

Abstract

The aim of the study was to explore the lived experiences of existential crisis among young adults focusing on the areas of participant's conceptualization of existential crisis, personal and sociocultural determinants, coping strategies, and comforting prospect of existential experience. The mixed-method study design was used and the screening of the participants with existential crisis was done through the Existential Crisis Instrument through purposive sampling (Shah, 2019) in first half of the study. This survey-based questionnaire was filled by ninety-six participants ($N=96$) and who scored higher were recruited for the second half of the study. It was done through the semi-structured interview with the six participants ($N=6$) who give their consent and ensure their convenience and availability. Among six participants, there were three males and three females (*males =3, females=3*). The data analysis was done through Interpretative Phenomenological Analysis (Smith, Flowers & Larkin, 2009). Some of the major themes extracted from the transcribed data were *natural human tendency, loss of inherent meaning, emotion overwhelm, life transition, lack of achievement, the modern world of distraction and alienation, emotion-focused coping, acceptance to uncertainty, authenticity* and more. All these themes were accommodating various aspects of a participant's life originating from personality attributes, internal and external factors, coping till the achievement of personal growth. During the research, the participants were granted the rights of privacy, anonymity and voluntary participation was ensured. Future research can focus on the development of assessment, awareness and intervention plans tailored to the needs of young participants.

Keywords: Existential crisis, existential concerns, young adulthood, emerging adulthood