

CHAPTER V

CONCLUSION

A. Conclusion

This research shows that the phenomenon of quarter-life crisis that often afflicts individuals aged 18-30 years can be understood as a psychological and spiritual transition phase, not merely as a mental disorder. The Qur'an through the stories of prophets and youths such as Yusuf a.s, Musa a.s, Ibrahim a.s, Ashabul Kahfi, and the Prophet Muhammad SAW provides a divine value-based solution framework. Tafsir al-Munir by Wahbah al-Zuhaili reinforces the interpretation that firmness of faith, patience, courage in the face of social pressure, as well as reflection and hijrah towards goodness are the keys to passing through times of crisis towards self-actualization. Qur'anic values are not only spiritual, but also touch on psychological and social aspects, which provide real guidance for dealing with confusion, unrest, and the pressures of life.

The integration with Abraham Maslow's theory of humanistic psychology further reinforces that human needs do not stop at material aspects and recognition, but culminate in the search for meaning and self-actualization. Qur'anic figures are clear examples of how humans can go through existential crises by relying on spirituality, moral courage, and noble life goals. Therefore, the *quarter-life crisis* can actually be interpreted as an opportunity for growth and the search for a life mission, not a setback. This study recommends the internalization of Qur'anic values in the development of the younger generation so that they are able to undergo the transition period with a clearer, more meaningful, and God-fearing direction in life

B. Suggestion

Based on the writing that has been done regarding how the Qur'anic Solution to *Quarter-Life Crisis* (Thematic Interpretation Study of Wahbah al-Zuhaili's Perspective in Tafsir Al-Munir), of course there are still many shortcomings and far from perfect. For that, the author needs constructive criticism and suggestions from the readers. Especially considering that the themes discussed related to quarter-life crisis and its solutions in the Qur'an are so broad that this research may lack depth. So it is hoped that there will be further research and can complement existing studies.