

# **Balance between a realm of possibilities and a void of emptiness – A Study on the Effect of Quarter Life Crisis on Self Esteem & Academic Performance among College Students**

**Mridu Goel**

*Masters in Counseling Studies, University of Edinburgh, Scotland*

## **Abstract**

In today's time college students while entering adulthood experience a plethora of stressors while they attempt to become comfortable in new things and adapt to the real world after the protective environment of school. Self-esteem and academic performance are very critical during this period as quarter life crises tend to have an effect and shape students in different ways.

Substantial body of studies show results where self-esteem and academic performance are correlated to quarter life crisis among college students. The aim of the current research is to study the effect of the Quarter Life Crisis on Self Esteem & Academic Performance. The participants were informed about the research and the questionnaires were filled through google forms, each participant was thanked for their cooperation. Standardised Psychological Tests were used to measure the quarter life crisis, self-esteem and academic performance among 31 college students ranging from 18-25 years of age. The results found a significant negative relationship between self-esteem and quarter life crisis. No significant relationship was found between other variables. It is recommended to college students that they spend time doing their favourite activities, spend time with their loved ones and adopt coping mechanisms along with mindfulness and meditation techniques so that they can power through the crisis in front of them.

It is important for the students to be able to feel confident and not doubt themselves or let any critical situation negatively affect their self-esteem.

**Keywords:** Quarter life crisis, Self-Esteem, Academic Performance, College Students