

ABSTRACT

Increasing and competing between individuals is becoming increasingly complex, forcing individuals to comply with the demands of society in order to survive better. As a result, some individuals in this phase are stressed and overwhelmed. This pressure has spawned a phenomenon called quarter-life crisis. According to research conducted by Dr. Oliver Robinson of the University of Greenwich, 86% of 1,100 young adults experience quarter-life crisis. Another study explains that social support correlates with quarter-life crisis with the highest aspect being family support of 11%. This study used a constructivist-interpreting paradigm with the qualitative method and Alfred Schutz's phenomenological approach. Data collection was conducted by observation and in-depth interviews of three families with children aged 18 - 29 and experiencing crisis quarter-life problems in their lives. Research results show that the parent's quarter-life crisis support experience can help with child-facing quarter-life crisis support based on the use of the communication patterns applied by parents to adolescents during the transition to adulthood.

Keywords: *Quarter-Life Crisis, Family Communication, Phenomenology*