Interpersonal Communication Patterns of Lupus Patients at Cinta Kupu Community

Anisya Hafila Hartono[1]*, Dewi Kurniawati[2], Mazdalifah[3]
Master of Communication Science, University of North Sumatra
Corresponding Author: Anisya Hafila Hartono hartonoanisya@gmail.com

A R T I C L E I N F O

A B S T R A C T

This study analyzes the interpersonal communication patterns of lupus sufferers in the North Sumatra Cinta Kupu community, focusing on self-disclosure, initial diagnosis, and self-concept. Using a qualitative, phenomenological approach, the research seeks to understand the experiences of six informants, divided into key and triangulation groups. Data collection involved interviews and observations. The findings reveal that interpersonal communication patterns are influenced by internal factors, such as the desire to survive, communicate, and fulfill social needs, as well as external factors like empathy, motivation, and self-proving. Self-disclosure, shaped by self-acceptance, also impacts various aspects of their lives within the community. The desire to continue offspring, fulfill the needs of life as social beings, the desire to survive, and the desire and need to communicate with others. While external factors are: empathy, motivation (support) and imitation and self-proof.

INTRODUCTION

Living life interdependently with each other is something that many people do. Quoting from Paul Watzlawik, "we cannot-not communicate", we cannot not communicate. Everyone needs communication because according to art, no one can live without it. Therefore, everyone must communicate even if it is not necessary. Everyone longs for a harmonious social life. Everyone should be able to enjoy a pleasant, exciting, and peaceful life through long-distance communication with low-volume background noise (interference). For people with lupus, this cannot be achieved. This lupus disease is commonly called hematuria, and with visible physical changes, many people with hematuria become socially isolated in the general public. A series of people feel insecure, who withdraw from social life.

Concerns, both attractive and unattractive, are not accepted in court, and the recipient often rejects the process. In addition, lupus is a dominant autoimmune disease that affects people emotionally and sensitively more than other diseases. Feelings of shame, guilt, inadequacy, emotional instability, and sensitivity are more common in odapus. Feelings of pain that are different from those around them also tend to appear during menstruation, or the pain of losing a loved one. This prevents them from separating themselves from social life. They become quite protective and protective of themselves. In addition, they also experience stress that worsens their communication and interaction with others around them.

According to Tiara Savitri in the book Aku & Lupus (2005), this may happen to someone who is newly diagnosed with Lupus. Feeling anxious and emotional, angry, and ignorant, yet telling family, friends, and relatives about the diagnosis can lead to feelings of fear of not being able to live a normal life and fear of death that clouds the mind. Seeing people around you going through physical changes and then asking questions about those changes adds stress and eventually makes you want to disconnect from social life. One of the contributing factors to lupus is lack of knowledge, lack of information, and lack of understanding about the disease.

Diagnoses of lupus are increasing from year to year, according to YLI statistics taken from Republika.co.id. Lupus cases in Indonesia have also increased, from 12,700 in 2012 to 13,300 in April 2013. Meanwhile, nearly one million people worldwide suffer from lupus, a disease that mostly affects women between the ages of 15 and 45. Considering the impact of Lupus is no less than the impact of cancer and HIV/AIDS because it can interfere with activities and social life, Tiara Savitri, an odapus who also wrote the book Aku & Lupus, created a foundation that cares for odapus. On the initiative of Dr. Zubairi Djoerban, a doctor who handles lupus, on April 17, 1998 YLI (Yayasan Lupus Indonesia) was formed. YLI is the first foundation that cares about odapus. Through YLI, it is hoped that it can become a forum for odapus to share, and socialize everything about lupus to the general public. Given that many sufferers and people around them are not even aware of the existence of this disease. This is because the symptoms of lupus are too common and

widespread to be considered as symptoms of other diseases. (www.koran-sindo.com). Departing from the phenomenon

The author is interested in examining the interpersonal communication patterns of odapus with the community, considering that they are also part of society and social beings who really need communication with others. Through communication, humans who are social creatures can survive. It also serves to maintain relationships through interpersonal communication. (Mulyana, 2004: 73). This topic, according to the author, is important to research because the inferiority and low self-esteem of odapus to interact with the environment causes odapus to tend to close themselves. Thus, odapus who actually need support, encouragement and motivation to continue living their lives cannot fulfill their communication needs and cause their psychological condition to deteriorate.

In addition, when an odapus goes out into the community, as explained above, many ordinary people still find it strange, asking various questions which of course makes the odapus feel uncomfortable and different from most people. This makes interpersonal communication with the community more difficult. In this research, the author uses the phenomenological method. Phenomenology according to Littlejohn (2008:37) is basically a tradition used to explore human experience. The assumption is that humans actively understand the world around them as their life experience and actively interpret their experiences. Thus, this research will actually describe and explore more clearly and deeply the interpersonal communication patterns of odapus based on their experiences and interpretations.

In the process of giving and receiving gifts, there are two components, namely the act of giving and receiving the gift itself, and the gift itself, which consists of various stages of activity, as well as very important components in the process of giving and receiving gifts. communication between individuals, groups, and organizations. This is what is called a "Communication Pattern". Communication styles are often described as the result of a process, It can also be described as a way for individuals or groups to interact with existing symbols or forms. In any group or community, there must be patterns of behavior or habits that govern how often and how intensely its members engage in communication.

How does one convey information until it can be understood by the communicator or the person communicating it? This is one of the steps in the communication process. The communication is carried out as a result of the interaction process so as to create a system structure. It can be understood that the system structure itself is a force that forms a group in society with a relationship that divides the group into larger groups, and in each large group, there are similar small groups. The basic definition of communication is the act of passing information from one person to another with a certain level of understanding. The Latin word "communication" means "expectation" or "notification". This is where the English word "communication" comes from. So, communication is a process that allows one person to influence the behavior of

another by using universal signs and symbols based on human desires, both vocal and nonverbal, which can be understood or not.

In communication, there are many people involved as it involves one person saying something to another. Therefore, the people involved are human beings. A person's ideas can be transmitted from him and become a message, which can then be received by others as a gift, through various forms of media. The person receiving the gift can determine its effectiveness based on the weight of the gift, and the person giving it can know how much weight it has and where it came from. The donation occurred when people with lupus in the outer Sumatra butterfly love community.

The environment in which a person lies affects his communication skills, including self-disclosure. Some environmental factors that can cause difficulties in communication include ethnicity, religion, socioeconomic status, class level, and a person's level of education. (Albertia and Emmons, 2002). The environment has an impact on deteriorating health as one of its social costs. Another factor in society that influences self-disclosure is the type of assessment. On average, men are slightly taller than women. Because humans are constantly interacting with their environment, someone who wants to express themselves must go through communication to establish relationships between other people. Where communication is a means of receiving and conveying information needed to influence others.

The environment has an impact on deteriorating health as one of its social costs. Another factor in society that influences self-disclosure is the type of assessment. On average, men are slightly taller than women. Because humans are constantly interacting with their environment, someone who wants to express themselves must go through communication to establish relationships between other people. Where communication is a means of receiving and conveying information needed to influence others.

Cinta Kupu is a community of people with Systematic Lupus Erythematosus (SLE) aka Lupus, a disease caused by disruption of the body's immune system. The community named Cinta Kupu was chosen as the research location because it has been established for 12 years as a place where Lupus sufferers can gather, share experiences with fellow ODAPUS (lupus sufferers), and most importantly, learn to understand the true nature of Lupus. . In addition, the group also actively works together to educate the general public about lupus. Cinta Kupu Community has long been involved in autoimmune-related social activities, such as free tutoring with specialists. Generally, people with Lupus experience a lot, a decreased immune system, blockage of blood vessel cells, bone fragility, therefore the Cinta Kupu community often conducts social activities to help lupus sufferers have a healthier life with the free control that is often carried out by the Cinta Kupu community.

Lupus is a disease in which the immune system, which normally fights infections, starts producing abnormally large white blood cells in the body. What the immune system perceives as autoantigens is actually a phenomenon of autoimmunity. Odapus (person with lupus) is often used to describe someone undergoing treatment for lupus. Living conditions for odapus can be

very difficult for sick lupus sufferers, and they are very reluctant to seek treatment for the disease.

Lupus is a chronic disease that lasts from one month to several years. On the other hand, there are ponies that successfully mimic the behavior of a sleeping person (Silent category). The growth of lupus is not always uniform there are several factors that can influence this. An increase in the intensity of prostate factors can cause lupus symptoms to appear more frequently. The only way to overcome this is for the odapus to have high sensorimotor knowledge of lupus disease and self-efficacy to facilitate exposure precautions. However, the relationship between the cervix's ability to salivate and its effect on lupus symptoms remains unclear.

The causes of lupus are still not fully understood, but some researchers hypothesize that the disease stems from a combination of external factors (ultraviolet light, chemicals, infections, trauma, and accidents) and internal factors (emotional and physical stress, depression, and estrogen). In addition to causing discord in Odapus, where Odapus cannot accept the reality that is being taken, lupus can cause inflammation and damage various kinds of stress, both physical and psychological. Surprisingly, people with this disease also suffer from stress or depression. In general, people with chronic diseases like this have poor self-care. Therefore, being diagnosed with lupus is a burden. Struggling to make friends with the disease can take a huge toll on support and experience.

The quality of communication and relationships with others, especially those who are important in our lives, such as trusted friends or family members who we hope can help us cope or provide good nourishment, also largely determines our mental health. To reduce psychological distress, it is important to refrain from self-disclosure and other forms of self-aggrandizement in interpersonal communication.

This research focuses on the role of interpersonal communication between people with lupus and the general public in facilitating social interaction through the Kupu Community Network, with the aim of understanding the factors that hinder and develop interpersonal communication in the Odapus area. The Cinta Kupu community has 150 members, 90% of whom are women ranging in age from teenagers to middle-aged and the rest are men with lupus. Most of the members of the Cinta Kupu community themselves do not live in Medan City, but they live outside Medan City but still cover North Sumatra.

North Sumatra.

The community itself is still very active and often conducts activities such as seminars. Recently, the community has just conducted an open seminar entitled "Odapus can still live a normal life" which was held at Siloam Medan Hospital with Dr. Rizqi Arini Siregar, M.Ked (PD), SpPD-KR. This is why the researcher took the research site at the North Sumatra Cinta Kupu Community because the Cinta Kupu community is the only community of lupus sufferers that is still active.

Researchers have made initial observations with the resource person who uses the pseudonym "Ila" (30 years old). She is one of two pregnant daughters with lupus. This disease has caused one death in Ila before the end of 2023. Initially, Ila experienced headaches because of her hair that caused seizures, and finally the doctor decided to cut her hair. But life must go on, especially since Ila already has two children from her marriage with her partner. In the beginning, Ila felt very helpless over the disease that Ila had, where else when Ila was not feeling well, that's when her husband died because Ila was ashamed to have a sick partner. At first Ila was unable to continue her life, but Ila still had two children who had to live despite not having a father. Finally Ila got up with the spirit to continue her life with her children. She feels nauseous when she blows her nose and also when she blows her nose. In fact, lupus also caused her to lose her appetite and she had to go on dialysis. "This body is also not fit, it can't be too tired, it's already weak. Sometimes, if you sit for too long, it's difficult to stand up. Here, the left side of my back hurts," said Ila.

Based on the data above, researchers feel that various factors can cause lupus sufferers to find it difficult to open themselves. This makes researchers feel interested and challenged to continue this research because many people with lupus have not been able to make peace with themselves. In this study, researchers want to explore more deeply how interpersonal communication is carried out by lupus sufferers through the North Sumatra kupu love community. Based on this description, the researcher chose the research title "Interpersonal Communication Patterns of Lupus Patients in the Community of Love Kupu North Sumatra Province". Cinta Kupu North Sumatra Province".

THEORETICAL REVIEW

Research Paradigm

In this research, phenomena are studied to understand reality. This research bases reality on action, not on anything else. Furthermore, see and examine the faces of the players to understand human nature. (Sobur, 2013: 10). The researcher tries to understand how odapus communicate in everyday life. Due to the close relationship between the development of social science and behavior, the researcher chose this field of study as the most appropriate field. So that it can portray social situations based on the experiences and interpretations of the subjects studied. The use of this qualitative method is also considered appropriate for this research because it leads to the depth of information to explore the views of the research subjects so that it is useful for further research. In addition, the social phenomenon under study can be studied broadly and deeply so that the results of the research will obtain accurate and valid data.

Communication Patterns

There are two types of communication dimensions: the concept-oriented dimension and the social-oriented dimension, each of which has a unique relationship arc. (Tubbs and Moss, 2005: 24) The purpose of this study is to examine the intergroup communication dynamics of lupus patients, specifically how they manage their own anxiety, communicate within the community, and

form social bonds that alleviate their communication needs. Communication patterns are the way an individual or group communicates. Communication patterns in this paper are the way a group or individual communicates, based on theories of intergroup communication.

Interpersonal Communication

Interpersonal communication can occur either silently or with background noise, with communicators and communicators exchanging verbal and nonverbal reactions. Such communication is called dyadic communication if there are only two people involved, such as a husband and wife. Interpersonal communication that occurs can cause changes in a person's behavior, attitudes, and thoughts. (Mulyana, 2015). In this kind of intergroup communication, there are only two people involved, which allows each participant to secretly record the reactions of others, both verbal and nonverbal, for example in a husband and wife, two colleagues, two close friends, and one person. teacher and student, and so on.

Self-Disclosure

To describe communication (Rachman 2021: 188) The level of self-confidence can be explained by a self-confidence model that uses the Johari Window theory. When it comes to private-to-public communication, this theory is very important. According to the Johari Window there are four parts describing that humans are as follows. First, the open area (Open self). Second. Blind. Third, Hidden. Fourth, Unknown. In this world, the interior is a place where we don't want anyone to know anything about us, such as our secrets. In this kingdom, there are things we know from ourselves or from others we respect, that others do not understand. For example, we try to convince ourselves of our success, our certainty that something will happen, family problems, a bad financial situation, and so on. This desire to hide shame is often motivated by a lack of trust in others, avoidance of it, or hiding it from oneself. The third aspect, the unnamed territory (unkown), is the aspect of the self that is not known, either by ourselves or others. It is because we have not mentioned it, because we have just met a new person, or because there is something in us that we have not overcome completely.

One form of interpersonal communication is self-disclosure, also called "self-disclosure", in which the speaker reveals various facts, personal details, and information about himself. When communicating to build and realize a relationship between two people, self-disclosure is important because it allows you to commit to a meaningful relationship even if the relationship does not yet exist. Have confidence when an intelligent person can make assumptions about another person's personal life. A husband and wife find it difficult to know their ideas, feelings, ideas, thoughts, and other information as a form of marriage or self-disclosure. the result is that it is known to the partner, so each partner is not the beginning of a quarrel in the marriage relationship and can end in divorce.(Herliana 2021: 150).

Framework of Thought

This research framework illustrates how the theories and concepts in the research are used as a tool to analyze the way of self-disclosure of people affected by lupus. For lupus researchers, ODAPUS is a synonym. Lupus, which means chronic autoimmune disease, has damage to centers and organs. Chronic inflammatory disorders (ILDs) that cannot be cured through lifestyle changes have a major impact on the mental health of people with lupus, requiring treatment not only medically but also psychologically. Using interpersonal communication theory in self-disclosure for lupus sufferers has the hope that they will not be ostracized for the disease they get.

METHODOLOGY
Research Methods

According to the researcher, in order to understand the Interpersonal Communication Patterns of Lupus Sufferers, it is worthwhile to make a study to examine in quality and quantity how each individual affected by lupus creates problems due to their low self-confidence in the underlying disease. The qualitative approach also benefits researchers as it gives them the advantage of being able to differentiate the problems that occur from several possible outcomes. The problem solving or being a test of the individual's verbal response given to the researcher is what becomes the caregiver in this case. (Subandi 2011: 176).

Research Aspects

The current Interpersonal Communication research aims to develop Lupus Penderitas' relationship with the Medan community as a whole in terms of social interaction. The research in this study also uses a technique called interview guidelines to collect samples. In this study, the researchers did not specify how many would serve as baseline data, but they used an in-depth interview technique (in-depth interview) to collect data from several baselines according to the researcher's information needs. To ensure that the interviewees stay focused on the topic at hand and do not go off track from the research topic, the researcher analyzed using interview guidelines. The questions can be answered according to your needs, although they are usually framed based on the research topic. The purpose of this study is to examine the issue of how interpersonal communication is distorted. The primordial data used in this study came from several sources, including survey results, positive observations of Lupus, Cinta Kupu Community, and previously collected data from doctors. Information also came from documentation. The researcher used data source triangulation in her research.

Research Object

Something that becomes the focus of attention in a research project is called a research object. Organizations, individuals, or goods are objects in research. Research objects include attributes, human values, entities, or activities with various types of variability (Sugiyono, 2017). Researchers determine the research object to be studied and then decide what to do with it.

However, Lupus Sufferers in the Cinta Kupu Community of North Sumatra are the objects of this research.

Research Subjects
Research subjects are informants or sources who have the capability to provide information related to the research object. Determination of informants is done by purposive sampling, namely by determining the criteria that have been determined by the researcher with certain considerations (Bungin, 2015).

Research Informants
In this study, researchers selected informants who were relevant to the problem being studied with characteristics that were in accordance with the research, such as:
1. Lupus sufferers
2. Cinta Kupu Community of North Sumatra

Data Collection Techniques
Data collection is an effort to collect valid and authentic data that can be used as a basis for analysis and problem solving. The quality of research instruments and the quality of the data collection process are two main factors that affect the quality of research data. The reliability and validity of the instrument have been tested; if the instrument is not used properly in data collection, it will not be able to provide valid and reliable results. All elements of the population that will provide information or support the research are included in the data collection process, which includes tracking events, categorization, and recording characteristics (Agung 2017:86).

Data Collection Techniques
Data collection is an effort to collect valid and authentic data that can be used as a basis for analysis and problem solving. The quality of research instruments and the quality of the data collection process are two main factors that affect the quality of research data. The reliability and validity of the instrument have been tested; if the instrument is not used properly in data collection, it will not be able to provide valid and reliable results. All elements of the population that will provide information or support the research are included in the data collection process, which includes tracking events, categorization, and recording characteristics (Agung 2017:86). Data collection methods can be carried out through:

Interviews
In interviews, there are 2 types, namely:

In-Depth interviews
in the interview process, the interviewer is the person who uses the interview method. He is also responsible for determining the materials to be used, as well as the start and end times. This person is a researcher. No matter how accurate the information is, it must also be interpreted in relation to the

start and end times of the trip. Informants are people who are asked for information by law enforcement. A person who is considered knowledgeable and able to interpret facts, figures and data from a particular research object is called an informant. (Bungin, 2010: 108).

Guided Interview

In a typical research design, researchers ask subjects questions based on previously administered tests, and then compare their answers to those from previous rounds of testing, resulting in fairly small sample sizes.

Observation

Involved observation, which is carried out systematically and planned, directed at a goal, is an observation called participant observation. Researchers immerse themselves in the daily lives of the subjects or groups studied in this activity. Directly in this life causes social and emotional relationships between researchers and the subjects studied, which create feelings, attitudes, and thought patterns that underlie the behavior of the subjects studied towards the problems faced. This is done in order to explore facts about the Communication Protocol for Lupus Patients with the Cinta Kupu Health Center North Sumatra.

Data Analysis Techniques

In order for the research results to be accepted, data validation techniques are needed to determine whether the data is valid or not. Researchers use triangulation techniques to analyze missing data in this study. Triangulation is a concept or research method in qualitative research to increase the validity and reliability of findings, this step involves combining several different data sources, methods, theories, or researchers to gain a more comprehensive or in-depth understanding of the phenomenon being studied. Triangulation was first conceptualized as a strategy to validate various results obtained by individual methods or methods. Then the focus of triangulation developed as an effort to enrich and refine the knowledge carried out by researchers by taking different perspectives on the problems being studied (Flick, 2014).

In this study, researchers used two types of triangles:

1) Technical Triangulation

According to Sugiyono (2012:330) In technical triangulation, researchers use several data extraction techniques to obtain data from the same data set. Researchers use hierarchical databases and documents for similar data separately.

2) 2. Source Triangulation

According to Sugiyono (2015:330) data triangulation means obtaining data from different data sets using the same technique.

Triangulation Informants

1. Dr. Mardiya Sari Siregar Sp.PD Specialist Doctor Pematang Siantar Army Hospital
2. Dr. Andi Raga Ginting, M.Ked(PD), SP, K - R Rheumatology Consultant Columbia Asia Hospital

RESULTS
Research Findings

The researcher's findings after collecting data through interviews, which were simultaneously followed by observations on the objects and subjects of the study and supplemented with documentation to strengthen the basis and truth of the phenomenon factually. The research that has been conducted by the researcher for 6 months, covering April to September 2023, provides many new things for the researcher.

The researcher conducted interviews with 4 (four) lupus sufferers consisting of a lawyer, an entrepreneur and a housewife. The results of the interviews obtained then became data findings that will be processed by researchers who conduct research in the Cinta Kupu Community. The researcher found that interpersonal communication is very important in self-disclosure of lupus sufferers to build self-confidence in the disease they are experiencing. However, the interpersonal communication that occurs is almost the same, some are different between the 4 lupus sufferers. 5 (five) aspects of interpersonal communication can be said to have also been successful in this study, starting from openness, empathy, supportiveness, positiveness, and equality but with different portions. In addition, the theory of openness between people who interact is also clearly visible but with different portions of explanation.

DISCUSSION
Interpersonal Communication Patterns

Communication is an interaction between two or more people that includes various elements, such as sending and receiving messages, with the aim of establishing harmonious relationships, achieving common goals, and understanding each other. The dominant mode of communication is the transfer of funds from donors to recipients with a promise not to affect the donor's income, status, or actions. In order to successfully complete one's task, communication is the most important factor. The purpose of communication is to establish mutual understanding and harmony between the parties involved in the communication process, thus creating a sense of mutual respect and

De Vito's understanding (2023: 306-308) The most important aspect of communication is interpersonal communication, which is defined as the relationship between individuals in a social context. The process known as "sending and receiving" allows individuals to compare themselves with others. The most important thing in interpersonal communication is that it can be started in a dialogical way. Interaction occurs towards dialogue, which means interpersonal communication. All have extraordinary goals in this kind of communication, each becoming a buyer and seller in their own unique way. The communicator's participation in the process of mutual exchange and empathy is clearly visible in dialogical communication. This process creates a feeling of burden, not because of his social status, but because it is based on the assumption

that everyone is a free and obligated human being who must pay the price and receive the same treatment as others.

In everyday human activities, communication plays a very important role. At the same time, modern human life and its communication itself are very interesting, encouraging each individual to communicate with others at all times. Communication channels will emerge from the need for such communication. Models, systems, or ways of working are patterns, according to the Supreme Court of the Republic of Indonesia. Thus, when associated with communication research, the term "communication pattern" is seen as an objective fact that describes how communication occurs in a particular social group.

Not only that, in other literature, the term "communication pattern" is interpreted as a form of communication between two or more people, specifically as a process of giving and receiving information in a way that can be understood. There are two types of communication dimensions: dimensions that are oriented towards concepts and dimensions that are oriented towards society, each of which has a unique relationship curve. (Tubbs and Moss, 2005: 24) What will be studied in this study are the stages of interpersonal communication, how they communicate in society, and how they form social bonds so that their communication needs are met. There will be a communication gap due to this continuous communication. This learning is about communication from the third subject. These communication points describe how IR, MG, DD, and CR communicate in the community to form a social bond. The stages of IR, MG, DD, and CR culminate in their transformation into the most vulnerable people. Starting from the lupus verdict from the doctor, the third subject went through a phase where they felt sick, then recovered by having their entire head of hair pulled out and a full body massage.

The third subject experienced the same condition after this lupus verdict, but they differed in age, status, and living environment. So far there has been no disruption of nutrient flow and self-healing ability from the environment that has been contaminated by the third subject. As a result of the protection of others, the subject can avoid danger. The ability of IR and his supporters to consistently support IR is an important requirement for IR to return to calm and unite with society. Likewise, MG who is married and has a loving family, should rest more and communicate about his support system with his family and two other people in his life. Even with DD, the support system that comes from friends, family, and acquaintances provides protection from the losses that befall them. IR, MG, DD and CR again have the power to communicate with the community to form a communication pattern. The communication pattern that is formed explains how the subject communicates with the community to form a social interaction. This communication pattern is influenced by factors from outside himself and from within the ODAPUS. When these factors appear, interpersonal communication of ODAPUS in society can run well and harmoniously.

The theory related to the research results above is the affection exchange communication theory, where all informants agree that in interacting or communicating, there must be sufficient affection. Effective family communication is very important to achieve family harmony. Effective

communication has the ability to improve interpersonal relationships, identify and resolve interpersonal conflicts, reduce non-verbal cues, and facilitate the acquisition of knowledge and teamwork. Communication is considered effective if the goods are delivered according to the agreed conditions and received by the recipient according to the agreed conditions. (Liliweri, 2017: 245)

Devito, J.A. stated that interpersonal communication will be more effective if the parties involved have the following attributes:

a. Openness (openness)

In communication between parties, there are three main aspects that need to be considered when evaluating quality. To begin with, to be an effective communicator, you must be able to restrain yourself and share information that is not usually shared with others. Second, the communicator must provide a positive response to the stimuli received. Passive, uncritical and less responsive people can produce conversations. Fourth, it is related to the demand and supply of services. Determine that the facts and evidence presented show a positive bias in intergroup communication. In this study, informants were willing to open up and reveal information that is usually hidden from lupus sufferers. Then the willingness of informants to react honestly to their partner's opinions and provide opinions according to what they think and are honest about the things discussed.

b. Supportiveness (support)

An effective interpersonal communication relationship is a relationship that is based on an attitude of mutual support (supportiveness). In this study, the attitude of informants who support all decisions and opinions without conflicting with religion and state regulations.

c. Positiveness (positive feeling)

Positivity in communication between parties includes two dimensions. First, intergroup communication improves when each participant has a positive self-spirit. Second, having a positive attitude is very important for establishing effective interactions with others. This can be expressed verbally by giving praise, appreciation and supporting someone's personal image. In this study, informants gave positive advice to lupus sufferers to always live positively and be enthusiastic about life even though they suffer from lupus. Then the lupus sufferer also accepted the advice given by the researcher because he considered it a good thing to accept.

d. Empathy

The ability to understand and empathize with other people's experiences from their perspective is known as empathy. Empathy means feeling and understanding the situation as if we were experiencing it. Empathy can be expressed verbally and nonverbally. In nonverbal communication, emotional expressions can be expressed through expressive movements, such as appropriate eye movements, intense facial expressions, hunched or drooping body parts that indicate interest, and gentle physical touch or body language. In this study, the informant's attitude towards lupus sufferers when discussing diseases, lifestyles, and conveying empathy for lupus sufferers made communication effective.

e. Equality

Equality does not mean having to accept or receive verbal and nonverbal messages from others automatically. Equality means accepting others with all their uniqueness. Equality teaches us to give unconditional positive regard to others. In the interpersonal communication patterns of lupus sufferers, there is a principle of equality where family and close people are considered to have the same opportunities and knowledge in conveying opinions or arguments related to issues of openness and enthusiasm for life.

Self-Disclosure

Based on the results of the interview data analysis, it is known that the subject needed a long time and process, namely more than a year, to accept the reality and open up to the fact that he had been diagnosed with Lupus as an autoimmune disease. During this period, the general public did not have a good understanding of Lupus, resulting in inaccurate assessments and psychological insensitivity towards the subject from his closest social environment. The dynamics that played a role were the tendency of the subject to withdraw from social interactions as a form of self-defense mechanism due to often receiving opinions that triggered negative emotions, resulting in a decline in the subject's physical condition.

The turning point occurred when the subject had a dialogue with a supportive nurse who told the story of another patient of the same age, but with high enthusiasm to undergo the treatment process within the subject's productive age range. Ideally, the subject should be able to achieve developmental milestones such as graduating from college on time, entering the workforce, and finally starting a family. After that, the subject began to acknowledge and accept the existing situation, and slowly began to interact openly with the closest social environment, namely the family.

The subject explained that communicating and telling stories were more able to share many things, from the substance of the conversation in general to the substance of the conversation in private or topics that come from the realm of private conversation or useful topics. This is in line with what was explained by (Masaviru, 2016) about how self-confidence is related to an individual's ability to show and explain various things to others, both verbally and non-verbally, in general and in terms of personal or sensitive topics whose purpose is to establish sincere relationships with others.

Based on the information provider's explanation, it is explained that initially after the diagnosis, the subject experienced negative emotions towards people who asked about Lupus, but over time these feelings changed into opinions and advice that were not appropriate for the subject. This misunderstanding led to the development of research on Lupus which was accepted by the subject as an action that lacked empathy for the subject's health and psychology. After that, at the development stage, all available information shows that several years after the negative emotional reaction, the subject can begin to feel better about himself and begin to interact with his closest social circle, including family and friends, before moving on to the development stage, their own topics.

In addition to verbal communication, social interaction can also involve physical activity in a very narrow space, such as activities that are only carried out on one side of the room. The development of self-hypothesis in relation to the surrounding social environment shows that the self-hypothesis processes that have existed before become increasingly active mechanisms as the communication process between and intra-individuals becomes clearer than before the diagnosis.

Social Interaction

The dynamics of communication between patients that occur due to patient self-examination in explaining physical conditions, psychological conditions, positive emotions, and negative emotions in the surrounding social environment are based on the results of the patient's questionnaire. The subject explained that communication could be better established after the results of the diagnosis were released, be it communication with parents, family, or close friends, within the smallest scope of family values.

Positive feedback loops can stabilize subcutaneous physical conditions and mental health, reducing the negative effects of lupus treatment. This information was confirmed by those closest to them that the subject's health development process was much better with open communication, intensification, and facial expressions. The subsurface physical condition became more stable, the frequency of fever became more or easier, and activities could be continued. In addition, subclinical psychological conditions were more stable, with negative emotional reactions that were mild or numbing in social interactions, which were significantly reduced. Physical and psychological conditions that showed positive growth contributed to better interpersonal communication and provided support in the closest social environment.

Research Novelty

Research on interpersonal communication patterns in the Cinta Kupu community of North Sumatra opens the door to a deeper understanding of the human experience in facing the challenges of lupus disease. Saturated data found in the study illustrates how vital the community is as a support system that provides hope for life for lupus sufferers, as if presenting an oasis in the desert of life colored by the disease. The theory of self-disclosure, which explains the importance of self-disclosure in building intimate relationships, is relevant in this context. Members of the Cinta Kupu community of North Sumatra voluntarily share their experiences and feelings about lupus, creating an environment that allows for emotional intimacy and mutual support. Through this process, they not only gain practical support in managing the disease, but also create strong bonds among fellow members.

The concept of organizational communication, especially in Thomson's view, can also be adapted to these findings. The community can be seen as an informal microorganization that adopts the principles of effective communication to achieve a common goal, namely improving the quality of life and well-being of its members. Open, mutually supportive, and solution-oriented communication

are important pillars in the dynamics of the community. From an interpersonal communication perspective, this study highlights the important role of communication in building and maintaining meaningful relationships among individuals. Interactions between community members reflect processes of sharing, empathy, and understanding, which are the foundation for the growth of strong and sustainable relationships. Thus, these findings not only present novelty in research but also add a new dimension to our understanding of how interpersonal communication, self-disclosure theory, and organizational communication concepts can be complexly combined in the context of communities with shared goals and challenges.

CONCLUSIONS AND RECOMMENDATIONS

The conclusion of the findings and discussion in this study can be summarized in several conclusions as follows:

1. The Interpersonal Communication Pattern that occurs in Lupus sufferers has succeeded in running well with the help and encouragement of those closest to them. They communicate well and correctly so that it has a positive effect that carries out their openness as Lupus Sufferers.
2. Social Interaction that occurs in Lupus sufferers uses various communication channels that work in a coordinated manner, with the main focus on social media, especially Instagram and communicating with the surrounding community. Through the successful openness of lupus sufferers, they managed to convince and provide new knowledge to lay people who do not know the difference between Lupus and HIV.
3. Supporting and Inhibiting Factors felt by lupus sufferers are that the words of people who do not understand about lupus make lupus sufferers feel depressed and want to end their lives with the words that have been given to them. While the supporting factor that the sufferer feels is that now he feels that he is no longer isolated by opening up
4. and begins to accept the fact that he is a lupus sufferer and remains enthusiastic about socializing in providing knowledge about Lupus.

REFERENCES

Afiyanti, Y. & Rachmawati, N.I. 2014. Metodologi Penelitian Kualitatif dalam Riset Keperawatan, edisi 1. Rajawali Pers, Jakarta.

Ahmad dan Harapan (2014), Komunikasi Antarpribadi, Jakarta: Raja Grafindo Persada

Alberti, R. dan Emmons, M., 2002. Your Perfect Right. Penterjemah Buditjahya, PT. Elex Media Komputindo, Jakarta.

Alligood, M. Raile, (2014). Nursing Theorists and their Work, 8th edition. Elsevier Inc.

Almanshur Fauzan, Ghony Djunaidi (2012). Metodologi Penelitian Kualitatif, Yogyakarta: Ar-Ruzz Media.

Amirin, Tatang M. 2000, Menyusun Rencana Penelitian, Jakarta:Raja Grafindo Persada

Anggito, A., Setiawan, J. (2018). Metodologi penelitian Kualitatif. Sukabumi: Jejak Anwar M. K., (2016). Hubungan Antara Konsep Diri Dengan

Interaksi Sosial Pada Perawat Di Rumah Sakit Islam Surakarta. Skripsi Thesis. 7-22. Basrowi.

Arikunto, Suharsimi. 2013, Prosedur Penelitian Suatu Pendekatan Praktek, Jakarta:Rineka Cipta

Awi, Maria Victoria. Mewekang, Norma. Golung, Antonius. (2016). Peranan Komunikasi Antarpribadi Dalam Menciptakan Harmonisasi Keluarga Di Desa Kimam Kabupaten Merauke. E – Journal "Acta Diurna" Vol. 5 No.2 (1- 12).

Bandur, A., (2016). Penelitian Kualitatif; Metodologi, Desain, dan Teknik Analisis Data dengan NVivo11 Plus. Mitra Wacana Media. Jakarta.

Barnado, A., Wheless, L., Meyer, K., Gilkeson, S. & Kamen, ., (2012). Quality of Life in Patient with Systemic Lupus Erythematosus compared with related controls within a unique African American population. Lupus, Volume 21, pp. 563–569.

Bartels, C.M., Diamond, H.S., Muller, D., Farina, A.G., Goldberg, E., Hildebrand, J., Lakdawala, V.S. (2013). Systemic Lupus Erythematosus (SLE).

Bertsias, G., Carvera, R., Boumpas D. M., (2012), EULAR recommendations for the management of systemic lupus

Bexelius, C., Wachmeister, K., Skare, P., Jönsson, L. & Vollenhoven, R. V., (2013). Drivers of cost and Health- Related Quality of Life in Patient with Systemic Lupus Erythematosus (SLE): a Swedish nationwide study based on patient reports. Lupus, Volume 22, pp. 793–801.

Carter, Erin E.; Barr, Susan G.; Clarke, Ann E., (2016). The global burden of SLE: prevalence, health disparities and socioeconomic impact. Nature Reviews Rheumatology (formerly Nature Clinical Practice Rheumatology) [doi 10.1038%2Fnrrheum.2016.137]

Dewa Putu Yudi. Purba, Bonaraja. Kato, Iskandar. Silalahi, Marto. Purba, Sukarman. Rahayu, Puspita Fuji. Damayanti Wika Karina. Firdaus, Erwin. Simarmata, Marulam MT. (2021). Komunikasi Organisasi: Teori, Inovasi, Etika. Penerbit: Yayasan Kita Menulis.

Devito, J.A (2023) The Interpersonal Communication Book.

Eriyanto (2012) Analisis Framing: Konstruksi, Ideologi, dan Politik Media. (Edisi Khusus Komunitas. Cetakan ke-3). Yogyakarta: LKiS Group.

Fatnar, V.N., dan Anam, C., (2014). Kemampuan Interaksi Sosial Remaja. Jurnal Psikologi. 2.2, 71-75.

Framanik, Naniek Afrilla. (2020). Teori-Teori Komunikator. Jakarta: Desanta Muliavisitama.

Gandasari, Dyah. Arin Tentrem Mawati. Nana Triapnita Nainggolan. Dkk. 2021. Komunikasi Organisasi: Teori, Inovasi, Etika, Riset. Medan: Yayasan Kita Menulis.

Griffin, E.M. (2000). A First Look At Communication Theory Fourth Edition. Gunawan, I. (2014). Metode Penelitian Kualitatif Teori dan Praktik. Jakarta. Bumi Aksara.

Hadini, Agus. (2014). Terapi Cognitif-Behavioral untuk Modiifikasi Core Belief Antara Pasangan dalam Pernikahan. Jurnal Studi Gender dan Anak Vol.1 No.1 (1-9)

Hardani, dkk (2020) Metode Penelitian Kualitatif & Kuantitatif .Yogyakarta: CV.Pustaka Ilmu Grup.

Herliana. Hairina, Yulia. Immaddudin. (2021). Self Disclosure dan Trust pada Suami Istri dalam Hubungan Pernikahaan. Jurnal Al Husna Vol.2 No.2 (147163) Pengantar Sosiologi. Bogor: Ghalia Indonesia. Dinas Kependudukan dan Pencatatan Sipil.

Liliweri, Alo. 2015. Komunikasi Antar-Pribadi, Bandung: Citra Aditya Bakti. Littlejohn, Stephen W dan Karen A. Foss. 2009. Teori Komunikasi (Edisi 9). ttJakarta: Salemba Humanika.

Masaviru, M. (2016). Self-Disclosure: Theories and Model Review. Journal of Culture, Society and Development, 18, 43-47.

Moleong, L. J. 2017. Metode Penelitian Kualitatif. Bandung: PT. Remaja Rosdakarya.Mulyana, Deddy. 2007. Ilmu Komunikasi: Suatu Pengantar. Bandung: Remaja Rosdakarya.

Moleong. (2019). Metodologi Penelitian Kualitatif. Bandung : PT. Remaja

Patton, A. (2012). The Teacher's Guide to Project-Based Learning. London: Paul Hamlyn Foundation.

Poerwandari, E.K. (2007). Pendekatan Kualitatif untuk Penelitian Perilaku Manusia. Jakarta: LPSP3 Fakultas Psikologi Universitas Indonesia

Pradana, Hengki Hendra. Prastika, Safina Dwi. Mudawamah, Nikmatul. Siswoko, Reynaldo Yogi. (2022). Kesejahteraan Psikologis Pada Pasangan Pernikahaan Dini di Kabupaten Blitar. Al –Ihath Jurnal Bimbingan dan Konselong Islam Vol 2 No. 2 (99-107)

Rachman, Taufik. (2021). Implementasi Kinesik, Proksemik, Paralinguistik dan Self Discloursedalam Komunikasi Antarpribadi. Jurnal Semiotika Vol.15 No.2 (184-192)

Rijali, Ahmad. Analisis Data Kualitatif. Jurnal Alhadrah. Vol. 17 No.13 (81-95) Rosdakarya.

Saat, Sulaiman. Mania, Sitti. (2020). Pengantar Metodologi Penelitian Panduan Bagi Peneliti Pemula. Makasasar: Pusaka Almaida.

Samsinar, S. Rusnali, N. A. (2017). komunikasi antarmanusia; komunikasi intrapribadi, antarpribadi, kelompok/ organisasi. Watampone: Sekolah Tinggi Agama Islam Negeri (STAIN) Watampone.

Samsinar, S. Rusnali, N. A. (2017). komunikasi antarmanusia; komunikasi intrapribadi,

Sarmiati. Roem, Elva Ronaning. (2019). Komunikasi Intrapersonal. Malang: CV IRDH.

Solihat, Manap. Purwaningwulan, Melly Maulin. Solihin, Olihin. 2014. Interpersonal Skill Tips Membangun Komunikasi dan Relasi. Bandung: Penerbit Rekayasa Sains.

Sobur, Alex. 2013. Filsafat Komunikasi: Tradisi dan Metode Fenomenologi. Bandung: PT Remaja Rosdakarya

Subandi. (2021). Deskripsi Kualitatif Sebagai Satu Metode Dalam Penelitian Pertujukan. Jurnal Harmonia Vol. 11 No.2 Desember (173-179)

Sugiyono. 2018. Metode Penelitian Kuantitatif, Kualitatig, dan R&D. Bandung. Alfabeta.

Syahza, Almasdi. (2021). Metodologi Penelitian Edisi Revisi Tahun 2021. Pekanbaru: UR Press.

United States of America : Mc Graw-Hill Companies Griya Kupu Solo. (2011). http://griyakupusolo.wixsite.com/griyakupusolo/news1

Tubbs, Stewart L dan Sylvia Moss. 2005. Human Communication: Konteks-konteks Komunikasi. Bandung: PT Remaja Rosdakarya

Zulkarnain, Iskandar: Lubis, Lusiana Andriani: Nurbani: Asmara, Sakhyan. Dan Pohan, Syahfruddin. (2020). Pedoman Penulisan Tesis Program Studi Magister Ilmu Komunikasi Fakultas Ilmu Sosial dan Ilmu Politik Fakultas Ilmu Sosial dan Politik Universitas Sumatera Utara. Edisi revisi Ke- 3.