

# Analysis of The Design Concept for Handling Quarter-Life Crisis with The Qurani Approach

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**Abstract:** Every human being will certainly design his future, both in terms of work and love. Some research results show that the quarter-life crisis which is a problem of excessive anxiety is experienced in the late adolescent phase towards the early adult phase. This study seeks to analyze and design quarter-life crisis responses. The method used in this research is qualitative with a case study approach. Data sources consist of nine primary data and two secondary data. The results of the study show that three problems can cause a person to be in a quarter-life crisis, including a humanizing crisis using the Quranic approach Q.s Al-Insan verses 29-31. Crisis role model with the Quranic approach Q.s. Al-Ahzab verse 21. And the crisis of al-hikmah with the approach of the Qurani Q.s. Al-Baqarah verse 269. This study recommends that trials be carried out to apply this countermeasures design in practice in everyday life.

**Keywords:** Management, Self Control, Angst.

## Introduction

Every We will experience change. Good of facet physical nor psychology. Related with change later will be in the realm good or bad that depending on each individual. Do Foundation for towards the future be one change. Possible from small not yet understand what it 's future. Future can interpreted as aim life everyone. Where will the future go ? that depending on the individual. Worry is part from the emotions inside human. Worry this reasonable felt if take side the positive with interpret that We already experience Step think for step to goal live. However interpreted negatively when anxiety this coming exaggerated so that rather worsen grow for have progress for reach the future.

Quarter-life crises be one trending issue happens to humans moment this. Everyone stated once experience it. A problematic about worry will future comes. The term quarter-life crisis usually used in various media as expression for represent difficulties that arise and are experienced by adults

because no sure will must route taken in live (Murphy, 2011). Quarter-life crises this alone actually already there is since before and already many research conducted related quarter-life crises this. If seen through definition, quarter-life crisis is a period stress, agitation emotions, and feelings no safe that occurs with age between 18-28 years, for example feel frustration with relationships and the world of work, confusion identity and feelings no safe to circumstances moment this, the future, and the goal long term (murphy 2011).

Quarter-life crises including in Step development man from adolescence to adulthood, where individual will experiencing a period of transition and facing various crisis, fine in a manner physical nor psychological. At stage development these are individuals will start plan aim life and future (nurahianti2021). If seen through theory development Psychosocial courtesy of Erik Erikson, available a named stage intimacy vs isolation that occurs in individuals aged 21-39 years. Intimacy is meant is how individual could undergo connection familiar in connection

romantic or life social and owned commitment in undergo role job. Whereas isolation more lead to lack of ability be social with good so that cause feeling isolation and delay commitment in becomes adults, who can resulted lost opportunity for marry or reach desired position in job (zukaase 2016).

According to category age Ministry of Health of the Republic of Indonesia in 2009 namely ideally as a teenager end think 17-25 years old and mature beginning aged 26-35 years (Muamala,2018). In adolescence end that is the transition period from teenager Becomes mature followed by the development of hormones in a person that change it Becomes different in a manner more physical mature, open minded and organized. Meanwhile in adulthood beginning that is child already must develop in a manner independent for look for teak self that will determine his future. Age position this expected already mature in face one problem.

A research conducted by (LinkedIn, 2017) related quarter-life crises show as much as 75% of 6,014 participants from various countries, such as America, England, India, and Australia with range ages 25-33 years once experience quarter-life crisis and their average experienced it at the age of 27 years. One thing that happened individuals during the quarter-life crisis is anxiety. Reason main anxiety experienced by 61% of participants survey the is find profession or their career interest. Reason second is trend compare self they with friend those who are more success, occurred in 48% of participants (especially female). From the results survey is also shown that, the individual on the range ages 25-33 years many feel no sure and frustrated with their career live it, even feel it stressed to relationships and goals life them. Previousl, in 2011 there was also a studies related quarter-life crisis committed by Nicole and Carolyn which was carried out at four group mature young, one the group are undergraduates or student. From the results studies the, found that worry highest experienced by students graduate of school medium, then followed by students undergraduate (Afnan., 2020). A researcher named Dr. Oliver Robinson of the University of Greenwich did study about quarter life crisis in individuals with range age 25-35 years and he call it with twenty and thirty somethings. In research this, 86% of the 1,100

participants who followed study feel that himself is at under pressure for succeed in relationships, finances, and work before reach 30 years old.

Enter age mature of course no easy. Not seldom some people have to decide his life because feel no capable for operate his life. Like example youth case with the initials AW (21), from Bauran Village, District Mayong, District Japan, found dead hanging behind his house on Saturday (30/7/2022). According to Kasatreskrim Polres Jepara, AKP M Fachrur Rozi, incident the first time the victim's father was known. At that time, the victim's father wanted to to the bathroom is at the back his house. She look victim's motorcycle near tree. When the victim's father approached the motorcycle, he surprised because his son already hanging on a tree in circumstances not alive. Guess meanwhile, the victim did kill self because problem romance. this based on results inspection victim's cell phone. After conversation WhatsApp hers checked, found a new victim break love with the boyfriend. Two mutual people relate naturally must have good communication. Key from one connection that is in communication. But will feel sick when intertwine love however no there is form definite certainty. Because the realm only dating yet Becomes inner sacral part something romance. Which happened unlucky because hope that depends on feelings to beyond human feeling hope in the almighty power (Tim Litbang MPI, 2022).

Another example is in case (Firdha, 2018) Doweeks, a serving civil servant as treasurer in NTT found hanging yourself in space it works. Not far from the corpse is there a explanatory letter the cause why he do matter it. Turns out, man this reckless because feel stressed During Becomes a treasurer. Ex treasurer this has say to his boss that he no capable make a Letter of Accountability, but the leader permanent force it. Not strong, Doweeks also chose go leave this world. Kill self of course strictly prohibited whatever the reason, incl job. Ideally burden work outside normal of course can addressed with wise, somehow request relief or whatever it is. Do not until because of profession until finally sacrifice self alone. The value same very no balanced because profession easy searching for whereas life only once.

Everyone for sure once feel worried will future. Some people have through it or even will keep going feel so. Worry this could interpreted positive or not exaggerated react to it. Worry can awaken man for can more careful in do something. However can negative if face excessive anxiety with think about negative impacts faced and do not know what to do do what with faced reality. Like example face the future with realm job. Or even future fear with realm mate. Afraid in matter choose couple. With problematic that, the quarter-life crisis faced is how exaggerated in anxiety encountered for reach the future.

For can cope problematic quarter-life crises that is with especially formerly analyze and search road go out on happening problematic to get can operate life more calm down. thus this research provides a solution analysis of the design concept for handling quarter-life crisis with the qurani approach.

#### Formula Problem

1. How factor quarter-life crises could struck teenager end going to mature early ?
2. How method cope quarter-life crisis in phase teenager end going to mature early ?

#### Research Objectives

1. Analyze factor quarter-life crises could hit teenager end going to mature early ?
2. Analyze method cope quarter-life crisis on version teenager end going to mature early ?

#### Research Benefits

1. Study this expected could add and enrich knowledge knowledge in the world of Education.
2. Study this expected could give input to experienced child phase teenager end going to phase mature beginning will importance managing anxiety towards the future.
3. Give donation thinking as solution on problems encountered child phase teenager end going to phase mature beginning in face quarter-life crises.

## Materials and Methods

### Study area Normative Studies

This research uses normative studies, which have the meaning of research that examines document studies, namely using various secondary data such as laws and regulations, court decisions, legal theory, and can be in the form of opinions of scholars. This type of normative research uses qualitative analysis, namely by explaining existing data with words or statements, not with numbers. In this research normative studies is Al-Quran.

In the Qur'an it is mentioned Az-Zariyat paragraph 49 that gives guarantee that every man have mate :

وَمِنْ كُلِّ شَيْءٍ خَلَقْنَا زَوْجَيْنِ لَعَلَّكُمْ تَذَكَّرُونَ

Meaning : "And everything something We created pair up for you remember (the greatness of Allah)."

On this word of God explain that every man life in this world this God bless you partner. Halal something partner can with contract. Outside than that no there is certainty lived. For that sign Allah's power is one of them capable create man with in pairs.

In Qs Hud verse 6 regarding sustenance for every human.

وَمَا مِنْ دَابَّةٍ فِي الْأَرْضِ إِلَّا عَلَى اللَّهِ رِزْقُهَا وَيَعْلَمُ مُسْتَقَرَّهَا وَمُسْتَوْدَعَهَا ۗ كُلٌّ فِي كِتَابٍ مُبِينٍ

Meaning : "And no none creature moving (living) on earth but everything guaranteed by Allah sustenance. He knowing the place residence and location storage. All (written) in a real Book (Lauh Mahfuzh)."

In this word of God, God promises sustenance for every human. What's the reason for We no grateful God's promise that has written this. Every human has given sustenance in accordance their respective portions. Sustenance no always interpreted with job, money, position etc. Sustenance can date from healthy, surrounded by good and loving people for example.

In Q.s Ali-Imran verse 185 regarding all creature life will dead.

كُلُّ نَفْسٍ ذَائِقَةُ الْمَوْتِ ۗ وَإِنَّمَا تُوَفَّقُونَ أُجُورَكُمْ يَوْمَ الْقِيَامَةِ ۗ فَمَنْ رُحِرَ عَنِ النَّارِ وَأُدْجِلَ الْجَنَّةَ فَقَدْ فَازَ ۗ وَمَا الْحَيَاةُ الدُّنْيَا إِلَّا مَتَاعُ الْغُرُورِ

Meaning : " Every living thing will feel die. And only on the day Doomsday that's it given with perfect your reply. Whoever kept away from hell and put to in heaven, really, he is obtain victory. The life of the world is just deceptive pleasure."

At the word of God has mentioned that which is alive will feel die. This world only temporary then what feel worried with the world ? Everything God has guarantee start from mate, sustenance until death. How can take wisdom accordingly with Q.s Al-Baqarah which each happenings in this world have wisdom. So presumably everyone can find wisdom on every incident that happened. And feel give thanks on what God has given.

### Procedures

Study this describe how designing from how tackling the quarter life crisis with approach quran. Especially in phase age teenager end going to phase mature early. In the background behind by many man choose way to the end his life with method kill self. Even someone who has consultation with psychiatrists have too potency for kill self. Previously, methodology that is a process, principles and processes used for approach problem and search answer (Mulyana, 2004). In doing study there is methods and approaches that will done researcher for get research data. Research method is method scientific for get data with purpose and use certain (Sugiyono, 2009). Creswell share approach the Becomes two type, that is quantitative and qualitative. Study this use method qualitative. According to Cresswell (citation) research qualitative is a process of understanding to problem man or social based a complete holistic picture is formed in words, report view informant in a manner detailed and organized in a background natural.

According to (Sugiyono, 2009) study qualitative is method research used for condition object naturalists and researchers as a key instrument in get research data. Description qualitative is method research based on positivism philosophy is used for examine the conditions natural object (eg his opponent is experiment) where researcher is as a key instrument. Data collection techniques were carried out in a manner trigulation (combined),

data analysis is inductive / qualitative, and results study qualitative more emphasize mean than generalization. According to aim research, research this is study descriptive qualitative. Descriptive qualitative is a procedure study based on descriptive data i.e. Written data nor in a manner oral from subject research that has observed by researchers who are not could manipulated and got be held accountable the truth (Satori, 2011). On research descriptive researcher Act as informants who seek data to subject interviewed research or observed.

According to benefits that can taken, research this is study pure (pure research). Study pure or pure research is done for Fulfill need researcher alone for develop knowledge knowledge (Prasetyo, 2005). Study this made for knowing how far is the child phase teenager beginning going to phase mature beginning can tackling the quarter life crisis they are facing. According to technique data collection, research this use approach studies case. Approach studies case is identify case for something studies, existing cases that is a system bound by time and place study case use various source detailed and deep about response from something events and with use approach studies case, researcher will use up time in describe context or settings for something case. This indicate case or problem Becomes a methodology (Sugiyono, 2009).

On research this researcher as a key instrument try in a manner maximum for observe and explore conditions and phenomena in handling the quarter-life crisis, especially in the phase teenager end going to phase mature early. Before carry out research, researcher gather theories that lead to the quarter life crisis. After gather theories the researcher capable observing, analyzing and directing object study more clear for researched. In research qualitative, researcher no position theory as position main but for analyze When down in the field (Lazuardi, 2015).

### Theory

#### 1. Lifestyle Theory ( Life Style )

Style theory life is theory mentioned that no everyone has style the same life, everyone has style different life between a number of style life that has

expose that many people have risk than style life other. style theory life this developed by Hindelang, Gottfredson and Garafalo which means speak about pattern life or activity routinely done in life everyday. Lifestyle this influenced by differences age, type gender, education, marital status, income related families and races with routine vulnerable everyday to risks for do crime.

Lifestyle This greatly affects the frequency with which people interact with type style life certain. A theory similar development by Kennedy and Forde (1990) shows that background back and characteristics from activity daily effect on time spent in style risky life where style life the will bring people to the road more dangerous again. Temporary that according to Sampson and Wooldredge (1987) stated somebody could fall victim to a style life if they continuously interact with group that has potency endanger where somebody the have defense weak self.

## 2. Theory of the Meaning of Life ( Meaningful Life )

Meaningfulness life is something feeling subjective of course different mean every the person. This is based on the explanation proposed by Nasr who mentioned mean originate from the Persian word ie ma`nawiyah, which means mysticism or something "essential" and different from "kasat eye or dzahir" (Nasr, 2002). This means all something related mysticism will have subjective nature between one individual with the others. It means when individual looked something matter with full meaning, this can so no have mean same very or have different meaning for individual other. So that only can felt by someone self and individual must try look for it.

Frankl also stated that every mean life is perception human. Every man even every moment to moment other will have mean different life. Because of life is something the real thing, so everyone has their respective goals. there no there is repetition situation, though incident repeated but moments and perceived meaning will different. Then Frankl mentioned that mean real life must found outside self man than in himself (Frankl V. E., 1959) It hints that man always geared toward fulfillment something or mean that originate from

his actions on other people or something that is outside himself.

From Frankl 's statement, humans naturally must try and find meaning, because this as reason why somebody life or enthusiastic when do something. The thing meant that is as stated by Martin E. Seligman who stated that life meaning or mean life that is in matter serve something to believe in more than value self myself, among them i.e. religion included the practices of worship in it, the party politics, love something green, be a Scout or family (Seligman, 2012). So that will bring up satisfaction in live. Seligman and Frankl describe for experience deep feelings about satisfaction life need directions to happiness. Feeling the in line with above statement that needed connection authentic with something that is outside self man like with loved ones, or realization project for realize unique and usual meaning sought by others.

As for Islam, humans can relate with God himself yourself, man others, animals even with environment and nature any surroundings redirect to search mean live. Because of humans must look for meaning self and existence mean the is something interaction with the outside world from himself, man must capable endure in his life. They must can obey what 's there in environment. Frankl also mentions that trend man for look for mean life as a need main, highly energetic and enduring motivation live in humans (Frankl 1. d., 2014).

Frankl and Seligman also stated questions and searches to mean life is motivation main in Act (Abrami, 2016). According to him matter the can Upgrade excitement life someone, if reviewed from level Abraham Maslow's need for meaningfulness life is highest need. Maslow 's theory of needs is described with a pyramid, which is increasingly soaring to on the more few people can fulfill it . Need the started from lower that is need Physiology ( Physyology ), Safety (Safety), Love and Acceptance (Love belonging), Self -Esteem and Actualization self (Self-Actualization). Need about actualization self is need highest he thought. Actualization self means somebody can optimizing his life and entered to in realm search mean life past potency self.

Then when somebody already can actualize himself, then will tend have interest in something transcendental. It means his needs no again about self, however relationship with something outside himself for example Religion etc. Although so, no means this only exclusive for those who have actualize self, but everyone has potency for reach it. In addition, the intended actualization in Islam individual can optimizing potency himself, reach the task at hand that is Becomes a servant and leader in advance earth this.

So meaningful life is something everyone feels individual with a different taste Among one individual with individual others, even will different in each the moment. Then search mean is effort made man through something that is outside himself good relationship with himself, man another, nature around and God. Connection the can shaped a obedience or realize how position himself in connection with whole things that have listed. So that individual will feel meaning life and more optimal in undergo live.

Study Relevant Previous :

1) "Dynamics Quarter-Life Crisis in College Students : Based analysis Perspective Ki Ageng thought Suryomentaram, Researcher : Farahdita Salma Zharifa (Philosophy 2020), Esa Genius Religious Magistravia (Philosophy 2020), Rizky Amelia Febrianti (Philosophy 2019), and Riskhi Pratama Kusuma Arum Jati (Psychology 2019) with lecturer companion dr. Septiana Dwiputri Maharani". From the results study they succeed disclose that concerns experienced by students is form worries about continuation career, education, romance, and finance. Appearance worries the caused because exists demands self nor environment. While on Ki Ageng 's Thought Suryomentaram that is kawruh soul is theory about 'taste'. this theory load the concept of 'karep' or characteristic desire (expand) and mungkret (shrink). According to Suryomentaraman, desire that originates from self alone this if no managed with good could raises worry about yourself that causes trouble. Farah and team concluded that draft Kawruh this Soul could made as regulation self for student in face Quarter-Life Crisis through personal know and understand awareness self and

beware self ie sort out the flavors you have with aim for form identity personal. Next a number of step concrete can done is with method do evaluation and introspection self for could choose necessary thing done to achieve wellbeing, purify karep (desire), to have attitude positive from the knowing process self, and form view sticky life with such spiritual values worship as well as interpret failure in a manner positive.

2) "Quarter-Life Crisis In Tribe Millennials, Researchers : Meilia Ayu Puspita Sari." Research results shows the influencing factors emergence Quarter-Life Crisis in millennials could found in a number of things, namely (1) the influence of social media (2) background behind education, (3) current job this occupied , (4) support family, (5) demands environment, and (6) alignment Among desire personal with demands environment. Efforts made by millennials in face Quarter-Life Crisis is try for make peace with self myself and circumstances, trying keep going motivating self for keep going process prepare for the future, discuss indecision with family and people around and trying entertain self for divert feeling no comfort and anxiety that occur in phases Quarter-Life Crisis this.

3) "Relationship Quarter-Life Crisis and Subjective Well-Being in Individuals Young Adults . Researchers : Tsana A. Suyono, Asteria D. Kumalasari, Efi Fitriana"

From the results study the showing that there is connection Among quarter-life crisis and satisfaction live, affect positive, as well affect negative for the individual mature young. kindly overall, results study this show that respondent who currently is at in range age mature young face various Duty involving development exploration to various areas of life. Inside face Duty development that individual experience obstacles and difficulties that lead to a quarter-life crisis. Problems that faced by individuals mature young could form problems in the field jobs and careers, relationships, identity self, as well dreams and hopes. On individual mature experienced youth quarter-life crisis, various full situation with constant uncertainty and change the related with

low satisfaction individual to his life in a manner whole. In addition, the situation is fraught pressure is also related with low affect positive and tall affect negatively felt by the individual. Rather, rate satisfaction life and affect positive low as well as height affect negative related with ability individual for adapt with pressures and challenges that arise consequence from quarter-life crisis.

Based on study core earlier same that is you're welcome discuss about vulnerable quarter-life crisis occurs in the 20. However difference happening in the realm countermeasures. Between study previous already exposed almost all return to realm for can control self. On research this researcher give solution addition that is for every individual have a role model for followed as motivation live. Of course that is expected is a good role model for followed. And this role model is expected can Becomes motivation for operate life later.

**Data analysis**

In this study, the data analysis used was the results of interviews, namely using research instruments and also interview studies. The following is a series of data analysis.

**RESEARCH QUESTION:**

1. How to factor quarter-life crisis could struck teenager end going to mature early ?
2. How method cope quarter-life crisis in phase teenager end going to mature early ?

**RESEARCH INSTRUMENT GREATER**

No.	Study Focus	Searched Data	Data Source	Data Collection Techniques	Data Collection Tools
1.	Quarter-life crisis factor could hit teenager end going to mature beginning	Habituation done during the busy process faced	Teenager end going to mature beginning aged 20-23 years	Observations and interviews	Study guide field
		Impact from factor to be constraint			
2.	How to cope quarter-life crisis in phase teenager end going to mature beginning	Ability in take attitude or Action in experiencing a quarter-life crisis	Teenager end going to mature beginning aged 20-23 years	Observations and interviews	Study guide field
		Implementation from solution for facing a quarter-life crisis			

**Guidelines Interview**

No.	Question
1.	What is your purpose in life ?
2.	this time more care about the future profession or romance ?
3.	What to Factor When feeling worry moment face to face with the future ?
4.	is you once think about solution from matter the ?
5.	is previously you once think about about risk that will happened ?
6.	What to be factor When you get up ?
7.	Who is the role model of motivation you ?
8.	Tips and tricks moment experience worry in address problem ?
9.	is you know what it's a quarter life crisis ?
10.	What does self control mean according to you ?
11.	How much often you look for or even find wisdom in each what happened ? _
12.	is you often share story or discuss about your quarter life crisis natural ?
13.	after tell a story is you feel relieved in Long time ?
14.	is you feel alone or your problematic quarter natural ?

**Results and Discussion**

**Result**

1. Profile Late Teens to Early Adult Phase Change from children going to to mature namely in adolescents, raises a number of worry for him. Like phase transition, behavior antisocial, behavior deviate can said as something draft experiencing self change. Draft changing self experienced teenager beginning could occur each time and situation yourself teenager. Which makes changed draft experienced by adolescents is environment first time teenager live in the environment closest that is environment family included in it are parents. Changes draft self the is change self related youth with identity self. Because experiencing change, then identity self this is what is necessary formed by teenagers is trust self. According to Erikson (in Papalia and Olds, 2001) is development important personality in adolescence is search identity self. Search identity self is something is or who will built by teenagers to himself positive or negative. If identity positive self, then teenager have trust self whereas if identity negative self so teenager beginning no have trust self.

1). Mrs. AA (23 years )

AA 's sister is a Ahmad University students already semester 7, not yet married. at this time he 23 years old and has work as employee in place play kids in a mall.

2). Mr. AT (23 years )

Brother AT is a first graduate who already work as a teacher in one Elementary School in Karawang area. at this time he 23 years old and status not yet married.

## 3). Mrs. SK (22 years )

Sister SK is a first graduate who already work wrong as a teacher one junior high school in Bandung. She 22 years old and not yet married.

## 4). Mr. RY (22 years )

Brother RY is a student still class of 2018 working the script. She work with selling food birds and already married.

## 5). Mr. TB (20 years )

Brother TB is a 5th semester student. He not yet married and not work.

## 6). Mrs. SY (22 years )

Brother SY is student level medium ending working essay at a time a Mother House stairs and medium work.

## 7). Mrs. RB (22 years )

RB 's is new PPG students just pursue profession new. Initially he career in the field modeling.

## 2. Factors that Hit the Late Teenage Phase to the Early Adult Phase in Experiencing a Quarter-Life Crisis

At that age already leave mature worries will appears. Ideally going to mature require on purpose clear life. However a number of matter can Becomes factor for aim life shape the future. Research results showing that at age 20s range occurs worries especially on two realm that is work and love. From the results study find that there is two possible factor the occurrence of a quarter life crisis in the phase mature end going to mature beginning that is as following:

### A. Internal factors

Internal factors come from self alone . Mr. AT a teacher who has aim life want have a lot of money for married someone. at this time yes more matter his job. And worries he feel at work that is afraid disappointing what to be lack of moment he teach. She inclined harbored the feeling is not many story to friend peer or even parents. sister AA : "more to blame self myself, why? must I feel the bitter life" hard acceptance he faced make he blame self himself and also God. When he think blame self alone however who else will cheer him up besides himself alone . She inclined think about profession because factor the economics of his parents natural.

sister SK: "more impose self for follow other people's directions" when feeling worried haunt him he inclined impose himself for rise but someone else's boss. No trust himself appear moment having trouble choosing couple. For moment this he have busyness Becomes a field teacher at one school medium first.

You RY : "for now I more give in" Brother TB: " I always blame yourself when confronted with problem". Sister SY: "as candidate mother, me try resigning with road the only one to focus on labor later. Because I'm tired if I have to back and forth teach with wages no how much with pregnancy first I am the condition that is being faced SY 's sister carry such a job great. Must be naked come back teach with position pregnant big.

### B. External factors

External factors coming from environment around, can from friends, relatives, neighbours even family. External factors this more many influence emergence of a quarter life crisis. Sister AA: "factor family make I must can strong operate live". Because of factors economy from family require he is boneless for fulfill need his life. Internal factors already mentioned on triggered too from side factor external because look so many people feel lucky he thought in operate live.

sister SK: "factor relatives, friends and family greatly influence. One side want marry but look friend I that already marry there is some do n't happy to make I worry will matter it. Neighboring factor that makes I compare life I consequence the talk. The family factor continues urge with his will". Many factors experienced external make somebody difficult for state his will alone. even other people 's achievements as if closing the gratitude that has been given god.

Between internal factors and factors external same the danger. Internal factors sometimes triggered by factors external. No trust self appear can caused by the words of others. However no rarely is also an internal factor that becomes bad exists envy or envy heart for example look other people's achievements. However a number of factor the can be processed with self control. Self management so urgent for arrange feeling felt.



Mr. RY: because burden boy and briefly again I Becomes future father. Then load feels so must prepare all form of funds. Temporary TB sibling experienced worry with about frequent love \_ Becomes factor obstacle. And brother RB experienced anxiety by the expectations of his parents . " guess i am old man already liberate me When I have money". Early RB brother start career in modeling but new there is a number of month he already had to resign because of his parents no agree and oblige he for following PPG.

### 3. How to Overcome Quarter-Life Crisis Problems

A number of from impact of this quarter life crisis raises negative side. We can just worried as approach We towards the future. However said no good when face worry this excessive. Every decision of course will produce the risk. However every risks also have the solution. Mr. AT thought her worries with method add insight so you can teach with ok. And think method what 's good use. And when the worries appear factor to be rise is the goal alone that is for look for a lot of income To use can married someone. And one the side that he experience the role model figure he is take from her mother alone. And before he plunge in this world his job he already knowing risks and solutions that will lived it. And according to him solution for tell a story problems encountered to friend no Becomes good solution. Because of myself alone can help.

Mrs. AA faced her worries with method look in the mirror Back to parents and self alone. According to him tell a story to man necessary, however in the end neither Long term only a number of day just so calm down. And he more strengthen himself alone beside her worries it. Healing shopping Becomes solution for Mrs. SK beside healing When the worry appear he inclined pray to god and seek practices prayer for relieve her worries. Mr. TB prioritizes for story to both parents When experiencing break his love. According to him he feel relieved with story and finally can make peace with her feelings now. Mr. RY for now he only lean on parents who expect it, because her mother suffer disease cancer experienced breasts. She now more motivated him for Becomes child who can motivating his mother . Mrs. RB took side faced

positively in take benefit from what already he do it. The realm of God 's pleasure is in the pleasure of parents he apply for now. Mrs. SY for now more feel love to pregnancy or not think about negatives and every he felt tired think about the health of the existing children in the content healthy.

Everyone faces problem with various the way it feels comfortable. From several statement results study state that aim live one importance to Return from a sense of worry. And the need appreciate self with their own way, healing for example. And solutions tell a story no solution in time prolonged, however including from need. Sometimes we also need friend for can invited discuss.

### Discussion

In this study the results of the discussion using the Interconnection / Interlink-Communicated Information Integration Analysis.

Mentioned in Qs Al- Alaq about creation human. Namely from a lump blood. Leave from there God gave man sense that differentiates it with animal. Beside that from form his physique experience change also from phase to phase. Respond matter this humans were created so perfect between creature other. However permanent perfection belongs only to Allah swt.

There is three problems in quarter-life crisis. The first about crisis humanize human consequences other humans are inferior, easy think about other people's talk. Qs Al- Insan verses 29-31.

إِنَّ هَذِهِ تَذْكِرَةٌ ۖ فَمَنْ شَاءَ اتَّخَذْ إِلَىٰ رَبِّهِ سَبِيلًا

وَمَا تَشَاءُونَ إِلَّا أَنْ يَشَاءَ اللَّهُ ۗ إِنَّ اللَّهَ كَانَ عَلِيمًا حَكِيمًا

يُدْخِلُ مَنْ يَشَاءُ فِي رَحْمَتِهِ ۗ وَالظَّالِمِينَ أَعَدَّ لَهُمْ عَذَابًا أَلِيمًا

Meaning : "Indeed, (verses) this is warning, then whoever will (good for himself) of course he take road going to to His God. (29) But you no able (through road it), except when Allah wills Allah. Truly, Allah is All-Knowing, All-Wise. (30)". He enter whoever he is want to in His grace (heaven). As for the wrongdoers He has prepared a painful punishment."

Affirmation about importance kindness and behavior well that is road towards Allah. this taken

by al-Jābiri based on inference to paragraph 29 to with 31.

The second al-wisdom crisis. Which has an impact on the lack grateful positive from every the events that happened. Various incident encountered good already or moment occur what it's good to think about with ok. Like maqalah "think before act" means every We must have square off it. And every choice to be faced certain have each risk in Qs. al -Insyirah mentioned that every difficulty certain there is convenience. future as one achievements man need encountered and managed in a manner ok. However, no perfection man on his mistake sometimes no can deal with it. Moreover problem sustenance and mate.

In Qs Al-Baqarah verse 269 regarding wisdom

يُؤْتِي الْحِكْمَةَ مَنْ يَشَاءُ ۚ وَمَنْ يُؤْتَ الْحِكْمَةَ فَقَدْ أُوتِيَ خَيْرًا كَثِيرًا ۗ وَمَا يَذَّكَّرُ إِلَّا أُولُو الْأَلْبَابِ

Meaning : "Allah bestows al-hikmah (deep understanding about Al Quran and As Sunnah) to who he wills. And whoever is given wisdom, he truly has awarded many bounties. And only intelligent people can take lesson (from word of God)".

The third role model crisis that results in loss of self- control consequence from feel alone consequence carry so many problem. Solutions offered with have good example to do withhold self with feel no alone.

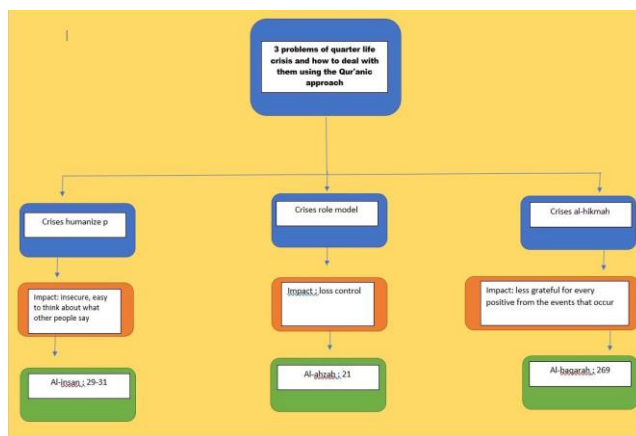
In Qs Al-Ahzab verse 21 regarding the Role Model, namely the Messenger of Allah

لَقَدْ كَانَ لَكُمْ فِي رَسُولِ اللَّهِ أُسْوَةٌ حَسَنَةٌ لِمَنْ كَانَ يَرْجُوا وَالْيَوْمَ الْآخِرَ وَذَكَرَ كَثِيرًا

Meaning : "Really, have is in (self) the Messenger of Allah queen good example for you (namely) for those who hope (mercy) Allah and (coming) day Doomsday and more remember Allah". Based on the Al-Qur'an and Hadith above, then need We realize for every man have good example in life this, especially parents, children as which trust should taught about good stuff.

Every man have character for imitate. However who is chosen for imitated this is what it is urgent for noticed. Mimicking nature this should can to good realm. Certain We know that good example can We copy to character from the prophet big We namely the Prophet Muhammad. Start from nature trust, character love unfortunately and still is many again. No words can rejected than what could make We impressed to him.

If made like design analysis and management of deep quarter-life crises Islamic studies as following :



**Conclusions**

From the results study that, can pulled conclusion that possible factor causing a quarter-life crisis, namely internal and external factors. Internal factors come from self alone. Whereas factor external coming from environment around. Countermeasures undertaken that is with control self and own clear goals so as not to falter to factor faced external. The countermeasures found can with look for al-hikmah from every incident encountered. Research results there is three design prevention with use approach Qur'an that is first problem humanize humans that have an impact on insecurity, and easy think about other people 's talk. Approach to use is in Qs Al- Insan verses 29-31. Second , the crisis role model which has an impact on losing self-control. Order human no feel burdened alone approach Qur'an in Qs Al-Ahzab verse 21 regarding good example there is to the

Prophet himself. Third, the al-hikmah crisis which has an impact on lack grateful every incident positive that happened. Approach Qur'an is in Qs. Al- Baqarah verse 269.

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