

## ABSTRACT

Title of the Research: **DEVELOPMENT AND VALIDATION OF  
QUARTERLIFE CRISIS SCALE FOR FILIPINOS**  
Author: **JAMES PHILIP RAY VASQUEZ PINGGOLIO**  
Degree: **Master of Arts in Education**  
Major: **Guidance and Counseling**  
Date of Completion: **March 2014**

Many young adult Filipinos nowadays are faced with indecisions, uncertainties and difficulties in their life stage, thus, they can be experiencing this growing phenomenon called quarterlife crisis. This test development research aimed at developing and validating an instrument that will measure the quarterlife crisis among young adult Filipinos. The development of the instrument went through a tedious and rigorous process of conceptualizing and generating items for the questionnaire, test try-out (pilot and field testing), validity and reliability analysis, norming and standardization.

A total of 835 young adult Filipino respondents participated in this study. The initial 165 items categorized in to four factors were content validated of which 134 remained and pilot tested to 328 respondents. In the initial validation, Item-total correlation, Exploratory Factor Analysis (EFA) and Cronbach's Alpha ( $\alpha=0.792$  to  $0.892$ ) were computed. A total of 41 items, having eight factors remained after the initial validation. The remaining items were tested to 507 respondents. In the final validation, to test its validity and

reliability, Confirmatory Factor Analysis (CFA) and Cronbach's Alpha were then computed. The proposed model was a good fit as revealed in the results of the CFA (**RMSEA** = 0.059) and Cronbach's Alpha ( $\alpha=0.762$  to 0.878). The over-all mean of the scale model is 94.16 with a standard deviation of 31.56. Thus, the validity and reliability of the instrument were found to be psychometrically sound. For its purpose and future use, the scale will be named as "Quarterlife Crisis Scale" or QLCS.

