

ABSTRAK

HUBUNGAN PENGALAMAN MANIPULASI EMOSIONAL DALAM *TOXIC RELATIONSHIP* DENGAN KESEJAHTERAAN PSIKOLOGIS PADA MAHASISWA BIMBINGAN DAN KONSELING ANGKATAN 2024 UNIVERSITAS SANATA DHARMA YOGYAKARTA

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2026

Penelitian ini bertujuan untuk mengetahui: (1) tingkat manipulasi emosional dalam *toxic relationship* pada mahasiswa Program Studi Bimbingan dan Konseling Universitas Sanata Dharma angkatan 2024, (2) tingkat kesejahteraan psikologis mahasiswa Program Studi Bimbingan dan Konseling Universitas Sanata Dharma angkatan 2024, dan (3) hubungan antara manipulasi emosional dalam *toxic relationship* dengan kesejahteraan psikologis pada mahasiswa Program Studi Bimbingan dan Konseling Universitas Sanata Dharma angkatan 2024.

Penelitian ini menggunakan pendekatan kuantitatif dengan jenis penelitian korelasional. Subjek penelitian berjumlah 59 mahasiswa yang dipilih menggunakan teknik *purposive sampling*. Instrumen yang digunakan berupa skala pengalaman manipulasi emosional dan skala kesejahteraan psikologis. Uji reliabilitas menunjukkan bahwa kedua instrumen reliabel dengan nilai *Cronbach's Alpha* sebesar 0,748 dan 0,756. Teknik analisis data menggunakan analisis deskriptif dan korelasi Pearson Product Moment.

Hasil penelitian menunjukkan bahwa: (1) tingkat manipulasi emosional dalam *toxic relationship* berada pada kategori sangat rendah (100%), (2) tingkat kesejahteraan psikologis mahasiswa berada pada kategori sedang (37,2%), tinggi (33,9%), sangat tinggi (11,9%), rendah (13,6%), dan sangat rendah (3,4%), serta (3) terdapat hubungan yang signifikan antara manipulasi emosional dalam *toxic relationship* dengan kesejahteraan psikologis dengan nilai $r = -0,279$ dan $p = 0,032$ ($p < 0,05$), dengan arah hubungan negatif. Kesimpulan penelitian ini adalah manipulasi emosional dalam *toxic relationship* memiliki hubungan yang signifikan dengan kesejahteraan psikologis, namun dengan kekuatan hubungan yang rendah, sehingga menunjukkan bahwa terdapat faktor lain yang turut memiliki keterkaitan dengan kesejahteraan psikologis mahasiswa.

Kata kunci: manipulasi emosional, *toxic relationship*, kesejahteraan psikologis, mahasiswa bimbingan dan konseling.

ABSTRACT

**THE RELATIONSHIP BETWEEN EXPERIENCES OF EMOTIONAL MANIPULATION
IN TOXIC RELATIONSHIP AND PSYCHOLOGICAL WELL-BEING AMONG GUIDANCE
AND COUNSELING STUDENTS OF CLASS OF 2024
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This study aims to determine: (1) the level of emotional manipulation in toxic relationships among students of the Guidance and Counseling Study Program, Sanata Dharma University, class of 2024, (2) the level of psychological well-being among students of the Guidance and Counseling Study Program, Sanata Dharma University, class of 2024, and (3) the relationship between emotional manipulation in toxic relationships with psychological well-being among students of the Guidance and Counseling Study Program, Sanata Dharma University, class of 2024.

This study employed a quantitative approach with a correlational approach. Fifty-nine students were selected using a purposive sampling technique. The instruments used were a scale for emotional manipulation and a scale for psychological well-being. Reliability tests showed that both instruments were reliable, with Cronbach's Alpha values of 0.748 and 0.756, respectively. Data were analyzed using descriptive analysis and Pearson Product Moment correlation.

The results of the study showed that: (1) the level of emotional manipulation in toxic relationships was in the very low category (100%), (2) the level of psychological well-being of students was in the moderate category (37.2%), high (33.9%), very high (11.9%), low (13.6%), and very low (3.4%), and (3) there was a significant relationship between emotional manipulation in toxic relationships and psychological well-being with a value of $r = -0.279$ and $p = 0.032$ ($p < 0.05$), with a negative relationship direction. The conclusion of this study is that emotional manipulation in toxic relationships has a significant relationship with psychological well-being, but with a low strength of relationship, thus indicating that there are other factors that are also related to the psychological well-being of students.

Keywords: *emotional manipulation, toxic relationships, psychological well-being, guidance and counseling students.*