

ABSTRACT

Life in the present era is increasingly complex, coupled with the increasing demands of the community and the greater the pressure. One of the most affected by these pressures is young people. Young people at an early age today feel a lot of pressure from both external and internal. This condition is called the quarter-life crisis. According to Arindah Arismoerti, S.Psi, M.Psi also explained, the quarter-life crisis is a problem that occurs at the age of 25 years. At that age young people have been required to be financially independent. In addition to financial problems, young people at that age are also required to choose whether to work, get married, or continue their education to a higher level.

The purpose of this design is to complete the obligations as a final semester student and also remind young people aged 20-24 years about the problem of a quarter-life crisis. The method used in the design this time was a qualitative method with interviews with informants who were in Jakarta a psychiatrist expert named Arindah Arismoerti S, Psi, M, Psi. Using the main media in the form of zines because young people with interest in literacy are familiar with the zine by seeing zine festivals in big cities like Bandung, Jakarta, etc. Besides this, the making of zine media which is fairly easy and inexpensive also makes another reason for making this zine media. The author hopes that with this zine, young people especially those aged 20-24 years can be more sensitive and aware of the problem of quarter-life crisis that will soon occur.

Topic: quarter-life crisis, mental health, education, information, zine, illustration.