	Adjusted R Square	Std. Error of the Estimate
1	.800	.640	.636	5.424

The results of regression analysis showed that the variables of social support and spirituality together contributed 63.6% ($R^2 = .636$) to quarter life crisis. Meanwhile, the remaining 36.4% is influenced by other factors outside the variables of social support and spirituality.

Table 8. Partial T Test.

Coefficients ^a					
Model	Unstandardized		Standardized		Sig.
	B	Std. error	Beta	t	
(Constant)	74.017	2.162		34.233	.000
Social Support	-.690	.068	-.550	-10.169	.000
Spirituality	-.316	.044	-.389	-7.198	.000

a. Dependent Variable: Quarter Life Crisis

Based on the results of the paired sample t-test, it is known that social support affects quarter life crisis ($t = -10.169$; $p < .001$), where individuals with higher social

support tend to experience lower quarter life crisis. In addition, spirituality also affects quarter life crisis ($t = -7.198; p < .001$), which indicates that individuals with higher levels of spirituality tend to experience lower quarter life crisis.

Table 9. F-Test

ANOVA						
Model		Sum of Squares	df	Mean Square	F	Sig.
1	Regression	7963.128	2	3981.564	135.338	.000 ^b
	Residual	4471.749	152	29.419		
	Total	12434.877	154			

The results of one-way ANOVA analysis indicated that social support and spirituality jointly influence quarter life crisis ($F(3,06) = 135.338; p < .001$). This finding indicates that both variables have an impact on the level of quarter life crisis experienced by individuals.

Table 10. Categorization of Quarter Life Crisis.

Value Range	Category	Total	Percentage
$X < 33.12$	Low	23	14.84%
$33.12 \leq X < 45.56$	Medium	110	70.97%
$X > 45.56$	High	22	14.19%

In this study, quarter life crisis was categorized into three levels based on the range of scores obtained by participants, namely 23 people (14.84%) were in the low category, indicating that they experienced quarter life crisis at a mild level. The majority of participants, namely 110 people (70.97%), were in the medium category, which means they experienced quarter life crisis at a medium level. Meanwhile, 22 people (14.19%) fell into the high category, indicating that they faced quarter life crisis at a higher level than others.

Table 11. Categorization of Social Support.

Value Range	Category	Total	Percentage
$X < 22.08$	Low	26	16.77%
$22.08 \leq X < 37.55$	Medium	109	70.32%
$X > 37.55$	High	20	12.90%

Social support in this study was also categorized into three levels: 26 people (16.77%) had low social support, indicating that they received little social support. The majority of participants, 109 people (70.32%), were in the medium social support category, meaning they received a medium level of support. Meanwhile, 20 people

(12.90%) fell into the high social support category, indicating that they received a higher level of social support than others.

Table 12. Categorization of Spirituality.

Value Range	Category	Total	Percentage
$X < 34.06$	Low	26	16.77%
$34.06 \leq X < 57.06$	Medium	105	67.74%
$X > 57.06$	High	24	15.48%

On the spirituality variable, participants were also categorized into three levels: 26 people (16.77%) had a low level of spirituality, which means they had lower spiritual engagement. The majority of participants, 105 people (67.74%), were in the moderate spirituality category, which indicates that they have a fairly good level of spirituality. Meanwhile, 24 people (15.48%) fell into the high spirituality category, indicating that they had a higher level of spirituality in their lives.

Table 13. Frequency of Family Visits.

Family Visit	Total	Percentage
Never	31	20%
1-2 times	78	50%
More than 2 times	46	30%
Total	155	100%

Based on the data in the table, it was found that out of 155 prisoners, 31 people (20%) never received family visits in the past month. Most of the prisoners, namely 78 people (50%), received visits 1-2 times a month. Meanwhile, there were 46 people (30%) who received family visits with a fairly high frequency, namely more than 2 times a month. These results indicate a variation in the intensity of family visits for prisoners, with most experiencing a limited number of visits, while others receive more frequent visits.

Discussion

The results of this study indicate that social support and spirituality have a significant influence on the quarter life crisis in prisoners. Multiple linear regression analysis shows that the Adjusted R^2 value is 0.636, meaning that the social support and spirituality variables account for 63.6% of the variation in the quarter life crisis. Meanwhile, the remaining 36.4% is influenced by other factors that not analyzed in this study, such as the acceptance of the support itself [33], stress [34], emotion regulation [23], self awareness [35], and emotional intelligence [36]. The full model regression hypothesis test results show that, simultaneously, social support and spirituality have a significant effect on quarter life crisis ($F = 135.338$; $p < .001$). Meanwhile, the partial test results show that both social support and spirituality influence the quarter life crisis. Social support (X_1) affects quarter life crisis (Y) with a value of ($t = 10.169$, $p < .001$). Similarly, spirituality (X_2) influence on quarter life crisis (Y) with a value of ($t = 7.198$, p

<.001). Based on these results, it can be concluded that both variables have a significant influence on quarter life crisis, confirming the hypothesis of this study.

Previous research supporting these findings suggests that social support and spirituality play an important role in reducing psychological distress, including the quarter life crisis. A previous study conducted by [31] on prisoners at the Makassar Class 1 Correctional Facility revealed that three prisoners experienced anxiety before their freedom. This anxiety arises due to concerns about employment after release, uncertainty about the future, and their ability to survive and meet family's needs. This is supported by research [37], which shows that prisoners with a more positive self-concept and strong social support tend to have lower levels of anxiety about their future. Additionally, according to [38], the higher a person's spiritual well-being, the greater their ability to make peace with themselves and adapt to their surroundings. This enables prisoners to accept their current conditions, thus reducing the feelings of anxiety they experience.

In this study, the quarter life crisis faced by prisoners was categorized into three levels: low (14.84%), medium (70.79%), and high (14.19%). The majority of prisoners fall into the moderate category, indicating that they experience uncertainty and anxiety about the future, but not at an extreme level. Meanwhile, 14.19% of prisoners were categorized as experiencing a high level of quarter life crisis. Previous research at Class IIA Magelang prison showed that 51.4% of prisoners experienced high levels of anxiety about their future [39]. Prisoners with severe anxiety tend to encounter difficulties in planning life after release, lack of self-confidence, and worry about negative societal stigma [40]. This phenomenon aligns with previous research, which reveals that individuals experiencing high levels of stress and psychological pressure tend to be more likely to develop severe anxiety about the future [36]. Research by [41] states that the psychological distress experienced by prisoners is influenced by various factors, such as social stigma, which causes them to feel alienated, and the loss of family support, which negatively impacts their emotional well-being.

Social support and spirituality are key factors that influence the severity of the quarter life crisis in prisoners. The higher the level of social support and spirituality, the lower the quarter life crisis they experience. Social support fosters a sense of acceptance and prevents feelings of loneliness when facing life's challenges, while spirituality helps individuals find meaning in life and accept their circumstances more positively [33]. Previous research by Wijaya and Utami, as cited in [42], indicates that individuals who receive greater social support; from family, friends, and other social relationships, tend to experience a milder quarter life crisis.

According to Sarason, as quoted from [40], social support is a reciprocal interaction in interpersonal relationships that involves providing assistance to individuals in the form of emotional support, information, and positive encouragement in dealing with problems. In line with this, research by [42], identifies several key aspects of social support, including emotional support, appreciation, instrumental support and informational support, all of which contribute to individuals' psychological well-being, including that of prisoners. In addition to fostering a sense of being cared for, loved,

valued, and respected, social support also reflects good communication and attachment in an interdependent relationships [41].

In this study, most prisoners received social support at a moderate level (70.32%), indicating that while they did receive support in various forms, although not at a high level. Social support plays an crucial role in helping prisoners deal with psychological challenges during incarceration, including the quarter life crisis [43]. Previous research shows that social support contributes 56.9% to the variation in quarter life crisis [44]. This finding indicates that the higher the level of social support received by prisoners, the lower the level of quarter life crisis they experience. As a result, they are better able to regulated themselves, develop clearer life goals, and enhance their self-acceptance. In line with this, previous research revealed that the high level of social support in most prisoners was due to their ability to adapt to the new environment as well as the guidance of correctional guardians who acted as a place where they poured out their feelings while serving their sentence at the Correctional Institution [45]. This condition allows prisoners to feel better support, so that when individuals can perceive the social support they receive positively, the negative impact experienced when facing this crisis period can be reduced. The results showed that 50% of prisoners received family visits 1-2 times a month. Although limited, these visits still play a role in providing emotional and social support for prisoners during detention. The interaction of prisoners with their families through visits in prison is important to maintain family ties and support their rehabilitation process [43]. This is in line with the findings of [43] which show that the more frequent family visits, the lower the level of stress experienced by prisoners.

In addition to social support, another factor that plays a role in reducing quarter life crisis is spirituality. Spirituality includes a relationship with God, transcendent or spiritual activities, a sense of comfort and strength, inner peace, and guidance in facing life's challenges [46]. Individuals who have high spirituality tend to be more able to feel God's help and love, which provides greater peace and hope in facing the future [32]. In addition, feelings of unity with God and concern for others can also strengthen psychological resilience, especially in the face of limitations and pressures while serving a prison term in a correctional institution. When facing a quarter life crisis, individuals who have high spirituality tend to think positively and believe that the challenges faced can be overcome. If they experience difficulties, they will still try to find other alternative solutions [33]. Previous research has shown that Islamic counseling, which integrates spiritual and social aspects, is effective in helping individuals overcome quarter life crisis through a holistic approach involving spiritual, psychological and social factors [47]. Other research has also shown that spirituality has a negative relationship with quarter life crisis in early adulthood, meaning individuals with high spirituality tend to experience lower quarter life crisis [48].

The results of this study indicate that the level of spirituality in prisoners is mostly at a moderate level (67.74%). This indicates that spirituality plays a role in reducing the likelihood of experiencing a quarter life crisis, although it is not fully optimized. Individuals with higher levels of spirituality tend to be better able to deal with pressure

and overcome various problems in life. This finding is in line with previous research which states that strong spirituality contributes to a person's ability to face life's challenges [48]. Spirituality acts as a protective factor in coping with stress and depression. Individuals' high spirituality tends to help them develop more effective coping strategies, be more optimistic and hopeful. In addition, spirituality not only helps reduce anxiety, but also creates a feeling of calm and comfort [36]. In line with that, previous research shows that individuals who experience this crisis will tend to feel worried about the future, burdened by family expectations, fear of not being able to meet parental expectations, often judge themselves by other people's standards, feel they are still lacking in achievement, and doubt social relationships such as friendships and partners. With strong spirituality, individuals can develop positive thinking, feel more able to deal with pressure, and have resilience in finding solutions when facing failure. Individuals who have spiritual well-being tend to feel at peace in their relationships with themselves, society, the environment, and God [33].

In the context of correctional institutions, spirituality plays an important role in helping prisoners deal with the psychological challenges they experience during their incarceration. According to a study by [49], the guidance carried out in correctional institutions to improve spirituality in correctional prisoners has a very important role. This coaching effort can include the fulfillment of outward and inward aspects, the provision of worship facilities, and the provision of remissions in the context of celebrating religious holidays. A high level of spirituality can contribute to the formation of a better personality, support mental health, and help individuals avoid psychiatric disorders. In line with this, research by [50] revealed that religious activities at the Class IIA Jakarta Narcotics Correctional Institution, such as religious studies and spiritual guidance, have been shown to play a role in helping prisoners achieve peace of mind and strengthen their moral principles.

Overall, this study confirms that social support and spirituality play an important role in reducing quarter life crisis among prisoners. In correctional institutions, prisoners face various challenges such as limited access to family, uncertainty about life after release, and social stigma, all of which can trigger a quarter life crisis. Social support from family, fellow inmates, prison officers, and guardians contributes to improving self-perception, providing emotional validation, and creating a sense of acceptance, which in turn helps reduce the negative impact of social stigma often experienced after release. At the same time, spirituality helps individuals cope with a quarter life crisis by enhancing emotional regulation, providing a sense of meaning in life, and serving as a source of calm when facing uncertainty. Individuals with strong spirituality are better able to manage stress and anxiety. Prisoners with low levels of social support and spirituality are more prone to experiencing a high level of quarter life crisis due to difficulties in managing emotions and a lack of supportive psychological resources. In contrast, prisoners with higher levels of spirituality and social support tend to experience lower levels of quarter life crisis.

Based on these results, concrete measures are needed to enhance prisoners' access to social support, including support from family members, fellow inmates, prison officers, and guardians. In addition, implementing a more structured and sustainable spiritual development program could help prisoners build stronger psychological resilience during their incarceration, thereby better preparing them for life after release.

CONCLUSION

Fundamental Finding : This study proves that social support and spirituality have a significant influence on quarter life crisis in prisoners. The results of the analysis show that the higher the level of social support and spirituality, the lower the level of quarter life crisis experienced. Social support helps inmates feel accepted, get emotional validation, and reduce the impact of social stigma, while spirituality provides inner calm and improves an individual's ability to manage stress and anxiety. These findings confirm the importance of strengthening social support and spiritual development programs in correctional institutions to help prisoners overcome the psychological stress they face. **Implication :** The findings of this study emphasize the need for a structured rehabilitation program that incorporates social support and spiritual development to assist prisoners in dealing with quarter life crisis. Implementing interventions such as counseling, religious guidance, and regular family visits can be an effective way to reduce the psychological distress of prisoners. By fostering an environment that enhances social connections and strengthens spiritual well-being, prisons can contribute to improved mental health outcomes and successful reintegration for prisoners upon release. **Limitation :** This study has several limitations. The scope of the study, which was only conducted in one Correctional Institution, means that the results cannot reflect the conditions of prisoners in other places. In addition, the method used is still quantitative, so it has not explored the personal experiences of prisoners in more depth. Other factors such as emotion regulation, coping mechanisms, and level of resilience have also not been the focus of this study. **Future Research :** Future studies should consider expanding the research to multiple correctional facilities to obtain more generalizable results. It would also be beneficial to apply qualitative or mixed-methods approaches to explore inmates' personal narratives and better understand the complexity of their experiences. Additionally, investigating the role of other psychological variables like resilience, emotion regulation, and coping strategies may provide a more comprehensive picture of the quarter life crisis in prison populations.

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