

ABSTRACT

Communication cannot be separated in everyday life, including communication that occurs in families consisting of parents and children. Not all families can communicate well among family members. Coupled with the existence of children with special needs with mental disabilities in one family. The purpose of this study was to determine the role of family communication in orientation conversation and orientation conformity in increasing the self reliance of children with special needs with mental disabilities at Yayasan Rumah Bersama. The main theory uses the Family Communication Patterns Theory from Koerner & Fitzpatrick 2006.

This research method is descriptive qualitative with a phenomenological approach. Characteristics of the subjects of this study were parents who had severe and mild mentally disabled children aged 9-16 years. Data collection techniques with interviews as the main method and observation as a supporting method.

The results of these studies indicate that family communication in building independence for mentally disabled children with disabilities must be done with the right method. The role of parents and the family environment is a very determining factor for success. Family communication through a high conversational orientation is more effective in training the independence of mentally disabled children. This is reflected in the attitude of family members who are freer, more intensive and spontaneously interact with each other without much time limitation or topics discussed. In addition, through communication, a high conformity orientation is also quite effective in encouraging self reliance of mentally disabled ABK. With this communication pattern, the family environment creates conditions that will encourage mentally disabled children to comply with the rules that will train self reliance.

Keyword: *Family Communication Pattern, Self Reliance, Mentally disabled*