

## THE MEANING OF HOPE IN 1 PETER 1:3-6 FOR THE YOUNG GENERATION WHO EXPERIENCING DEPRESSION DUE TO QUARTER-LIFE CRISIS

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### ABSTRACT

*The purpose of this study is to interpret 1 Peter 1:3-12 for the young generation in the early adult stage who have lost hope due to challenges for their time, namely the quarter-life Crisis in understanding what and what form of hope is expected. They can find in Christ. This paper uses a descriptive qualitative research method by collecting data through library research to examine the meaning of hope in Christ from 1 Peter 1:3-6 and find its relevance to the despair of the young generation in the early adult stage caused by the Quarter-Life Crisis. The primary data source that the author uses is Peter's writings in 1 Peter 1:3-6, books, documents, and research related to the phenomenon of mental disorders. Quarter-Life Crisis can be interpreted as a response to mounting instability, continuous change, too many choices, and feelings of panic and helplessness that usually appear in early adulthood. In this discussion, the author explains what kind of hope is in the exegesis of 1 Peter 1:3-6 and uses the results of psychological research that have been described previously to connect young adults who experience depression due to QLC with the hope that is in Christ. It is found that the hope is in Christ, the hope that lives, which will not be shaken, and is certain. This needs to be studied again and reinterpreted by young adults who are experiencing QLC. One other form of treatment in the world of psychology to overcome QLC is by reflection, namely asking themselves who they are, what they want, what their vision is, and so on.*

**Keywords:** Hope, Depression, Crisis, Quarter-Life Crisis

### INTRODUCTION

When humans grow, there are several stages or phases of development in humans, and each phase has a different developmental task. (Yusuf, 2011) In the infant phase, developmental tasks are more physical in nature, such as learning to walk and eating solid food. Then in the childhood phase, it is divided into several phases, but the task of human development at this stage is to learn to get along with friends of their age. Then when they begin to enter the adolescent phase, humans begin to search for their own identity, have confidence in their abilities, and strengthen self-control. (Fatimah, 2010). However, the transition from adolescence to adulthood is an important period for a person. This is because this is the time when humans begin to explore themselves, live independently, build relationships, and develop values. (Papalia et al., 2013).

This time is referred to by Arnett as "emerging adulthood," namely the transition period from adolescence to adulthood in the age range of 18-29 years (Fitriah et al., 2022). When in this age range, generally, a person begins to enter a new life, including working, then getting married, and the way of thinking changes to become more mature when moving from youth to adulthood. Therefore, individuals are required to prepare themselves for adulthood by exploring themselves and various aspects of life, including education, career, as well as relationships with the opposite sex. At this time, there are people who are able to get through it, but there are also people who have difficulties. Those who are in trouble are experiencing a crisis. Zuck & Benson say that young people often experience crises in their lives. One that is often experienced by young people is an identity crisis (Gunawan, 2005). The Crisis experienced by young people often arises in terms of education, employment, and life partners. This can happen because the transition from adolescence to adulthood causes changes in lifestyle, relationships, education, and work that cause stress and burdensome psychological conditions (Matud & Diaz, 2020).

Some of those who are unable to carry out and overcome existing challenges will experience anxiety, stress, depression, and even other psychological problems. This emotional Crisis is then called *Quarter-Life Crisis* (Atwood & Scholtz, 2008). In 2001, Robbins and Wilner identified *Quarter-Life Crisis (QLC)* for the first time, which refers to the ups and downs of the "emerging adults." In this period, people who are in the early adult stage are still confused about their identity, unsure of their short and long-term goals, and lost in matters of romantic relationships, family life, and work life. They begin to question their lives, doubt their choices, wonder what they have been through, review the past, what they did to make ends meet and finances, and wonder how they will live in the future (Herawati & Hidayat, 2020 ). According to the One Percent page, *the Quarter-Life Crisis* is considered to have an impact on 86% of Millennials, who often feel uncomfortable, lonely, and depressed in their lives. Even so, this phase is important for individuals to experience so that they are able to recognize themselves more deeply and prepare for various possibilities that will occur in the future.

Suppose instability individual in *Quarter-Life Crisis* lasts for a long time and is only allowed to cause an individual's vulnerability to mental disorders. This condition will give rise to various new problems, namely emotional and behavioral problems, aggressive behavior, acts of violence and emotional reactions, low psychological well-being, social withdrawal, anxiety, depression, and trauma. This will continue to be experienced by people in the future. *Emerging adulthood*," and not infrequently, this leads to depression. This results in despair due to the uncertainty of the future and all aspects of their lives.

The explanation above is a big reminder for the church and God's servants because this era will continue to be experienced by every generation, and this is also found in the church. In the church, many young people have problems with themselves. They do not have a strong desire to worship God in a worship community; the enthusiasm and passion they have for living life are lost. Low self-esteem also causes them to be unable to serve well. This illustrates that in the church, there are more and more young people who need help. Consequences of depression *Quarter-Life Crisis* is not a taboo subject; just as a body can get sick, so the soul and mind can get sick too. Seeing this, Christianity must be present to provide a Biblical basis as a solution in responding to the despair experienced by the early adult generation due to the QLC they experienced.

In the Letter of 1 Peter written by Peter, there is an emphasis on one big theme, which is suffering, which is mentioned in this book as many as sixteen times (C. Tenney, 2013). Through this letter, Peter teaches believers to be patient and happy in trials. The letter of 1 Peter was addressed by the Apostle Peter to the Christians in Asia Minor who, at that time, were experiencing persecution; he tried to give them encouragement. One of the important things that Peter emphasizes in his letter is about the hope they can find in Christ (Guthrie, 2013). Looking back at the problems displayed above regarding the Crisis (*Quarter-Life Crisis*) experienced in the early adult stage causes them to lose hope. So it is necessary to delve deeper into the hope found in Christ and find its meaning.

Based on the explanation of the research background above, the purpose of this research is to interpret 1 Peter 1:3-12 for the young generation in the early adult stage who have lost hope due to challenges in their time, namely *Quarter-Life Crisis* in understanding what and what form of hope they can find in Christ.

## METHOD

This paper uses descriptive qualitative research methods by collecting data through library research (*Library research*) to examine the meaning of hope in Christ from 1 Peter 1:3-6 and find its relevance to the despair of young people in the early adult stage caused *Quarter-Life Crisis*. The primary data sources that the author uses are Peter's writings in 1 Peter 1:3-6 and books, documents, and research related to the phenomena of mental disorders and hopelessness. The results of this study aim to provide suggestions on how the attitude that the church and God's servants need to take in addressing the young generation in the early adult stage who have lost hope due to *Quarter-Life Crisis* that they experienced.

## DISCUSSION

### Exegesis 1 Peter 1:3-6

#### *1 Peter 1:3*

"Praise be to the God and Father of our Lord Jesus Christ, who because of His great mercy has given birth to us again by the resurrection of Jesus Christ from the dead, to a life full of hope," TB

"Praise be to the God and Father of our Lord Jesus Christ! In his great mercy, he has given us new birth into a living hope through the resurrection of Jesus Christ from the dead," NIV.

Blessed be the God and Father of our Lord Jesus Christ, who, according to his great mercy, has regenerated us to hope of life through the resurrection of Jesus Christ from the dead

Paul opens with thanksgiving to God because there have been many gifts received by believers through Jesus Christ, especially His resurrection, which gives hope (Jermias, 2021). This is to remind them that

they can obtain salvation because of the resurrection of Jesus Christ. In this verse, there is a 'new birth,' which is a gift or gift from God. This is concluded from the use of the phrase 'His great mercy' or in the NIV, it is translated as 'in His great mercy,' which means 'in His great mercy.' So the new birth is God's will and work where we have been born by God through the resurrection of Jesus from His death (John 1:13). The hope of believers that was initially lost when Jesus died became alive again because of Jesus' resurrection.

"To a life full of hope," or in the English translation, is referred to as *into a living hope* - into a living hope (NIV). This hope is certainly not found when not living in Christ, as it is said in Ephesians 2:12 that those who are without Christ are also without hope and without God in the world.

So in this verse, Peter wants to emphasize that we are born anew by God's will, which leads us to live in hope through the resurrection of Jesus Christ. Without His resurrection, living hope will be lost. (1 Cor 15:14,17-18).

#### 1 Peter 1:4

“to receive an inheritance which is imperishable, which cannot be corrupted, and which does not fade away, which is stored up in heaven for you.”TB

“and into an inheritance that can never perish, spoil or fade. This inheritance is kept in heaven for you,” NIV

to an incorruptible and undefiled and undefiled inheritance reserved in heaven for us.

If you look at the English and Greek versions, the word "share" in the TB translation is "inheritance" (NIV: *inheritance* and in Greek, *klēronomia -an inheritance*). The word inheritance is a *noun accusative singular feminine*. At the time Peter conveyed this, his congregation was in a state of persecution and poverty; they became fugitives from the Jews themselves as well as the Roman rulers. This can result in them losing their inheritance (Haks, 2019). So Peter mentioning that they will receive an inheritance that cannot be lost gives them hope. The new birth brings hope to the church of an inheritance which is their portion which is imperishable (ἄφθαρτον - eternal), undefiled (ἀμίαντον - pure), and unfading (ἀμόραντον - not fading).

Tetêrêmênên, “stored up in heaven” is *verb perfect passive participle accusative singular feminine* (V-RPP-ASF). Because he *listens perfectly*, then it refers to an action that is considered to have been completed in the past, once and for all, and need not be repeated. So the inheritance mentioned has been provided by God and has been stored in heaven, as in Matthew 6:19-20 which also talks about treasures in heaven that cannot be stolen.

The word "you" is not used for people/people in general but only refers to people who believe in Christ. It is based on the word "*through faith*" (= through faith) found in 5.

#### 1 Peter 1:6

"Be glad of this, though now you must be grieved suddenly by various trials."TB

"In all this, you greatly rejoice, though now, for a little while, you may have had to suffer grief in all kinds of trials." NIV

Rejoice a little because you must be sorrowful in various temptations.

The word "rejoice" in this phrase in Greek word is a *verb present middle or passive deponent indicative second person plural* (V-PNI-2P) which is a term for great joy. In English, the word "agallasthe" is translated as "*to exult, to leap for joy.*" While the word "this" is used to refer back to "inheritance in heaven," "salvation," and "protection of us by the power of God," which is found in chapters 3-5. So Peter encouraged his people to direct their minds to the salvation and inheritance that had been provided and stored in heaven.

"To have to grieve" (Greek: *λυπηθέντες* - *lupethentes*). Here a contradiction arises; that is, there are contradictory uses of the words "rejoice" and "grief." This shows that joy and sorrow can be present alternately or simultaneously (Jeremias, 2021). Paul in 2 Corinthians 6:10a also mentions the matter of people who are sad but always rejoice.

“By various trials” (Greek: *πειρασμοῖς* - *peirasmois*) does not only talk about the difficulties faced daily but the burden of suffering experienced by Christians in carrying out life on this earth.

"Instantly" (Greek: *ὀλίγον* - *polygon*) is an adjective accusative singular masculine (A-ASM), which in the NIV translates as '*for a little while*' meaning for a short time. So the sorrow experienced by believers is temporary when compared to the inheritance that has been provided because it is eternal. So in this verse, Peter reminds his congregation about the joy that believers have, even though they are in sorrow due to the suffering they experience in this life, this is only temporary (Haks, 2019). God has provided an eternal inheritance, which cannot be contested so that it awakens hope for believers in the midst of suffering.

#### Understanding the Quarter-Life Crisis

A new life in the transition from adolescence to adulthood can make some people feel overwhelmed by the new demands and the resources needed to meet them. So at this time, individuals will be prone to falling into substance use and abuse, antisocial behavior, and depression while trying to find out and fulfill new social roles, namely as adults (Schulenberg & Zarret, 2006). Robinson says that the 20s to early 30s are a difficult time for young adults because they are expected to make important decisions about their adult lives, such as who to marry and where to work. What is a major stressor for this age group is deciding on adult things when they are immature or fully grown. Because they are still in a transitional period where they are still financially dependent on their parents, their role is expected to shift from being a child and youth to being an adult. Robbins and Wilner said that, unlike their previous lives, the post-graduation period was full of uncertainties. At this time, each individual is between "excitement and uncertainty, wide-open possibilities and confusion, new freedoms and new fears" (Arnett, 2004). Therefore, QLC is mentioned as a period full of stress, instability, and experiencing life-changing events while taking on the role of an adult under these ups and downs.

Term *Quarter-Life Crisis* was formally identified by Robbins and Wilner. This term is defined as extreme instability, constant change, too many choices, and feeling powerless (Yeler & Cok, 2021). (Atwood & Scholtz, 2008). States that *Quarter-Life Crisis* at its core is an identity crisis. Where individuals begin to have many questions about themselves, especially about who they are. Individuals feel enormous pressure at this time, mainly from expectations that are too high about how their lives and careers should be, resulting in feelings of disappointment when goals are not achieved.

#### Definition of Quarter-Life Crisis

*Quarter-Life Crisis* can be interpreted as a response to the mounting instability, constant change, too many choices, and the feelings of panic and helplessness that are common in early adulthood. The beginning of its emergence is marked when individuals finish lectures with emotional characteristics such as frustration, worry, panic, and not knowing direction. Robbins, in his research, stated that this Crisis can lead to psychological disorders and depression. *Quarter-Life Crisis* can appear when a person is still confused about his identity and is unable to carry out and complete developmental tasks according to his age and stage of development.

#### Causes of the Quarter-Life Crisis

time "*emerging adulthood*" itself has become the main cause of *Quarter-Life Crisis* because it has undergone many changes, as mentioned above. These changes occur as a result of common transitions during early adulthood, such as high school graduation, the direct transition to professional life without a college education, the freshman transition, the senior year experience, and life after college. These changes can bring intense stress and distress to some early adults instead of joy and optimism. However, the cause of QLC is due to pressure which can be divided into two groups, namely internal pressure (*internal pressure*) and external pressure (*external pressure*) (Stapleton, 2012).

#### *external*

With globalization that continues to increase as well as technological developments, it is easier for each individual to find various choices of information and experience pressure to decide which path is right, resulting in confusion within themselves (Atwood & Scholtz, 2008).

External pressure can arise from the closest people, especially parents. Parents may measure their children by what they've been through and miss the economic changes their children are currently facing. Therefore, today's 20-30-year-olds may feel pressure to live up to their parent's expectations and achieve what they had, which in the current economic and employment climate is more difficult and less realistic. It also means that individual goals and desires are ignored, so they come into conflict. Academic stress, where the demands of the campus world cause high tension so that a person's mental and emotional condition becomes depressed (Simbolon, 2015). Davidson said that academic stress is caused by several things, namely: conditions that are not dynamic, crowds, many learning assignments, excessive expectations, unclear information, weak controls, critical and dangerous situations, lack of appreciation, being ignored, lost opportunities, and unclear. Rules, opposition to several demands, and coursework with strict time limits (Christian et al., 2022).

In the context of work, stress conditions affect a person's emotional state, way of thinking, and physical state, which comes from the work environment, which puts pressure on the person.

Other external factors are also related to the relationship between individuals and other individuals, namely friends, romance, and relationships with family.

#### *Internal*

The rapid increase in the development of information and technology has produced a generation that expects instant gratification. Schwartz (2003) also points out that there are many choices in *emerging adulthood*, resulting in increased expectations in each individual about various aspects of their future. Therefore, with such high expectations, various choices that exist, and the impression that goals can be

easily achieved, individuals become disappointed because they do not achieve the goals they have set for themselves (Stapleton, 2012).

A survey conducted by Gardens and Stapleton in 2012 regarding *Quarter-Life Crisis* found that the main challenges experienced by the group in this phase were around identity, inner pressure, feelings of uncertainty, and depression (Stapleton, 2012).

#### Impact of the Quarter-Life Crisis

Atwood and Scholtz (2008) revealed that during the QLC period, individuals experience negative feelings such as insecurity, confusion, anxiety, disappointment, loneliness, helplessness, and fear of failure. (Atwood & Scholtz, 2008). According to Lazarus and Folkman in their research, impact psychologists, stressful situations in this phase can have negative psychological and physiological effects on individuals. (Princess & Khisbiyah, 2022). Then Macrae also mentioned the impact of *Quarter-Life Crises* are panic attacks and doubt that he is able to continue his life. If left for a longer period of time, this can make individuals more vulnerable to experiencing mental disorders (Fitriah et al., 2022). Robinson, in his research results, showed that respondents who were experiencing QLC reported that they had lower well-being and higher levels of depression.

Depression is one of the significant impacts of the Crisis that occurs during the transition from adolescence to early adulthood. Depression is a common mental disorder that negatively affects how you feel, how you think, and how you act. Depression causes feelings of sadness and/or a loss of interest in activities you once enjoyed. This can cause a variety of emotional and physical problems and can reduce your ability to function at work and at home. The effects of depression can be long-lasting or recurrent and can dramatically affect a person's ability to function and live a fulfilling life.

#### Depression Due to Quarter-Life Crisis

Psychologists have long noted that the core symptoms of depression, apart from mood swings that become sad, are indications of reduced motivation to do things and a feeling of pessimism. This section follows from the discussion of the book *Essential Papers on Depression*, which is a collection of classic articles by well-known psychologists; the symptoms of depression will be divided into five symptoms, but in this article, we will only discuss four symptoms related to the focus of the research. The distribution of these symptoms includes emotional, cognitive, motivational, and interpersonal symptoms (Coyné, 1985). However, this division is not rigid in the sense that there are symptoms that are among the five symptoms above.

First, there are emotional symptoms where almost all depressed patients report feelings of sadness and annoyance as their complaints. The majority of people who experience mental distress feel afraid and irritable. People with mild depression perceive any activity as a burden, but they remain satisfied with its accomplishments. Even when their mood is low, they still manage to smile while joking around. However, as levels of depression increase, there is a lack of skills to derive satisfaction from activities that previously provided satisfaction in family, work, and social life, as well as a loss of sense of humor. Then symptoms in the cognitive aspect where people who experience depression generally view themselves, their atmosphere, and perhaps their future in negative or pessimistic terms. They voiced hopelessness and helplessness. They see themselves as inadequate and lacking in many ways. As a result, the desire to die and suicide attempts arise in their minds.

The next symptom is related to motivation because depressed people have great difficulty in mobilizing themselves in carrying out existing tasks, from small or every day to even large ones. So if they are given coercion or threats, it makes them even more reluctant to do that. They like to procrastinate and have a tendency to run away from responsibility. Then there are Interpersonal symptoms that talk about the depressed person's relationship with other people. They can easily make those they interact with feel guilty or avoid further relationships. They tend to withdraw from social activities, and their relationships are often full of conflict. They are difficult to understand, but if we know what problems they are facing, then their behavior will be easily understood.

#### Solutions for Quarter-Life Crisis

Seeing from the discussion above, it can be concluded that those who were during the QLC period experienced depression and ended in despair, feeling powerless and losing motivation to do things ranging from daily activities to big things. This behavior indicates a loss of hope because of the feelings they are experiencing. So it can be concluded that early adults need hope that can revive them. A psychologist named Erikson gave his opinion regarding the key to treating patients with mental disorders, including depression sufferers. He said that hope has been a part of human development since they were babies because hope is an important part of a person's psychosocial survival process. Vaillot, who is a psychologist who also discusses this, agrees with Erikson's opinion, and he instead says that to inspire hope for mental patients is not only a moral obligation but also the duty of nurses; how can nurses find better ways to inspire hope? In depressed patients.

In one study, one form of solution to overcome QLC was to encourage clients to reflect and develop self-awareness and self-confidence. This reflection exercise encourages each patient to reflect through journals, stories, meditation, or other things that are effective in developing their self-awareness. Increased self-awareness can encourage them to feel more confident and more self-accepting. This reflection helps them answer questions they have about their identity, who they are, and what their passions and interests are.

Another study conducted by Habibie et al. (2019) shows that religiosity also plays an important role in dealing with quarter-life crises. Religiosity is a system of values and actions of a person who has a divine foundation associated with a particular religion so that it has guidelines and procedures for carrying out worship rituals (Ihsani & Utami, 2022). Someone who has guidelines in his life when facing a crisis and confusion will have good resilience because his religiosity is strong. An example is research conducted by Koenig (2012), whose result is that someone who has a high level of spirituality or religiosity has low levels of depression and anxiety and can improve their quality of life (Koenig & Larson, 2001).

#### *Hope in Christ for Depression Sufferers Due to the Quarter-Life Crisis*

In this discussion, the author explains what kind of hope is in the exegesis of 1 Peter 1:3-6 and uses the results of psychological research that have been described previously to connect young adults who experience depression due to QLC with the hope that is in Christ.

Seeing the explanation above, it is clear that someone who experiences QLC experiences depression, and both of them cause a person to become pessimistic, and this then raises other problems, such as losing hope for the future, work, and responsibilities. But a great psychologist named Erikson said that a very important thing needed by patients with mental disorders, including people with depression, is hope. Even in the world of mental disorder treatment, according to Erikson, every nurse needs to give hope to them.

Psychologically, hope is the key answer for those with depression. But in the Bible, it has been written about the hope in Christ that is available to believers. In 1 Peter 1:3, Peter linked Jesus' resurrection with a living hope for believers. The Greek word used for hope in this passage is ἐλπίδα which means passionate hope and confidence. Even in English, it is called a *living hope* is the living hope that can give life. And this is the same as what is written in Ephesians 2:12, that those who are without Christ will live without hope and without God in the world. Hope in Christ is a gift that has been given to humans through Jesus, who died and rose to atone for the sins of all of His people. Christians who, despite suffering and persecution in their lives, will have a living hope (*into a living hope*) because of His resurrection. So those who are in the early adult phase experience it *Quarter-Life Crisis* have hope in Christ which is a living hope.

The purpose of our living hope is described in 1 Peter 1:4 as "an inheritance which cannot be corrupted, cannot be polluted, and does not fade away, which is stored up for you in heaven." We have a legacy that will never be touched by death, tainted by evil, or faded by time. This inheritance also cannot fail because God keeps and maintains it in heaven for us. It's completely safe. Absolutely nothing can undermine the certainty of our future inheritance. In this article, there is the use the term Tetêrmenên, "preserved in heaven," which is *very the perfect passive participle accusative singular feminine* (V-RPP-ASF). Because he *listens perfectly*, then it refers to an action that is considered to have been completed in the past, once and for all, and need not be repeated. So the inheritance mentioned has been provided by God and has been stored in heaven. With this, people who experience a crisis during the transitional period who tend to become pessimistic and lose hope for the future due to unstable conditions will get unshakable hope that has also been stored in heaven. This becomes a guide because this hope becomes a stable thing in the midst of a crisis full of instability.

In reality, there is nothing certain in the world; problems will come at unexpected times and moments. Therefore hope becomes important for everyone in carrying out their lives because there is certainty. So that even though experiencing various trials and sorrows, as long as there is a certain hope, then anyone can continue to walk. Many depressed people end up killing themselves because they don't have certainty in life. But in 1 Peter 1:6, it is said that the suffering experienced by humans in this world is only "Instant" (Greek: ὀλίγον - polygon). This word *adjective accusative singular masculine* (A-ASM) which in NIV/NASB translates as '*for a little while*' means for a short time. So the grief experienced by believers is short when compared to the inheritance that has been prepared because it is eternal so that those who are in God can still be happy even in sorrow.

It was mentioned above that one form of solution for dealing with QLC is to conduct self-reflection in various ways to find out who he is, what he wants, and so on. In this regard, Christians who are in the early adult phase need to look at verse 3 to see again that through the resurrection of Jesus Christ, we are born again into a life full of hope. This new life becomes a new identity, and that is what they need to examine so that it becomes a guide and basis for living life. A study by Habibie also shows how religiosity has a correlation with QLC, where when someone has high religiosity, they have low levels of depression and anxiety.

## CONCLUSION

The purpose of this study is to give meaning to the hope in Christ written in 1 Peter 1:3-12 for sufferers of depression in their early adulthood who have lost hope due to challenges in their time, namely *Quarter-Life Crisis* as has been seen that there is indeed a positive correlation between *Quarter-Life Crisis* with Depression because those in the QLC phase are filled with worry due to uncertainty and instability. If left unchecked, this can cause a person to become depressed so that they are filled with despair and lose hope. A psychologist, Erikson, stated that the key to the treatment of patients with mental disorders, including depression, is the giving of hope by doctors and nurses.

In this research, it was found that hope is in Christ, a living hope which will not waver and is certain. This needs to be studied again and reinterpreted by young adults who are experiencing QLC. Another form of treatment in the world of psychology to overcome QLC is by reflection, which is to ask yourself who they are, what they want, what their vision is, and so on. For believers, in doing reflection, it is necessary to look at this verse to find out their identity after being born again and how someone who has been born again is. Hopefully, the results of this research can be a solution for anyone who is experiencing a *Quarter-Life Crisis* or even never and also become material for reflection for those who have gone through this crisis period.

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