

ABSTRACT

Currently all countries including Indonesia are being hit by a virus disease called Covid-19 which has an impact on all sectors. The stress experienced during a pandemic causes a variety of disorders that can lead to anxiety and depression. For some people, they go through their quarter-life or 20s full of pressure, fear, and meaninglessness which can cause an emotional crisis commonly known as the quarter-life crisis. Interpersonal communication that occurs between peers is considered effective in overcoming the quarter-life crisis phase experienced by individuals. This study uses a descriptive qualitative research method with a phenomenological approach. The theory used to see the role of peer communication in dealing with the quarter-life crisis uses interpersonal communication. In this study, we will look at some of the positive approaches needed in effective interpersonal communication, including (a) openness, (b) empathy, (c) supportive attitude, (d) positive attitude. The results of this study state that the communication carried out by peers in dealing with the quarter-life crisis has been successful and has been carried out effectively.

Keywords: Interpersonal Communication, Peers, Quarter-Life Crisis