

ABSTRACT

Running Is Our Therapy (RIOT) Bandung Community is a running community that brings together people who like running and who are just interested in running in the city of Bandung. However, people often have doubts about joining the RIOT Bandung community because of their uncertainties experience. In fact, some have decided not to join. This is a challenge for the RIOT Bandung community to communicate interpersonally with new members or the community who will join, in order to reduce their uncertainties. This study aims to find out how members of the RIOT Bandung community reduce uncertainty between its members and how interpersonal communication is carried out by members of the RIOT Bandung community in the context of reducing uncertainty among its members. The method used is a qualitative research method with a phenomenological study approach. The results obtained through interviews were that members of the RIOT Bandung community reduced their uncertainty by setting a mindset so that they could always think positively and not be too overthinking, carry out supportive and appreciative interpersonal communication so as to make members feel supported and accepted by the community, and by doing additional independent training so that can keep up with the other members abilities. Interpersonal communication carried out by members of the RIOT Bandung community in the context of reducing uncertainty is informal interpersonal communication by greeting, getting acquainted, and chatting with fellow members which allows for mingling without formal boundaries. Thus, the uncertainty experienced can be reduced properly and effectively. Interpersonal communication can also make community members feel accepted, embraced, and considered by the RIOT Bandung community.

Keywords : *Interpersonal communication, RIOT Bandung Community, Uncertainty reduction.*