

**THE QUR'ANIC SOLUTION TO QUARTER LIFE CRISIS
(A Thematic Tafsir Study from the Perspective of Wahbah al-Zuhaili
in Tafsir *al-Munir*)**

THESIS

Submitted to State Islamic Institute of Kediri to fulfill one of the
requirements in completing the Bachelor's program



**BY:
AFINA DZAIQOTUL IRFANIYAH
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**DEPARTMENT OF QUR'ANIC AND TAFSIR STUDIES
FACULTY OF USHULUDDIN AND DA'WAH
STATE ISLAMIC INSTITUTE OF NEGERI KEDIRI
JUNE 2025**

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Munir)

THESIS

Submitted to
State Islamic Institute of Negeri Kediri
To meet any of the requirements
In completing the Bachelor of Religious Studies

By

AFINA DZAIQOOTUL IRFANIYAH

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DEPARTMENT OF QUR'ANIC AND TAFSIR STUDIES
FACULTY OF USHULUDDIN AND DA'WAH
STATE ISLAMIC INSTITUTE OF NEGERI KEDIRI
JUNE 2025

CONSENT PAGE

THE QUR'ANIC SOLUTION TO QUARTER LIFE CRISIS
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Tafsir al-Munir)

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SERVICE NOTES

Kediri, 05 June 2025

Number :
Attachment : 4 (four) files
Thing : Thesis Guidance

To
Dear Dean of Faculty of Ushuluddin and Da'wah
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At
Jl. Sunan Ampel 07 Ngronggo, Kediri.

Assalamu'alaikum Wr. Wb

Fulfilling the Dean's request to guide the preparation of the student's thesis, bellow:

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After correcting the material and everything, we think that his thesis has qualified as a complete final Bachelor of Strata one (S1) exam. Along with this is attached a thesis manuscript file, with the hope that within the specified time, it can be submitted in the Munaqosah trial.

Thus, so that you understand and for your willingness, we thank you very much.

Wassalamu'alaikum Wr. Wb.

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RATIFICATION SHEET

THE QUR'ANIC SOLUTION TO QUARTER LIFE CRISIS
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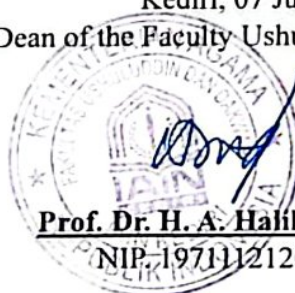
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MOTTO

وَإِذَا سَأَلَكَ عِبَادِي عَنِّي فَإِنِّي قَرِيبٌ ۖ أُجِيبُ دَعْوَةَ الدَّاعِ إِذَا دَعَانِ فَلْيَسْتَجِيبُوا لِي وَلْيُؤْمِنُوا
بِي لَعَلَّهُمْ يَرْشُدُونَ ١٨٦

“And when My servants ask you (O Muhammad) concerning Me, indeed I am near. I respond to the call of the suppliant when he calls upon Me. So let them respond to Me and believe in Me that they may be rightly guided.”

(Qs. al-Baqarah [2]: 186)

PRESENTATION PAGE

Bismillāhirrahmānirrahīm

All praise and gratitude be to Allah SWT. With heartfelt thanks to Him and with the support and prayers from my beloved ones, I was able to complete this thesis with sincere humility and extraordinary patience. The success of this writing process would not have been possible without the help and support of many people.

This humble work is dedicated to my first love my father, M. Sumito, and my mother, Titik Nurul Marati, my gateway to Paradise. Thank you for your unwavering support, prayers, and unconditional love. Your material support and emotional encouragement have been the greatest motivation for me. Thank you for striving so hard to give me a decent life, allowing me to grow, mature, and arrive at this point in life. Any success and goodness I may achieve in the future will always trace back to your sacrifices. Please live longer in this world—let me serve and repay all that you have done for me.

Secondly, this is for my beloved sisters, Vita Khoiriyatul Muzayyanah and Ayun Nur Lailatul Ilfa, and my dear younger brothers, M. Aufal Jaza Al-Khoir and M. Dafi' Rizki Halwani, who have supported, cheered me up, and constantly encouraged me to never give up. May you always be blessed and granted good health.

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Lastly, to myself, Afina Dzaiqotul Irfaniyah. My deepest appreciation for taking full responsibility to complete what has been started. Thank you for striving to be your best and for continuing to embrace the journey even when it wasn't easy. Thank you for holding on this far.

STATEMENT OF AUTHENTICITY OF WRITING

I am the undersigned:

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Declare truly that the thesis/thesis* that I wrote is really my writing, and is not plagiarism either partially or completely. If in the future it is proven or can be proven that this thesis/thesis* is the result of plagiarism, either partially or completely, then I am willing to accept sanctions for the act by the applicable regulations.

Kediri, 05 July 2025

Who made the statement



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ABSTRACT

Irfaniyah, Afina Dzaiqotul. Supervisor (1) Zaenatul Hakamah, Lc, MA and (2) Dr. Asyhad Abdillah Rosyid, M. Ag. The Quranic Solution to Quarter-Life Crisis (A Thematic Tafsir Study from the Perspective of Wahbah al-Zuhaili in Tafsir al-Munir), Thesis, Department of Qur'anic and Tafsir Studie, Faculty of Ushuluddin and Da'wah, State Islamic Intitute of Kediri, 2025.

Keyword: Quarter-Life Crisis, Quranic Solution, Tafsir al-Munir

The phenomenon of quarter-life crisis is a common psychological challenge experienced by individuals aged 18-30, characterized by identity confusion, anxiety about the future, and socio-economic pressures. The urgency of this study arises from the increasing number of young individuals facing this crisis without a strong spiritual foundation. Therefore, an integrative approach that combines psychological, spiritual, and theological dimensions is needed to offer long-term and meaningful solutions.

This research aims to explore how the Qur'an provides solutions to this condition through a thematic interpretation (*tafsīr maudhū'ī*) of verses featuring young Qur'anic figures. The focus is on Tafsir al-Munīr by Wahbah al-Zuhaili, integrating Abraham Maslow's theory of human needs, which emphasizes the human potential to grow and find life's meaning through self-actualization. The Qur'anic verses related to existential crises are analyzed through the lens of Wahbah al-Zuhaili's *adabi ijtimā'i* interpretation, which emphasizes social, ethical, and spiritual values. This study employs a qualitative-descriptive method within a thematic tafsir framework. The verses examined include: QS. Yusuf: 22-25, QS. al-Qasas: 14-21, QS. al-Anbiya': 60, QS. al-Kahfi: 13, and QS. ad-Dhuha: 6-8. Figures such as Yusuf, Musa, Ibrahim, the Companions of the Cave (Ashabul Kahfi), and the Prophet Muhammad SAW were selected because each experienced inner turmoil, alienation, and a search for life's meaning at a young age.

The findings reveal that the Qur'an offers holistic solutions spiritually (through patience, trust in God, and faith), psychologically (through self-reflection and intellectual courage), and socially (through readiness to take responsibility and to leave toxic environments). The integration with Maslow's hierarchy of needs affirms that psychological crises in youth are a transitional phase toward self-actualization, positioning the Qur'an not only as a book of moral guidance but also as a relevant and profound guide in navigating the psychological dynamics of modern human life.

TRANSLITERATION GUIDELINES

A. Transliteration Letters

Arab	Indonesia	Arab	Indonesia
ء	,	ض	D{
ب	B	ط	T{
ت	T	ظ	Z{
ث	Th	ع	‘
ج	J	غ	Gh
ح	H{	ف	F
خ	Kh	ق	Q
د	D	ك	K
ذ	Dh	ل	L
ر	R	م	M
ز	Z	ن	N
س	S	و	W
ش	Sh	هـ	H

(Source: IAIN Kediri Scientific Writing Guidelines in 2021)

B. Double Consonants

Double consonants (shaddah), which originate from ya' ratio (ya' written as an indication of nature) are written in a scribble on it.

احمدية : Are Written *ahmadiyah*

Double consonants derived from non-yes' ratios are written in doubles.

دل : Are Written *dalla*

C. Ta' Marbutah

When turned off, it is written "ah",

جماعة : Are Written *jama'ah*

- When it is turned on because it is connected with another word (as muḍaf), it is written "at".

نعمة الله : Are written *ni'mat Allah*

D. Short Vowels

Fatḥah is written a, kasrah is written i, and ḍammah is written u, each with a single letter.

E. Long Vowels (*madd*)

a written ā, i long written ī, and u long written ū, each with Scribble above the letters A, I and U.

F. Double Sound of Life

The Arabic double living sound (diphthong) is transliterated by combining the two letters "ay" and "aw" for (اِ) and respectively (اُ).

G. Alif + Lam Words

If there is a letter alif + lam followed by the letter *qamariyyah* or followed by the letter *shamsiyyah*, the letter al is written al-, for example:

اجما عة : Are written *al-Jāmi'ah*

الشريعة : Are Written *al-Shi'ah*

H. Uppercase

Capitalization adapted to EYD.

I. Words in Phrases and Sentences

Staying consistent with the above formula, words in a series of phrases and sentences are written word for word, for example:

شيخ الأسلام : Are written *Shaykh al-Islām*

J. Miscellaneous

Words that have been standardized in the Great Dictionary of the Indonesian Language (such as the words *ijmak*, *nash*, *Al-Qur'an*, and *hadith*), do not follow these transliteration guidelines and are written as the dictionary says.

FOREWORD

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ

Alhamdulillah The writer offers praises to the presence of Allah SWT for His mercy and grace, through which this thesis has been successfully completed. This thesis is entitled: "THE QUR'ANIC SOLUTIONS TO QUARTER-LIFE CRISIS (A Thematic Tafsir Study from the Perspective of Wahbah al-Zuhaili in Tafsir al-Munir)." The writer extends heartfelt gratitude to all parties who have contributed to the completion of this thesis. Special thanks are especially addressed to the honorable:

1. Dr. Wahidul Anam, M. Ag., as the Rector of IAIN Kediri, for his wisdom, support, and the opportunities given, which have enabled the writer to complete this study.
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8. All individuals who have contributed in any way to the writing and completion of this thesis.

The writer can only offer sincere prayers, hoping that Allah SWT grants abundant rewards in return. May this thesis become a source of benefit for anyone who hears, reads, or reviews it. *Aamiin*

Kediri, 05 June 2025

Afina Dzaiqotul Irfaniyah

NIM 21102089

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