

ABSTRAK

DINAMIKA MAHASISWA YANG PERNAH TERLIBAT DALAM *TOXIC RELATIONSHIP*

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Penelitian ini mendalami dinamika toxic relationship pada mahasiswa yang pernah mengalami pacaran tidak sehat. Fokus kajian meliputi (1) Faktor penyebab, (2) Bentuk kekerasan yang terjadi, (3) Alasan individu bertahan dalam relasi tersebut, (4) Proses pelepasan diri, (5) Hingga dampak psikologis, fisik serta sosial yang ditimbulkan. Fenomena hubungan toksik seringkali menjebak individu dan mempersulit mereka untuk keluar.

Menggunakan pendekatan kualitatif dengan metode fenomenologi, penelitian ini melibatkan tiga partisipan perempuan dewasa awal dari Universitas Sanata Dharma, yang dipilih melalui teknik purposive sampling. Data dikumpulkan melalui wawancara mendalam, kemudian dianalisis dengan transkripsi, reduksi data, penyajian data, dan penarikan kesimpulan. Kredibilitas data melalui member checking, validasi konsensus, dan triangulasi.

Hasil penelitian mengungkap bahwa (1) Faktor penyebab toxic relationship meliputi karakter pasangan yang buruk, ketergantungan terhadap pasangan, pola komunikasi disfungsional, serta adanya perselingkuhan. (2) Bentuk kekerasan yang dialami subjek mencakup kekerasan fisik (misalnya pemukulan) dan psikologis (seperti kontrol verbal, manipulasi emosional, dan pengkhianatan). (3) Alasan subjek tetap bertahan dalam hubungan toksik didorong oleh ikatan emosional, harapan hubungan akan membaik, pemakluman perilaku pasangan, adanya doktrinasi dari pasangan dan kurangnya dukungan sosial. (4) Adapun proses pelepasan dari hubungan toksik tidak terjadi secara instan, melainkan melalui tahapan kesadaran diri, dukungan sosial, dan penguatan kembali identitas personal. (5) Dampak yang ditimbulkan meliputi penurunan harga diri, trauma psikologis, perubahan perilaku, hingga gangguan dalam relasi sosial. Temuan ini menegaskan pentingnya peran dukungan sosial dan profesional dalam proses pemulihan.

Kata Kunci: Hubungan Toksik, Emosional, Sosial

ABSTRACT

DYNAMICS OF STUDENTS INVOLVED IN TOXIC RELATIONSHIPS

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This study explores the dynamics of toxic relationships among students who have experienced unhealthy dating. The focus of the study includes (1) The causes, (2) Forms of violence that occur, (3) Reasons individuals remain in such relationships, (4) The process of breaking free, and (5) The psychological, physical, and social impacts that result. Toxic relationships often trap individuals and make it difficult for them to escape.

Using a qualitative approach with a phenomenological method, this study involved three female participants in their early adulthood from Sanata Dharma University, selected through purposive sampling. Data was collected through in-depth interviews, then analyzed through transcription, data reduction, data presentation, and conclusion drawing. Data credibility was ensured through member checking, consensus validation, and triangulation.

The study revealed that (1) The causes of toxic relationships include the partner's poor character, dependence on the partner, dysfunctional communication patterns, and infidelity. (2) The forms of violence experienced by the subjects include physical violence (e.g., physical abuse) and psychological violence (e.g., verbal control, emotional manipulation, and betrayal). (3) The reasons subjects remained in toxic relationships were driven by emotional bonds, hope that the relationship would improve, tolerance of their partner's behavior, indoctrination by their partner, and a lack of social support. (4) The process of breaking free from a toxic relationship does not happen instantly but rather through stages of self-awareness, social support, and the strengthening of personal identity. (5) The impacts include decreased self-esteem, psychological trauma, behavioral changes, and disturbances in social relationships. These findings emphasize the importance of social and professional support in the recovery process.

Keywords: *Toxic Relationship, Emotional, Social*