INTERPERSONAL COMMUNICATION OF THE HEALING CYCLING CLUB COMMUNITY IN BUILDING SOLIDARITY

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ABSTRACT
This study analyzes the role of interpersonal communication in building community solidarity within the Healing Cycling Club (HCC). Founded in 2020, this cycling community integrates cycling activities with the concept of healing, emphasizing togetherness, solidarity, and social support. The findings indicate that five qualities of interpersonal communication according to DeVito. Openness, empathy, supportive attitude, positive attitude, and equality are actively practiced in the daily interactions of HCC members. Openness is manifested through sharing information and personal experiences, building trust. Empathy is shown through genuine care and mutual support, both during cycling activities and in facing personal challenges. Supportive and positive attitudes are reflected in encouragement, appreciation, and constructive problem-solving, maintaining a harmonious atmosphere. Equality ensures that every member feels valued and has equal opportunities to participate. Solidarity within HCC is strongly realized through collective practices, where members share awareness and responsibility for the community's success and sustainability. This is supported by the synergy of shared interest in cycling and the geographic location in Bogor, which facilitates regular interaction.

INTRODUCTION

The rise of cycling communities and cycling enthusiasts in major cities is a growing phenomenon, fueled by growing public awareness of a healthy and environmentally friendly lifestyle. Amidst dense urban traffic congestion, cycling offers an efficient and cost-effective transportation alternative, while also helping reduce air pollution. Furthermore, cycling offers physical health benefits, such as increased stamina and fitness. Cycling can also serve as a social space for expanding friendships and exchanging experiences. Thus, cycling communities and cycling enthusiasts, particularly in several major cities, not only reflect changing lifestyles but also serve as an important medium for building social solidarity and environmental awareness.

In a community, effective communication is key to maintaining the sustainability and cohesiveness of its members. This aligns with the concept of interpersonal communication, where communication serves not only as a means of exchanging information but also as a medium for building strong social relationships, strengthening solidarity, and fostering mutual trust among members. Without effective communication, the

community's shared goals are difficult to achieve, and the risk of misunderstandings or conflict increases. With organized and ongoing communication, communities can maintain their existence, strengthen social bonds, and face various challenges together more effectively.

Interpersonal communication is a fundamental aspect in building effective and meaningful social relationships between individuals within a community. In a community context, interpersonal communication functions not only as a means of exchanging information, but also as a process of constructing meaning, developing a shared identity, and strengthening group solidarity. Roem & Sarmiati (2019) state that interpersonal communication is a two-way interaction that occurs directly between individuals, where messages are delivered, received, and interpreted continuously to form dynamic and sustainable relationships. In communities such as the Healing Cycling Club (HCC), interpersonal communication between members is crucial in building a strong sense of togetherness and community solidarity. Interpersonal communication is a reciprocal interaction that occurs between two or more people with the aim of creating shared understanding, attitudes, and behaviors within a specific context (Akil, 2012).

Interpersonal communication problems that often occur in communities include difficulties communicating effectively between members, which can lead to conflict and disharmony. For example, in the True Pati Supporters Troop (PATIFOSI) community, the use of harsh words and profanity is still found when dealing with differences of opinion, which triggers arguments between members and indicates low quality interpersonal communication (Nirmalasari, V. 2019). Furthermore, differences in perception and perspectives among heterogeneous members, such as those that occurred in the YVCI community in Bontang City, can lead to miscommunication that strains relationships and threatens the community's sustainability (Undip, 2021).

Psychological barriers such as a lack of trust among members also pose significant obstacles. Inability to open up and discomfort in communicating can lead to ineffective communication and misunderstandings. Trust can be built through honest, open, and consistent communication. Internal factors such as a lack of openness and the ability to manage emotions, as well as semantic barriers, also often lead to misinterpretation of messages, disrupting smooth interpersonal communication. Lack of communication from community leaders or administrators results in information not being conveyed effectively, resulting in members feeling less involved and a less active community.

Finally, differences in age and maturity levels among members can hinder interpersonal communication due to difficulties in adapting communication styles and building openness among members of varying ages (Undip, 2021). Overall, poor interpersonal communication quality is characterized by miscommunication, lack of trust, differing perceptions, psychological barriers, and a lack of openness and emotional management, which hinder the formation of harmonious relationships and strong community solidarity.

In communities like HCC, members actively interact and exchange messages both verbally and nonverbally during cycling and other social activities, thus forming emotional bonds and a strong sense of togetherness. This communication process allows members to construct shared meanings that form the basis of community identity, strengthen solidarity, and build norms and values that bind members into a single social unit. Thus, interpersonal communication is not only a means of exchanging information, but also a medium for forming a social identity that is bound within the HCC community (Akil, 2012). In communities like HCC, members actively interact and exchange messages both verbally and nonverbally during cycling and other social activities, thus forming emotional bonds and a strong sense of togetherness. This communication process allows members to construct shared meanings that form the basis of community identity, strengthen solidarity, and build norms and values that bind members into a single social unit. Thus, interpersonal

communication is not only a means of exchanging information, but also a medium for forming a social identity that is bound within the HCC community (Akil, 2012).

The existence of a community also provides a space for individuals to build a sense of togetherness or sense of community. According to McMillan and Chavis (in Umar & Maryam, 2019), sense of community encompasses the dimensions of membership, influence, integration of needs, and shared emotional connections. These dimensions serve as the basis for community members to feel connected to one another and foster community solidarity. Research shows that communities with a high sense of community tend to be more effective in achieving shared goals (Pratama & Maryam, 2023). The Healing Cycling Club (HCC), a community focused on cycling as well as a platform for healing through exercise, places interpersonal communication as a primary foundation for building social interactions among its members. The communication that occurs is not only informative but also emotional and symbolic, contributing to the formation of shared meaning and community solidarity. Communication between HCC members allows for the process of getting to know each other, sharing experiences, and building trust, which becomes social capital within the community. This aligns with DeVito's (2022) view, which asserts that interpersonal communication is a process involving two-way interactions between individuals who influence each other and build shared meaning within the context of social relationships.

Furthermore, interpersonal communication within a community also plays a role in managing the dynamics of social relationships, including conflict resolution and strengthening group cohesion. Berger, Roloff, and Roskos (2021) emphasize that effective interpersonal communication can reduce conflict, increase collaboration, and strengthen emotional bonds between members. In a community like HCC, where members interact intensively in various activities, interpersonal communication skills are crucial for the community's success in maintaining its existence and developing its

identity. Open and empathetic communication enables members to understand each other, appreciate differences, and build mutual trust.

The communication process between HCC members is also cumulative and ongoing, where interactions that occur over time shape distinctive communication patterns and community culture. DeVito (2022) explains that interpersonal communication is cumulative, where the meanings and relationships formed will continue to develop along with repeated interactions between individuals. In the HCC community, these repeated interactions reinforce social norms and shared values that form the foundation of community solidarity. Through interpersonal communication, members share not only technical information about cycling but also personal experiences, motivation, and emotional support that strengthen the sense of social togetherness. According to Smith and McAuliffe (2014), cycling communities are often effective places to build social bonds and promote healthy lifestyles, which align with the goals of the HCC. The communication process between HCC members is also cumulative and ongoing, where interactions that occur over time shape distinctive communication patterns and community culture. DeVito (2022) explains that interpersonal communication is cumulative, where the meanings and relationships formed will continue to develop along with repeated interactions between individuals. In the HCC community, these repeated interactions reinforce social norms and shared values that form the foundation of community solidarity. Through interpersonal communication, members share not only technical information about cycling but also personal experiences, motivation, and emotional support that strengthen the sense of social togetherness. According to Smith and McAuliffe (2014), cycling communities are often effective places to build social bonds and promote healthy lifestyles, which align with the goals of the HCC.

Interpersonal communication within a community not only functions as an exchange of information but also serves as a crucial process in building and

strengthening group solidarity. Group solidarity is a social bond that connects community members through a sense of togetherness, mutual understanding, and ongoing emotional support (Durkheim in the Journal of Digital Business and Communication, 2024). In the context of the Healing Cycling Club (HCC), this solidarity is created through intense and ongoing interpersonal interactions, where members share experiences, motivation, and support during cycling and other social activities. This aligns with findings that effective interpersonal communication, including openness, empathy, supportive attitudes, positive feelings, and equality can instill values of harmony and social solidarity within the group (Devito, 2022; Journal of Digital Business and Communication, 2024).

Group solidarity can be divided into two main forms: mechanical solidarity and organic solidarity (Durkheim in the Journal of Digital Business and Communication, 2024). Mechanical solidarity arises from shared values, norms, and goals among members, creating a strong sense of togetherness and high social cohesion. Meanwhile, organic solidarity is formed from interdependence between members who have different roles and functions within the community. This can also be found in communities such as HCC, whose members have diverse but complementary backgrounds and roles. In the HCC community, interpersonal communication is the primary medium for strengthening these two forms of solidarity, enabling the community to function harmoniously and successfully achieve common goals.

This research also shows that group solidarity plays a crucial role in reducing conflict, increasing collaboration, and strengthening emotional bonds among community members (Berger, Roloff, & Roskos, 2021). In HCC communities, where members interact intensively, open and empathetic interpersonal communication enables members to understand each other, appreciate differences, and build mutual trust. This cumulative and ongoing communication process forms distinctive communication patterns and a community culture, which serve as the foundation for the community's identity and solidarity as a whole (DeVito, 2022).

Thus, group solidarity in HCC communities is inseparable from effective interpersonal communication. This solidarity serves as strong social capital for building a sense of togetherness, strengthening social cohesion, and maintaining the community's long-term sustainability.

This research problem was formulated to examine in depth the communication process between community members who play a role in building community solidarity, as well as to understand the obstacles and factors that influence the effectiveness of such communication. According to Elisabet (2018), in community research, interpersonal communication is the main focus because through this communication, one can understand how social interactions occur and how they affect community bonds and group solidarity. Furthermore, Creswell and Creswell (2018) emphasized that in qualitative research, the research problem must be able to describe the social phenomena that are to be understood in depth, such as the communication process and the formation of solidarity within the community.

Interpersonal communication plays a central role in building and strengthening solidarity within communities. According to Strategic Collective Communications: A Workbook for Building Solidarity and Reshaping Communications, greater collective power and impact can be achieved when communities prioritize communication strategies that are collaborative, mutually reinforcing, and oriented toward solidarity, rather than just individual achievement. Collaboration in communication will strengthen the collective voice and build solidarity networks that are more resilient to external challenges (Rogers, 2025).

Community solidarity is also formed through informal interpersonal relationships, where personal and intimate communication channels create space for the exchange of experiences, joint decision-making, and equal acceptance of new members. According to Humpage & Marston

(2006), communities formed through direct interpersonal relationships are able to build deep social bonds, so that members feel like they are part of a mutually supportive social network. Furthermore, Laitinen and Pessi (2014) emphasize that solidarity within a community is rooted in five main elements: conscious identification with the group, emotional bonds, shared interests, similar values and beliefs, and a readiness to provide moral support. Effective interpersonal communication is the foundation for the creation of this identification and emotional bond, so that solidarity is not merely a passive feeling, but is manifested in concrete actions of mutual assistance and sharing (Laitinen & Pessi, 2014).

METHOD

In this study, the researcher used a qualitative research approach, an approach that understands the meaning of a social problem by individuals within a group. The researcher used a qualitative method because this study was not intended to test an objective theory but rather aimed to understand in depth how members of the Healing Cycling Club (HCC) Cibinong cycling community interact and communicate, especially in the context of cultural differences. The main focus of this approach is on the description, meaning, and subjective experiences of community members in interacting with fellow members from different cultural backgrounds.

This descriptive research will also identify various elements that shape interpersonal communication patterns, such as openness, empathy, and supportive attitudes, as well as how members convey messages and respond to each other during group cycling and other social activities within the HCC community. This approach is crucial for understanding how interpersonal communication forms the foundation for building strong solidarity in a community whose members come from diverse backgrounds.

To understand how HCC members strengthen relationships and solidarity through interpersonal communication within the community, this research will also explore the role of community activities in strengthening bonds among members. Activities such as group rides, training, and other social events serve not only as a means of exercise but also as a platform for building solidarity and cooperation among members. According to McMillan and Chavis (1986), a sense of belonging to a community is crucial for creating strong relationships among its members. Through analyzing interactions during these activities, this research aims to provide a more comprehensive picture of how HCC functions as a community that maintains solidarity through interpersonal communication for all its members.

The unit of analysis in this study was three individuals within the HCC community: the chairperson, vice chairperson, and active participating members. They represent the face of HCC's continued active activities and represent how to run a community with high solidarity, embracing a collectivist concept or style and frequently participating in routine community activities. The researcher chose these indicators because a community must have a strong structure, and the role of management within a community is also crucial.

Researchers select samples based on participants' ability to provide in-depth and rich information related to the phenomenon being studied. In addition to purposive sampling, snowball sampling is also often used, which involves asking initial participants for recommendations to find other relevant informants. The sample size in qualitative research is usually determined by the theoretical principle of saturation, which occurs when the data obtained no longer provides meaningful new insights into the research.

The qualitative data collection method in this study aims to explore in-depth the phenomenon of interpersonal communication among members of the Healing Cycling Club (HCC) Cibinong community in building community solidarity. Qualitative data collection involves analytical procedures for preparing, analyzing, and interpreting data so that the meaning obtained is truly evidence-based and reflects the participants' own experiences (Hennink, 2020). According to Neuman (2014), data collection techniques

refer to systematic procedures used to obtain relevant information for a study. These techniques vary depending on whether the research is qualitative or quantitative. The data collection techniques used in this study included: In-depth interviews, observation, and documentation.

In qualitative research, the term "human instrument" refers to the researcher's role as the primary tool in data collection and analysis. In this context, researchers not only collect data but also interpret it based on their experience, knowledge, and research skills. This concept recognizes that in qualitative research, researchers are instruments that can influence and shape research outcomes through their interactions with participants and the data analysis process.

Creswell (2018) explains that in qualitative research, the researcher acts as the primary instrument in the data collection, analysis, and interpretation process. This process is carried out by utilizing the researcher's skills, knowledge, and abilities to understand the broader context of the phenomenon being studied. Creswell (2018) explains that in qualitative research, the researcher acts as the primary instrument in the data collection, analysis, and interpretation process. This process is carried out by utilizing the researcher's skills, knowledge, and abilities to understand the broader context of the phenomenon being studied.

In addition, a voice recorder was used to record interviews so that the researcher could focus more on interactions with informants and the small and important details that occurred during the interview process. These recordings also served to facilitate the data transcription process and to filter out useful information for further analysis. Observation sheets were used to record the behavior and activities of HCC community members during the research. These observations were conducted directly during activities such as group cycling and interactions before and after cycling.

The data analysis technique applied in this study refers to the interactive model developed by Miles and Huberman (1994). This model includes three main stages: data reduction, data presentation, and conclusion drawing/verification: Data Reduction, Data Presentation, Conclusion Drawing, and Verification

According to Creswell (2018), data analysis in qualitative research is an ongoing process, in which researchers undertake a series of steps from data collection to interpretation. This process encompasses several stages, such as data preparation, reading all data, coding, and compiling descriptions and representations of findings. Miles and Huberman's interactive model emphasizes that data analysis is a dynamic and iterative process, consisting of four main elements: data collection, data reduction, data presentation, and conclusion drawing or verification.

In this study, data validity will be ensured through triangulation techniques, as recommended by Creswell (2018), which utilizes multiple sources and methods to provide corroborating evidence (Creswell, 2018). Source triangulation will be conducted by comparing information obtained from various informants, namely members of the Healing Cycling Club (HCC) community with varying backgrounds and experiences. This aims to verify the reliability of information from various internal informants (HCC members). Researchers will interview community members with different roles (administrators, active members, passive members) to gain a comprehensive perspective on the phenomena of interpersonal communication and solidarity in the HCC community.

In addition, triangulation of data collection techniques will be applied by combining in-depth interviews, observation, and documentation (Creswell, 2018). In-depth interviews will be used to explore members' experiences and perceptions regarding interpersonal communication within the HCC community. Observations will be conducted by attending community activities, such as group cycling or regular meetings, to directly observe interactions between members. Documentation analysis, such as community social media posts or activity logs, will be used to complement and strengthen the data obtained from interviews and observations. By combining various data collection sources and

techniques, this study seeks to gain a deep and comprehensive understanding of interpersonal communication and solidarity within the HCC community, while minimizing potential bias and increasing the validity of the findings.

RESULT AND DISCUSSION

This discussion will integrate research findings with the concepts of interpersonal communication (DeVito, 2022), solidarity (Durkheim, 1997), and community (McMillan & Chavis, 1986) to explain how HCC successfully builds and maintains community solidarity. Interpersonal communication serves as a bridge connecting individuals from diverse backgrounds, creating a space where they can share experiences, knowledge, and support. DeVito (2022) emphasizes that effective interpersonal communication involves openness, empathy, support, positivity, and equality. Before delving into the core discussion, the researcher also first identified the problems and obstacles frequently encountered within the HCC community so that this discussion can answer how the HCC community can build solidarity.

The potential for subgroups, particularly close ties between certain members, can potentially create subgroups that may inadvertently create communication gaps with other members. Although currently well-managed, this needs to be continuously monitored to prevent diminishing the sense of equality and inclusivity.

Although one informant in this study was a very active member, the frequency of attendance varied (for example, Informant 1 only attended once a month), indicating that maintaining consistent participation across all members is an ongoing challenge. While digital is effective, ensuring that all members actually read and understand the information disseminated in large groups can be challenging.

The final challenge researchers identified was information management. While digital communication through WhatsApp groups is considered effective, ensuring all members actually read and

understand the information shared within the large group can be challenging.

The research findings indicate that HCC members actively apply these qualities in their interactions, which in turn strengthens social bonds and creates a comfortable and sustainable environment for members. This is supported by the five pillars of interpersonal communication previously explained: openness in sharing information among members; empathy demonstrated by members when supporting each other during cycling activities and when facing personal challenges, creating a deep sense of mutual trust; positive attitudes and support for fellow members; and finally, equality among members.

Based on the findings obtained during the research process, these results serve as a foundation for further, more in-depth and detailed discussion. This discussion aims to interpret the meaning of the existing findings by linking them to the previously established research propositions and objectives. The explanation of the discussion is as follows:

Interpersonal Communication as the Foundation of Community Solidarity

Research findings consistently demonstrate that Joseph A. DeVito's (2022) five qualities of interpersonal communication-openness, empathy, supportiveness, positivity, and equality-are not only theoretically understood but actively practiced within the HCC community. These qualities have proven to be key pillars that support and strengthen solidarity among its members.

Openness in Building Trust and Information

Openness, as the ability to be honest and transparent in conveying messages, is a crucial element observed in the interactions of HCC members. Observations show that simple habits such as greeting "good morning" and shaking hands when gathering create a friendly and open initial atmosphere. This is a crucial first step in building closeness and comfort between individuals, which then develops into a more in-depth exchange of information.

Informants 1 and 2, as founders of the HCC, explicitly stated that the community serves as a forum for exchanging ideas, even regarding personal matters such as work or family. This indicates that openness in the HCC goes beyond simply sharing technical information related to cycling; It encompasses a personal dimension that allows members to feel heard and supported. The "friendship" function mentioned by Informant 1 indicates that HCC is not just a hobby group, but also a social support network based on trust. This openness aligns with DeVito's (2022) view that openness creates trust between individuals.

Empathy Strengthens Emotional Bonds and Support

Empathy, the ability to understand and feel what another person is feeling, is a prominent interpersonal communication quality within the HCC community. Findings indicate that empathy manifests itself in various forms, both during cycling and in social interactions outside of physical activity.

During cycling, empathy is evident in the safety practices implemented. Group leaders are required to be knowledgeable about the road contours and provide clear instructions to avoid accidents. Members behind are also actively signaling or shouting if there are any problems, such as a flat tire. Informant 3 provided a concrete example during a long ride to Cirebon, where members consistently communicated with each other to stay informed, wait for those who were left behind, and ensure no one was left behind. This was not only about physical safety, but also about concern for the well-being of other members, demonstrating that each individual feels part of a group that looks out for one another.

Beyond cycling, empathy is also very strong in responding to both happy and sad situations. When a member experiences sad news (illness, death, or disaster), HCC members spontaneously offer moral support via the WhatsApp group. Furthermore, the HCC management's fundraising initiative for members in need demonstrates empathy manifested in concrete actions. Informant 2 specifically mentioned that they helped with funds to ease the burden on members who were sick or experiencing a disaster. This is a form of organic solidarity, where members with different roles (managers, members) complement each other and support each other (Durkheim, 1997).

During the sharing session after the activity, empathy was reflected in the way members listened attentively and appreciated the experiences and challenges faced by their colleagues without judgment. This non-judgmental environment is crucial for encouraging members to share honestly, which in turn strengthens emotional bonds. Nurbani (2023) emphasizes the importance of empathy as the foundation of effective and harmonious interpersonal relationships, and how a lack of emotional management can disrupt smooth communication. In the HCC context, strong empathy helps minimize these barriers and strengthen social bonds.

Thus, empathy at HCC serves as a strong emotional glue, ensuring that every member feels valued, supported, and not alone in facing various situations, both inside and outside of community activities. Empathy Strengthens Emotional Bonds and Support.

Supportiveness Promotes Collaboration and Participation

A supportive attitude, demonstrating positive attitudes and constructive support in communication, is a prominent quality within the HCC community. This attitude is observed in various interactions, both verbal and nonverbal, and contributes significantly to group cohesion. During cycling trips, supportiveness is evident in the constructive communication of information, such as warnings about road conditions, and assistance provided to members experiencing technical difficulties. Members also provide verbal and nonverbal encouragement, such as encouraging shouts and clear hand signals. This creates a collaborative atmosphere where each member feels motivated and supported to achieve common goals.

The role of the leader and administrators is crucial in fostering this supportive attitude. They provide space for each member to speak, value opinions, and recognize members who excel. Informant 1 stated that they always support their friends

who participate in events or competitions, and if problems arise, they help resolve them to keep the community running positively, actively, and productively. Informant 2 added that this support extends beyond congratulations to fundraising and prayers.

Informant 3, an active member, confirmed that HCC members are very aware of and supportive of one another, not only in cycling but also in other sports such as running or trail running. He also highlighted the habit of waiting for members who are left behind during cycling or at meeting points as a tangible form of support. This demonstrates that support in HCC is reciprocal and inclusive, ensuring that no member feels left out.

Theoretically, supportive behavior in interpersonal communication refers to behaviors that reduce communication barriers, increase trust, and encourage active participation. Observations in HCC indicate that this supportive behavior is a crucial foundation for maintaining harmony and the success of community activities. Berger, Roloff, and Roskos (2021) emphasize that effective interpersonal communication can reduce conflict, increase collaboration, and strengthen emotional bonds between members. Supportive behavior in HCC directly contributes to the achievement of these goals.

A Positive Attitude in Creating a Harmonious Environment

A positive attitude, expressing a friendly and pleasant demeanor to create a conducive communication atmosphere, is an important characteristic observed in the interactions of HCC members. This community consistently strives for positive-oriented communication.

Informant 1, as the leader, firmly emphasized the importance of positive communication and mutual respect. He explained that differences of opinion are always discussed together to find solutions, without anyone feeling they are always right. This creates an environment where criticism is delivered constructively and focuses on problem-solving, rather than blaming individuals.

Informant 2 added that differences in age or background do not pose a barrier because all members maintain a positive atmosphere. He stated that they "just have fun" and focus on the sporting hobby that unites them. This demonstrates that HCC has succeeded in creating a culture where members can interact in a relaxed and enjoyable manner, unburdened by hierarchy or social differences.

Informant 3 observed that HCC members show joy and support when a member receives good news or an award. This creates a conducive and positive communication atmosphere, where individual successes are celebrated together as community successes. He also mentioned that members remind each other if jokes or interactions deviate from positive values, demonstrating the existence of internal mechanisms to maintain quality communication.

Documentation, such as appreciation posts on the HCC Instagram account, also provides concrete evidence of this positive attitude. Giving tributes or encouragement to members who participate in certain events serves as motivation and strengthens a sense of togetherness. This positive attitude helps build trust and maintain harmonious interpersonal relationships, in line with the concept of interpersonal communication, which states that a positive attitude involves expressing and encouraging positive things in social interactions (DeVito, 2022).

Thus, a positive attitude at the HCC not only creates a pleasant atmosphere but also serves as a mechanism for constructively managing conflict and strengthening social bonds through the celebration of shared successes and ongoing moral support.

Equality in Building Inclusive Participation

Equality, as the principle of treating interlocutors as equal partners in communication interactions, is a fundamental aspect that is highly visible in the HCC community. This principle ensures that every member feels valued and has an equal opportunity to contribute.

Observations at the "Ngariung" (gathering) activity on June 9, 2025, clearly demonstrated this equality in practice. The

event, held at a member's home, created a friendly atmosphere where every participant both old and newwas treated with respect and considered to have an equally important role. There was no dominance or discrimination based on status, length of membership, or background.

All participants were given equal opportunities to speak, express their opinions, and provide input regarding activity evaluations and future community plans. This created an inclusive and democratic communication space, directly strengthening a sense of togetherness and solidarity. Informant 1, the head of the HCC, emphasized their commitment to creating an egalitarian atmosphere where every member and their family feel valued and have equal space to speak, as they say, "We are all part of the HCC family."

The role of the head and administrators is crucial in maintaining this equality by facilitating discussions fairly and respecting every voice, regardless of who speaks. Awards given to outstanding members are delivered in a manner that respects and unites all members without discrimination. Informants 2 and 3 also highlighted the importance of adapting their speaking style to the person they are speaking to, while maintaining the principles of equality and politeness. Informant 3 even stated that they treat everyone "equally," demonstrating the internalization of the value of equality in daily interactions.

This equality not only strengthens social bonds between members but also creates a comfortable and open atmosphere for the active participation of all members and their families. This is an important foundation for building healthy and harmonious interpersonal communication, which in turn supports the sustainability of the community.

Solidarity within the HCC community is concretely manifested through strong collectivist practices. This collectivity reflects a shared awareness that the success and sustainability of the community is the responsibility of all members, not just individuals. This is in line with Durkheim's (1997) concept of solidarity, especially mechanical solidarity which arises from

shared values and norms, as well as organic solidarity which is formed from interdependence between members with different roles.
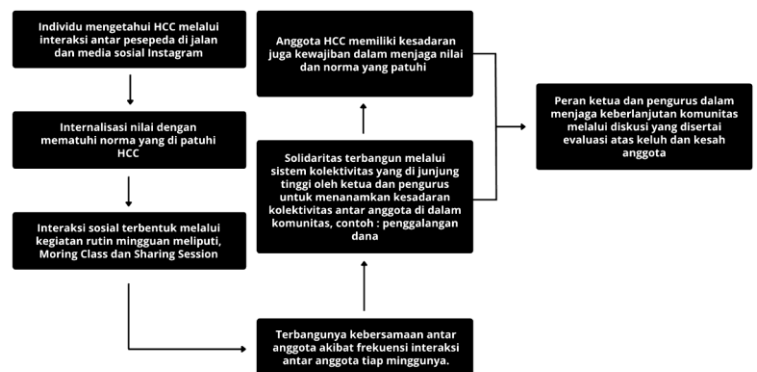
CONCLUSION

The conclusions drawn from the entire discussion, which address the research formulation and objectives and prove the established propositions, are as follows.

This study analyzes the role of interpersonal communication among Healing Cycling Club (HCC) members in building community solidarity, confirming the initial proposition that effective interpersonal communication is a key foundation of solidarity. The findings indicate that the five qualities of interpersonal communication, according to Joseph A. DeVito (2022), openness, empathy, supportiveness, positivity, and equalityare actively practiced in the daily interactions of HCC members. Openness manifests itself in the sharing of information and personal experiences, both in person and through digital platforms, creating an environment of mutual trust. Empathy is demonstrated through tangible concern and mutual support, both during cycling activities and in addressing members' personal challenges. Supportive and positive attitudes are reflected in encouragement, appreciation, and constructive problem-solving, which foster a harmonious and collaborative atmosphere. Equality ensures that every member feels valued and has an equal opportunity to participate.

Solidarity in the HCC emerges and is strongly realized through collectivist practices, where members share a shared awareness and responsibility for the success

and sustainability of the community, evident in active coordination, collective financial and moral support, and an open forum for aspirations. The formation of the HCC community also reflects a synergy between a shared interest in cycling and a geographic location in Bogor, which facilitates regular interaction and strengthens social bonds. This solidarity-strengthening mechanism is supported by a combination of in-person and digital interactions, as well as the central role of leadership, which facilitates communication and upholds community values.

Thus, the strong solidarity in the HCC, built on a foundation of effective interpersonal communication, has resulted in deep social relationships, high levels of trust, and community sustainability, evident over four years, despite ongoing challenges identified and experienced by community members.

This research significantly contributes to the development of communication theory, particularly in the realm of interpersonal communication and community solidarity. Academically, these findings enhance understanding of

Model interpersonal communication influences solidarity in HCC.

how the interpersonal communication qualities of openness, empathy, supportiveness, positivity, and equality serve not only as theoretical concepts but also as fundamental pillars in building and maintaining group solidarity in the context of interest- and location-based communities. This research also confirms the relevance of the solidarity theory put forward by Emile Durkheim (1997) and the community concept of McMillan & Chavis (1986) in analyzing social interactions in groups and running a community.

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