

ABSTRACT

Family communication is communication that occurs within a family which is a way for a family member to interact and communicate with other members, as well as a vessel for forming and developing the values needed as a guide to life. In addition, communication patterns and the role of the family, especially parents, are very important for maintaining the mental health of Generation Z, especially during the Covid-19 pandemic. The Covid-19 pandemic with its massive transmission and high death rate causes problems that lead to mental disorders. This study uses a phenomenological qualitative research method by conducting interviews with predetermined informants. The results of this study are based on communication patterns from the conversation orientation and conformity orientation approaches which have four types of communication patterns. The results of this study indicate that there is openness in family members, quality of communication, understanding of conflicts and fostering mutual trust in the family.

Keyword : *Family Communication, Mental Health, Pandemic Covid-19*