

# **INTERPERSONAL COMMUNICATION STRATEGIES OF MILITARY PARENTS IN ENCOURAGING OPENNESS IN THEIR CHILDREN**

**Doni Prasetyo Tri Sumara Haryana\***

Universitas Prof. Dr. Moestopo (Beragama), Jakarta

**Sunarto**

Universitas Prof. Dr. Moestopo (Beragama), Jakarta

**Natalina Nilamsari**

Universitas Prof. Dr. Moestopo (Beragama), Jakarta

\*Correspondence: doni.kav7@gmail.com

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## **ABSTRACT**

Interpersonal communication strategies between parents and children play a crucial role in fostering openness, especially in military families characterized by strict discipline and hierarchy. This study analyzes the communication patterns applied by military parents in supporting children's openness and identifying barriers in family communication within the military dormitory environment. Using a qualitative phenomenological approach, this study examines parent-child communication experiences through observation, in-depth interviews, and documentation. Specifically, Interpersonal Deception Theory (IDT) is used to understand how parents adjust openness in communication to avoid conflict or maintain family stability. The findings indicate that communication in military families relies on instructive, experience-based, and adaptive strategies, as well as the use of symbols and codes. However, overly formal and authoritative patterns can limit children's ability to express emotions and opinions. Parents often filter or simplify information about military duties and family issues, potentially reducing children's openness. Additionally, the hierarchical structure influences trust and emotional closeness. The study suggests that balancing authority with emotional support is essential to fostering healthy communication and ensuring a more open and supportive family environment.

## **INTRODUCTION**

Every individual requires communication activities to build relationships with others on a personal level, reach agreements, and collaborate in achieving goals in various fields, including within the family (Triana, 2022). Interpersonal communication occurs most frequently in daily life and takes a specific form known as dyadic communication,

which involves only two people and is characterized by emotional closeness between them. This dyadic relationship can be found within families, particularly in the interpersonal communication between parents and children (Rahmi et al., 2021).

In the study of interpersonal communication, there is a concept of relationship formation that each individual possesses. Fundamentally, every individual

has certain behavioral expectations in communication. Thus, interpersonal relationships shape interaction patterns between individuals in communication (Adhypoetra & Putri, 2019).

Parental communication with children refers to the role of a father or mother within the family, rather than teachers at school, who are considered secondary parental figures after the biological parents. The communication between parents and their children plays a crucial role in shaping a child's personality and development (Noviyanti, 2016). Therefore, in a harmonious family, both parents and children allocate time to interact, exchange information, and provide meaning to each other, ultimately fostering a strong and positive parent-child relationship (Triana, 2022).

Interpersonal communication that parents routinely engage in with their children also serves as a foundation for children in forming relationships with their external environment, such as peers and teachers at school, while also enhancing their communication skills for healthy social interactions (Barus et al., 2020). Interpersonal communication between parents and children in a well-functioning family tends to be open, positive, and cooperative. It involves active listening, respecting the child's opinions, and striving for mutual understanding. In contrast, families that frequently experience conflict and disputes tend to engage in interpersonal communication that is marked by confrontation, a lack of openness, and mutual blame (Ryandini & Destiwati, 2021).

Interpersonal communication between parents and children varies due to differences in family dynamics, making it impossible to generalize. Responses to these dynamics can vary depending on parental personality, social support, and stability during periods of change (Triana, 2022). The active role of parents is highly beneficial for a child's emotional development. It serves as a form of support in the child's growth and development, helping to unleash creativity

and imagination, which has positive impacts. Moreover, it enables children to stay focused on building their character (Kurniawan et al., 2022).

According to Spock (as cited in Ihromi, 1999), in his writings, he discusses a case involving a father serving as a member of the Indonesian National Armed Forces (ABRI) in encouraging his child's academic achievements, particularly the success of his son as a cadet at the Indonesian Army Academy (TNI-AD Academy). Parental occupation is one of the factors that influence the home and family environment, which can, in turn, support a child's educational performance. This is often associated with the impact of a family's social status on a child's IQ and intellectual abilities. In his research on the relationship between a father's occupation and his child's IQ as they grow into adulthood, Spock found that lower occupational status (social status) correlates with lower IQ levels in children. This is because certain occupations require specific academic abilities, IQ levels, and skill sets from individuals to qualify for those positions (Ihromi, 1999).

The pattern of interpersonal communication varies among families, as each family has different backgrounds, including education, culture, and occupation. These diverse communication patterns can be observed in various aspects of family life, such as education, livelihood, and cultural background. This is particularly evident in military families residing in the 7th Cavalry Battalion (Yonkav 7/PS) military quarters in Cijantung, East Jakarta. The quarters accommodate military families, including enlisted personnel (Tamtama), non-commissioned officers (Bintara), and officers (Perwira). The military quarters provide various facilities, such as a football field, badminton court, volleyball court, and basketball court. Additionally, there is a kindergarten, places of worship including a mosque and a church, as well as designated residential areas based on military rank. The environment is well-maintained, highly disciplined, and adheres to established rules

and procedures. The quarters also feature gardens and livestock areas, including fish farming, contributing to a clean and green environment. Communication within the TNI-AD Complex at Yonkav 7/PS Military Quarters is facilitated through a military calling card, a prepaid communication tool designed specifically for military personnel. This enables soldiers to stay in touch with their families, making international calls from anywhere in the world.

The discussion on communication between military parents and their children is crucial in this study, as communication patterns in military families have distinct characteristics compared to those in civilian families. In a military environment, high discipline, a strong hierarchical structure, and a more instructive and authoritative communication style often influence parent-child interactions. These conditions may lead to a lack of openness in communication, potentially creating emotional distance between parents and children. Additionally, the demanding nature of military service often limits the time parents can spend interacting with their children, making the quality of family communication a significant challenge.

A previous study conducted by Sintia Permata (2013) found that the communication patterns between children and parents, as well as vice versa, vary based on family types, including career-oriented families, protective families, and technologically illiterate families. Several barriers affect these communication patterns, preventing effective communication. The interaction between children and parents significantly influences their relationship, determining whether it becomes closer or more distant depending on the effectiveness of their communication. Another study by Vani Rasika (2015) found that long-distance interpersonal communication between parents and children can be effective. Parental supportiveness helps children feel motivated and constantly remember their parents' advice. Additionally, parental

positiveness plays a crucial role in building trust and expressing affection toward their children. Lastly, equality in communication ensures fairness among children and allows them the freedom to express their opinions. In the context of child development, open and supportive communication is essential for building self-confidence, social skills, and psychological well-being. Military families tend to adopt an authoritarian approach, as the military mindset emphasizes firmness, rigidity, and discipline—qualities that are also expected from a civilian leader. Within military families, the tendency toward authoritarianism is often stronger, as the military chain of command is sometimes applied within the household. This leadership style can make family interactions appear rigid, mirroring the structured and disciplined environment of the military.

In military life, communication is carried out using various types of communication styles, which has led the author to explore this topic further. The first is democratic communication, in which parents engage in discussions, prioritize their children's needs, and provide explanations and reasoning that help children understand situations. The second type is authoritarian communication, where parents establish strict rules that must be followed. In this style, parents tend to be strict and rigid, as previously explained, and often enforce compliance without negotiation. The third type is permissive communication, where parents allow their children a high degree of freedom in their behavior, providing minimal restrictions or guidance. Effective communication requires openness, trust, supportiveness, and empathy from both parties to maintain a close relationship. In communication studies, such a relationship is referred to as interpersonal communication. A strong interpersonal relationship fosters openness, allowing individuals to express themselves freely, which in turn enhances the effectiveness of communication between them.

Interpersonal communication between parents and children can be analyzed using the Interpersonal Deception Theory (IDT). This theory originates from the field of Communication Psychology and was developed by David B. Buller and Judee K. Burgoon in 1996. IDT explains how deception is consciously used by an individual to create false beliefs in the receiver, either for positive or negative purposes. Face-to-face communication is inherently more interactive than communication over the phone, and in turn, phone conversations are more interactive than communication via SMS or email.

This theory defines deception as a message strategically and consciously delivered by the sender to create trust in a false conclusion for the receiver, either for positive or negative purposes. As a result, it directs others toward misleading beliefs or incorrect conclusions.

The communication patterns in military families are not significantly different from those in other families. However, in military households, the role of family communication is more heavily placed on the mother as the primary communicator with the children. This is due to the father's responsibilities in serving the nation, which often require him to spend more time in the field than at home, resulting in reduced communication within the family. Based on the explanation above, the author is interested in conducting a more in-depth study and analysis on "Interpersonal Communication Strategies of Military Parents in Encouraging Openness in Children (A Case Study of the TNI-AD Complex at Yonkav 7/PS Military Quarters, Cijantung, East Jakarta)." This study aims to analyze the communication strategies used by military parents in conveying information to their children and its impact on openness within military dormitory families.

## METHOD

Qualitative research was chosen as the research method for this study. Qualitative research prioritizes processes

and meanings based on the perspectives or assessments of the subjects involved. This research method is often referred to as the ethnographic method because of its significant use in cultural anthropology. Additionally, qualitative research is sometimes called the naturalistic research method, as it is conducted in a natural setting that reflects real conditions. This study employs a phenomenological approach, a type of qualitative research that focuses on closely observing and listening to individual experiences in a detailed and comprehensive manner (Sugianto, 2015). The phenomenological approach was selected because it has not been widely used, especially in studies related to this particular theme or issue.

The method used to select informants in this study is purposive sampling, where the researcher deliberately selects informants based on specific criteria to obtain the desired data and participants (Sugiyono, 2018). This technique is used to identify key informants, referring to individuals who possess the most knowledge and information about the subject under study. The informants in this study are divided into two categories: parents and children. Parent informants must be military personnel, aged 40-50 years old, and able to communicate directly with their children. Meanwhile, child informants must be students (either school or university level), aged 12-18 years old, enrolled in an educational institution within the TNI-AD Complex at Yonkav 7/PS Military Quarters, Cijantung, East Jakarta, and able to communicate with their parents either daily or weekly. The study involves a total sample of 10 participants, consisting of five parents and five children.

The data sources in this study consist of two types, namely primary data and secondary data. Primary data is obtained directly through in-depth interviews and observations of communication patterns within military families. Meanwhile, secondary data is collected from various relevant sources, such as books, academic

journals, previous research reports, official documents from military institutions, and communication policies within military family environments. This data is used to enrich the theoretical framework and compare the research findings with previous studies.

The data analysis technique used in this study follows the interactive qualitative analysis model proposed by Miles and Huberman. This interactive model consists of four stages: data collection, data reduction, data presentation, and conclusion drawing (Sugiyono, 2018).

## RESULT AND DISCUSSION

### Communication Strategies of Military Parents

Communication is the process of sending and receiving messages between two or more individuals in an appropriate manner, ensuring that the intended message is clearly understood. It can be seen as a pattern of relationships between individuals engaged in message exchange, where effective transmission and reception enable mutual understanding. Interpersonal communication between parents and children plays a crucial role in shaping a child's attitude. It reflects how parents apply effective communication within the family. When communication is established with love and care, positioning the child as an individual who needs to be educated and guided, the interaction within the family will be more positive and constructive.

Communication is an essential aspect of human social life and cannot be separated from daily interactions. It begins within the smallest social unit, the family environment. Parents are the first individuals who introduce and teach communication to their children. Therefore, parental communication must be carefully nurtured. Understanding children thoroughly reflects parental responsibility toward both the current and future generations. Through communication, parents can gain insight into their child's thoughts and feelings, making it easier to

identify and address any challenges they face. To develop a strong personality and a positive character in children within the family, a harmonious and dynamic family atmosphere must be established. This can only be achieved through strong two-way coordination and communication between parents and children.

The formation of a child's personality can only be achieved through effective communication between parents and their children. Every parent naturally wants their child to develop a good character, but as children grow, they are also influenced by their surrounding environment. Children are often exposed to external factors that can shape their personalities. For instance, if a child befriends peers who are harsh and rude in their daily interactions or associates with delinquent children, these influences can significantly impact their personality development.

Communication between military parents and their children has distinct characteristics compared to non-military families. Based on the research findings, the communication strategies employed by military parents to foster openness within the family can be categorized into five main forms: instructive communication, experience-based communication, adaptive communication, storytelling communication, and communication based on specific symbols or codes.

The instructive communication strategy is the most commonly used by parents who are accustomed to the hierarchical structure of the military. In this pattern, communication tends to be one-way, where parents primarily give commands and directives that children are expected to follow. While this method is considered effective in instilling discipline and order, some children feel that they have limited opportunities to express their opinions openly. However, some parents attempt to balance this approach with experience-based communication, where they convey messages through real-life

stories from their military service. This approach allows children to better understand the context of the messages being delivered and fosters a closer emotional connection between parents and children.

In addition, there is also the adaptive communication strategy, where parents adjust their communication style based on the child's age and situation. In this approach, parents strive to be more flexible, especially when discussing sensitive topics or when children begin to express critical attitudes toward the rules applied within the family. Another approach found in this study is communication through storytelling, where parents use narratives to convey moral messages or provide lessons to their children. Finally, some military families develop communication based on symbols or codes, which serve as an effective way to deliver messages without using direct words.

The impact of these communication strategies on a child's openness varies significantly. Families that adopt a more flexible communication style tend to have a more open relationship compared to those that strictly apply an instructive communication approach. A more adaptive communication pattern allows children to feel more comfortable expressing their thoughts and feelings, whereas a communication style that is too formal and hierarchical may lead children to become more reserved or even hesitant to speak with their parents.

### **Forms of Information Manipulation by Military Parents**

In military families, communication between parents and children often has a different dynamic compared to non-military families. The demands of military life, strict discipline, and the inherent risks of a soldier's profession lead many military parents to adjust the way they convey information to their children. This adjustment aims to maintain emotional balance within the family, ensure that

children are not overly burdened by the realities faced by their parents, and uphold authority and stability in the household. However, these communication limitations can also have long-term effects on a child's trust and openness toward their parents.

In this study, it was found that information manipulation by parents in military families occurs in various contexts. The four most common contexts identified are: (1) concealing dangerous situations related to military duties, (2) simplifying the family's economic condition, (3) hiding difficulties or pressures related to service, and (4) avoiding discussions about personal or emotional issues. Interviews with several military parents and children revealed that although the primary goal of this strategy is to protect the child, its emotional impact cannot be ignored, particularly regarding trust and openness within the family.

Military parents often avoid discussions about the family's financial situation to keep their children focused on their education. However, for older children, a lack of awareness about the family's economic condition may leave them unprepared to face financial realities in the future. In some cases, children feel excluded from family decisions, which can lead to frustration and distrust regarding their parents' openness.

In a military family environment, maintaining a child's emotional stability is a top priority for parents. However, by concealing the pressures they experience in their unit, parents may unintentionally create emotional distance from their children. Children raised in such an environment often struggle to understand or connect with their parents in deeper and more meaningful conversations.

One of the interesting findings in this study is the presence of information manipulation by parents in their communication with their children. This manipulation is not intended to deceive but rather serves as a strategy to protect children from information deemed too overwhelming or likely to cause anxiety.

Based on interview results, this form of information manipulation generally occurs in four main aspects.

First, concealing dangerous situations related to military duties. Parents often withhold accurate information about their deployment location and the level of risk involved to prevent their children from worrying. Second, simplifying the family's economic condition. Some parents choose not to be transparent about the family's financial situation to ensure that their children remain focused on their education and are not burdened by economic concerns. Third, hiding work-related stress. Parents tend to avoid sharing the difficulties they face in their unit, including work pressures, conflicts among personnel, or the emotional challenges they experience. Fourth, avoiding discussions about emotions or personal issues. Parents primarily communicate about rules and responsibilities rather than openly discussing their own feelings and emotional state.

The impact of this practice varies depending on how children respond to these communication patterns. Some children perceive it as a form of parental protection, while others may develop distrust, as they often learn the truth from other sources. More critical-minded children tend to question the validity of the information provided by their parents, whereas more obedient children accept this information manipulation as a natural part of military family life.

Based on the research findings, most parents are aware that they do not always provide entirely honest information to their children. This awareness arises from several factors, such as the desire to maintain their children's psychological stability, uphold their authority as the head of the family, and limit discussions to topics deemed relevant to military family life.

In this communication pattern, parents tend to avoid topics that may cause discomfort or are deemed inappropriate for family discussions. They also believe that communication should maintain certain

boundaries to ensure that children continue to respect them as authority figures. However, some parents also recognize that withholding too much information can lead to children feeling emotionally distant from them.

As a result, this communication pattern creates a more formal interpersonal relationship within military families compared to non-military families. Children become more accustomed to structured, rule-based communication, and in some cases, they feel more comfortable talking to their mother or another figure perceived as more open than their father, who serves as a soldier.

Many military parents adopt a more pragmatic communication approach, avoiding discussions about emotions or personal feelings to foster mental resilience in their children. However, for older children, this communication style can lead to feelings of alienation and emotional distance from their parents. In the long term, this may affect their ability to develop healthy interpersonal relationships in the future.

Interviews with five father-child informants revealed that although parents limit openness in communication to protect their children, in some cases, children feel emotionally distant from their fathers. This finding highlights the need for a balanced communication approach within military families, ensuring that protection and openness coexist to maintain trust and emotional closeness within the family.

Additionally, an overly restrictive communication approach can lead to uncertainty, anxiety, and even distrust toward parents. Children who are accustomed to receiving incomplete or filtered information from their parents may struggle to understand reality and develop healthy communication skills.

Therefore, it is crucial for military parents to carefully consider the best way to convey information to their children. Providing age-appropriate information and creating an open space for discussion can

help maintain a balance between protection and trust while strengthening overall family relationships.

### **The Purpose of Conveying Incomplete or Filtered Information by Military Parents**

In families with military members, parent-child communication has a unique dynamic. The limitation of information provided by parents to their children is often not without reason but is based on specific considerations aimed at maintaining emotional balance within the family. Parents serving in the military frequently face dangerous situations, psychological stress, and heavy workloads, leading them to selectively share information with their children.

Most military parents choose not to fully disclose the truth to protect their children from anxiety, maintain family stability, and uphold their authority as the head of the household. This decision has complex implications for family communication patterns, both positively and negatively. While the initial intent is protective, children often feel ignored or emotionally disconnected from their parents.

The communication dynamics within military families require deeper examination to understand how parental communication strategies influence emotional relationships within the household. By analyzing the reasons behind the selective sharing of information by military parents and its impact on their children, this study aims to provide insights into how communication patterns in military families can be improved to foster greater openness and emotional well-being. Military parents have strong reasons for withholding certain information from their children, particularly regarding the risks associated with their profession. They aim to ensure that their children feel safe and are not burdened by the uncertainty and dangers they face daily.

Military parents have specific objectives in limiting the openness of

information, including protecting their children from excessive worry, maintaining emotional stability within the family, preserving their authority as family leaders, and prioritizing their children's emotional well-being.

Based on interviews, parents believe that excessive openness could negatively impact their children's development, especially in a family environment that demands discipline and obedience. However, this strategy also has consequences. Children who feel that the information provided is not entirely truthful tend to seek answers from other sources, such as peers or external media. This can reduce openness in family communication and hinder the development of a healthy emotional relationship between parents and children.

Several previous studies have explored interpersonal communication within families, including in the context of military families. Sintia Permata (2013), in her study "Long-Distance Communication Patterns Between Parents and Children," found that communication barriers in families are often caused by differences in family types, such as protective and career-oriented families, as well as external factors like economic conditions and time constraints (Permata, 2013).

Another study by Vani Rasika (2015), titled "Interpersonal Long-Distance Communication Between Parents and Children," highlighted the importance of openness in long-distance communication, where effectiveness is highly influenced by parental empathy and emotional support (Rasika & Lubis, 2015). Meanwhile, research by Aprilia, Susetyo, and Mijianti (2023) in "Communication Patterns of Indonesian Army Soldiers in Parenting" revealed that communication in Indonesian Army (TNI AD) soldier families is shaped by military hierarchy and culture. The study identified that TNI AD soldiers use four main language variations and apply three primary communication patterns: communication as action (one-way), communication as

interaction (two-way), and communication as transaction (multi-way) (Aprilia, 2023).

While these studies provide insights into family communication patterns, this research differs significantly in several aspects. Previous studies have primarily examined long-distance communication between parents and children in a general context, without considering the influence of military culture, hierarchy, and discipline in military families. In contrast, this study specifically analyzes communication patterns within military families, including how parents serving as soldiers regulate information openness, deliver messages through specific strategies, and their impact on interpersonal relationships with their children.

Additionally, this study employs Interpersonal Deception Theory (IDT) as a theoretical foundation to understand how military parents adjust the level of information openness in communication. Unlike previous research, which has emphasized two-way democratic communication, this study reveals that communication in military families tends to be more instructive, symbol-based, and restrictive in certain areas to maintain children's psychological stability and overall family balance.

## CONCLUSION

Military parents employ various communication strategies when conveying information to their children. These strategies include instructive communication, experience-based communication, adaptive communication, storytelling, and symbol-based or coded communication. While these methods aim to maintain discipline and provide clear guidance, an overly instructive or authoritative approach can limit a child's openness in communication. Conversely, more flexible and experience-based communication strategies tend to enhance openness, as children feel more valued in family interactions.

In some situations, military parents simplify or modify information when communicating with their children. This information manipulation generally occurs in four key aspects: (1) concealing dangerous situations in military duties, (2) simplifying the family's economic condition, (3) hiding work-related stress, and (4) avoiding discussions on personal or emotional matters. The impact of this practice varies—some children feel more at ease and less burdened by heavy information, while more critical-minded children may develop distrust toward their parents, sensing that certain details are being withheld. Most military parents acknowledge that they do not always provide completely truthful information to their children. This awareness stems from several reasons, including the desire to maintain their child's psychological stability, uphold their authority as the head of the family, avoid unnecessary confrontation, and restrict discussions to topics deemed relevant. This communication pattern often makes children more cautious when speaking to their parents, and in some cases, it creates emotional distance, leading children to feel more comfortable discussing personal matters with mothers, teachers, or peers.

The primary objectives of limiting information openness among military parents are (1) protecting children from excessive worry, (2) maintaining emotional stability within the family, (3) preserving authority as family leaders, and (4) prioritizing the child's emotional well-being. While these goals are rooted in good intentions, they can inadvertently reduce openness in family communication, making it difficult for children to discuss certain topics with their fathers. As a result, children often turn to external sources for information, which may pose risks if the information is not properly filtered or contextualized.

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