

ABSTRACT

This study aims to explore the communication behavior of Generation Z students at Telkom University who were raised under strict parenting styles. Employing a descriptive qualitative approach with a phenomenological method, data were collected through in-depth interviews with five active Telkom University students aged 19–22 years from strict parenting backgrounds. Data analysis was guided by Joseph A. DeVito's five aspects of interpersonal communication: openness, empathy, supportiveness, positiveness, and equality. The findings reveal that family communication patterns among the informants tend to be one-way, dominated by parental control that limits opportunities for dialogue.

Nevertheless, some informants still demonstrated openness, support, and positive communication, although empathy and equality were relatively underdeveloped. This study highlights how strict parenting may influence the development of students' interpersonal communication competencies, particularly in self-expression, decision-making, and building balanced relationships. The results are expected to provide insights for families and universities in understanding the communication dynamics of Generation Z students raised with strict parenting approaches.

Keywords: *interpersonal communication, strict parenting, Generation Z, Telkom University.*