

Interpersonal Communication of Double Burden Parents Towards Children In Handling Toxic Relationships In The Digital Era In Tanjung Mulia Hilir

Desi Wulandari^{1*}, Nursapia Harahap²

^{1,2}Ilmu Komunikasi, Uin Sumatera Utara, Medan, Indonesia

* Corresponding author:

Email: desi0603221040@uinsu.ac.id

Abstract.

This study aims to analyze the interpersonal communication of parents with a dual role (double burden) in dealing with toxic relationships with children in the digital era in Tanjung Mulia Hilir. The study used a descriptive qualitative method with a case study approach through interviews and observations. Data analysis was carried out through data reduction, presentation, and drawing conclusions, using triangulation techniques for validity. The results show that effective interpersonal communication, including openness, empathy, and emotional support, plays a crucial role in helping children recognize and exit unhealthy relationships. However, parents' limited time is a barrier to building optimal communication. Furthermore, the development of digital technology also affects the quality of interactions, which tend to be minimal in emotional expression. Therefore, improving digital literacy and interpersonal communication skills is necessary to support healthy relationships between parents and children.

Keywords: *Interpersonal communication, double burden parents, toxic relationships and digital era.*

I. INTRODUCTION

Humans are social creatures, and interaction and communication are inextricably linked. These interactions are quickly established through various media. This interaction fosters ongoing contact. Since the beginning, humans have played a role in socialization within a small circle, namely the family. Furthermore, their socialization environment expands to include their peers. The interpersonal communication that adolescents engage in within their environment can actually strengthen their identity. Interpersonal communication can also help children learn more about their potential and develop their talents through shared interests (Remaja, Praptiningsih, & Putra, 2021).

Interpersonal communication between parents and children is certainly inseparable from the primary role created by parents themselves, as they are the first place where children receive basic education. Parents play a crucial role in providing and conveying good behavior to their children. All processes, of course, are two-way; good interpersonal communication will create healthy communication, free from intentional or even bad communication. Interpersonal communication not only serves as a means to convey messages clearly, but also serves as a tool in building healthy and mutually supportive communication. Through interpersonal communication, we can have a more open, empathetic nature, and respect the opinions expressed (Dr. edi harapan & Dr. H Syarwani Ahmad, 2022).

The double burden, or what is commonly referred to as a double burden, is a form of gender inequality. A double burden is the burden of work for one gender exceeding that of the other. Women's reproductive roles are often considered static and fixed. Although the total number of women working in the public sphere continues to increase, this has not been accompanied by a reduction in their responsibilities in the domestic sphere. This condition causes women to experience a double burden. First, women continue to carry out the role of housewives, which reflects the feminine role. Although not directly generating income, this contribution is still productive because it supports men as heads of families in earning a living. Second, women also play a role as income earners, either as a source of additional income or as the primary breadwinner (Refina Perdede, jacob Daan Engel, 2024).

Toxic relationship means "Toxic" and "Relationship." Combined, a toxic relationship is a bond that occurs between two individuals or groups. This toxic relationship is interpreted as a destructive and murderous attitude. This toxic relationship is very disadvantageous for either party or from any perspective because everything that happens will experience pain, both physically and mentally. We can also see this toxic relationship from how we feel uncomfortable in the relationship, can make bad comments, excessive

jealousy, very sharp criticism, behavior that embarrasses someone, an attitude of not wanting to give in to opponents, and also dishonesty that makes everyone feel worse. Then, the toxic relationship can occur in several problems such as problems in the personal environment, family, economic, social, romantic, and inner turmoil. All relationships certainly have ups and downs, but toxic relationships are very disruptive to our energy and also the person in it can cause a decline in their mental and physical health (Keny, Syahputra, & Pratomo, 2023).

In the digital age, the way we communicate with others is changing drastically. Many interactions take place through digital media, often resulting in a reduction in the use of nonverbal cues, which are crucial for strengthening emotional bonds. Therefore, the ability to clearly perceive and respond to emotions in digital communication is becoming increasingly important. Furthermore, the digital era also introduces elements that can impact parents' skills and ability to apply digital technology, enabling them to build more efficient and intimate communication with their children (Birawa & Christijanto, 2025).

This research is also related to the Uses and Effects Theory, which is the result of integrating the Uses and Gratifications approach with conventional media effects theory. The element of use is a central aspect of this theory, as understanding media usage patterns can provide a basis for analyzing and predicting the impacts on interpersonal communication processes. This use can lead to changes in perspectives on relationships, emotional dependency, and unhealthy communication behaviors, potentially leading to toxic relationships. Interpersonal communication between parents and children plays a crucial role in controlling and addressing the effects of this media use. Through openness, empathy, emotional support, and two-way communication, parents can help children understand the risks of unhealthy relationships and guide them in building healthy relationships in the digital age (Ii & Teori, 2023).

The purpose of this study is to determine the Interpersonal Communication of Double Burden Parents Towards Children in Handling Toxic Relationships in the Digital Era in Tanjung Mulia Hilir, as well as to analyze how parents handle children trapped in Toxic Relationships. Based on this background, the researcher is interested in discussing "Interpersonal Communication of Double Burden Parents Towards Children in Handling Toxic Relationships in the Digital Era in Tanjung Mulia Hilir".

II. METHODS

This research method is descriptive Qualitative with a Case Study approach. This approach was chosen because the purpose of the research is to examine in depth the phenomenon of interpersonal communication between parents and children in dealing with toxic relationships in the digital era, with an emphasis on experiences, perceptions, and construction of meaning formed by the research subjects. According to () Qualitative Research produces written words in the form of explanations of the problems studied about How Interpersonal Communication of Parents to Children in Handling Toxic Relationships in the Digital Era in Tanjung Mulia Hilir. In a case study approach, of course, researchers will conduct observations carried out in Tanjung Mulia Hilir on April 1, 2026. This observation was carried out through in-depth interviews with key informants who were the objects of research, while the objects of this research were double burden parents who had children trapped in Toxic Relationships.

The interview results were then compiled into a written narrative. In analyzing the data, the researcher referred to the opinions expressed by parents during the interviews and documentation as supplementary data (Sofwatillah et al., 2024). Data validity is then assessed after the researcher has collected the research results. Data validity is then assessed to determine whether the data and the search process are correct. The elements assessed include the duration of the research, the ongoing observation process, and the data obtained from research informants, a process we call data triangulation (Dr. Nursapia Harahap, 2020).

III. RESULT AND DISCUSSION

Based on the results of interviews with five parents who have a double burden and also have children who have experienced toxic relationships. It is known that having a double burden is certainly not easy to do because the busyness of parents results in interpersonal communication between children and parents certainly reduced and children want to talk about what they have been through but can not always be fully

open. The parents that researchers interviewed have a background that lives only with their children or can be called single parents and also play an important role in the development of children and meet the needs of children's lives or another term Double Burden.

Interpersonal communication is certainly a key focus for parents and children because it allows us to understand what's happening in their child's environment. Due to parents' dual work or roles, children may find themselves trapped in toxic relationships. The purpose of this interview was to gain insight into parents' perspectives on dealing with children trapped in toxic relationships, especially in the digital age.

The first parent, identified as DN, works as a vendor at a food stall, operating until late at night. This busy schedule naturally reduces the amount of time spent with their child in engaging in two-way interpersonal communication. Interviews with informants who are parents with a dual role (double burden) revealed that interpersonal communication between parents and children is good and relatively smooth. This is evident in the parents' efforts to maintain ongoing interaction despite their busy work schedules.

Mrs. DN revealed that her communication with her child tends to be open. As a single mother, she slowly approaches her child by asking about their daily activities and any challenges they face. Despite limited time due to work, this effort demonstrates an awareness of the importance of interpersonal communication in building emotional closeness with children.

In understanding the phenomenon of toxic relationships, informants defined them as unhealthy and detrimental. This understanding was reinforced by the experiences of children who had experienced hurtful behavior in relationships, resulting in psychological changes such as loss of identity and prolonged sadness. These findings align with the concept of toxic relationships as having negative emotional and mental impacts.

Furthermore, in dealing with this situation, DN's mother chose a personal communication approach, giving her child space to recover and return to a normal life. Parents also played an active role in providing support in the form of motivation and encouragement to prevent their child from falling back into a similar relationship. However, in the context of the digital era, informants acknowledged that the influence of digital media can also be a factor in shaping children's behavior. Uncontrolled digital exposure has the potential to influence children's mindsets and attitudes, including their interpersonal relationships. This suggests that interpersonal communication challenges stem not only from parental time constraints but also from the dynamic development of digital technology.

Overall, the results of this study indicate that open, empathetic, and supportive interpersonal communication plays a crucial role in helping children cope with and emerge from toxic relationships. However, a balance between parents' work roles and childcare, as well as increased digital literacy, is needed to minimize the negative impact of the digital era on children's interpersonal relationships.



Fig 2. Interview documentation with Mrs. NI

The second parent, identified as NI, works as a hotel cleaner, cleaning hotel rooms every day until the evening. This busy schedule naturally reduces the amount of time spent with her child for interpersonal communication.

Based on interviews with informants, it was found that interpersonal communication between parents and children persists despite distance limitations. Informants revealed that communication is conducted openly through a relaxed approach, such as small talk. Although not everything is conveyed comprehensively by children, children tend to be open in sharing daily activities, especially related to the work environment. This communication is more often done through digital media such as WhatsApp,

considering that children live outside the region or even abroad. This shows that in the digital era, interpersonal communication can still be established effectively even without direct face-to-face meetings, in line with the theory of interpersonal communication in the digital era which emphasizes the importance of technological adaptation.

Furthermore, children's openness to their parents is also an indicator of successful interpersonal communication within the family. Informants stated that their children tend to be honest and open in communicating various matters. This reinforces the concept that good interpersonal communication can foster trust and comfort, so children feel free to share their experiences and challenges.

In understanding the concept of a toxic relationship, informants define it as a relationship that creates pressure and limits an individual's freedom of thought and action. This view aligns with the theory that a toxic relationship is unhealthy and tends to be emotionally and psychologically detrimental. Informants also added that in such situations, individuals often feel unsure about their actions, indicating strong psychological pressure.

Furthermore, the informant revealed that her child had been in an unhealthy social environment. However, the child's ability to select and choose a positive social environment was a crucial factor in avoiding negative impacts. This suggests that effective interpersonal communication from parents plays a role in shaping children's decision-making skills, particularly in avoiding potentially toxic relationships or environments.

When faced with changes in their child's behavior, such as becoming more withdrawn, the informant uses a persuasive approach by engaging the child in discussions and exchanging ideas. This approach aims to maintain openness and prevent the child from becoming withdrawn. This attitude reflects a form of empathetic and supportive interpersonal communication, which is crucial for maintaining a child's mental health. If the child is indicated to be trapped in an unhealthy relationship, the informant chooses to provide sound advice and guide the child to be able to sort out positive relationships and avoid harmful ones. This approach demonstrates that the role of parents is not only as a supervisor, but also as a guide in decision-making.

Furthermore, the informant also highlighted the influence of social media on children's lifestyles. According to the informant, social media has a significant impact because children are easily influenced by the content they consume. Therefore, the informant provides education to children so they are not overly influenced by the standards displayed on social media. This aligns with the concept of digital media literacy, which emphasizes the importance of individual ability to filter information.



Fig. 3. Documentation of Interview with Mrs. SA

The third parent, identified as SA, works as a home-cooked food vendor, busy preparing several orders at home every day. Despite working from home, this busy schedule also reduces the amount of time spent with their children, which leads to two-way interpersonal communication.

Based on the results of interviews with informant Mrs. SA, a picture was obtained regarding interpersonal communication patterns between parents and children in dealing with the phenomenon of toxic relationships in the digital era. Mrs. SA explained that in daily life, her child spends more time outside the home. Despite this, the informant still strives to maintain good communication with her child through a relaxed approach. Communication usually takes the form of exchanging stories, and the informant (Mrs. SA) strives to be a good listener for her child. This indicates an effort to build open two-way communication despite the limited frequency of togetherness.

At first, the informant's child (Mrs. SA) tended not to be open about the problems she was facing. However, the informant (Mrs. SA) tried to get closer emotionally, especially when she saw changes in her child's behavior. The informant then began to slowly ask questions about the child's condition, so that the child became more open in expressing his feelings. Regarding the understanding of toxic relationships, the informant (Mrs. SA) admitted that previously she had not understood the term in depth. However, after knowing its meaning, the informant (Mrs. SA) understood that a toxic relationship is an unhealthy relationship and is emotionally detrimental to one of the parties.

Experiences revealed that the informant (Mrs. SA) witnessed her child develop a close relationship with someone who negatively impacted her emotional state, such as causing sadness. Although this situation did not last long, the experience made the informant (Mrs. SA) more alert and increased her attention to her child's condition, including asking about his emotional state. The informant (Mrs. SA) also stated that changes in a child's behavior can be recognized through emotional aspects and daily attitudes. When these changes occurred, the informant (Mrs. SA) tried to get closer so that the child felt comfortable and willing to open up about the problems he was facing.

If the informant (Mrs. SA) knows that her child is in an unhealthy relationship, the steps taken are to provide advice, attention, and provide space for the child to interact with friends as a form of positive social support. Furthermore, the informant (Mrs. SA) believes that social media has a significant influence on children's behavior. Children are considered easily influenced by unhealthy social environments via the internet. Therefore, the informant strives to continue providing direction, advice, and monitoring their children's activities on social media.



Fig. 4. Documentation of Interview with mrs. SD

The fourth parent, whose initials are SD, works as a housewife. Even though she doesn't have a job, this naturally reduces the amount of time she spends with her children, as they tend to spend more time outside, resulting in less interpersonal communication.

Based on the interview results, interpersonal communication between parents and children occurs regularly, especially in the morning and evening. Parents strive to build closeness by asking about their children's activities, feelings, and experiences. However, children's openness has not yet fully developed, especially when facing personal problems. Children's openness is situational, where children tend to be open about minor issues, but closed off about emotional issues. This indicates barriers to interpersonal communication, particularly in aspects of trust and emotional comfort. In terms of understanding, parents already know that a toxic relationship is an unhealthy relationship characterized by hurtful behavior, excessive control, and discomfort. However, this understanding is still general. Indications that a child is experiencing an unhealthy relationship are visible from changes in behavior, such as becoming more withdrawn and gloomy.

In dealing with these situations, parents use a persuasive approach with non-coercive communication and utilize indirect methods such as monitoring social media and asking their child's immediate environment. The responses tend to be supportive, including reassurance, gentle advice, and support for the child's decisions. Furthermore, digital media is a significant factor influencing children's relationship patterns. Children tend to imitate patterns from social media without the ability to filter information properly, potentially leading to toxic relationships.

The fifth parent with the initials HW works as a cake seller and also as a housewife whose daily routine is making cakes and selling, so that time with her children is reduced and it is difficult to know what activities her children are doing.

Based on the interview results, it appears that communication between parents and children is quite varied. Sometimes the relationship feels warm, but at other times communication becomes less open. This indicates that interpersonal communication within the family is not yet fully stable, especially in terms of openness and emotional closeness. Informants also stated that children are not yet fully open, especially when dealing with personal issues such as romantic relationships. This condition makes it difficult for parents to fully understand their children's feelings and creates a barrier to communication.

Regarding toxic relationships, informants understand that these relationships are unhealthy and have negative impacts. Children are known to have experienced such relationships, which then affect their behavior. Observable changes include children becoming more withdrawn, often locking themselves in their rooms, and reducing social interactions. To address this, parents use a gradual approach by providing guidance and advice, and encouraging children not to linger in unhealthy relationships. This approach is carried out so that children can emerge from these conditions and recover emotionally.

Furthermore, informants assessed that digital media has a significant influence on children's behavior, even up to 70%. Social media is also seen as influencing how children think and form relationships, necessitating parental supervision and guidance.

Interpersonal Communication

Interpersonal communication is crucial for any life event, according to (Anggraini, Ritonga, Kristina, & Syam, 2022). Interpersonal communication is a relationship between two or more parties that can influence one another. Psychologically, communication is defined as the assumption that an individual cannot be directly observed due to their internal location. The meaning of interpersonal communication often occurs due to the perception of those who already understand. Interpersonal communication involves the sender and receiver of messages from various directions. It can encompass aspects of communication, such as listening, persuading, affirming, non-verbal communication, and so on (Farhan, Monang, & Batubara, 2022).

Interpersonal Communication between Parents in Shaping Children's Behavior

Interpersonal communication between parents and children is a key element in maintaining harmonious relationships. If family members rarely communicate, or even refuse to listen, the relationship may feel fragile and far from close. Interpersonal communication has a significant potential for shaping a person's attitudes because it allows for a two-way exchange of information and, of course, utilizes instinct as a powerful means of influencing development (Anisa Sukma Ningrum Br. Sitepu 1, 2024). Interactions between people naturally have a significant impact on a child's character. Parents' important role can also help a child become more open (Anisa Sukma Ningrum Br. Sitepu 1, 2024).

Forms of Interpersonal Communication

Interpersonal communication, which we consider to be the appropriate form of communication, is used to regulate a person's attitudes, opinions, and behavior. Other forms of interpersonal communication involve both verbal and nonverbal communication. This interpersonal communication involves terms and nonverbal gestures in conveying meaning. This encompasses the source of the message and how it is delivered or expressed. It also involves spontaneous behavior, behavior created as a hobby or known behavior, or a combination of the three. There are also dynamic and evolving behaviors.

Therefore, communication is a highly developed achievement, differing in the bonds between the participating parties, the content of the message, and how it is expressed. There is also feedback, including personal interactions and coherence. Interpersonal communication often occurs as a result of actions between the sender and the interpreter. The resulting influence is influenced by a level of knowledge, feelings, and behavior. These guidelines can all be seen intrinsically. We can assess interpersonal communication from the rules already implemented within society to create the process of people communicating with each other.

There are also extrinsic rules applied by specific situations, involving persuasion. Communication is also crucial for change and development. Through communication interactions, the parties involved can

create inspiration, enthusiasm, and encouragement to improve thought patterns, feelings, and behaviors according to the topics we will discuss with each other (Rini & Anshori, 2023).

Interpersonal Communication in the Digital Age

In the digital age, a major problem in interpersonal communication is a lack of emotional engagement. Text messages and the predominant use of emojis often fail to convey emotions fully, resulting in poor interactions and disrupting interpersonal relationships. Increasing emotional engagement without sacrificing the efficiency and speed afforded by current technology is a crucial question. Technology will evolve into sophisticated devices, becoming a significant distraction.

While the digital age offers speed and accessibility, it will also present new challenges to our focus. Therefore, it is anticipated that solutions to overcome digital challenges and strengthen all interpersonal interactions will be needed. Conversely, better communication skills can be achieved through interpersonal communication in the internet age. In the digital world, creativity in the use of language, word choice, and non-verbal communication can help foster communication quality. Through the development of appropriate communication skills, digital media can be used to convey emotional nuances more effectively.

In the internet age, interpersonal communication has become easier, allowing access to cultural diversity and connectivity across geographic boundaries. This creates opportunities for intercultural collaboration, allowing people from diverse backgrounds to exchange opinions and ideas. Therefore, it is important to examine ways to improve intercultural collaboration and how to incorporate it into everyday communication. The impact of the lack of emotional engagement that occurs in responses to text messages and written communication has consequences for interpersonal relationships (Howard, P. N., & Parks, 2022).

Adaptation Strategies to Improve the Quality of Interpersonal Communication in the Digital Era

To ensure that this digital communication transformation minimizes the many shortcomings of interpersonal relationships, a strong, unified approach is required. The primary solution is to improve media literacy within the community. Providing digital literacy significantly helps individuals understand how to properly access technology, obtain information, and maintain privacy. Furthermore, media literacy and communication skills education are also crucial, especially for the younger generation (Hidayatullah, Rusnawati, & Belarozza, 2025). They recommend media and information literacy programs to equip Generation Z with critical thinking skills and improve interpersonal communication. (Rahayu et al., 2024) also state the need for an ethical approach to the use of digital technology. Furthermore, within the context of these individuals and organizations, it is crucial to understand how policies support privacy, data security, and transparency in digital communication.

Double Burden

The double burden, often known as the "double burden," is a manifestation of gender inequality. This condition occurs when one gender bears a greater workload than the other. In this case, women's reproductive roles are often viewed as fixed and unchanging. Although the number of women involved in public work continues to increase, this has not been accompanied by a reduction or even reduction in the burden experienced by women in the domestic sphere. Women's double burden is implicated in: First, women's role as housewives (this reflects the feminine role). Although not directly generating income, women's roles still have productive value because they support men as heads of families in earning a living. Furthermore, women are also involved as income earners, either as supplementary family income or as the primary source of income (Refina Perdede, Jacob Daan Engel, 2024).

The imbalance in the division of roles between men and women can trigger a double burden on women. This situation reflects gender inequality, which ultimately hinders the creation of equal partnerships between the two. A heavier workload for one gender leads to excessive work pressure. The term "double burden" is used because women must simultaneously perform domestic duties and work in the public sphere. This condition is a form of gender inequality known as the "double burden" (Nengsih, 2020).

Women are not just housewives; they also have the opportunity to work in sectors other than domestic duties. Women want to realize themselves in the outside world so that others do not look down on them. Women play a significant role in improving the family economy due to the increasing demands for good education, basic necessities, and technological needs. In this situation, women are reluctant to assume a

significant role in maintaining the family's economic survival. This is due to many factors, including cultural traditions and some religions, which consistently place women under a double burden in terms of rights and needs, driven by rules, norms, culture, and social sanctions. Stereotypes, negative labeling, economic poverty, limited political opportunities, lack of strategic career position opportunities, heavy workloads, and a culture of oppression are descriptions of gender inequality (Dr. Nursapia Harahap, 2022).

Toxic Relationship

In general, a toxic relationship can be defined as an unhealthy relationship involving two people. The word "toxic" means poison, and the word "relationship" means connection. The term "toxic" can be interpreted as a "poisonous relationship." The term "toxic" refers to negative behavior that can cause discomfort. A toxic relationship can be defined by destructive attitudes and actions that ultimately lead to negative outcomes for the individual. In context, it's clear that "bad" refers to a relationship that doesn't produce benefits or mutual benefit (Sulastri, Ramadhana, & Gangka, 2022).

Factors in Toxic Relationships

Mayorita (2021) identified four factors that influence the development of toxic relationships: individuals with anxious attachments due to experiences of neglect, individuals with avoidant attachments triggered by experiences of disappointment, the influence of parental authority, and a high need for emotional attachment. These four factors demonstrate the emotional aspects that play a role in a person's experience in an unhealthy relationship. Therefore, the ability to manage emotions is crucial so students can recognize that their relationship is toxic and needs to be addressed immediately (Komarudin, 2024).

The Impact of Toxic Relationships

Every behavior or action has a specific impact, and toxic relationships are no exception. The impact of toxic relationship behavior can be more severe, causing trauma to one or both parties, or even death (Syafdana & Gumelar, 2024).

Causing Factors for Toxic Relationships in Interpersonal Communication

Causing factors are the conditions or reasons behind an action taken by a social actor (Gunderson et al., 2020). Carter stated that toxic behavior generally occurs due to abuse of power through excessive control, selfishness, demands, dishonesty, condescension, and excessive jealousy. Based on interviews with two key informants, several reasons were identified as to why a relationship is toxic. In a toxic relationship, interpersonal communication is impaired. Although openness, empathy, support, and other positive aspects initially occur, these are not enough to maintain a healthy relationship. In toxic relationships, both partners often lose control of their emotions, resulting in verbal abuse, possessiveness, manipulation, and excessive jealousy, which further damages interpersonal communication within the relationship. The partners' domineering attitudes make the partners feel constrained and make it difficult for them to express their opinions or feelings freely. Interpersonal communication, which should build trust between the two, instead becomes a source of conflict and anxiety that continues even after the subjects have separated from their toxic partners (Syafdana & Gumelar, 2024).

IV. CONCLUSION

Based on the research results, it can be concluded that interpersonal communication between parents, with their dual role (double burden), plays a crucial role in managing children who are potentially or currently experiencing toxic relationships in the digital age. Effective communication is characterized by openness, empathy, and emotional support, which can help children understand and emerge from unhealthy relationships. However, time constraints resulting from parents' dual burdens pose a major obstacle to optimal communication. This impacts children's openness, which remains situational, particularly when expressing emotional issues.

Furthermore, the development of digital media significantly influences children's relationship patterns, where a lack of digital literacy can leave children vulnerable to exposure to and imitation of unhealthy relationships. Therefore, efforts are needed to improve the quality of interpersonal communication to be more empathetic and adaptive, as well as strengthen digital literacy in parents and children to effectively prevent and address toxic relationships.

The results of this study indicate that interpersonal communication between parents with a dual role (double burden) plays a crucial role in managing children who are potentially experiencing toxic relationships in the digital age. Research by Hidayatullah, Rusnawati, & Belarozza (2025) confirms that improving digital literacy and interpersonal communication skills is crucial to supporting healthy parent-child relationships. In this regard, parents with a dual burden often face challenges in providing sufficient time and attention for their children, which can impact the quality of communication. Research by Keny, Syahputra, & Pratomo (2023) highlights that children trapped in toxic relationships often have difficulty expressing their feelings, which can be exacerbated by a lack of emotional support from their parents. Therefore, open, empathetic, and supportive communication is crucial to help children understand the risks of unhealthy relationships and provide them with the space to share their experiences and feelings. Furthermore, research by Sulastri, Ramadhana, & Gangka (2022) shows that the negative impacts of toxic relationships can have serious consequences for children's mental health, so parents' active role in fostering healthy relationships through interpersonal communication is crucial. In the digital age, where interactions often occur through social media, it is crucial for parents to improve their communication skills to build closer relationships and support their children in facing the challenges they face.

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