

Journal Book To Help Increase Self-Love In Overcoming The Quarter-Life Crisis For 18-24 Years Old In Indonesia Using The Design Thinking Method

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Abstract

Quarter-life crisis has a significant impact on the mental well-being of individuals in young adulthood and can potentially lead to suicide among young people. Self-love is the key to overcoming this crisis, but survey results show that individuals aged 18 to 24 have the lowest self-love scores. Therefore, the design of a journal book was conducted to help improve self-love and gain self-feedback, reducing crisis barriers. This research utilized qualitative methods by collecting data through observation, interviews, questionnaires, documentation studies, and literature reviews, supported by design thinking. The created journal book encompasses various aspects of self-love tailored to address the quarter-life crisis, utilizing engaging illustrations for assessment. Testing with three users resulted in a decrease in crisis levels, although not significant overall. Thus, while the design of the journal book does not fully resolve the quarter-life crisis, it is beneficial as it provides guidance, tips, and tasks for navigating this phase with self-love. In addition to the journal book, the design project also includes supporting media such as T-shirts, tote bags, note pads, enamel mugs, and scented candles.

Keywords: Journal Book, Self-love, Quarter-life Crisis