

ABSTRACT

The quarter-life crisis is part of the transition from adolescence to early adulthood and has a significant impact on psychological well-being and individual development. Postgraduate students are also included in this group. The aim of this study is to identify the forms of family communication support for postgraduates who are experiencing the quarter-life crisis phase. The research uses a qualitative method with a case study approach. The Affection Exchange Theory serves as the theoretical foundation of this study. The results show that, in this case, support through family communication plays a crucial role; the sincere presence of the family not only helps to achieve the goals of family communication in strengthening emotional bonds and mutual support but also helps to heal invisible wounds.

Keywords: Support, Family, Family Communication, Postgraduates, Quarter-Life Crisis