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# Designing “MindSpace” App To Help Deal with Quarter-life Crisis in Early Adults

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*Early adulthood is a transitional period from adolescence to a period that demands a sense of responsibility. During this transitional period, many individuals feel worried, anxious and have no direction for the continuation of their lives, or what is known as the Quarter Life Crisis. The purpose of this research is to design an application as a way to deal with the Quarter Life Crisis for early adults. The design method uses the design thinking method, starting with conducting a survey to the user to find out the problem and the solution. The research method used was a survey of early adults aged 20-22 years in the city of Bandung and conducting interviews with relevant informants. The expected outcome of the design is that early adults can understand quarter-life crisis and its impact on mental health, as well as assist in dealing with quarter-life crisis when they are in that phase.*

Keyword: Application, quarter-life crisis, early adults

## I. INTRODUCTION

According to Papalia and Feldman early adulthood is a time when an individual begins to explore themselves, learns to live independently, and is separated from their parents. It is not uncommon for new challenges to arise at this time, as Hurlock said that early adulthood is a time when various problems arise, because, at that time, individuals must adjust to their environment and are required to become a more responsible person [2]. Apart from that, in early adulthood, various emotional tensions also arise, so individuals often feel worried or afraid. This arises due to self-adjustment to the problems that are being experienced, often referred to as the quarter-life crisis phase. Quarter-life crisis is a period of emotional crisis caused by feelings of worry about the uncertainty of life in the future, which can be about relationships, career, and social life. According to Robbins and Wilner [4], the cause of quarter-life crises is pressure in the form of expectations from other people, insecurity, and disappointment with something. The term quarter-life crisis itself departs from the concept of emerging adulthood introduced by Jeffrey Arnett [3]. He stated that emerging adulthood is a stage of individual development that experiences a process from adolescence into early adulthood. And based on research conducted by Dr. Oliver Robinson from

Greenwich University in London, quarter-life crisis is experienced by 86% of 1,100 early adults aged 20 to 30 years [8].

## II. METHODOLOGY

**Design Thinking** - Design thinking is a method that involves humans in solving problems. This method focuses on human needs as a condition for business success, both systems, products, and services [5]. In its application there are 5 stages of design thinking, namely as follows [7].

- **Empathize**, this stage focuses on finding information and conditions experienced by users.
- **Define**, identification with the aim of finding the core of the problem.
- **Ideate**, this stage aims to determine the right solution to the problems that have been found in the previous stage.
- **Prototype**, experimental stage, the goal is to test the solution idea whether it is appropriate or not.
- **Test**, the testing stage of the prototype results to prospective users.

## III. THEORITICAL REVIEW

**Quarter-life Crisis** - Quarter-life crisis is a period of emotional crisis that occurs in the early 20s due to feelings of worry about the uncertainty of life in the future around relationships, careers, and social life. Dr. Oliver Robinson, a psychologist from the University of Greenwich London, explains the quarter-life crisis phase, as follows [7].

- **In the first phase**, individuals feel trapped in certain situations. It could be due to many problems or many choices.
- **The second phase is** related to the existence of a strong urge to change the situation it faces to be better.
- **The third phase is** related to the effort of the individual to try new experiences. Individuals have started to make decisions about the choices they face.

- **In the fourth phase**, A person builds the foundation of a new life. In this phase also the individual can control the direction of his life goals. related to the effort of the individual to try new experiences. Individuals have started to make decisions about the choices they face.
- **The fifth phase** is relating to strengthening commitment to a new life and starting to plan.

**Early adulthood** - According to Hurlock, the adult phase is often referred to as the transition period from adolescence to adulthood [6]. This transitional period or phase is a tough time because if a person is unable to go through that stage, it is estimated that he will experience various psychological problems such as doubts about something that is often referred to as the quarter-life crisis phase [1]. Early adulthood is characterized by self-expression and exploration. In addition, early adulthood is a time when various emotional tensions arise, changes in values, and adjustment to a new life. Hurlock describes the characteristics of early adulthood as follows.

- a time when various problems arise because the individual experiences change, and they must start adjusting.
- the period when various emotional tensions begin to appear, in another sense the individual experiences feelings of fear or worry.

#### IV. DISCUSSION

The following is the result of this research. The results below go from designing sketches to mockups.

- **Wireframe sketch**  
The wireframe sketch serves to provide an overview of the application from the start. With a wireframe, it can be easier to see the placement of predetermined features



Figure 1. MindSpace logo

- **Morphological matrix**  
a morphological matrix is used to help visualize the logo itself. The words chosen to represent the logo of this application are wellness, mind, shapes, and help.

components	visuals
wellness	
mind	
shapes	
help	

Figure 2. Morphological matrix

- **Logo sketch**  
Several shapes were selected, namely for wellness in the shape of a heart, for mind in the shape of a head and brain, for shapes in the shape of a circle, and for help in the shape of an open hand. After that proceed with sketching.



Figure 3. Logo sketch

- **Mascot sketch**  
The shape of the sun was chosen to be the new mascot. The reason for using the sun is that the sun symbolizes happiness and prosperity. After choosing the shape of the mascot, then continue sketching the character.

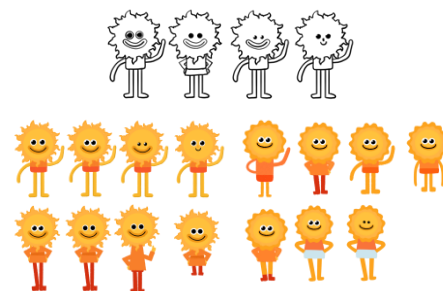


Figure 4. Mascot sketch

- Illustration sketch  
Next, sketches for the human characters were created, consisting of 2 boys and 2 girls with different faces.



Figure 5. Illustration sketch

## V. RESULT

In its use, the "MindSpace" application has several features, as follows.

- Meditation, on the meditation feature the user can choose a suitable meditation.
- Podcast, the podcast feature contains important information about quarter-life crises, anxiety, stress, and other information about maintaining mental health.
- Soundspace is a feature that contains sounds that help users relax.
- Consul, users can book a psychologist session according to the mental health symptoms they are experiencing.
- Journal, there is a journal feature where users can start telling their complaints through a blank page or choose from several available title options.



- Breathe, is a feature of breathing exercises. The purpose of this feature is to relieve symptoms of depression, anxiety and overcome difficulty sleeping.

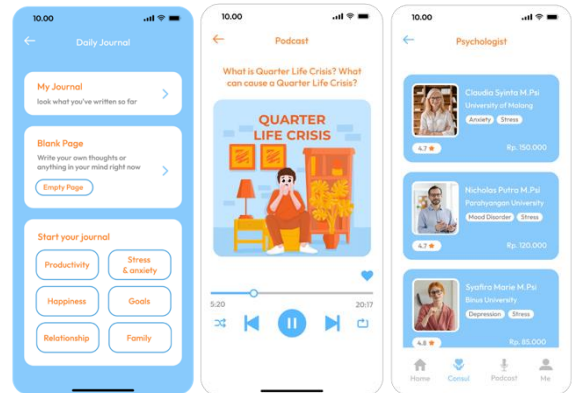


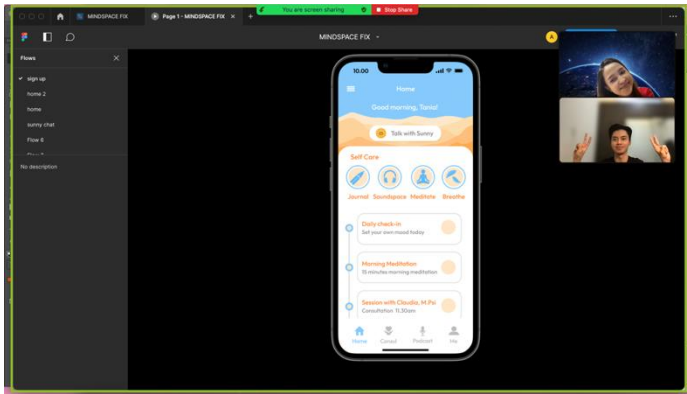
Figure 6. MindSpace app

- Logo, mascot & illustration  
The following is the result of the sketched mascot and illustration.



Figure 7. Mascot and illustration

- User test  
The conclusion obtained is that the visuals are good and eye-catching so that users are interested in exploring the contents of the application. The features in the application are easy to understand and straightforward. But what the user notes is the delay from one feature to another



**Figure 8.** User test

## VI. CONCLUSION

Early adulthood is an age full of challenges. It is undeniable that when someone reaches early adulthood, he is required to become a person who is more responsible for his life. Based on the results of the research that the author has conducted; it is found that not a few young adults still do not understand the quarter-life crisis and the impact it causes when someone experiences it. From the research results it is also known that in fact most of the early adults experience anxiety and do not know how to deal with a quarter-life crisis. Yet according to research when a crisis is not handled immediately it will have a more severe impact on mental health such as depression. Quarter-life crisis itself can cause anxiety, stress, and even depression. Therefore, the author created an application called "MindSpace" which not only provides education about quarter-life crises so that it can increase user understanding, but also helps users who are experiencing quarter-life crises to be able to deal with them properly.

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