

ABSTRACT

Quarter life crisis is a crisis that is happening among early adults. This phenomenon usually happens when people are entering age of 20's. In a way, people will find new obstacles that they have never experienced before in their life and this is where people tend to get stuck and start to wonder about their decisions they take. They might be got a shock effect that will affect them mentally, and if they can handle it well, they will be easily become overthinking and stress. From this phenomenon the writer has decided that short film will be a main media to convey this message. The purpose of this short film is to give an overview about how to deal with quarter life crisis with daily by breathing. Breathe is very basic thing in life, yet so fundamental.

Keywords: Quarter life crisis, early adults, short film, breathe.