

Psychological Wellbeing, Curiosity and Perfectionism among Young Professionals with Quarter Life Crisis: Basis for Existential Psychology Wellness Plan

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Abstract

Quarter Life Crisis is a difficult encounter in the life transition from adolescence to early adulthood. The crisis revolves around social comparison, work satisfaction, intimate relationships, career consolidation, preoccupations and fears, struggle from transition, social isolation, and frustration and disappointments. This study examined the psychological well-being, curiosity, and perfectionism among young professionals with a quarter-life crisis. There were 318 respondents in this study from two different cities in one province of Region IV-A. The study used a sequential explanatory mixed method design that combines qualitative and quantitative research. The research found that young professionals with quarter-life crises have low psychological well-being, low curiosity, low rigid perfectionism, high self-critical perfectionism, and high narcissistic perfectionism. The themes created for the variables of the study were psychological distress for psychological well-being, life attitude for curiosity, and personal character for perfectionism. The research found that the profile variables, sex, and quarter-life crisis level are the only significant in the study of quarter-life crisis. The research found also that some of the domains of psychological well-being, curiosity, and perfectionism are significant to each other. The research proposed a psychological intervention plan for young professionals experiencing the crisis: the existential positive psychology wellness plan.

Keywords: Quarter Life Crisis, Psychological Well-Being, Curiosity, Perfectionism, Psychological Distress, Life Attitude, and Personal Character