

## **TOXIC RELATIONSHIPS AMONG FEMALE MUSLIM STUDENTS IN URBAN AREAS**

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### **ABSTRACT**

Toxic relationships are unhealthy and unhappy toxic relationships or relationships that do not support each other. This study is limited, the purpose of this study is to identify and analyze unhealthy relationships in toxic relationships of urban women among adolescents. Especially like college students who are now mostly toxic to the people closest to them. Toxic relationships as unhealthy relationships have an impact on internal conflict. This kind of relationship is very vulnerable to making the sufferer unproductive, mental disorders, making emotional outbursts that lead to violence. Usually this toxic relationship occurs a lot in urban areas, because teenage parents tend to provide poor parenting and lack of affection from their parents. The research method used is a quantitative approach. Data collection techniques using questionnaire surveys, statistical datasets. The results of the study show that: toxic relationship perpetrators are dominated by women, can also be categorized into several forms, namely: unhealthy relationships with friends, family, or lovers / boyfriends.

### **Introduction**

Toxic relationships are actions that show mastery and controlling behavior towards partners, namely toxic relationships that only benefit one party, while the other party is more often harmed (Dewi, 2021). Toxic relationships are usually characterized by excessive jealousy, selfishness, lies, lowering self-esteem, speaking harshly, thus causing discomfort in the relationship where this toxic relationship can achieve unwanted actions such as the onset of physical violence experienced by the couple undergoing the relationship (Vivi, 2020).

In the work of Julianto Very, et al (2020) Toxic relationship is an unhealthy relationship both for yourself and others. People who have experienced harmful

relationships will feel internal conflict which is an inner conflict that can cause anger, depression, or anxiety. Toxic relationships like this make it difficult to lead a productive and healthy life. Toxic relationship characteristics include excessive jealousy, selfishness from partners, lack of honesty, condescension, making negative comments or criticizing, and insecurity in the relationship (Nurlaila Effendy, 2019). A toxic relationship has a negative impact on the individual experiencing it. Based on the 2019 annual record of the National Commission on Violence Against Women, out of 13,568 recorded cases of violence, the number of dating violence reached 2,073 cases. This shows that there are still many individuals involved in unhealthy relationships (Christie et al., 2022).

In relationships there are three patterns related to the emergence of a rift in a relationship or toxic relationship, namely (1) secure attachment patterns, (2) ambivalent anxiety patterns, and (3) avoidant anxiety patterns. In this relationship there must be communication interactions between the two parties that show behaviors in the form of attention / responsiveness, always providing the love and affection needed in dealing with problems, pressure or threats, all of which are forms of secure attachment patterns, partners who are not always there for their lovers when needed are a form of ambivalent anxiety patterns, while interactions are often carried out in lovers who do not have self-confidence and are looking for affection that is not responded to or even given rejection (Putri, B.N 2020).

When viewed from its form this toxic relationship has two forms, namely verbal forms and physical forms. The verbal form is violence that occurs when someone yells at their partner and this violence does not only show someone yelling or speaking in a high tone but can be done in a subtle tone. The physical form is violence that involves direct contact to cause feelings of intimidation, injury or other physical suffering or bodily harm. This form arises basically as a form of inability to exercise self-control such as the emotions and mentality of someone who still tends to be unstable. This makes it possible to do something without thinking long like taking action in these two forms. Making the problems experienced seem complicated and there is no way out (Evedi, I. 2018).

Toxic Relationship can also be interpreted as an emotional disorder which is usually caused by one's own discomfort with the environment referring to several problems such as personal problems, family problems, economics, inner turmoil, social and romance (Vuja, 2020). The reasons that cause someone to choose to stay in this toxic relationship are quite diverse. Victims who decide to survive are usually caused by having hope for the abuser to change into a better person and not intend to commit the violence again later, the fear of loss and dependence on a partner and these reasons can come from the victim's external environment as well as from the victim's own personality and internal conditions (Adelwys, 2021).

According to research by Pangestu, et al (2021), Toxic positivity is an issue that is unconsciously around us. This is characterized by giving words of encouragement that can actually offend and be toxic to those who receive them. Toxic positivity has a negative

impact on mental health, such as stress, depression, and anxiety. This toxic positivity phenomenon has unwittingly become a normal thing in social life, becoming a habit that requires everyone to always look strong and healthy, and not show their negative emotions. If this is continuously done, it will have a negative impact on one's mental health. When someone is going through a difficult time, they tend to cover up and remain silent about the problems they are facing.

The form of toxic relationship felt by victims can be verbal and emotional abuse. This violence is divided into several stages, namely the first level in the form of verbal behavior that disturbs either directly or through communication tools, exerts pressure, accuses or says inappropriate words. The second level is sexual violence in the form of persuasion, seduction, and promises to control, or violence such as rape. The third level is physical violence, which occurs in individuals who have family problems, physical conflict and abuse such as hitting, kicking, or pushing (Niman & Sibarani, 2022). Toxic relationships have a negative impact on individuals who experience them. Based on the 2019 annual records of the National Commission on Violence Against Women, out of 13,568 recorded cases of violence, the number of dating violence reached 2,073 cases. This shows that there are still many individuals involved in unhealthy relationships (Christie et al., 2022).

Based on data from the Annual Record of the National Commission on Violence Against Women in 2019, it can be seen that there were 13,568 cases of violence recorded based on the amount of data, violence in dating reached 2,073 cases. From this data, it can also be seen that the existence of Toxic Relationship can cause inner conflict which will lead to depression or anxiety, so that it can cause new problems. In addition, one of the impacts is also on physical illnesses, such as heart disease, which can certainly lead to Primatia's death (Yogi Wulandari, 2019). According to UGM behavioral, environmental health, and social medicine expert, Ageng Yayi Suryo Prabandari, said that it is necessary to be aware of toxic relationships, because they can drain time and thoughts, have a bad influence on health, both physical and mental, and can affect social interaction in a person. Good social relationships will affect the development of one's personality and productivity (Inayah, 2022).

Toxic Relationship is an unhealthy relationship that can cause physical and emotional damage to themselves and others. Toxic relationships are rampant in dating relationships dominated or characterized by selfishness, excessive jealousy, getting restraints and pressure from partners, feeling uncomfortable in dating relationships, not respecting their partners, and many negative behaviors and attitudes that occur in dating relationships (Alfiani, 2020). Self-acceptance is the ability to accept everything in oneself, both the shortcomings and the advantages. the use of reality counseling helps individuals gain autonomy by achieving a found identity. For this reason, gratitude is a big thing that can affect the self-acceptance of a toxic relationship victim. Where they can recognize themselves with the urge to thank others for their inner condition. In this situation, victims

will be able to improve their psychological well-being and self-esteem to still feel confident and recognize that they are valuable and deserve to be treated better.

Courtship is a process of introduction between two people who are in the stage of searching for compatibility with the opposite sex to lead to a more serious life such as marriage or family. However, not everyone can feel the beauty of dating, not a few of the people who experience cases of violence where in a relationship, one partner is very dominant, or overly restraining their own partner, as a result of this restraint, violence in dating may arise (Radde & Gunawan, 2021). Dating is an exclusive relationship shared by an individual and their partner. Dating relationships are very important for young adults. Moreover, recent studies have found that problems related to dating relationships can reduce the mental health of individuals (Indrawati et al., 2018).

Dating relationships in adolescence often invite the attention of many parties because sometimes they contain elements of harassment and violence or violence. Dating violence is a form of behavior in the form of activities to exercise control and dominance over a partner, which can take the form of physical violence, sexual violence, or psychological violence that can result in injury or loss (Fajri & Nisa, 2019).

The factor that causes people to still have hope is determination, such as still wanting to maintain their relationship even though they know that their partner is toxic. Then the next factor is pathways thinking, namely people who experience toxic relationships for themselves still have hope to change their partners for the better and will not do unwanted things again (Julianto, et al. 2020).

With this, it can be concluded that toxic relationships are unhealthy relationships, and are controlled by negative emotions and can cause people who are bound together in a relationship to hurt each other. Until this very dangerous toxic relationship can have an impact that is not good for health, because people who experience it will be depressed and unhappy so that someone who is trapped in this relationship cannot live a productive, healthy and happy life.

The stages of decision-making to leave a violent dating relationship can be explained by the Stages of Change theory from James O. Prochaska and Carlo C. DiClemente's The Transtheoretical Model. Stages of change represent an array of attitudes, intentions, and behaviors that relate to a person's readiness to face a particular cycle of behavior change (Prochaska & Norcross, 2010). There are 5 stages in studying behavior change, namely precontemplation, contemplation, preparation, action, and maintenance. The stages are as follows: a. Precontemplation: a person does not realize the violence that is given to them by the partner because they do not know the long-term effects on them and do not have actual knowledge. b. Contemplation: At this stage the victim begins to realize the impact of violence on him in the future. c. Preparation: Victims of dating violence who are at this stage begin to organize plans for what to do to escape the violence experienced. d. Action: This stage is the stage where the plans that have been made in the previous stages are implemented. e. Maintenance: Victims of violence who are already in the maintenance stage

have completely disengaged from the violent dating relationship and their task is now to do things that can permanently build a new self, free from violence (Dilla & Cahyanti 2013).

According to Putri&Putri's research (2020) Language is an important supporting medium for verbal communication. Humans not only use verbal communication to communicate with each other but also use nonverbal communication to express feelings and thoughts. It uses gestures, facial expressions, and body movements instead of speaking. There are four forms of violence that arise in a relationship. These are physical violence, psychological violence, sexual violence and economic violence. All four forms of relationship violence can arise in a toxic relationship. Violence in a relationship can happen to everyone without exception, both men and women (Syafira, et al. 2020).

Female students belong to late adolescence, which is a period of transition from childhood to adulthood characterized by accelerated physical, mental, emotional and social development. Adolescence is a period of transition or change from nature to the physical body of a person. This change in children needs to be supervised by parents. Teenagers are usually confused about finding their identity when they are in this period, such as looking for themselves in their own way. The influence of the environment is also one of the factors that make this work. The influence of globalization is something that contributes a lot to all aspects of our lives in the world. The influence given is not only positive but of course accompanied by negative things (Praptiningsih & Putra, 2021). The Relational Maintenance Theory proposed by Laura Stanford and Canary focuses on maintaining the relationship in a stable state, thus preventing the relationship from experiencing a decline in intimacy. As Littlejohn and Foss (2009: 152) explain that relational maintenance consists of ten elements, namely: 1. Positivity, is an attitude of making pleasant interactions, giving praise, being optimistic, and not criticizing. 2. Openness, is talking and listening to each other. 3. Assurance, is an attitude of providing certainty or assurance about commitment. Commit to each other to establish a serious relationship and maintain the quality of the relationship. 4. Sharing tasks is the attitude of doing tasks and relevant work in a shared relationship. 5. Social networks is an attitude of spending time communicating and getting to know people around. Good social networks will expand relationships. 6. Joint activities is an attitude of doing activities and spending time together. 7. Mediated communication is an attitude of communicating using telephone media, technology, cards, and letters. 8. Avoidance is an attitude of avoiding certain situations. For example, avoiding attitudes that can make your partner dislike them. 9. Antisocial is an attitude that is unfriendly or violent towards a partner. This should be avoided, because it can trigger conflicts that can end in relationship termination. 10. Humor is an attitude used to make the atmosphere fun (Siniwi & Lestari, 2018).

The stages of becoming an adult are a period that everyone experiences, the desire to do new things always wants to be done by humans, it is an act that is purely born from knowledge that wants to always develop endlessly. Depending on where the science is anchored. Many children lose their future because of their own actions that violate the law,

so there needs to be supervision from parents. In dating relationships at this time often have an effect on the development of adolescent children, the relationship that is lived by the two opposite sexes sometimes one of the opposite sex brings bad influence on their partner called Toxic Relationship. Dating violence is classified as personal violence. There are three levels of dating violence, the first is verbal and emotional violence. The second level is sexual violence. The last level is physical violence (Ni Luh & Ni Komang, 2022).

The purpose that wants to be discussed is to find out how much we understand about the Toxic Relationship, and to know the phenomenon of toxic relationships that turn out to exist in everyday life which is sometimes not realized by some people, especially for those who are teenagers and who are in toxic relationships. Thus the problem examined regarding Toxic Relationship in female students is very important because it wants to measure how often they experience Toxic Relationship.

## Method

The type of research in this journal article uses Mix method (combination) which is a research step by combining two pre-existing forms of research, namely qualitative and quantitative research (Creswell, 2010)<sup>3</sup>. Quantitative research is a research approach that represents positivism, while qualitative research is a research approach that represents naturalistic (phenomenological) research. The reason for choosing these two research approaches is that the two types of research strengthen and complement each other so that research results will be achieved that are not only objective, structured and measurable but will also achieve in-depth and factual research results<sup>4</sup>.

The sampling technique uses Purposive Sampling which is a non-random sampling method where researchers ensure the quotation of illustrations through the method of determining special identities that match the research objectives so that they are expected to respond to research cases (Lenaini, 2021)<sup>10</sup>. The method of data collection used is the distribution of online questionnaires, to see or measure the level of validity and reliability of a study. The questionnaire is a data collection technique in the form of a list of questions submitted to the data source (respondent), either directly or indirectly with the data source. The questionnaire contains a standardized scale. The research participants selected were female students with an age range (18-22).

## Results and Discussion

The data in this study were obtained through primary data, namely questionnaires, the number who filled out this questionnaire was 143 respondents. In this study, the value of  $\mu$  (Mean) = 19 and  $\sigma$  (St Deviation) = 6. Mean is the middle value of the amount of data analyzed, while standard deviation is the value used to determine the distance of data distribution in a sample from the average or mean.

$\mu$  (Mean) : 19

$\sigma$  (St Deviation) : 6

	Score	Category	Frequency	Percentage
$X > \mu + \sigma$	$X > 25$	Living in a toxic relationship ship	6	24%
$\mu - \sigma < X \leq \mu + \sigma$	14 - 25	Sometimes living in a toxic relationship ship	13	52%
$X \leq \mu - \sigma$	$X \leq 13$	Having a healthy relationship	6	24%
Total			35	100%

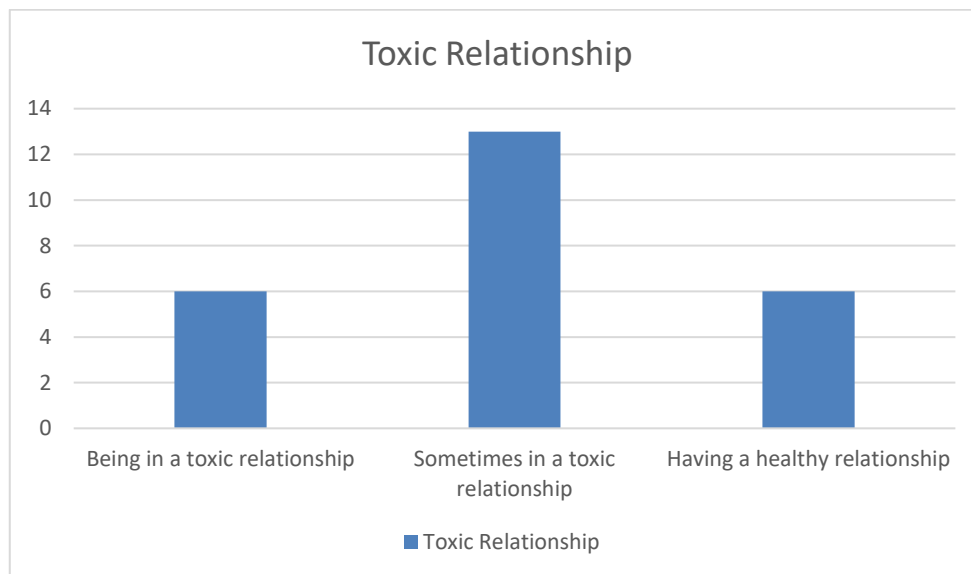
**Table.1**

In the table there are three categories in relationships, namely having a toxic relationship, sometimes having a toxic relationship and having a healthy relationship. The results at the toxic relationship level are obtained with a presentation of 24% having a toxic relationship, 52% sometimes having a toxic relationship and 24% having a healthy relationship.

Statistic		
Toxic Relationship		
N	Valid	143
	Missing	0
Mean		19.35
Median		20.00
Std. Deviation		6.328
Minimum		7
Maximum		35

**Table.2**





**Table.3**

In table.2, it can be seen that toxic relationships in female students have the lowest value of 7 and the highest value of 35. With an average value of 19.35, it means that the level of toxic relationship is high because the average respondent's answer is 19.35. Meanwhile, the standard deviation of 6.328 means that the size of the data distribution of the toxic relationship is 6.328 out of 143 respondents.

Based on the test results using SPSS from the Toxic Relationship on Female Students in the City which can be seen from table.3 From a total of 143 respondents, a percentage of 24% were in the phase of undergoing a toxic relationship, 52% of people were in the phase of sometimes undergoing a toxic relationship and the other 24% were in the phase of undergoing a healthy relationship. From this presentation, it can be seen that female students in urban areas are not too many who live in toxic relationships, but not a few of them live in healthy relationships. Toxic relationships can happen to anyone, but most of them happen to women, which certainly does not provide happiness and is a deprivation of human rights from everyone. In addition, toxic relationships have a negative impact on mental and physical health. If left unchecked, the mental and physical health of a person in a risky relationship can get worse, and harmful connections can also negatively impact a person's habits.

The way that can be done to overcome Toxic Relationship when viewed from Eric Berne's theory can use the Self awareness strategy. First, an individual needs to have the awareness that each individual has 3 ego states (parent, adult, child). As a healthy individual, he must have awareness of his ego state and understand when his ego can be released by adjusting to the situations and conditions they experience. When viewed, the Toxic Relationship phenomenon can occur because the individual cannot have the right ego state when he interacts with other people or his partner, so this can trigger him to carry



out forms of toxic relationships such as verbal or physical. By applying the Self-Awareness strategy, individuals will be able to choose the right ego state when interacting with others, especially in this study is in a dating relationship Those who are able to place their ego state appropriately will be able to avoid toxic relationships.

		Toxic_Relationship			Cumulative
Skor		Frequency	Percent	Valid Percent	Percent
Valid	7	15	10.5	10.5	10.5
	8	1	.7	.7	11.2
	9	2	1.4	1.4	12.6
	11	4	2.8	2.8	15.4
	12	1	.7	.7	16.1
	13	1	.7	.7	16.8
	14	5	3.5	3.5	20.3
	15	7	4.9	4.9	25.2
	16	5	3.5	3.5	28.7
	17	3	2.1	2.1	30.8
	18	9	6.3	6.3	37.1
	19	11	7.7	7.7	44.8
	20	8	5.6	5.6	50.3
	21	10	7.0	7.0	57.3
	22	13	9.1	9.1	66.4
	23	8	5.6	5.6	72.0
	24	9	6.3	6.3	78.3
	25	7	4.9	4.9	83.2
	26	8	5.6	5.6	88.8
	27	9	6.3	6.3	95.1
	28	3	2.1	2.1	97.2
	29	1	.7	.7	97.9
	30	2	1.4	1.4	99.3
	35	1	.7	.7	100.0
	Total	143	100.0	100.0	

**Table.4**

### Conclusion

So it can be concluded that toxic relationships are actions that show mastery and controlling behavior towards partners, namely toxic relationships in verbal and physical forms. Toxic relationship itself harms one party and only benefits one other party. The result of the research that has been conducted that toxic relationship in urban female students show that women in the more dominant category are experiencing toxic relationships.

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