


THE MEANING OF TOXIC RELATIONSHIP COMMUNICATION FOR TEENAGERS

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ABSTRACT	
Article history Received : April 23, 2024 Revised : June 27, 2024 Accepted : June 30, 2024	<p>This research is motivated by the phenomenon of the rise of toxic relationships in romantic relationships among teenagers. This results in depression, suicide attempts due to excessive pressure from the perpetrator. Komnas Perempuan's annual records for 2022 contain 3,528 data on cases of violence in romantic relationships. The aim of this research is to explain the motives, experiences and meaning of toxic relationship communication in romantic relationships for teenagers in Garut Regency. The research method used is a descriptive method with a qualitative approach. Phenomenological theory becomes the scalpel in this research to obtain an explanation for the phenomenon of toxic relationships. Data collection techniques through participant observation, in-depth interviews, literature study and documentation. The data analysis techniques in this research are data reduction, data presentation and drawing conclusions. The research results show that the motives for toxic relationships in romantic relationships vary, starting from internal factors such as obsession, narcissistic personality disorder (NPD), excessive disclosure and external factors such as the surrounding environment and the presence of an ex-lover in a new relationship. The experiences of toxic relationships that many people experience are verbal and nonverbal violence, mild depression to severe depression, trauma, hampered personal development and loss of confidence in having new relationships with other people. The communication meaning of a toxic relationship is one-way communication, a relationship that hurts each other, does not have good expectations from the romantic relationship that is being carried out and the relationship is dominated by only one party.</p>
Keywords: Depression Meaning Narsistic Romantic Relationship Toxic Relationship	



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1. Introduction

Romantic relationships among teenagers, especially students, are currently characterized by the phenomenon of toxic relationships, namely interpersonal relationships that are detrimental, dangerous and toxic for the parties involved

(Diananda, 2019). Toxic relationships themselves are characterized by control and manipulation from partners who tend to try to control and manipulate their partners (Praptiningsih & Putra, 2021). This can occur in the form of prohibitions, excessive supervision, or making the partner feel helpless and lose their freedom (Jailani & Nurasiah, 2021). Emotional violence often involves verbal violence, such as insults, ridicule, comments or sarcasm about your partner. This behavior damages a partner's self-esteem and mental well-being. Physical violence such as hitting, kicking, or physically hurting your partner (Arifin & Nurchayati, 2023). Power imbalance: one party often has more power and control in the relationship, while the other party feels powerless and feels like they don't have an important role. Emotional imbalance: one party may constantly feel depressed, anxious, or hopeless in the relationship, while the other party doesn't care (Grace et al., 2018).

A toxic relationship is an unhealthy relationship that makes the individuals involved in it feel unhappy, humiliated, experience injustice, and are always the target of anger which ends in verbal, psychological and physical violence (Indrawati et al., 2018). The characteristics of a toxic relationship are not being able to be yourself, always being controlled, not getting trust, being lied to too often, not having good communication, and experiencing violence (Nihayah et al., 2021). A romantic relationship itself can cause someone who is experiencing it to feel happy euphoria and be enthusiastic about living their days (Yani et al., 2021). This is not just a feeling of joy in being in a relationship, of course there will be many problems such as differences of opinion, misunderstandings and prioritizing one's own ego, due to the lack of awareness of being trapped in a toxic relationship (Agustina et al., 2015). It is appropriate that in a romantic relationship, ethics and norms become a framework that helps maintain balance, mutual respect, and build a healthy relationship (Ismanto et al., 2022)

Furthermore, there is also the pathway thinking factor, which describes a person's hope in a toxic relationship to change their partner for the better and avoid unwanted behavior again (Julianto et al., 2020). This toxic relationship phenomenon occurs in teenagers aged 18-23 years (Fatmawaty, 2017). This happens because maturity in responding to problems is not yet mature or there is one person who wants to dominate the relationship so that their goals will not be achieved and it will be difficult to achieve because there is no trust which causes both of them to be suspicious of each other, misunderstandings and even verbal or verbal violence. non-verbal (Mu'minin, 2020).

Based on the researcher's observations, it illustrates that the real condition of the problem phenomenon in this research is toxic relationships in romantic relationships among students, which are increasing, the occurrence of verbal and non-verbal violence which causes them to become mentally unhealthy and lose confidence in themselves so they think that they are worthless in the eyes of others. There are many cases of violence related to the research being studied, so the following is the empirical data that the researchers present.

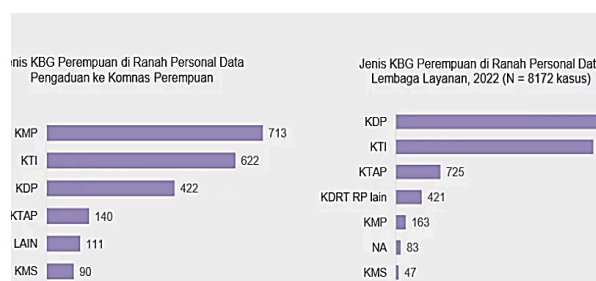


Figure 1. Data on cases of violence in Indonesia

Source: National Commission on Violence Against Women, 2023

Figure 1 explains that in the 2023 National Commission on Violence Against Women's annual records, the number of reported cases of violence in romantic relationships occupies

the top position in the personal violence category in 2022. Data submitted by service agencies shows that there were 3,528 cases of violence in romantic relationships, followed by cases of violence against wives. as many as 3,205, and violence against girls with a total of 725 (Komnas Perempuan, 2022). Likewise, the 2019 annual record of violence against women, of the 13,568 cases of violence recorded, 9,637 cases were in the private sphere (71%). This number increased from 2018, from this number, the number of violence in relationships reached 2,073 cases, and the number of violence against wives reached 5,114 cases (Komnas Perempuan, 2019). Meanwhile, 713 cases of violence perpetrated by ex-girlfriends, 622 cases of violence against wives, and 422 cases of violence in romantic relationships dominate the reports received by Komnas Perempuan throughout 2022. Trends in the context of personal violence based on Komnas Perempuan's complaint data show a similar pattern to last year. Previously, psychological violence topped the list at 40%, followed by sexual violence at 29%, physical violence at 19%, and economic violence at 12% (Komnas Perempuan, 2022).

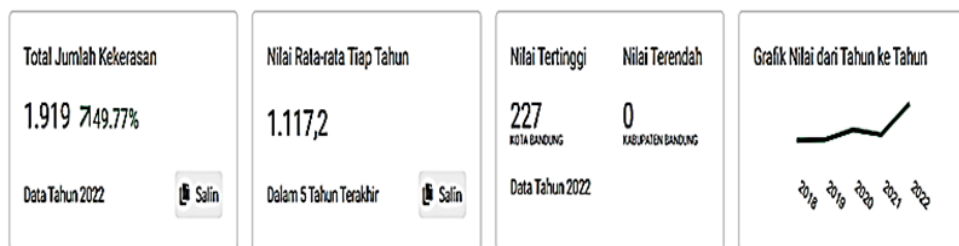


Figure 2. Violence data in West Java

Source: Opendata.jabarprov.go.id, 2023

Based on Figure 2, the West Java region shows that there are 1,919 cases of violence with an average value per year of 1,117.2. 2022. These cases include physical violence, sexual violence and domestic violence.

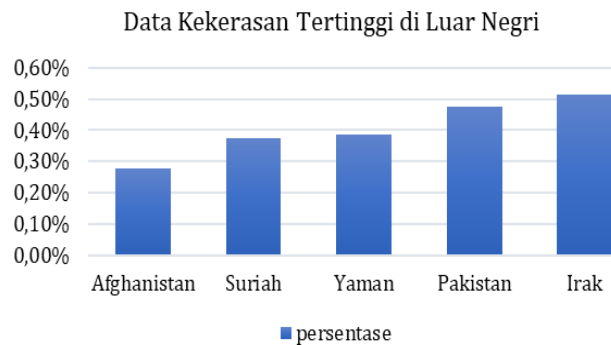


Diagram 1. Data on Violence Abroad

Source: Woman, Peace and Security Index, 2021

The violence that occurred in Indonesia also occurred in several countries. Based on diagram 1, Afghanistan is the country with the highest crime rates among women and the lowest worst performers, namely 0.278. Violence against women in Afghanistan takes the form of domestic violence, ranging from physical, psychological, verbal violence to murder. Meanwhile, Syria followed with the worst performers at 0.375. The forms of crime in this country can be seen from the difficulty of getting access to health care to sexual harassment (Woman, Peace and Security Index, 2021). The next crime against women occurred in Yemen, with the worst performer being around 0.388. Violence against women is quite diverse because Yemen makes girls the object of discrimination ranging from negative stereotypes, economic inequality to a legal system that is discriminatory against women. Pakistan has an index value of 0.476, much higher than the three previous countries. Exploitation through physical and sexual violence often occurs in Pakistan. Iraq got the worst performers index of

0.516. One form of injustice in this country is passing a law that stipulates that women aged 15 can marry. Family law also discriminates against women regarding child custody, divorce and inheritance (Ni Luh Wiweka Widyastuti et al., 2022).

The prevalence of intimate relationship violence (KHI) is a global problem that occurs at a relatively high level, especially among women (Organisasi Kesehatan Dunia, 2013). In the United States, approximately 1 in 4 women and 1 in 10 men experience physical violence (women: 21.4%, men: 14.9%) or sexual violence (women: 18.3%, men: 8.2). Higher prevalence rates were found if emotional abuse (e.g., being threatened, belittled, or insulted in front of others, being insulted or made to feel bad about themselves), financial abuse (e.g., preventing access to family income), or cyber abuse were included (Putra et al., 2023).

Psychological forms of Relationship Violence (IPV) were the strongest predictors of negative mental health outcomes compared to physical and sexual forms of abuse research of three types of IPV as predictors of PTSD in a sample of court-involved IPV victims. Although univariate analyzes showed that all forms of IPV predicted PTSD symptoms, multivariate models showed that psychological violence explained more variance in PTSD than physical and sexual violence. This study looked at the differential effects of IPV on depressive symptoms, finding that women who were physically and psychologically abused by their intimate partners had higher levels of depression than those who experienced only physical violence, strongly suggesting that psychological forms of IPV are not a minor type of violence, but rather a key determinant of mental health outcomes (Forth et al., 2022).



Figure 3. News about Garut teenagers experiencing depression

Source: iNewsJabar.id, 2023

One example of the phenomenon of experiencing depression due to violence, quoted from iNewsJabar.id, was suspected of suffering from depression, a young woman in Garut Regency tried to commit suicide by jumping into the Cimanuk River from the Maktal Bridge, Sukakarya Village, Tarogong Kidul District. The girl's suicide attempt, whose identity has not been revealed, failed because she was rescued.

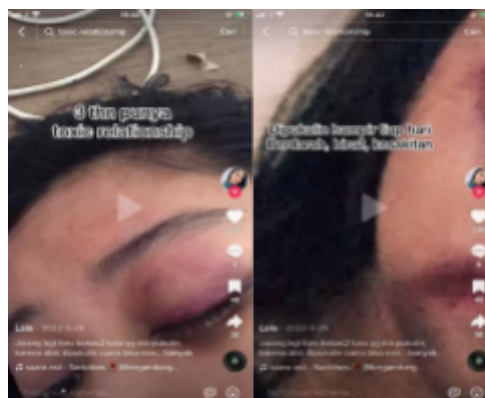


Figure 4. Teenagers who experience Toxic Relationships

Source: Tiktok, 2023

Figure 4 shows a teenager who experienced a toxic relationship obtained from a TikTok account that uploaded content with the story that he had a toxic relationship with his girlfriend for 3 years which caused mental damage to the victim, physical injuries caused by

the perpetrator, in this content the victim said he could not escape. from his lover even though he was treated badly and physically injured him (Tiktok, 2023). Victims of sexual violence often experience violent treatment, an emotional experience that will not only have an impact on their own lives but will also have an impact on the person's mental health. Apart from that, it can also have a psychological impact where feelings of disappointment arise, feelings of failure in completing responsibilities, making it very difficult to achieve a good mental condition. Dating violence refers to a person's attempts to dominate, control, and be physically, psychologically, or sexually superior to that person in a relationship and hurt or cause harm to another person (Sambhara & Cahyanti, 2013). This transition period, which is often referred to as adolescence and early adulthood, carries a risk of violence in dating, especially because women experience stronger and more extreme impacts than men. Up to 87% of victims of violence try to end their relationship. However, women who choose to end relationships filled with violence and cruelty face more serious consequences (Nihayah et al., 2021).

The research conducted by researchers is relevant to the title of the phenomenon of toxic relationships in dating among University4Sriwijaya students. The results of the research show that toxic relationships among dating students at Sriwijaya University include social restrictions, name-calling, gaslighting, physical violence (gripping and choking), and taking their partner's money. In addition, the results of this study show that couples who choose to remain in a relationship do so for psychological reasons such as: feelings of love, fear of loss, as well as sociological reasons such as feelings of love, insecurity and fear of other people not accepting them because they have had sexual relations (Girsang & Ningsih, 2015).

The second previous research was toxic relationships in teenagers who were dating. This research is motivated by the phenomenon of toxic relationships which is currently being discussed among many psychologists in Indonesia, and many mental health institutions in Indonesia are actively advocating against the dangers of toxic relationships by creating webinars or content containing information about toxic relationships. The results of this research show that the forms of violence experienced by teenagers are mainly physical violence, psychological violence and economic violence. Second, the factors causing toxic relationships in teenagers in the city of Bandar Lampung are internal factors such as unstable emotional states, immature ways of thinking and being victims of dependence on their partners, as well as external factors such as the influence of the social, environmental and emotional environment as well as feelings of jealousy, betrayal and disobedience. Third, the psychological impact experienced by students who have experienced toxic relationships while dating, such as the emergence of fear and trauma when returning to the opposite sex. However, several informants admitted that they had difficulty meeting new people and ultimately decided to return to their toxic past on the grounds that their past loved them more than new people (Yanti, 2023).

The theory used in this research is phenomenological theory. This theory explains phenomena based on a person's life experience which explains how that person perceives the experience and gives meaning to the phenomena that occur. Phenomenology according to Alferd Schutz focuses on motives, divided into two categories, namely 4 motives for and 4 motives because. Meanwhile, phenomenology according to Edmund Husserl explains the experience and meaning of a phenomenon. Phenomenology focuses on the subjective meaning that comes from the activities that have been carried out. Phenomenology wants to describe experiences as someone experiences them (Kuswarno, 2009).

2. Method

The method used is descriptive with a qualitative approach. This research is more about researchers exploring in-depth information related to the phenomenon of the meaning of toxic relationship communication for teenagers, especially students. Data collection techniques were obtained through in-depth interviews, observation, library research and literature study. Determining informants in this study used a purposive sampling technique. Criteria for informants include: students who have experienced a toxic romantic relationship for at least 1 year; age range 18-23 years, the informant has experienced a toxic relationship resulting in character assassination (loss of identity, hobbies, circle of friends and way of dressing) as well as an imbalance of power (domination of one party so that the other party does not have the authority to decide a wish in a romantic relationship). The following are several informants and sources who were used as subjects in this research.

Table 1. Informant and Source Data

Initial Name	Informant	Informations
NN	Informant	Student
AZ	Informant	Student
MJ	Informant	Student
AB	Informant	Student
RM	Informant	Student
Riscka Fujiastuti, S.Psi, C.Fe, CH, CHt	Source person	Psycgologist, Therapist, Career Counselor
K.H. Deden Badrusalam, M.Pd.	Source person	Religious expert (ulama), Leader of the Asy-Syafiiyah Al-Qur'an Islamic Boarding School

Source: Researcher Interview Results, 2023

3. Results and Discussion

Results of Research on Toxic Relationship Communication Motives in Adolescents

The motives for toxic relationship communication for students were obtained through interviews with five informants. The results of interviews with informants stated that they explored many new things and upgraded their potential which previously could not be done because of excessive restrictions from their former partners. Meanwhile, regarding motives due to toxic relationship communication, informants have different statements, one of which is regarding the causes of toxic relationships in their romantic relationships.

According to the first informant, namely NN, said that informant NN wanted to be able to develop and explore something more positive and express himself more freely. The following are the results of interview excerpts related to toxic relationship communication motives:

To be able to express yourself more freely, try new things that can be tried and while you are with your partner you cannot make many new friends, it will be a big problem if this is violated (NN, 2023).

Because the guy is very possessive of me, he forbids me from socializing with my friends a lot, posting photos on social media is not allowed, it's even called caper, studying is not allowed, working is also not allowed, I have to just keep quiet and obey what he wants, but he's the one he can't understand what I want and he's the only one who can have an opinion and I can't, he can even control the way I dress (NN, 2023).

The statement from NN stated that the toxic relationship made him unable to express himself freely and felt dependent on his partner due to social restrictions or social isolation carried out by the perpetrator, which made the victim have no friends. Meanwhile, according

to the second informant, AZ, he said that there would be many changes and calm when he managed to escape from the toxic circle in his long-standing romantic relationship.

To develop more and try lots of new things that I haven't had the chance to do because I was hampered by my ex-partner because when I was in a toxic relationship I felt monotonous because there were so many rules for me that made it difficult for me to socialize (AZ, 2023).

Maybe because I showed too much affection, I fed his ego and accepted small and big mistakes, so he became arbitrary with me and indeed this was both of their faults because I also had sexual relations with him and that was also the trigger that resulted in this relationship. becomes toxic (AZ, 2023).

The statement from AZ stated that the trigger for their romantic relationship became toxic because of the intimate relationship they had and the victim's tolerance for the perpetrator's mistakes, whether small or big mistakes.

The third informant, namely MJ, said that this toxic relationship prevented him from honing the potential talents that existed within him. The third informant's statement is as follows:

I want to explore the potential that exists within me, because I couldn't explore skills or other things when I was in a toxic relationship, and I also want to learn to love myself because if I continue to stay in a toxic relationship, I will indirectly hurt myself (MJ, 2023).

Because the woman's feelings changed from affection to obsession, she did things beyond the limits to control me, such as limiting my circle of friends, both on social media and in real life, even my WhatsApp was also tapped (MJ, 2023).

Then according to the fourth informant, namely AB, said that when a relationship cannot be repaired, it will continue to make him unable to develop and become a bad person.

So that I can be more peaceful, focus on my obligations as a student, learn to be a better person because during a toxic relationship there were many things that made it difficult for me to do many things and for the good of both parties so that he could develop into a good person too, because there is no good in this relationship for either me or my ex (AB, 2023).

Because of his excessive jealousy, he became very possessive of me, often distrustful, naturally suspicious, and the reason was because he was curious about my past and found out about my background, then he became jealous and made his romantic relationship toxic (AB, 2023).

The fifth informant, namely RM, said that letting go of an unhealthy romantic relationship would make him more peaceful because he would leave behind the burden that had been an obstacle for him to find a positive relationship. The fifth informant's statement is as follows:

I want to take better care of myself and don't want to think too much because honestly it's really stressful when I'm in a relationship with him, so I want to be happier and happier too (RM, 2023).

Because of problems caused by the past, I was the one who told him about the extent of the relationship between me and my past. From there, he became angry and couldn't be discussed well because he had already triggered the same thing as my past and that's what happened. more possessive of me. Basically, he became very stubborn and always wanted to win by himself, whatever I did was always wrong in his eyes (RM, 2023).

Research Results Regarding Toxic Relationship Communication Experiences for Adolescents

Experiences are things related to what has been experienced, felt and lived about something. The five informants who were studied regarding their experiences, of course, in any case during a toxic relationship in a romantic relationship, each individual certainly had different experiences.

The things that were obtained in undergoing a toxic relationship in a romantic relationship, all informants had negative experiences because in this toxic relationship phenomenon of course there were no positive experiences that were obtained from this detrimental and dangerous romantic relationship. There are some similarities but there are also differences that he got after undergoing a toxic relationship in his romantic relationship. The first informant, namely NN, stated that toxic relationships left a lot of wounds and trauma which made him experience final depression because he could no longer feel emotions within himself such as feelings of irritation, anger, joy or disgust.

What I got from a toxic relationship in a romantic relationship was final level depression because I had reached the point of not being able to feel emotions within myself, such as not being able to be angry, sad, happy and upset. To be honest, I was numb and lost concentration in doing any activity, it was difficult to socialize with people not having the energy to live life (NN, 2023).

Meanwhile, according to the second informant, AZ, he said that it was the same as the first informant, where the toxic relationship in his romantic relationship left many wounds and changed his personality.

I experienced quite a large amount of trauma and it affected my personality, I had a big ego and became a cold person towards the opposite sex, closed myself to the opposite sex because of the fear that existed within me, such as fear of being cheated on, in essence I had no self-confidence (AZ, 2023).

This statement from AZ is that apart from experiencing huge trauma, a toxic relationship also causes someone who experiences it to have trust issues with new people and reduce their trust in themselves. According to the third informant, namely MJ, the same as the second informant, the third informant's statement is as follows:

Apart from the insults and physical violence that I received from this Toxic Relationship, it really hampered my development, because when I was in a romantic relationship, the woman often got angry when I interacted with many people, especially those of the opposite sex, so I took steps to hone my potential. everything inside me becomes blocked (MJ, 2023).

A statement from MJ stated that toxic relationships in romantic relationships make it difficult for a person to build positive relationships with people who can help him hone his skills and broaden his knowledge, both in the field of education and hobbies.

Meanwhile, according to the fourth informant, namely AB, this toxic relationship made it difficult for him to interact with friends, disrupting his activities with colleagues as a student.

I like to be banned, when I interact with friends (both new friends and old friends), especially if there are people of the opposite sex, it will definitely be a big problem, sometimes I also like to be cursed at, lowering my self-esteem as a man. Lectures were also often disrupted, because I was too focused on romantic relationship problems, not having the concentration to do my college assignments (AB, 2023).

AB's statement stated that a toxic relationship does not allow him to have freedom in carrying out his activities and interferes with his concentration in carrying out his obligations as a student. Furthermore, the fifth informant, namely RM, had similarities in what he found, namely his limitations in socializing with other people and the presence of a lot of pressure which made him lack self-confidence.

I was really stressed when I was in a toxic relationship, because I, who was previously friendly, became introverted, because I wanted to protect his feelings, I was afraid he would get angry if I socialized with people a lot, I became moody, my sleeping hours were also messed up to the point where I felt like I had no value, because he talked a lot. demeaning (RM, 2023).

Research Results on the Meaning of Toxic Relationship Communication for Teenagers

Informants interviewed by researchers about how to interpret a toxic relationship for the perpetrator is a relationship that is very dangerous because it makes someone who experiences it feel stressed and even seriously depressed. The statement regarding the meaning of toxic relationships in romantic relationships from NN is:

A toxic relationship is a relationship that makes me not feel free to socialize with many people, making my heart sad and depressed in that relationship (NN, 2023).

The statement from informant NN, defines a toxic relationship as a relationship dominated by one party where there is excessive control from the partner which disturbs comfort and there is more sadness in a romantic relationship than happiness. According to the second informant, AZ, a toxic relationship is a relationship that is not beneficial for the people who are in it.

Toxic relationships in romantic relationships are detrimental, there is no benefit, especially in the name of affection on the grounds that you want to change your partner into a better person, even though it makes you crazy because there is too much pressure from your partner (AZ, 2023).

This statement from the second informant means killing someone's character for reasons of affection and wanting to protect their partner from social interactions nowadays, but with excessive regulations that make the other party feel stressed and depressed. According to the third informant, namely MJ, interpreting a toxic relationship is a relationship that is detrimental and difficult for the person experiencing it to realize.

This is a very dangerous relationship for anyone who is in it, because it cannot be realized immediately because it takes several things to ultimately make someone aware that they are in a toxic relationship (MJ, 2023).

According to the fourth informant, AB, a toxic relationship in a romantic relationship is a relationship that hurts each other.

Toxic relationships are relationships that are unhealthy and cannot be communicated well, do not have a single goal that can lead to a better direction, where there is jealousy that cannot be controlled (AB, 2023).

Another response from the fifth informant, RM, was of the opinion that apart from getting mild depression from a toxic relationship, it makes it difficult for the parties involved to reconcile and recover from the scars that remain.

Relationships are unhealthy because they cause stress and do not need to be maintained because there is no understanding, they hurt each other and even if they continue, they will further instill feelings of mutual hatred which in the end will be difficult to reconcile (RM, 2023).

In this section, the researcher will emphasize the research discussion based on the results obtained in the field, then this discussion will be strengthened with several results from interviews with sources and several previous studies. The motive for toxic relationships in romantic relationships is caused by feelings of love that turn into obsession. As we know, it will be difficult for a relationship to achieve its goals if one party is in control and there is no good communication between the two. Apart from that, damaged trust can also be the cause of a toxic relationship. If one or both parties do not trust each other, suspicion and worry arise which can create an unhealthy relationship environment. Meanwhile, the motive for letting go of a romantic relationship that is no longer healthy is for personal growth, mental health and personal safety because they don't want to continue to receive harsh treatment, both verbal and non-verbal, which continuously lowers their self-esteem.

Based on interviews conducted with sources from Practicing Psychologists & Therapists, namely Riscka Fujiastuti, the motive for toxic relationships is caused by narcissistic personality disorder (GKN), a personality disorder characterized by excessive behavioral patterns in the need for praise and attention, lack of empathy for other people's feelings, others, and obsession. Meanwhile, the motive for letting go of a toxic romantic relationship is for better mental health and freedom for oneself, wanting to gain control over their life (Riscka, 2023). Meanwhile, from the opinion of religious experts regarding a

person's motives for letting go of a toxic relationship, according to source K.H. Deden Badrusalam is part of the process of protecting yourself from things that are detrimental and hurt yourself because the relationship you are in is not in accordance with the teachings of the Islam religion (Badrusalam, 2023).

The statement expressed by the resource person is in line with previous research entitled the phenomenon of toxic relationships in dating. This previous research produced the motive of wanting to be free from a partner's control which was caused by excessive selfishness and jealousy (Putra et al., 2023). Meanwhile, in this study using phenomenological theory, researchers found that the reason behind teenagers leaving toxic relationships was their own awareness that basically the relationship they were in was no longer healthy. Based on this explanation, there are similar motives for and motives because the use of the objects of both studies is for the good of both parties because the relationship they are in no longer has a good purpose.

The researchers' analysis in this study shows that the role of family communication is very important, it must even be a glue. This is in accordance with previous research, that toxic relationships can come from people closest to you, be they family, lovers, even friends. This affects a person's mentality. Actions taken by providing assistance so that victims do not experience excessive trauma, by placing emphasis on victims to love themselves and their families more are complementary (Praptiningsih et al., 2024). Other research which states that the implementation of interpersonal communication "Ruth and Naomi" to avoid toxic relationships explains that there are five dialogues that influence where both have the same thoughts. Dialogue shows feelings of mutual love. The relationship they carry out is worthy of being a model for couples in the world (Hombing & Sipahutar, 2022).

The experience of a toxic relationship in a romantic relationship as expressed by a source from a practicing Psychologist & Therapist said that a toxic relationship is a negative relationship because it attacks physically and psychologically the person involved in the relationship, resulting in self-development which can be hampered or low self-esteem. someone so that they feel that they have no value. A toxic relationship is a bad experience that a person experiences because in the relationship there is verbal abuse that lowers self-esteem and physical violence that hurts the victim, making him feel unworthy of love (Riscka, 2023). This is in line with sources from religious experts who say that this toxic relationship has a negative impact on someone who experiences it. A negative experience because in this relationship there have been many conflicts which have had a negative impact on the person experiencing it and Islam itself encourages justice and equality in relationships (Deden, 2023).

This research is also in line with research with the title "Self-Worth of women who have been involved in toxic relationships. The self-worth of women in toxic relationships in the research explained that there were 299,911 reports of violence against women, the violence was in the form of verbal and non-verbal which made the victims experience feelings of trauma and low self-confidence so that it is difficult to believe in starting a new romantic relationship because you feel insecure and afraid of your partner's figure after experiencing violence which causes physical injuries and mental damage such as stress and depression (Arifin & Nurchayati, 2023). Previous research entitled a phenomenological study of toxic relationships in adolescents explains that toxic relationships are when someone has an unpleasant experience, there are internal factors that influence it, namely the need for a sense of security, and external factors, namely due to compulsion from the surrounding environment. We need deeper knowledge before choosing people who are close to us (Rifayanti et al., 2022).

The meaning of toxic relationship communication for teenagers is very diverse, depending on who interprets it, there are those who interpret the relationship as hurting each other, a relationship that no longer has hope for the future, a relationship that is no longer profitable because there is no good support, thus hampering existing potential. in a person that causes him not to develop. There are also those who interpret a toxic relationship as a

relationship in which only one party dominates, violating privacy boundaries and limiting social interactions with those closest to them. This, in line with research entitled the meaning of love in women who experience toxic relationships, explains that the meaning of a toxic relationship itself is a relationship that is difficult to repair because there is no effective communication because there is a lack of mutual respect in the relationship and selfishness. someone who wants to gain complete control over the relationship they are in (Hidayat, 2023). Meanwhile, Riscka Fujiastuti as a Psychologist & Therapist resource person said that the meaning of existence itself is needs that are based on desires (Riscka,2023). Meanwhile, the meaning of communication conveyed by religious experts, the meaning of a toxic relationship is a relationship that is not in line with religious values because the Islamic religion often teaches the principles of ethics and morality (Deden, 2023). This is in line with the research results that teenagers' perceptions that influence Toxic Relationships are religious prohibitions, the dissemination of information on social media, promiscuity, and how to dress, as well as individual awareness. According to the perception of teenagers, Toxic Relationships are due to bullying, which makes someone dare to commit suicide, which stems from a broken heart within themselves, this is certainly not in accordance with religious teachings (Zulfiana et al., 2023).

4. Conclusion

In this section, the conclusion in the motive section for being in a toxic relationship is personal calm and self-compassion both mentally and physically, so that we can increase self-care and self-love for ourselves so that we can love ourselves more and have the mindset that we are valuable and entitled. to choose happiness or friends who can lead us to positive productive activities. Meanwhile, the motive for a toxic relationship is the partner's emotional intelligence in responding to conflicts that occur in a romantic relationship, such as the partner's selfishness and external factors such as the external environment due to triggers in the past that caused someone to be hurt or betrayed. Communication experiences that develop during a toxic relationship include verbal abuse, forms of violence or harsh treatment carried out through words or language, including insults, slurs, threats or the use of degrading words. Physical violence such as being slapped, hit or even scratched by their partner due to their inability to manage their emotions, which causes them to commit physical violence against their partner. The meaning of toxic relationship communication in romantic relationships is that communication is ineffective because it prioritizes emotion over logic, so that it does not find the middle point of the conflict that is occurring.

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