

Quarter-life Crisis in Elizabeth Gonzalez James's *Mona at Sea*

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Abstrak

Krisis seperempat abad merupakan fenomena psikologis yang akhir-akhir ini menjadi perbincangan hangat di kalangan para millennial. Krisis seperempat abad erat kaitannya dengan permasalahan dewasa awal yang mengalami perasaan cemas, bingung, disorientasi, dan kehilangan tujuan dalam hidupnya. Penelitian ini bertujuan untuk membahas isu krisis seperempat abad melalui tokoh utama, Mona Mireles, dalam novel *Mona at Sea* (2021), dengan menggunakan pendekatan psikologis. Data dalam penelitian ini berupa monolog dan dialog yang mencerminkan isu krisis seperempat abad. Hasil penelitian mengungkapkan bahwa; (1) tokoh utama, Mona Mireles, telah mengalami krisis seperempat abad yang ditandai dengan beberapa gejala seperti kesulitan dalam mengambil keputusan, perasaan cemas, kehilangan arah, ragu, dan terus-menerus membandingkan diri; (2) gejala-gejala tersebut disebabkan oleh beberapa penyebab, yaitu kekecewaan atau frustrasi yang berkaitan dengan karir pekerjaan dan kehidupan percintaan; (3) untuk mengatasi quarter life crisisnya, Mona terbukti telah mengalami beberapa tahapan krisis, salah satunya adalah tahap pendirian kembali sebagai tahap terakhir, dimana Mona pada akhirnya mampu mengatasi krisisnya dengan memiliki motivasi yang lebih kuat, keyakinan dalam diri, dan tujuan dalam hidup.

Keywords : *Krisis Seperempat Abad, Pendekatan Psikologis, Karakter, Masa Muda dan Krisis*

Abstract

Quarter-life crisis is a psychological phenomenon that has recently become a hot topic of discussion among millennials. Quarter-life crisis is closely related to the issue of early adults who experience feelings of anxiety, confusion, disorientation, and lack of purpose in their life. This study aims to discuss the issue of the quarter-life crisis through the main character, Mona Mireles, in the novel *Mona at Sea* (2021), using a psychological approach. The data in this study were in the form of monologues and dialogues that reflect the issue of the quarter-life crisis. The result of the study reveals that; (1) the main character, Mona Mireles, has suffered a quarter-life crisis which is characterized by several symptoms such as difficulty on making decisions, feelings of anxiety, lost, doubt, and constantly comparing; (2) the symptoms are caused by several causes, namely disappointment or frustration related to the job career and romantic life; (3) in order to overcome her quarter-life crisis, Mona is shown to have experienced several stages of the crisis, one of which is the rebuilding as the last stage, where Mona, in the end, was able to overcome her crisis by having stronger motivation, inner beliefs, and preference goals.

Keywords : *Quarter-Life Crisis, Psychological Approach, Character, Youth and Crisis*

INTRODUCTION

People who reach early adulthood or working-age period may begin to feel as if they have no purpose in life and are sometimes unable to feel enjoyment in life. This phase is commonly known as the quarter-life crisis. The widespread psychological phenomenon of the quarter-life crisis was described in the book *Quarter Life Crisis* by Robbin & Wilner (2001). The quarter-life crisis can emerge during the adolescent to adulthood transition. Many of

these people are unprepared to encounter various changes in the realities of their new world. This gives rise to multiple feelings such as anxiety, helplessness, fear, and doubt, indicating the existence of a quarter-life crisis in a person. According to Arnett (2000), the quarter-life crisis mainly occurs when adolescents transition to adulthood, commonly known as emerging adulthood, in the individual age range of 18-25 years. Humans experience several stages of events in their life. According to Levinson (1986), in life, humans go through several stages of life; pre-adulthood, early adulthood, mid-adulthood, and late adulthood.

In this era of emerging adulthood, many people suppose that after completing their studies in school or college, early adults have this kind of high stamina or energy. However, in reality, most young individuals have the very opposite. Where the passionate feeling of full energy turns into the feeling of anxiety, confusion, depression, or doubts. This is also in line with King (2020) that adolescents who enter adulthood are usually confused and continue to explore themselves to get a conviction of their identity. According to Syed (2015), in this exploration process, there is a high probability that an individual can experience instability, which affects someone to encounter a quarter-life crisis Robbins (2004).

According to Robbins (2004), there are several symptoms signified by early adults. Robbins (2004) identifies some symptoms of a quarter-life crisis, such as; feeling anxiety (not knowing what you want, feeling of lost or doubt (not knowing what you expected), difficulty making decisions, and constantly comparing their lives. In addition to the symptoms of a quarter-life crisis, certain causes contribute to someone encountering a quarter-life crisis in their life. According to Robbin & Wilner (2001), some causes of the quarter-life crisis are instability over relationships, finding the right job or career, and disappointment over something. However, a quarter-life crisis embodies differently on different people, but typically, there are four stages within the quarter-life crisis experienced by early adults according to Robinson et al. (2013) such as; (1) locked in, (2) separation or time-out, (3) exploration, and (4) rebuilding.

Nowadays, the discussion about the psychological quarter-life crisis in literary works has begun representing the struggle of the early adults in dealing with career, job, financial, and relationship problems. One of the literary works portraying the emotional condition of the main character due to the quarter-life crisis is the novel by Elizabeth Gonzales James, *Mona at Sea*. Elizabeth Gonzales James is one of the writers who just debuted with her first novel, *Mona at Sea* in 2021. However, *Mona at Sea* is one of the nomination finalists at the 2019 Santa Fe Writers Project Literary Awards.

In *Mona at Sea*, Elizabeth G. James creates a story of the journey of Mona Mireles in overcoming her quarter-life crisis. Mona Mireles, who graduated from a well-known university, felt the direct impact of the great recession era in America in 2008. As a fresh undergraduate from one of the nation's top public universities of Arizona, Mona Mireles has high expectations for her future work career. However, Mona is unemployed for eight months after graduating from university. She has applied for more than three hundred job vacancies, but she still cannot get a job in the finance area in line with the major she chose. Besides that, Mona also has problems related to friendship, romance, and family relationships. Being unemployed and having many relationship problems indicates that Mona has a psychological condition, a quarter-life crisis.

By presenting a story with the theme of the quarter-life crisis experienced by the main character, Mona Mireles, this novel represents millennials, most of whom are currently experiencing various kinds of problems in their early adulthood. Considering there is a solid quarter-life crisis element in *Mona at Sea*, this novel is very intriguing to study. The writer here chose *Mona at Sea* as the novel to be studied because no previous study has examined the elements of the quarter-life crisis experienced by one of the main characters of this novel, Mona Mireles.

Several previous studies have also researched and discussed the phenomenon of the quarter-life crisis, which is currently rife among early adults. There are previous studies by Yeler et al. (2021) which, in their study, point out how emerging adults have experienced crises at different levels, such as in a job, career difficulties and financial issues. They

believe the answer to this problem is by doing preventive mental assistance activities for emerging adults who experience various problems in the career and financial fields. In addition, there are other previous studies by Rossi & Meber (2011), in which they investigate in-depth the truth of the existence of a quarter-life crisis in several groups of young adults. Moreover, there are other studies which are the studies by Duara, Hugh-Jones, & Madill (2021), which reveal that a crisis can exhibit in some different particular cultures and educational contexts. However, there are previous studies about the quarter-life crisis in literary context, such as the character of one of the literary works or movies. One of them is the research by Sumampouw (2018) which investigates how the quarter-life crisis is being shown through many signs experienced by the main character of the movie *Soul* by Pete Doctor. Another research also discusses a similar topic, namely the research by Hidayah & Kistanto (2016). In their research, they aim to explain how the quarter-life crisis is experienced by the character in *Laggies*.

From several previous studies above, most of the research discusses the quarter-life crisis of the character as the focus of their studies. In this research, the writer analyze the quarter-life crisis of the main character, but what distinguishes it from the previous research is that this research focuses on investigate (1)how is the symptoms of quarter-life crisis experienced by Mona Mireles;(2)what are the causes of the quarter-life crisis by Mona Mireles, and;(3)what are the stages of the quarter-life crisis experienced by Mona Mireles in order to overcome her quarter-life crisis.

METHOD

This paper is a literary study that uses a psychological approach to the novel *Mona at Sea*, and focuses on the main character, Mona Mireles. According to Rohrberger & Samuel (1971), a psychological approach is a literary approach that implements various psychological theories in order to reveal or explain in detail about the psychological side or personality of a character in the story. The personality of a character, their action, or their attitude in the story can be an indication of the psychology of a human being. Moreover, in this study, the theory that will be used to assist the writer in the in-depth analysis of Mona Mireles's character is the quarter-life crisis theory which puts forward various kinds of crisis issues during a person's quarter-life.

The data source in this research is Elizabeth Gonzales James's book *Mona at Sea*, published by Sante Fe Writers Project in 2021. The data are collected in the form of monologues and dialogues related to the issue or the research question that is being analyzed.

RESULTS AND DISCUSSIONS

Mona at Sea is a novel about the journey and struggle of Mona Mireles as an early adult during the great recession in 2008. As a woman who graduated from the University of Arizona with a major in finance, Mona had been recruited at one of the leading investment banks, Bannerman. Mona, who had high expectations about her post-college life that would run perfectly, turned out not in accordance with her reality. The great recession at that time made many companies go bankrupt and one of those who was also affected was Bannerman. Even after 8 months, Mona is still unemployed, even though she has applied for more than 800 job offers. Due to the unfavorable circumstances, Mona experienced various unfortunate events in her early adult life, for example, when she was unable to find the right partner and her parents divorced. From the circumstances that have been mentioned, Mona Mireles has shown some symptoms of a quarter-life crisis.

The first symptom of a quarter-life crisis shown by Mona Mireles is that she feels lost and does not know what she wants for her future. The feeling of being lost here is frankly a natural human state experienced at some point in our life which may be provoked by many reasons. One of them is that the people are unsure about what is happening in their lives. There are periods when an individual feels as if they have no direction of what is supposed to be happening, and they may also feel lacking meaning and purpose in life.

“But how do you know what you're meant for? How did you choose from literally every career in the world?” (49)

Mona Mireles is seen in the narrative quotes above, having an in-depth conversation with her father about how she had no idea what career she should have chosen. This is one of the symptoms that Mona Mireles is indecisive as she doesn't know her purpose in life. As an undergraduate from university, Mona is still unsure and doubts about the career job she should choose for her future life. This is in line with Heinrichs et al. (2021) that undergraduates will most likely sense doubts in themselves since they lack future perspectives. Mona's feeling of lost or doubt is caused due to many events that have happened in her life. The events, such as being rejected by so many companies and lacking love life relationships, made Mona feel lost and doubtful in life.

Another symptom of the quarter-life crisis shown by Mona is that she feels anxiety due to her elevated expectation within herself. The symptoms of anxiety shown by Mona are predominantly in the form of the action of self-harming, as she frequently cuts her body part, specifically her thigh. According to Singhal et al. (2014), anxiety as a psychiatric illness can be one of the causes of someone doing self-harm or self-injury.

“I pulled out the knife and felt the blade. One little cut wouldn't mean much. I wasn't trying to kill myself....“I don't care,” I said aloud as I made the incision and watched blood come to the surface.” (67)

Mona Mireles is depicted in the narrative quotes above to relieve her feelings of anxiety by cutting herself in the thigh as a form of self-harm. Mona Mireles felt a sense of anxiety due to many factors, one of which was when she still could not get a job after being fired from the Bannerman company. Besides, although Mona had already decided that she would try another job in telemarketing, she would cut herself again before she was about to start the work. The symptom of anxiety is one of the leading causes of self-harm.

The third symptom shown by Mona Mireles is the difficulty in making decisions. Mona Mireles, like other early adults in general, has feelings of difficulty in making decisions. Making decisions, as we all know, may be one of the most difficult things to do. Many people have difficulty making crucial life decisions, such as determining what career choice to make in the future.

“Am I an idiot now if I decide I don't want to work in finance? Like, what does that even mean? That I just threw away my entire college education?” (121)

Based on the narrative above, it indicates that Mona eventually felt confused about the job she should choose. Mona claims she will work in finance in the future because she is an undergraduate with a finance major. She believes that a finance profession would be the most suitable career for her future success. Mona Mireles is one of the most competent students in her university. Mona has great expectations when she graduates from the nation's top public, the University of Arizona. The expectation of all her hard work in preparing herself to enter the world of the finance sector is now gradually substituted by a feeling of indecision and uncertainty about her preference. This remarks the symptoms of a quarter-life crisis in Mona Mireles, as she is difficult to make decisions that will determine her future life.

Another symptom of the quarter-life crisis shown by Mona Mireles is that she constantly compares herself with others. Having a best friend in life is a valuable experience for anyone. As social beings, humans will always instinctively attempt to commune with other people. This also applies to Mona Mireles, as in the novel *Mona at Sea*, it is indicated that Mona is quite skeptical about opening up to initiating new relationships with other people. Nonetheless, that does not apply to someone named Ashley, Mona's best friend and her

college roommate. The friendship between the two can be said to be very close and cooperative. Even so, at the same time, Mona often feels jealous of what her best friend, Ashley, has.

"And when I think of how in college one of us popped No Doze to ace quantitative analytics while the other got third place in a sexy footwear contest, and how many panic attacks I had before exams and how many times Ashley turned in late work because she was hungover or tired or just because..." (39)

Through the narrative above, Mona Mireles feels jealous and envious of her best friend, Ashley. Born to wealthy parents, Ashley can have everything Mona sometimes cannot get. Ashley is also someone who is the complete opposite of Mona. Ashley can easily get through various college problems, such as being late in submitting her work, without experiencing significant consequences. As explained, Ashley, the daughter of a rich person, often makes Mona compare herself with Ashley constantly. This indicates that Mona Mireles here has shown the symptoms of a quarter-life crisis.

Furthermore, a quarter-life crisis must have a background cause why an individual can experience a quarter-life crisis. In the case of Mona Mireles, several causes were shown, such as the feelings of disappointment and frustration related to her life, her relationship, and her job or career. Mona Mireles can be described as a woman who has never been in a romantic relationship with someone else in the sense of being emotionally and physically bonded. It is not that Mona Mireles does not desire to have a more profound relationship with other people. However, many incidents in her past romantic relationship have made Mona unable to encounter the right person for her.

"I'm trying to close my mouth with the hope he'll close his a little too, but bringing my lips together only seems to make his widen and I see I'll have to somehow jerk my face free, as Gil is now trying to pull my lips fully into his mouth. I put one hand on the door handle, hoping he'll take the hint." (106)

Through the narrative above, when Mona endeavors to open her heart to someone new, Gil, it turns out that he attempted to do sexual coercion to Mona. According to Adam-Curtis & Forbes (2004), sexual coercion is the act of forcing his or her to have sexual activity with someone who has refused or without his or her consent. A miserable incident like this only adds to the enormous impact on Mona, where she ends up regretting the decision she made. Nevertheless, on the other hand, Mona is still a person who needs to have someone by her side.

"I'm lost for a word to describe my feelings: something in between boiling envy and syrupy joy on her behalf. I need a boyfriend. Like now." (136)

As the narrative quotes above show, Mona Mireles is frustrated with her beliefs, but she also holds her true feeling that she still needs someone by her side. Despite having been in a failed relationship, Mona Mireles is just like any other human being who desires a loving companion who can comprehend the truth about her without judgment.

Mona Mireles is frustrated not only with her relationship but also with finding the right career for her. Looking for a job is undoubtedly one of the processes that involve someone's emotional highs and lows, which can provoke feelings of frustration, anxiety, and other psychological problems. This is in line with Navarro-Abal et al. (2018) that one of the most frustrating times in people's lives is when they have to experience unemployment experiences that indirectly affect their psychological condition. This happened to Mona Mireles, a graduate of the University of Arizona who has miscellaneous academic and non-academic achievements, who felt the direct impact of the great recession in 2008.

“But eight months after graduation I'm still here, still stuck, and each repetition only chisels the words deeper into stone.” (20)

Through the narrative above, Mona Mireles felt frustrated with her current state of life after being fired unilaterally before she could start her first day at Bannerman's company. With the tremendous economic recession at that time, it is increasingly difficult for job seekers like Mona to get a job. Even after making more than four hundred applications, Mona still could not get the job. This makes Mona Mireles even more frustrated with her life, which triggers a quarter-life crisis in herself.

Another cause that contributed the most to Mona's quarter-life crisis was the various events that sparked a sense of disappointment in Mona's life. One of them is a sense of disappointment in Mona herself, who cannot be like other people, especially her best friend, Ashley.

“I can't help but think—know—that Ashley's flirtatiousness, her easy way with men, has won her the job. I don't even want the job at Phoenix X and yet I think of Ford and the unctuous Brian,...” (132)

This narrative quote explains that Mona becomes insecure about herself with Ashley's personality, which is more open and easygoing towards others. Mona often feels disgruntled about herself for not being able to be someone like Ashley. She desires to be someone else like Ashley rather than improve herself.

“I'm unemployed, I've never had a boyfriend, I live with my parents in the most boring town on the planet, and I hate myself. The shame turns physical, a cold, liquid pain flowing through my bones, down my spine, and into my joints. My whole body aches.” (20)

This narrative quote indicates another feeling of disappointment felt by Mona Mireles. In addition to disappointment with the difference between herself and her best friend, Mona Mireles also feels disappointed with herself, who is still dependent on her parents. Mona Mireles already has a plan for her future after graduating from university, such as living independently without the intervention of others, particularly her parents. However, in reality, she had to return to live at her parent's house and receive life support from them. Mona Mireles, as an adult, feels disappointed and embarrassed by the fact that she is still dependent on her parents and not living independently.

Quarter-life crisis embodies differently on different people, but commonly, there are four stages within the quarter-life crisis experienced by early adults such as locked-in, saturation or time-out, exploration, and rebuilding (Robinson et al., 2013). Mona Mireles is shown to have experienced several stages of a quarter-life crisis.

The first stage of the quarter-life crisis that Mona felt in her early adult life is that she felt locked in or trapped in a situation of her commitment decision. This feeling of being trapped can be influenced by various situations such as work-life, a relationship of love, friends, and family. Mona Mireles is a very competent student, which led to her being eventually accepted to work at Bannerman, one of the wall street marketplace. However, unfortunately, she was getting fired before she even did her first job, which caused Mona's enthusiasm and optimism to achieve her passionate dreams and hopes for a future life to be replaced by a feeling of lethargy. This is in line with (Robinson, 2013) that most people in the locked-in stage will begin to be at the point of saturation that their lives are still the same and they cannot move anywhere.

“If I get this job, I'm gonna buy so much stuff. I'm gonna get a tiny dog and cover its water bowl in crystals ...” (76)

Based on the narrative above, Mona has great expectations, as the parameter of success in life for Mona is to adhere to the high expectations of her profession, namely a job in the finance sector that will give her a high salary value. However, in reality, she soon hit a breaking point when she still has not been hired by any company, even if she has applied for hundreds of vacancies in existing jobs. Despite all of her efforts to apply for this job, she remains stuck and trapped as she is still unemployed. So, this can trigger Mona Mireles to feel stressed, anxious, addicted to alcohol or drugs, many more.

"I don't want a telemarketing job," I said...."I didn't get straight A's for seventeen years to work for minimum wage." (45)

As the narrative quotes above, Mona did not want to open up herself for new opportunities to start something new. Something new here refers to the opportunities to work in fields other than finance, namely telemarketing which Mona Mireles immediately rejected.

The second stage of the quarter-life crisis experienced by Mona Mireles was the separation or time-out stage. This stage can be said to be the most intense and consuming stage for Mona Mireles. According to (Robinson, 2013), many people who suffer from a quarter-life crisis will feel various feelings such as depression, sadness, guilt, and many more. In Mona's case, she feels the breaking point in her life when she cannot hold her emotions anymore to everyone around her. Her family and friends must feel the impact of the feeling of lost, anxiety, and disappointment that Mona felt.

"I can see what's coming next, the sensation the same as an oncoming panic attack...."You gave that bartender from Chili's a blowjob on the hood of his Neon. That was a real Jackie Kennedy move right there." (139)

Through the narrative above, it is one of the peak moments that drains Mona Mireles' emotions. She feels jealous of Ashley's achievement, who got the job first than her. The feeling of Mona's envy here indicates that she has low self-esteem. She feels she is not good enough than anybody else. This makes Mona very oversensitive, and she ends up attacking Ashley through her words as an act of her frustration. In the midst of the situation that she was drunk at that moment, Mona took out all her emotions on Ashley. This is very natural to happen when someone is envious of other people's achievements; they tend to bring down other people. They need someone who should be blamed for their feeling of deficiency, namely by bringing down other people. Therefore, the friendly relationship between Mona and Ashley at that time was immediately destroyed.

"I have a thought, a needle jabbing the soft flesh around my belly, that my parents were living in wedded bliss until I returned home, the prodigal daughter seeding angst and despair in the once fertile ground of a happy home." (142)

Based on the narrative above, the divorce of Mona Mireles' parents became a breaking point in Mona's life. Her parents, who continued to fight during Mona's stay with them, ended in divorce. The divorce made Mona feel very guilty and frustrated with her condition at that time, which she still stuck with no changes whatsoever. After experiencing many events that cause feeling trapped in life choices, Mona Mireles is finally in the period of separation or time out. The separation or time-out stage here is when Mona Mireles begins to separate herself physically and mentally from all existing commitments and choices (job/career/relationship).

The third stage of the quarter-life crisis experienced by Mona Mireles was the exploration stage. The impact of several crises in her early adulthood made Mona inevitably have to take crucial actions. Mona Mireles determined that she had to change. She felt this was the right moment to change. Mona does not want to continue to be stuck with her old

commitments, especially with her value of life system. Mona wants to make changes that align with her new values reference and her new mental identity.

"I compose an e-mail to my mother's friend, Belinda, and tell her I'd be delighted to interview for the telemarketing position." (144)

Through the narrative above, at this exploration stage, Mona is proactively exploring and making changes to her life commitment. One example is when she started to open herself to new opportunities by trying to work in telemarketing at Sunshine Phone Bank. This is crucial for Mona because doing work in a field other than the finance sector is a significant change in a commitment that has a massive impact on her value of life.

"And worse, he'll fire me. My last effort, I think, is to be so bad at making out that he aborts the whole endeavor." (214)

Through the narrative above, apart from experimenting with working in a completely new field for her, Mona is also trying to establish a new relationship with someone, such as starting a romantic approach with her boss, Skip. For Mona, Skip was the perfect match for her. However, the romance between the two did not find a match—especially Skip, Mona's boss in her company.

The final stages in the quarter-life crisis are the rebuilding stages. In this final stage, someone who experiences a quarter-life crisis can establish themselves to change from their past commitments completely. In this rebuilding stage, Mona Mireles was shown to have overcome her crisis by having stronger motivation, inner beliefs, and preference goals than before. Mona is now able to overcome various problems related to her job, career, and relationship.

After encountering various problems in her love relationship, she can finally have a finer romantic relationship with someone named Duncan. Duncan is a suitable figure for Mona because only Duncan can ultimately change Mona's perspective on her value of life.

"...and I'm conscious only of Duncan's hands as they comb through my hair and run down my body. For the first time in my life, I am beautiful." (276)

The narrative quotes above explain that Mona, who was initially very insecure about herself, is now starting to accept and embrace herself. Having scars as a result of cutting herself made Mona very insecure about herself. However, for Duncan, Mona's scar is beautiful; nothing is wrong with having a scar. Then, Duncan also took a picture of Mona with her scar, which will be exhibited at the Goodman Gallery.

"This Arizona arts magazine asked if they could use my painting for the cover of their next issue, and an art dealer from Phoenix said he had several clients lined up to buy Duncan's photos." (328)

In addition, based on the narrative quotes above show that with Duncan, Mona can return to living one of her desires that she once threw away, namely painting. This has helped Mona Mireles in overcoming her quarter-life crisis. Because with the retrieval of the motivation or passion she used to throw away, now she can accept herself completely.

"I took them, ran my thumb lightly over the razor's tip, inhaled the clean, clinical odor of the rubbing alcohol and gauze pads, while the memory of cold, mercury pain filled me. "Of course not," I said,..." (329)

Mona Mireles, in the end, let her openness to accept a romantic relationship with Duncan also made Mona's life become better now. Mona Mireles, who often self-harms by

cutting herself, has now realized that she no longer needs to do that. She is now the new Mona Mireles, who is motivated and committed to change.

CONCLUSION

Based on the results and discussion of the study above, in conclusion, as follows: first, Mona has shown many kinds of symptoms of quarter-life crisis in her early adult life, e.g., feelings of lost, anxiety, and difficulty in making some decisions. Second, the quarter-life crisis in Mona's life was caused by several factors, including feelings of disappointment or frustration related to her job career and romantic life. Third, in order to overcome her quarter-life crisis, Mona is shown to have experienced several stages of the crisis. One of which is the rebuilding as the last stage, where Mona, in the end, was shown that she was able to overcome her crisis by having stronger motivation, inner beliefs, and preference goals than before. In short, the results of this study show that Mona Mireles has overcome her quarter-life crisis regarding the various problems related to her job, career, and relationship.

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