

ABSTRACT

The mental health crisis in Indonesia in 2023 has created a significant urgency for the entire society. However, stigma and mistreatment towards people with mental health disorders, especially schizophrenia, still persist. Schizophrenia survivors often face discrimination and confinement from both society and their families. The presence of schizophrenia survivors in a family affects its function and resilience, which often decline as schizophrenia is seen as a stressor. Therefore, families need to build resilience to cope with ODS (people with schizophrenia). This study aims to observe the process and role of communication in family resilience with ODS. It is based on the five stages of resilience from the communication theory of resilience (CTR): creating normalcy, foregrounding productive action, affirming identity anchors, maintaining and utilizing communication networks, and putting alternative logics into practice. The method used is qualitative with a phenomenological approach, involving interviews and observations of family members of ODS. Data were analyzed using Colaizzi's method, revealing that each stage in CTR is performed collectively and particularly, with different definitions of effective communication within families with ODS. The study also found a decrease in the quality of interactions within families, and changes in communication styles, such as the use of positive language and one-way communication to avoid conflicts

Keywords: *Communication theory of resilience, Family communication, Families with schizophrenia survivors, Mental health disorder*