

ABSTRACT

Family communication is a form of interaction between family members that serves as a means to shape and develop important life values. The role of communication patterns and parents in the family is crucial for maintaining the mental health of Generation Z, especially in this digital era. In this digital era, with high levels of stress and depression, issues potentially affecting mental health have arisen. This study uses a qualitative phenomenological method through interviews with selected informants. Based on communication patterns approached from the perspectives of conversation orientation and conformity orientation, this research identifies four types of communication patterns. The results of the study highlight the importance of openness among family members, the quality of communication, understanding of conflicts, and the development of mutual trust within the family. This research can make a real contribution in creating a healthier and more supportive digital environment for generation Z, helping them to better manage their mental health in the digital era.

Keywords: *Mental Health, Generation Z, Digital Era, Communication Patterns*