

## **ABSTRACT**

*The phenomenon of quarter-life crisis occurs in individuals who enter early adulthood, namely 18-25 years and older—feelings of anxiety about the future of a career, to a partner. The Covid-19 pandemic that has emerged since the beginning of 2020 to Indonesia impacts the difficulty of employment opportunities which triggers a quarter-life crisis among fresh graduates who are ready to enter the world of work with different expectations. This study aims to find out how Telkom University fresh graduates experience the principle of perception based on experience and being selective in facing the challenges of the quarter-life crisis during the Covid-19 pandemic.*

*The research method used is qualitative with a phenomenological approach and an interpretive paradigm. This study wants to understand the subject's behavior and perception of the perceived object, namely the quarter-life crisis phase the fresh graduates face. The data analysis technique used is the phenomenological data analysis by Colaizzi. The primary informants were three fresh graduates from Telkom University, different faculties, and a key informant with a psychology background.*

*The results of this study are the existence of internal factors that influence the formation of selective perceptions, such as gender status, motivation, and emotions. At the same time, external factors can be what is often seen or heard by the subject. Perceptions can also be formed based on experiences that the subject has experienced in the past.*

*Keywords: Quarter-life crisis, Perception of fresh graduate, Perception based on experience, Perception is selective, Covid-19 pandemic.*