Communication Pattern Family and Adolescent Mental Health for Strawberry Generation

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Abstract

Health is not only related to health physique only but also mental health. Research results prove that teenagers 16-24 years old are period critical for Indonesian adolescents' mental health. The research objective is to know and study by deep about the application of pattern communication family to adolescent mental health. Use method qualitative with approach phenomenology. The object of study is teenagers who have disturbed mental health in the city of Surabaya. Data collection techniques using interviews in-depth and data analysis using stages Miles, Hubberman & Saldana. Validity study researched use triangulation. Research results show that pattern communication authoritarian in the family is the main factor teenagers have disturbance mental health. This is because teenagers feel depressed and inclined no have pattern communication democratic in their families. Implication teenager characters are closed, and not can express feelings. The research results are also useful and become a reference for educators as well as parents in repair pattern communication with Strawberry Generation.

Keywords: *Communication Pattern Family, Mental Health, Strawberry Generation.*

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A. INTRODUCTION

Communication health is a sub-field of current communication. Bloom discussed one of them related to mental health. Research results Tjandrasari, Kaligis, Wiguna, Ismail, & Muktiarti (2021) against 393 teenagers 16-24 years old going through a transition period from a teenager going to mature. Range time is a time when someone faces to face with many challenges and experiences new. Apart from starting to have legality law and responsibility increased responsibility, teenagers in the period this is still experience development biological, psychological, and emotional until 20s. The research also supports the findings of the World Health Organization (WHO), which says 1 in 3 adolescents aged this suffer from disturbance mental health.

Research by Grace, Tandra, & Merry (2021) shows that understanding about mental health still limited. Because it's important for to do socialization related importance mental health with activities that can with effective give understanding about health psyche. Through the right communication strategy, the community teenager this could reach public surroundings and information could delivered optimally. Use of new media like the internet can Becomes solution for increase penetration literacy mental health in adolescents. However, literacy this no possible walk success without existence pattern communication effective family from parents.

Teenager moment this referred to by Prof. Rhenald Kasali generation strawberry defined like portrait fruit visible strawberries by appearance exotic however so stepped on or banged, fruit that will so easy for destroyed (Kasali, 2018). At first, the term this used as "*labelling"* Taiwanese born after 1981. This term addressed for the "easy" generation shrivel "like a strawberry" (Kristi, 2022). Prof. Rhenald Kasali (2018) explains that in Indonesia the strawberry generation includes Gen Z and Millennial Gen. BPS data for 2018 states that: that amount millennial generation aged 20-35 years reach 24 percent, equivalent with 63.4 million from 179.1 million the soul which is age productive (14-64 years) (Prasarti & Prakoso, 2020). Temporary Census Results Population 2020 shows Indonesian population is dominated Generation Z. There are 74.93 million in total or 27.94% of the total population of Indonesia. Generation Z when this estimated aged 8 to 23 years.

Data from Basic Health Research (Riskesdas) in 2018, stated that more from 19 million population aged 15 years to on experience emotional mental disorders, and more from 12 million population 15 years old to on experience depression. Based on registration system samples carried out by the Litbangkes In 2016, the data on suicide self per year as many as 1800 people or every day there is findings of people doing kill 5 people, and 47.7% suicide victims self at the age of 10-39 years which is child age youth and age productive. Director Prevention and Control Mental Health and Drug Problems Dr. Celestine Eigya Munthe explained problem health soul in Indonesia related with problem height prevalence of people with disturbance soul. For moment this Indonesia has prevalence of people with disturbance soul about 1 in 5 residents, that means about 20% of the population in Indonesia have potentials problem disturbance soul.

Knowledge will be the importance of mental health has an impact on increasing knowledge general (Kutcher, Wei, & Coniglio, 2016). Important for parents for give attention special related with mental health literacy. Handini (2018) explains that Strawberry generation is the generation that was born from the hands of distant parents more prosperous from generations before. Parents's generation this from class medium new already have house alone, even vehicles, gadgets, and access more information wide. Because of that, old man join mix in various thing. Starting from choose department, university to wedding. This thing could give birth to generation with a great mindset different with generation one level above it, parents often only join play a role in Thing health physical, but Mental health is also necessary get attention.

Research results Handini (2018) explains that role parent communication play a role in formation pattern think child. It is also in harmony with results study Pramesti & Claretta (2022) show that application pattern parental communication and supervision take effect to wishes and decisions child. Study this strive knowing pattern communication family in to do connection communication effective delivery material and provide recommendation to child related literacy mental health.

Communication family and communication between intertwined personality with good will influence individual in undergo life in the environment society. Form

parenting to child could influenced by how pattern formed communication. According to Kartini (2017) patterns communication interpreted as form or pattern connection two people or more in the process of sending and receiving the right way in delivery message, so that the message in question could understood. The pattern of communication formed in the family with good expected make method nurturing good boy too.

Study this leave from rampant discussion mental health on social media. This study is also related with the initial statement that went viral on social media that Strawberry generation is generation that is "Nothing self-healing!". Prof. Rhenald Kasali in page Rhenald Kasali's YouTube channel upload, on Monday 21 February 2022, with video title 'Know Not Healing Needed Who?' explain that often Strawberry generation needs *self-healing, self-rewards, work life balance* which is many words often be spoken people young lately this, they also confess herself experience depression, mental disorders, *quarter life crisis. Statement* "Anything healing" and habits teenager make a personal diagnosis to health mentally becomes base strong researcher for knowing more carry on related with pattern communication teenager with parents. Based on background behind and problems, then study this aim analyze linkages pattern communication family and literacy adolescent mental health. This topic still relatively new and not much researched. Research objectives this for knowing pattern relevant communication for parents to teenager Strawberry Generation.

Study this to do Interview to teenagers who experience disturbance mental health in the city of Surabaya. Research results could determine pattern most relevant communication from Brumrind that is type authoritarian, permissive, or authoritative. Research objectives analyze pattern communication family for teenager with disturbance mental health. Research results beneficial Becomes reference for educators as well as parents in repair pattern communication with Strawberry Generation.

B. LITERATURE REVIEW

1. Communication Pattern Family

Study communication family has done by some study before. Research results Pramesti & Claretta (2022) show that the application of *authoritarian* communication patterns (authoritarian) occurs in adolescents who do early marriages due to arranged marriages by their parents. While the application of *permissive* communication patterns (liberating) occurs in early marriages carried out by teenagers due to pregnancies outside of marriage due to lack of parental supervision and children who do not continue their education to a higher level so they decide to do early marriage due to their own desires and decisions.

Other research from Mukaromah, Khilmiyah, & Fauzan (2020) with title Research on Parental Communication Patterns in the Formation of Social Intelligence among Teenager Millennials. Study this use qualitative method for knowing pattern communication which used person old. Results study show Person old which using democratic communication patterns have the

characteristics of communicating in a mutually open, to do work same, existence connection lead come back, socialize with society, and motivate the youth. Second, so that communication within the family is established smoothly, several strategies are needed that are used by the teacher's family in the village Bumirejo, among others, by direct communication through a comfortable approach and limiting teenagers in the use of social media. his research examines related to generation millennial, temporary results study this will describe construction pattern communication millennial and gene z.

Research conducted by Jatmikowati (2019) entitled "The Effectiveness of People Communication" Old to Personality Intrapersonal Child". Study this aim for knowing the relationship between the effectiveness of parental communication on the child's intrapersonal personality. Results research reveals that there is a positive correlation between the two showing 0.900 with error rate 5% = 0.514 by habituating parents to communicate with their children for develop ability intrapersonal. Study this focus on communication personal int rap between parents and children.

Study from Octaviana & Santoso (2019) title "Pattern Communication ParentingSingle Parent Mother". The purpose of this study is to understand the communication patterns that mothers do *single parent* to child after divorce. The results showed that the time used for communication a little, however connection among them awake because existence openness and trust and a positive outlook. What distinguishes research this is the object of research.

Smith, heaven, Joseph (2008) also researching related with title "*Traits emotional intelligence, conflict communication patterns, and relationship satisfaction.*". Study this aim knowing importance intelligence emotional and pattern communication in satisfaction connection. Result couple which satisfied they which no avoid discussion about relationship problems and who gave high marks. Satisfied couples are more likely level emotional similar with couple compared couple which no satisfied. This study uses quantitative research. This research also underlies the sustainability of research, the results of this study suggest that satisfaction in relationship emotions can have good discussion. That is, the assumption of this study is that the strawberry generation has health mental the good one so started from pattern people communication old the good one also. Prasarti conducted research related to the millennial generation & Prakoso (2020) with title Millennial character and behavior: demographic bonus opportunities or threats. Research result concluded that the millennial generation has a unique character based on the region and conditions socio-economic.

Based on a number of study before, research this try for look for know more in through approach phenomenology related with pattern parent communication to adolescent mental health. Study this is very useful for knowing pattern relevant communication used for teenager with characteristics Strawberry Generation. Study this have position study continue Grace, Tandra, & Mery (2021) research related importance literacy mental health. However, this time's research focus to

pattern communication family going on.

The assumption of this research is that there is a relationship between parental communication patterns and children's mental health. Bahri (2004) explains the existence of two or more people in receiving and sending messages in an appropriate way so that the message can be understood. According to Harahap, Asriana, & Nasution (2019) parents are the key to their children's education. The first to understand that their children have extraordinary abilities beyond their capabilities are parents. Parents not only provide services to children, take care of them, not only give birth to their children, but parents also give love and protect their children.

Furthermore, according to Hibana (2005) there are several important things in the role of parents for children's education including as the first and main teacher for their children, a source of life, a place to depend, and source of happiness for children. Rogers and Kincaid (Wiryanto, 2004) state that communication is a process between two or more people form or exchange information with each other, which in turn occurs in deep mutual understanding.

Communication pattern referred to as a model but the meaning is the same, namely a system consisting of various components that relate to each other to achieve the educational goals of the state of society. The pattern of communication is a system of delivering messages through certain symbols, containing meaning, and passing stimuli to change the behavior of other individuals. Communication patterns can be understood as a pattern of relationships between two or more people in sending and receiving messages in an appropriate way so that the intended message can be understood (Djamarah, 2004).

Brumrind in (Yusuf, 2010) says there are three patterns of communication in the relationship between parents and children, namely: a) Autotarian, in this relationship pattern the attitude of "acceptance" of parents is low, but the control is high, likes to punish physically, has a commanding attitude, tends to be emotional and refuses; b) Permissive (tends to behave freely) In this case the attitude of acceptance of parents is high, but the control is low, giving freedom to the child to express his encouragement or desire; and c) Authoritative (tends to avoid anxiety and chaos/democratic) In this case, parents' acceptance and control are high, being responsive to children's needs, encouraging children to express opinions or questions, giving explanations about the impact of good and bad actions.

2. Mental Health Literacy

Study this strive knowing how pattern communication applied family take effect to election literacy child related health mentally. Literacy this mental health was first coined by Jorm in 1997. Knowledge and understanding will disease psyche believed could help in detect, manage, and prevention from diseases psyche the (Jorm, 2000). Jorm (2000) later explain definition literacy mental health with enter knowledge for prevent mental disorders, monitor development symptom mental disorders, help effective independent for symptom mild mental disorder until moderate as well as

gift help the right first on others who experience mental disorders. Jorm (2000) also explains that literacy mental health no get same attention with literacy health physical. Study about effort intervention as well as repair lack of literacy Mental health in the community is also classified as rare and not evaluated with good (Kelly et al., 2007).

This thing impact on the lack of literacy community mental health good teenager nor mature. That thing cause delay in detection process symptom start and action proper handling of disturbance _ mental health (Kelly et al., 2007). This process show that still needed efforts more carry on for increase literacy mental health.

C. METHODS

Study this using approach phenomenology with paradigm constructivist. Kriyantono (2012) is something reality that is relatively in accordance with context relevant specifics judged by the perpetrator social. Researcher to do deepening with interview, observation, for knowing construction specific by parents and youth as perpetrator social.

Paradigm constructivist strive understand how individual shape reality they themselves (Chariri, 2009). Researcher in study qualitative play a role for get holistic data that is systematic and integrated (Miles, Huberman & Saldana, 2013). Study this aim know and analyze pattern parent communication to teenager Strawberry Generation.

Object study this is pattern communication family and subject study this is informant research consisting of of parents and their children (teenagers) who are in the city of Surabaya. Election informant in approach phenomenology this fully determined by the researcher, so Patton (2002) calls it with purposive sampling, namely choose informative cases (information - rich cases) based on the strategies and objectives that have been set researchers, whose number depending on destination and source power study.

Selection technique informant conducted as following. First, key informant is two psychologists from Surabaya which is consultant expert in the field mental health. Informant main totaling 3 people and are parents (father or mother, father and mother) who own teenager 15-24 years old with indication disturbance mental health. Criteria informant addition is family or the inner circle of teenager with disturbance mental health like friends, uncles, aunts, nephews, and so on.

Data collection techniques in research this conducted with observation participants so that they can determine the right informants and have experience condition mental disorders as well family from teenager that. This thing conducted because condition or experience every family nor teenager different one each other. After conducted Interview deeply on the informants who became subject study namely to parents and their children who experience indication mental health.

Interview deep conducted conducted in long time so that no only a number of minute just however can reach until several hours (Wimmer & Dominick, 2013). Another thing is with to do documentation from results interviews and narrations - narrations ever done on social media and study the appropriate library with existing

problems. On research this, the data used will analyzed by descriptive qualitative from Miles and Hubbermen, there are 4 components that is data collection, data condensation, data presentation, and conclusion research.

D. RESULTS AND DISCUSSION

1. Strawberry Generation

Strawberry generation is popular term a number of year last. Generation this shown as beautiful generation on the outside, however fragile inside. Key Informants RY psychologist says that, "tidak ada yang lebih unggul ataupun lebih buruk dari generasi strawberry karena setiap generasi memiliki keunikan masing-masing" (Yudha, R., personal communication via zoom, 13 Juli 2022).

Research results show of 3 pairs of parents namely 6 informants tend no know what it means with Strawberry Generation. Finding show parents tend no knowing mental burden teenager. When asked related with mental health, dominance informant feel no know importance mental health. Parents and children according to Effendi & Roem (2021) is a form from difference between generation. Challenge heaviest for parents in Thing this is communication. This thing caused there is a gap between ideal values taught by generations previously with the reality faced by generations moment this.

One character the strawberry generation mentioned by Prof. Rhenald Kasali is difficulty in get pressure too much, one of them no can yelled at or work *under pressure.* Difference thinking between generation tend make communication walk not enough effective. This thing look from one expression informant 3, " he " experience change emotion drastic after go out hut, he no can yelled at and had to invited talk very gently" (parents informant 3, personal communication via video call, 30 June 2022). This thing in accordance with Effendi & Roem (2021) explains that required effective communication parents to her child not to cause dispute from difference pattern thought.

Generations (Gen Z and Millennials) are very close with development technology, often copy things that are not in accordance with values in their parents. If children no get response positive from the closest people them, then they will look for Thing it's in place others, such as school, neighborhood, internet, television or even street. Communication that doesn't effective between parents and children could cause trend formation wrong character in self teenager (Effendy & Roem, 2021)

The findings also found that strawberry generation feel far more-safe when disclose feelings on social media. This thing be delivered informant 1, "*saya sih suka upload di close friend Instagram, atau kadang pakai fake account*" (informan 1, komunikasi personal, June 23, 2022). *Hal serupa juga dilakukan oleh informa 2 dan 3, meskipun melalui akun pribadinya* (informant 1, personal communication, June 23, 2022).

2. Mental Health Perception and Literacy for Adolescents

Research results show that informants and parents informant tend have opinion different related perception mental health. When asked related with

perception mental health, 3 informants show deep definition as well as could mention a number of reference literacy mental health. This thing far different moment researcher ask Thing the to parents informants, parents informant tend no understand meaning mental health and ignore it. Though so, there are parents enough informants put attention in mental health.

Informants 1 and 2 have perception mental health from social media. Informant 1 admits active to do consultation psychologist through application online health. This is very helpful for could convey feeling because feel no have access talk to his parents. He said, "*"Dari kecil kita ngga pernah ngomong yang gimana-gimana, mungkin hanya izin, ngomong kalau mau ke sini. Tapi kalau dari hati ke hati ngga pernah ngomong. Pernah sih nyoba ngomong kalau lagi deket sama orang apa gimana, tapi mama udah marah ga jelas duluan. Jadi kalau mau curhat ke mama udah gimana gitu"* (informan 1, komunikasi personal, June 1, 2022)" (translated)

Informant 2 understands meaning mental health even since middle school. Informant 2 confessed understand importance mental health when follow extracurricular counselor peers in middle school. He by routine meet psychologist and tend dodge from crowd. "*Karena jarang bertemu jadi faktor-faktor yang memicu konflik itu nggak ada, kalau sering ketemu kan sering konflik ya hehehe*" (informan 2, komunikasi personal, Jun e 23, 2022). At the time interview, informant 2 tends have perception that mental health can healed. This thing also influenced by background behind mother connect who has concern look for information for the abnormality he feels.

Communication pattern informant 2 tends to be permissive, hal this look from transcript following: "*Alhamdulillah, 4 orang tua saya bebas bu, mau jadi apa bebas, saya kan niatnya nggak kuliah tapi pas pengumuman SNMPTN temannya ibu saya ini nge-flexing in pencapaian anaknya, ini lho anakku abis keterima, terus saya ditanya kamu kok nggak lolos, terus saya bilang saya nggak ikut SNMPTN, terus ibu bilang "lho kamu itu ya apa se" terus akhirnya disuruh ikut SBMPTN dan akhirnya lolos bu, padahal saya nggak belajar dan nggak persiapan apapun. Jadi, saya masuk SBMPTN jalur orang tua bu hehehe*" (informant 2, personal communication, June 23, 2022)

Parents_informant 3 with type democratic feel need guard child mental health with treats low notes and facilitates visit to psychologist. Parents_ informant said, "*Ayo to nduk mandi, ben ayu" saya nggak teriak, karena anak saya cewek, misal saya nyuruh bantu bersih-bersih, lebih halus kayak "nduk kamu sakit ta, kok meluk guling terus" terus akhirnya anaknya cerita yang di pondok itu*" (Parent's informant 3, personal communication, June 22, 2022). Informant 3 gives room to child for speak in accordance type democratic, so that no direct give arguments before knowing reason child that.

Different with other parents, parents informant 3 tends far more understand his son and give facility for go to psychologist. "*Akhirnya saya menganalisa sendiri, anak ini nggak bisa diajak bicara keras, jadi saya ajak diskusi agar tidak bicara keras juga. Jadi, harus diajak ngobrol lembut dan pelan-pelan*" (informant parents 3, personal communication, June 22, 2022). More continued, he also told the *treatment* given to fruit his heart. *"Kalau saya nggak pernah memberi sanksi apapun, karena dari pondok anaknya jadi nggak*

bisa dikerasin, ya saya bilang "jangan mbangkong ini demi kebaikanmu lho" lalu pas dia masih nggak menjawab daripada rame akhirnya ya udah saya diem, pergi" (parents informant 3, personal communication, June 22, 2022). *"Kalo ada waktu santai anaknya bisa diajak Ngobrol saya bilang nduk, ibu ini sebenernya nggak pengen loh ngomel terus, pengennya anaknya baik, rajin kan besok anak perempuan jadi istri ikut mertua dan sebagainya"*(parents informant 3, personal communication, June 22, 2022).

Perception informant related mental health show that informant have sufficient knowledge will importance guard mental health. This thing give indication Strawberry generation has good media literacy especially in Thing mental health. Literacy used by three informant sourced from social media such as TikTok, Instagram, Twitter, and Youtube. Domination informant confess feel far more good moment see content mental health on social media. This thing because information from social media often share tips when impaired mental health. In addition, informants 1 and 3 also admitted that with see stories sad related mental health of others on social media, informants tend feel want to comment, give spirit, until feel more-good because believes that problem no only overwrite himself.

3. Communication Pattern Effective with Strawberry Generation

Finding study this is find pattern communication used by parents and teenagers in Surabaya in understand importance communication family and literacy mental health. Communication pattern in its implementation is carried out by each family in Surabaya. From a total of 12 informants consisting of 3 people take part as child teenagers and 3 pairs of parents biological, there are 2 aunts and 1 uncle, 2 psychologists as key informant and 1 informant additional. From 3 families that, is known that 1 family apply permissive pattern, 1 family apply pattern authoritarian, and 1 family apply democratic. On permissive and democratic family assisted by Aunt and Uncle them, so they Becomes a little calm even though through the therapeutic process health mental to psychologist nor to psychiatry. In families who apply pattern authoritarian, child the still consultation to off-line and online psychologists, and communication with parents the more away.

Table 1. Interpretation of Communication Patterns Member Family

	Authoritarian	Permissive	Democratic
Informant 1 (youth)	V		
Informant 's Parents 1, biological father	V		
Informant Parents 1, biological mother	V		
Informant 2		V	
Informant 's Parents 2, biological father		V	
Informant 's Parents 2, biological mother		V	
Informant Parents 2, Aunt		V	
Informant Parents 2, Uncle		V	
Informant 3			V
Informant Parents 3, biological father			V

Informant Parents, Birth Mother			V
Informant Parents, Aunt			V

4. Type Authoritarian

On the table, found 1 family with pattern communication authoritarian. Finding study show that family in Thing this is the parent who stated always use authority in interact with his children. Based on results interview, found pattern connection this attitude parental with low acceptance, however the control high. Even though parents no give punishment by physical, will but they will require child for to do something without compromise. This thing make 2 family environment that becomes stiff, child tend no once tell whatever to both parents or is socio-oriented. On this type authoritarian, parents are very dominant in arrange life and association teenager. In fact, parents no knowing if her son go to psychologist for complete problem mental health.

Finding Research also shows that one of the triggering factors disturbance mental health in informant 1 is attitude authority both parents cover election friends, girlfriends, or even youth passion that. Attitude authoritarian according to *key informant* really really needed in determine pattern foster to child, but used in accordance with situation and condition certain. At age teen, domination informant admit that I really like if his opinion recognized, heard, and invited discuss more formerly before determine decision. In addition, the concept of reward and punishment can applied in situation this. So, when parents educate child with authoritarian, permanent give reward portion in the form of present or praise when child get success or achievement.

5. Permissive Type

Research results show informant 2 has pattern communication permissive family. On this type, old man already should involved active in control grow flower teenagers, and obligated give restrictions on children or respond not obedience carried out child. Teenager in Thing this tend given freedom by intact, and parents behave passive as well as no give limitation so child will behave as you like his heart. By common, type this tend more indifferent and give freedom to teenager. Positive side from type this is child no get pressure excess.

6. Type Democratic

Communication pattern democratic applied by family informant 3. Family informant agreed that with use pattern communication democratic teenager will Becomes open personality in convey ideas and opinions, and express feeling felt child. On pattern communication democratic this, old man will give freedom to child good in give opinion moment deliberation. Family with type democratic have pattern distant communication more-good because position child as friend or best friend. In case treatment mental health, youth given support at the moment treatment like given money for consult or delivered consultation.

7. Healing Typical Strawberry Generation

Healing or healing rituals self is draft some unique viral time last. Parents and aunt from informant 3 explained, one frequent symptoms found is patient with disturbance mental health tends more like cure self with no joined in crowd. This was also conveyed by informants 1, 2, and 3. Informants 1 and 2 admitted that like alone in the room, doing therapy with write complain right in the book, while informant 3 more like write on social media though through close friends feature.

Based on informant 2 often manic tme come, patient with disturbance mental health tends is at in condition drastic emotions. Manic is one of the type mental illness other than Down syndrome and autism are difficult detected through appearance outside and not is default from born like for example schizophrenia, bipolar disorder, manic, depression, paranoid (Choresyo, Nulhaqim, Wibowo, 2015).

Because that, healing is very necessary so that in period certain patient could control emotions so as not to until to Step depression or to do something related with hurt self himself (Informant 2, personal communication, 23 June 2022),

One impact bad from alone is have thinking negative for hurt self alone. However, the presence of social media now make teenager have room for tell a story though sometimes no know one each other. Social media now becomes vehicle deployment information, education, and entertainment by the public to society. In the middle condition the COVID-19 pandemic that requires public do social distancing and lockdown, make they the more switch to social media for get support, entertainment and stay connected with others (Grover, Cheung, & Thatcher, 2020).

Finding study find that 3 informs an tend concoct healing based on the thing he find on social media. As example, informant 1 and 2 often watch YouTube account" become " human" for explore stories life. This thing show that Strawberry generation really takes advantage of the internet in Thing this is social media for complete problem his life. Informant 1 revealed though many healing concepts created on social media such as must to Bali or go for a walk with best friend, informant 1 admits very much need time together family. Informant 1 is rare communicate with both parents because feel have limitation. But moment asked the much- desired happiness, he answer *"Kalau saya merasakan sih ketika menghabiskan waktu bersama-sama. Atau kalau dalam kategori love language sekarang itu ya quality time. Tapi kalau sekarang, jarang. Itu ketika SD-SMP. Jadi quality time sekarang ya ke sahabat, temen, kakak sepupu"* (Informant 1, personal communication, June 23, 2022).

On the other hand, parents with level education more tall use permissive type. Informant 1 has background behind parents _ with level high school education, this could reviewed more carry on because probelematics teenager about education on the bench college. Parents, informant 1 tends no understand burden studying because only high school graduate. This thing precisely opposite with informant 2 with level parent education original and parents lift s1 which tends to be permissive. Temporary informant 3 with level Junior high school parents' education has type communication democratic good from father, mother, aunt as well as family big other. In research this, researcher no find linkages among level parent education with pattern foster care

used. As example, parents with background behind Middle or high school education tends to apply pattern authoritarian to her son.

8. Mental Health Literacy

Social media play significant role during pandemic because allows people to share news as well as experience personal and angle look one each other in real-time and globally (Islam et al., 2020). This thing strengthened with data from Hootsuite (2020) which state that user active social media in Indonesia reaches 59% of the total world population, and specifically for Instagram users, Indonesia is the fourth country largest in the world with age user highest are in the range of 18-34 years.

Interesting thing is healing concept for Strawberry Generation. Phenomenon on social media like example the healing relationship that must be to Bali and get *self-reward* this related with characteristics bad for millennials according to (Rakhmad, 2019) that existence convenience technology, such as individualistic, apathetic to environment, expect needs or his wish could quick achieved, more focus to materialistic, consumerist and existential themselves on social media (Kinanti & Rakhmad, 2019). Teenager now as if make "mental health" as shield failure or existence yourself on social media.

The results of the study (Wang et al., 2020) found that during social media COVID-19 pandemic play a role important for health agencies community and stakeholders to spread information about situations, risks, and actions protection hindering personality deployment disease, spread information about COVID19 via post its contents. Social media no just give information, but also space communication and discussion. Successful *brands* manage their online community and have good image in the eyes public have opportunity more success good (Rachmawati, Rahmawati & Wibowo, 2022). This thing look with existence related online community patient with disturbance mental health, owner account could each other share information and experience life as a group social (Rahmawati, Rachmawati & Fauzan, 2022)

At stage this, research find that risk mental health delivered with good to informant that is Strawberry Generation. Implication positive look at alternative solution moment lonely, informant tend look for professional experts so that no vent emotions on things negative. Importance use of social media as tool communication risk is also presented by (Abrams & Greenhawt, 2020) in his research explains that social media is method potential for ensure communication risk walk with right, because public relies heavily on media and relations social for inform level perception risk them.

Informant have reference literacy variety of mental health. Informant 1 said, *"Informan memiliki acuan literasi kesehatan mental yang variatif. Informan 1 mengatakan, "saya mengikuti instagram, tiktok, youtube terkait kesehatan mental. Sosial media ini menjadi acuan saya untuk menentukan healing"* (informant 1, personal communication, July 13, 2022). Next, informant 2 said, *"Saya suka ngelihat di Youtube - Menjadi Manusia, Kontennya banyak sih bu tentang isu sosial, keluarga dan masih banyak lagi gitu bu menjadi*

manusia. Kayak keragaman yang ada di masyarakat" (informant 2, personal communication, 22 June 2022). Next informant 3 has diverse literacy from the internet. Informant 3 said, *"Mulai mencari tau lagi tentang bipolar ini bu di internet gitu-gitu bu"* (Informant 3, personal communication, June 22, 2022).

This thing in accordance with the expression of Claretta & Arianto (2018) that the presence of Computer-Mediated-Communication Theory which states that the computer has change form connection social human. This thing bring consequence by social and cultural in life human. Technological Cultural Theory states that technology will bring change values and culture in life human. Research results show that mother's assistance to children when using the internet consists of from three activity that is apply regulation in using the internet, doing mediation active, and do online activities together. That is, Digital Literacy in adolescents is very important carried out (Candrasari & Claretta, 2020).

E. CONCLUSION

Research results show that each family informant applies the pattern of different communication in issue mental health. Communication pattern family is form interaction between parents and children who have implication important for adolescent mental health. Communication patterns democratic tend to make it easy for the successful healing process of adolescent mental health compared to the pattern of communication with family other. Though so, the pattern of communication with family have strength depending with the situation he was in.

Teenager tend have literacy and mental health of social media such as Instagram, Twitter, and TikTok. Parents tend have no a framework for literacy mental health. Teenager constructs "healing" according to what he gets from social media. Study next could map account literacy mental health Specific or map account literacy mental health that provides implication special to adolescent mental health. Next study could study linkages type parent communication with Education level.

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