

ABSTRACT

The increasing phenomenon of mental health disorders experienced by Generation Z is a matter of concern. In addition, the existence of a negative stigma circulating in society makes survivors reluctant to convey the mental health problems they experience, especially to their families. So that survivors must really choose the right person to share information related to mental health disorders and manage this information properly so as not to have an impact on the survivor's self-vulnerabilities. The purpose of this study is to explain the process of privacy management for Generation Z regarding mental health disorders they experience. This research was made based on five concepts from communication privacy management theory, namely private information, private boundaries, control and ownership, management processes in rules and dialectical management. The method used is qualitative with a phenomenological approach. Of course, this study uses data collection techniques in the form of interviews and observations conducted on research subjects who are Generation Z with mental health disorders. After collecting data and carrying out Colaizzi's analysis techniques, the results obtained are that there is a scheme formed in privacy management besides that there are rules that are no longer applied after a secret leak occurred. In this study it was also found that the self-vulnerabilities of Generation Z occur because of family problems not because of privacy leaks that occur. In addition, it was found that there is a pattern of dependency that occurs in Generation Z with mental health disorders which has an impact on their independence.

Keywords: Communication Privacy Management, Interpersonal Communication, Generation Z, Mental Health Disorders.