

CHAPTER V. CONCLUSIONS AND SUGGESTIONS

A. Conclusion

Based on the results of research and discussion about the relationship between parent communication patterns and incidents of anxiety in Generation Z middle adolescents, the following conclusions can be drawn:

1. There is a significant relationship between the relationship between parents' communication patterns and incidents of anxiety in generations Z middle adolescents
2. Most respondents experience dysfunctional communication patterns with parents, associated with openness issues.
3. Respondents with dysfunctional communication tend to have mild to moderate levels of anxiety.
4. The characteristics of the respondents were mostly aged 15-17 years, with the majority being female (63%).

B. Research Suggestion

Based on the results of the study, suggestions are made for further research, namely:

1. For Nurses, provide education to parents on the importance of open and empathic communication to support adolescent mental health.
2. For Parents, Parents are expected to be more active in taking the time to listen and understand children's feelings empathetically. As well as developing functional communication patterns by paying attention, respecting opinions, and avoiding authoritarian attitudes.
3. For Future Researchers, it is suggested that data about parents' communication patterns can be collected directly from parents in order to get a more objective description.