

## ABSTRACT

*MyPertamina is an official application from PT. Pertamina Patra Niaga in supporting the payment system to make it easier for customers when making transactions. this will be a problem for some people in Tasikmalaya City, especially for people who don't and also for the X generation of Tasikmalaya City people who have experienced difficulties in keeping up with technological developments, one of which is caused by the age factor that is no longer able to easily accept progress so quickly. Anxiety that occurs in generation X requires light handling by conducting interpersonal communication with generation Z (millennial generation) to be able to communicate properly regarding the use of the MyPertamina application so as to reduce the level of anxiety felt by generation X. So this research has a focus on how Interpersonal communication of Generations X and Generation Z in Reducing Anxiety Using the MyPertamina Application The method used in this research is a qualitative research method. This qualitative research is intended to better understand and dig deeper into the phenomena experienced by research subjects by means of descriptive or deeper explanation. between generation X and generation Z has been running effectively so as to reduce anxiety.*

**Keywords:** *Anxiety, Interpersonal Communication, Parents and Child, MyPertamina*