

ABSTRACT

This research aims to understand the family communication experience in supporting the recovery of bipolar disorder patients using a phenomenological approach. Data were collected through in-depth interviews with patients, caregivers, and expert informants and analyzed using a constructivist paradigm. The results show that patients' communication during manic and hypomanic phases tends to be impulsive, while during depressive phases, they tend to withdraw and speak less. Personal, environmental, and behavioral factors, based on Albert Bandura's social cognitive theory, shape family communication. Emotional communication and self-control, transparency and openness, identification and anticipation, self-motivation and spiritual approach, as well as daily reminders and activity management, are key factors in the patient's recovery process. Families with a good understanding of bipolar disorder are able to adjust their communication strategies according to the mood phases experienced by the patient, whether in manic or depressive phases. A supportive family environment can be a determinant of successful recovery and can enhance the self-efficacy of bipolar disorder patients.

Keywords: *Bipolar Disorder, Family Communication, Recovery, Phenomenology, Social Cognitive Theory*