

THE PHENOMENON OF *TOXIC RELATIONSHIP* AMONG STUDENTS

Fani Salmatuanisa, Tita Wahyuni*, Mukarto Siswoyo, Aghnia Dian Lestari.

Universitas Gunung Jati

fanysalma13@gmail.com, titawahyuni03@gmail.com, mukarto.siswoyo@ugj.ac.id aghnian.dianl@ugj.ac.id

ABSTRACT

Toxic Relationship is an event when you feel hurt, feel disadvantaged, feel uncomfortable, feel insecure, lack of affection, and the victim feels intimidated. The impact can flatten fear and trauma and make it difficult to interact socially. The method used in this study is qualitative with a phenomenological approach by explaining the phenomenon of experience that has been carried out by one of the individuals experienced with real events. The object was obtained by several subjects with data sources coming from interviews and data analysis was carried out by data reduction, presenting data and drawing conclusions. The results of this study are two forms of violence, namely verbal violence and physical violence. Most of the problems obtained are about the bad treatment of their partners. This causes the victim to feel inferior and triggers his mental health.

Keywords: *Toxic Relationship, Dating, Violence, Bullying, Dilemma.*

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INTRODUCTION

Humans are created as social creatures that will not be separated from a life that needs each other. Because humans actually need help from others, every individual does not always get the same treatment from someone. When we are attracted to someone, we will feel infinite happiness. Establishing a relationship with someone will certainly have a good emotional impact on the life between the two individuals. Establishing a relationship can be interpreted as dating. Dating in a relationship begins with an introduction to a man and a woman who cares for each other and ends by making a commitment between a man and a woman. The initial phase of courtship occurs to get to know each other intensely with the aim of loving and loving each other. The phenomenon of dating will feel very good when the relationship is beautifully established. A good relationship occurs when both individuals give equal attention and affection between the two.

In addition to providing a form of attention and affection, a beautiful relationship will occur if there is mutual understanding and intimacy carried out to the partner. Such as giving forms of affection in the form of touch, giving quality time, small actions, and praise. The form of affection that is given in real form will foster good love between the two.

But in establishing a dating relationship does not always go smoothly, dating will not always be beautiful. Like differences of opinion, the lack of attention will also become a problem in the relationship if the two do not understand each other which will have an impact on triggering the beginning of a problem. Problems will start with the little things that are done to their partner. The form of problems that occur to someone who is in a relationship usually occurs several problems that have never been thought of before. Examples of cases where one individual feels uncomfortable with his relationship such as prohibition, control of activities, excessive jealousy, not feeling safe, high sense of selfishness, low self-esteem, lack of

appreciation from the partner, bersinging, feeling victimized by each other to the emergence of physical and mental violence in the relationship.

This phenomenon is referred to as a toxic relationship. Toxic relationships can also be characterized as one of the individuals feeling uncomfortable, depressed and one of the parties feeling oppressed in the relationship. Toxic relationships are considered toxic relationships because they cause one of the individuals to feel uncomfortable while living the relationship. Toxic Relationship is an event when you feel hurt, thirsty for validation, feel disadvantaged, feel uncomfortable, feel unconfident, lack of affection, and one party feels intimidated.

Usually, a person who is thirsty for validation usually likes to feel that he is the most right, which causes an attitude of lack of empathy, selfishness, envy, feeling the most right and always seeking attention, wanting to be privileged, afraid of failure, sensitive to criticism.

Quoting from Komnas Perempuan, it was explained that in 2022 it showed that cases of violence against women were more dominant, reaching 2,228 cases, then psychological violence reached 2,083 cases. This occurred including 713 cases of violence committed by ex-girlfriends and 422 cases of violence committed in dating. Meanwhile, in 2023, service institutions recorded 3528 cases of violence against women, especially in dating.

This phenomenon has been discussed by several studies. One of the studies entitled "The Phenomenon of Toxic Relationships and Its Impact on the Young Generation" (Keny et al., 2023) concluded that the causes of Toxic Relationships in dating occur due to environmental influences, excessive social jealousy, feeling disobeyed, and trauma from past events. Toxic relationships occur regardless of gender and do not look at the length or duration of the relationship. The impact can make the victim feel traumatized and afraid to be able to reconnect with others.

The psychological impact of the victim shows that there is traumatic behavior in the victim who is affected by sexual violence. This behavior is called post-traumatic stress (PTSD), which is characterized by feeling low self-esteem, increasing pessimism, drastic mood swings, constantly remembering the shadow of events and difficulty sleeping (Fu'ady, 2011)). However, in Toxic Relationships, they generally experience different psychological impacts because of their character, how to deal with the problem, and the social support from the people around the victims are also different. One of the impacts is that stress is characterized by a lack of self-attention and always feeling in the shadow of what happened to it. Efforts that must be made to overcome this can be through education and social enthusiasm, by forming actions to nourish the community's soul with moral education programs and supported by a solid religious fortress (Anindya et al., 2020). Quitting a toxic relationship is not easy, the majority of teenagers who are undergoing will try to end an unhealthy relationship, there are some teenagers who have a sense of trauma when dating with other people, and it is even difficult to create a new relationship because of the impact suffered due to the toxic relationship. The ability of individuals to manage emotions, stress, and to be able to fight traumatic situations during their lives is called resilience (Marita & Rahmasari, 2021).

Acts of verbal and physical violence cause disturbances and mental damage to victims of toxic relationships due to acts of verbal violence and physical violence. This research was conducted to observe the phenomenon of toxic relationships and how victims motivate themselves to get out of toxic relationships and live their next lives well.

Novi Andayani Praptiningsih, Gilang Kumari Putra, in the title of the article *Toxic Relationship in Interpersonal Communication Among*. This study uses qualitative methods with interpretive and subjective approaches. The data used is primary data and collected using FGD, in-depth interviews and observations, this study explains the results that toxic relationship perpetrators can occur around our closest people, ranging from friends, parents and couples who have unhealthy relationships. This research was carried out in an effort to assist toxic victims so that they are not traumatized, the impact will be different for each victim. In addition, the results of a toxic relationship do not have positive communication, but will even provide a pause or limit for someone. And it will also make someone reluctant to be able to interact with the new environment because the victim's confidence decreases.

Anitsnaini Sirojammunir, in the title of the article *Analysis of Courtship Behavior Patterns in Adolescents*, 2020. The method used is thematic qualitative analysis, namely data organization, coding, categories and presenting data, interpretation of the overall data, then presenting the results of the analysis. This study uses a qualitative method with an exploratory approach focusing on adolescent dating cases. The results suggest that this happens to the feeling of love that blossoms in adolescents, expressed by dating. Starting from the introduction until they agree to establish a relationship or dating.

Firsta Hernie Kartika Prameswari, Nurchayati, in the title of the article *Psychological Dynamics of Adolescent Girls Victims of Violence in Dating Who Choose to Maintain Their Dating Relationship*. The technique used is narrative analysis. Narrative analysis is the presentation of results for the placement of stories or narratives according to their characteristics. Data collection was carried out through interviews with significant others to be able to test whether the data from the interviews was in accordance with significant others. Then the research method used is qualitative with an approach through case studies. The results of research from Dating violence show that dating relationships will be detrimental from the female partner's side, especially if the relationship reaches the realm of sex before marriage. They tend to find it difficult to get out of the relationship because the sacrifices and fear of losing their partner are the triggers.

METHOD

This study uses a qualitative method with a phenomenological approach. Phenomenology is an approach that explains the phenomena of experience that have been carried out by one of the individuals experienced with real events.

Qualitative methods are research methods that suppress results to be expressed in general. By researching natural objects, researchers are then used as key instruments. The data collection technique is carried out by triangulation, data analysis is inductive (Abdussamad, 2022).

(Lee, 2018) in the book "*Toxic relationships (the 7 most Alarming signs that you are in a Toxic Relationship)*", that a toxic relationship is characterized by violence from one of the partners, and this is a dating relationship that can be a link between the two, but it can also be a separation of the couple. Because the relationship is no longer healthy and can be a problem. (Carruthers, 2011). This qualitative method research aims to find detailed information. Because with that, the data obtained will affect the quality of the research.

There are several informants in this study, with several problems that occur in toxic relationships with the following criteria:

1. Women with an average age of 20-24 years.
2. Status as students and workers.
3. Have been victims of toxic relationships such as verbal violence and physical violence.

RESULTS AND DISCUSSION

A toxic relationship is characterized by violence from one of the partners so that it makes there is no comfort and helplessness in the relationship. In contrast to a healthy relationship, the relationship will be established safely, there is love, attention, respect, and also very strong happiness. Toxic relationships are divided into 2 forms, namely verbal violence and abusive physical violence (Lee, 2018). The researcher observed several informants who experienced toxic relationships, including the following:

1. Verbal abuse in relationships

Verbal violence in relationships is often referred to as verbal abuse, which is verbal communication issued by a partner that is emotionally negative and detrimental (Arsih, 2010). In another context, verbal abuse occurs when a person responds to a request for attention from his or her lover with the aim of reducing his or her self-confidence by bringing him down mentally. Verbal abuse is often carried out with insults and curses to words of contempt to discourage people. However, not all verbal abuse is generally done roughly, but it is difficult to recognize the victim may not be aware of it immediately. Unconsciously, we have experienced verbal violence, whether it is from the closest people or from people we don't know, and vice versa, we must have verbally violence against others.

The verbal violence experienced by the victim is an act that is included in a toxic relationship because there are insults and curses thrown by the partner to the victim. Informants who experience verbal violence are classified as toxic relationships because they are in an unhealthy relationship, so that the victim also feels that there is no comfort and security provided by their partner. The results of all informants who experienced verbal violence in toxic relationships were characterized by the same problems but with different backgrounds. One of the informants revealed the verbal abuse he experienced when entering a three-year relationship. The informant had a relationship when he was in high school with an age difference of one year with his partner, they lived a healthy and happy relationship at that time like a dating person. But all of that changes when the partner enters college and becomes a new student, so many changes occur in their relationship. Informants feel many changes, including feelings of anxiety, frequent debates, and often become problematic about everything. The warmth that should be obtained from a partner has slowly begun to disappear. So that in the 2nd year this relationship becomes a toxic relationship because it occurs in a change in character that begins to be seen from the partner, starting with verbal violence such as saying harsh words, swearing and being overprotective. The attitude shown is not proportional to the comfort provided because the partner is more often demanding by issuing harsh language.

His partner often forbids him to go out with his friends because of the jealous nature that his partner has. Every time an informant is going to travel, he is required to report by sending a video at any time, when he feels that the news is not clear, his partner will greet him by

swearing using abusive language. Often the informant complies with his partner's request but does not match the good treatment he receives. There is one point where the informant finds out that his partner has committed an affair, goes to a discotheque with another woman, and finds evidence that his partner has slept with another woman. When discussing the problem, the partner will show annoyance by talking to him, so that the informant often feels uneasy all the time and feels that everything that happens is his fault. Toxic relationships affect the relationship because during the relationship, the informant begins to distance himself from the people closest to him. However, the reason why the informant continues to live the relationship is because his partner is often kind and regrets his actions, so it makes the relationship worth maintaining.

Toxic relationships also have a lot of impact on a person's mental health because they affect the victim with deep feelings of guilt, feelings of hurt, and pressure in living the relationship. A toxic relationship begins when one of the partners begins to be inconsistent in terms of commitment and expression of feelings experienced until violence begins to occur in the relationship.

2. Physical violence in relationships

Physical violence occurs when there is direct contact that results in the victim feeling intimidated, injured, and physically suffering (Mayasari & Rinaldi, 2017). This usually happens characterized by a lack of communication and support for each other, as well as comparing various things so that it gives rise to a conflict that has a long-term impact and is in an unhealthy relationship. Physical violence mostly occurs in women. Physical violence in dating is in the form of hitting, spitting, kicking, slapping, grabbing, pushing, throwing things to acts of sexual harassment (Nainggolan, 2014).

Physical violence experienced by the informant due to the emotional instability of his partner towards the victim. Physical violence that occurs is caused by a lack of understanding and stable communication between the partner and the victim resulting in physical violence. The violence began when entering the 6th year where the loving nature of his partner turned into temperamental, not infrequently his partner often insulted his body and compared it to other women. When arguing that the informant does not accept the treatment of his partner which will be in the form of physical violence in the form of slapping, slapping and pushing him to fall, it happens every time there is an argument with his partner. The impact received by the informant in the form of physical injuries, injuries and even trauma will continue until it ends in death if a person does not move away from the toxic relationship because it is experienced by the two informants, because they are always haunted by fear and insecurity when in that situation, even one of the informants stated that the impact of physical violence in the relationship has an impact on the mental health he experiences.

Of all the informants who got toxic relationships, there were unhealthy relationships that occurred in them. A toxic relationship is characterized by a sense of discomfort and insecurity from one of the partners towards the relationship he is living. Toxic relationships also have a lot of impact on a person's mental health because they affect the victim with deep feelings of guilt, feelings of hurt, and pressure in living the relationship. A toxic relationship begins when one of the partners begins to be inconsistent in terms of commitment and expression of feelings experienced until violence begins to occur in the relationship.

In reality, this toxic relationship still occurs a lot today. Victims of this toxic relationship will be very influential if the relationship continues to be lived without a desire to improve or even a lack of full awareness to be able to get out of this toxic relationship, so that not a few victims of this toxic relationship have an impact on a person's mental health so that it causes deep trauma, even depression because this toxic relationship is an unhealthy relationship because it has a bad impact because it hurts each other.

CONCLUSION

Basically, many teenagers are trapped in toxic relationships, but they can't realize it because of their feelings of affection for their partner. They are also reluctant to end the relationship on the grounds that they have been in a relationship for a long time and their feelings of love. Because from the results of the interviews that have been conducted, the victim of this toxic relationship has had a relationship for many years. Toxic relationships can be concluded that most of them have the same problems with their partner's treatment. Overall explained that the relationship was toxic because the victim felt intimidated by her lover's treatment to fulfill her wishes but not in accordance with what her partner asked the victim for. Most of the problems obtained are about the treatment of their partners towards the victim by prohibiting the victim, limiting interaction with the opposite sex, there are also acts of verbal violence against the victim. The victim felt that her relationship was experiencing a toxic relationship because she did not get good reciprocity for the victim. Most victims also experience the negative impact of the toxic relationship which results in the victim feeling low self-esteem and decreased confidence, which can trigger mental health such as anxiety, stress and depression.

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