

ABSTRACT

Quarter-life crisis is a phenomenon often experienced by students in the transition from education to work. This study examines how students communicate their experiences during this phase, as well as the importance of communication in dealing with it. There is a gap in previous research that has not specifically identified the role of interpersonal communication in overcoming quarter-life crisis in students. Therefore, this study aims to understand how interpersonal communication plays a role in helping students overcome the challenges that arise during this phase. The research method used is a qualitative approach with in-depth interview techniques with Telkom University students who are experiencing quarter-life crisis. The data collected were analyzed thematically to identify communication patterns that occur between students and their relatives during this phase. The results of the study show that the majority of Telkom University students experience a quarter-life crisis and many of them rely on interpersonal communication with family or friends to seek support. Open communication and not being afraid to share feelings are important in dealing with this crisis. This study implies that it is important for students not to hesitate to communicate and share their experiences, as this can help them deal with the quarter-life crisis better.

Key words : *Quarter-life Crisis, Student, Interpersonal Communication*