

PHENOMENOLOGICAL STUDY OF ADOLESCENT PERCEPTION OF TOXIC RELATIONSHIPS

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ABSTRACT

A toxic relationship is a relationship where people don't value their personality, don't develop or even experience setbacks. Preliminary studies conducted at SMA 2 Tegal with 10 students have led to toxic relationships such as the early stages leading to free sex. The purpose of this study was to determine the phenomenon of adolescent perceptions about toxic relationships. A qualitative research method with a phenomenological approach, was conducted at SMA 2 Tegal in November 2022. The sampling technique in this study used snowball sampling. The results showed that the 4 respondents had different perceptions about toxic relationships, knowledge about toxic relationships is very important to be given to determine the behavior of today's adolescents. It is recommended that teenagers, especially students, can choose the information they get, ranging from negative to positive, so that they are not wrong in taking action

INTRODUCTION

Mental health is considered important in achieving global development goals, namely the inclusion of mental health in the SDGs (Sustainable Development Goals). Impaired mental health is one of the main risk factors for adolescent morbidity and mortality. Symptoms of mental disorders can include anxiety, depression, sleep disturbances, attempted suicide or self-harm. Bad mentality is a serious health problem, especially for teenagers and most mental health problems start at the age of 14 years (Julianto et al., 2020).

Toxic relationships often develop in adolescence. This situation often coincides with the onset of puberty. Mental health disorders caused by toxic relationships can be experienced by adolescents with the characteristics that they will withdraw from their environment and they tend to violate the rules set (Noviana, 2018). WHO Asia Pacific region 2018 (WHO SEARO) said the highest number of cases of depressive disorders was in

India (56,675,969 cases or 4.5% of the population), the lowest was Maldives (12,739 cases or 3.7% of the population). As for Indonesia, there were 9,162,886 cases or 3.7 of the population (Ayuningtyas et al. 2018). Meanwhile, based on data from the Data and Information Center of the Indonesian Ministry of Health (IFODATIN) in 2019 (Data and Information Center of the Indonesian Ministry of Health, 2019), depressive disorders classified by age have appeared since adolescence (15-24 years) with a percentage of 6.2% (Praptiningsih and Putri, 2021). Primati Yogi Wulandari (2019), said that a toxic relationship is a friendship which is very detrimental and causes a person to feel very bad. Toxic relationships are not only detrimental to physical health, but also very detrimental to mental health. The psychological impact of experiencing a toxic relationship, becomes an individual with low self-esteem and pessimism. Even capable of hating himself as a result of actions or words given to him by friends. This is what can

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trigger mental health problems for people who receive toxic relationship treatment.

The existence of peer support can strengthen the mental health of adolescents. This makes teenagers able express himself, can be accepted and also has the opportunity to have new values and views if the peers he meets give a positive response to him. Of the 10 students who had experienced a toxic relationship, 8 of them had kissed the lips and kissed the neck, 3 students held hands, 1 female student had talked about sex, and 1 female student had never had sexual activity at all and 1 female student said she had it is because of the basis of love. Responding to this problem, the student teacher himself said that he had told several female students who were involved in toxic relationship problems that toxic relationships were not normal for high school students and could have a negative impact on themselves and those around them. Every problem that is done by students, regardless of its form, is always resolved between students and the student teacher, which will continue by informing parents if the student still argues, then it will be followed up with sanctions on students who commit fatal problems.

METHODS

This research is qualitative by using a phenomenological approach. The population in this study were all students of class XI at SMA 2 Slawi.

In this study, 4 informants were taken as samples, namely 2 male students and 2 female students who had entered the inclusion criteria. The sampling technique in this study used snowball sampling.

RESULT AND DISCUSSION

The research was carried out on November 15, 2022 by using interviews, the number of

respondents studied was 4 people, namely 2 students and 2 class XI students from SMA 2 Slawi, then the researcher took an approach that aimed to provide an explanation of the intent and purpose and obtain informed consent or seek approval to become respondents according to the criteria and arrange a time agreement to conduct in-depth interviews which are carried out as shown in the table.

Of the four respondents, data collection was carried out with the following steps, namely interviews. The interview was conducted at school and was carried out based on the topic asked, namely regarding adolescent perceptions of toxic relationships. The results of the interview were written in full based on the results of the recording using a cellphone with 1 gb of memory and a small note from the researcher. Then the results of the recording will be documented on a CD.

All information including data, statements and results submitted by respondents was written in full according to the notes and results of the recording. The data that has been written is then examined many times and presented in the form of categories that have been completely determined in the data results as shown in the following table:

1. Adolescents' perceptions of the meaning of a toxic relationship

Table 1 Categories of keywords regarding adolescent perceptions of toxic relationships.

Key Word	Category
relationships that are sometimes not realized in friendship, and unhealthy dating, benefiting one of them, harming oneself and harming the other. (R1, R2, R3, R4)	Definition of a toxic relationship

In principle, 4 respondents had the same answers regarding adolescent perceptions about the meaning of a toxic relationship, with the results of in-depth interviews such as:

What do you think is meant by a toxic relationship?"

"Dating is usually not healthy, it often costs time and energy and often drains tears (R1)"

"Relationships are usually not realized at first, friends like each other, feel like they belong and are too perfect in this relationship, it's not allowed, it's not allowed, it's dizzy (R2)"

"A relationship between 2 people of different sexes without marriage ties but still changing hearts, really jealous. (R3)"

"Relationships that are usually done by teenagers but not healthy, too perfectionist (R4)"

Teenagers' perception of the notion of a toxic relationship is a romantic story experienced by a teenager who has not yet reached the maturity age to enter into a relationship as described in the answer above.

2. Adolescent perceptions of forms of toxic relationships

Table 2 Category keywords regarding adolescent perceptions of forms of toxic relationships

Key Word	Category
Unsupportive partner, frequent harsh words, excessive jealousy or blind jealousy, partner is too controlling, often filled with grudges, dishonest, and constant stress. (R1, R2, R3, R4)	Toxic relationships

Based on the results of interviews with 4 respondents regarding the forms of toxic relationships, there were different opinions expressed that not all forms of toxic relationships are known. The phenomenon of adolescents regarding forms of toxic relationships can be revealed through various respondents' answers.

In your opinion, what are forms of toxic relationships, is that normal?"

"Usually, in a toxic relationship, your partner never supports good things, is a little bit jealous, thinks a little negatively, isn't even comfortable... (R1)"

"Usually too controlling like a security guard, really jealous, like cctv is constantly monitored, it's stressful because if you're honest it's even wrong, lying if you get caught can make it even worse (R2)"

"Rude words usually appear frequently, yes, because they are so perfect, the intention is to take full care of them, but instead they make the partner uncomfortable, they are followed all the time, later if they get angry they will even take revenge. Even if you break up, it's even

more terrible, it can be even more dizzy, not playing games. Including, doing everything that can make the person you crush happy. (R3)

"Spouse doesn't support him because he's too jealous (R4)

Teenagers' perceptions about forms of toxic relationships said that 3 out of 4 respondents were normal for teenagers and 4 respondents said stealing glances, feeling high, wanting to make them happy, and always thinking about the person they have an crush on.

3. Adolescent perceptions about the factors that influence toxic relationships

Table 3 Category keywords adolescent perceptions about the factors that influence toxic relationships

Key Word	Category
Excessive possessiveness, control freak, jealousy, too perfect, liar, excessive dependency	Factors influencing a toxic relationship

Based on the results of interviews with 4 respondents regarding the factors that influence toxic relationships, they gave different opinions and said that the environment, family and association, the dissemination of information through the media due to the lack of parental love greatly influences attitudes, especially adolescents.

"In your opinion, what are the factors that influence toxic relationships?"

"Too much possessiveness can make relationships toxic, insanity, the environment, family and friends because

the lack of love given by parents can affect relationships, especially teenagers (R1)"

"A person who is too jealous can be a factor in the end, the relationship becomes toxic (R2)

"Individual awareness, excessive dependence, environment and parents because the child's attitude is controlled by parents (R3)

"environment, parents, because it can influence children's attitudes, is too perfect (R4)

Teenagers' perceptions about the factors that can influence toxic relationships say that 4 respondents have different opinions.

4. Adolescents' perceptions of the impact of toxic relationships

Table 4 Key word categories of adolescent perceptions about the impact of toxic relationships

Key Word	Category
Stress, neglect of oneself, lack of self-esteem, anxiety disorders, blocking each other in cyberspace and the real world, mental pressure arises, hate speech at an early age and because of hatred and if there is revenge which results in many cases such as broken hearts, even suicide	Effects of a toxic relationship

Based on the results of interviews with 4 respondents regarding the impact of a toxic relationship, they gave different opinions.

Seen from the results of the interview as follows

"In your opinion, what is the impact of a toxic relationship?"

"The impact if you already know a toxic relationship usually makes you feel stressed like you have no self-esteem, especially if there is a problem you will block each other in cyberspace, especially in the real world, you will feel very emotional pressure, hate each other at an early age and because of the factor of hatred and if there is a grudge that ends there are many cases of harassment, broken hearts in bikinis, and it also feels like suicide (R1)"

We can knock each other out of whatever we do, right becomes wrong, wrong ends up getting wrong, we don't feel worthy (R2)

Can be stressed, emotional pressure, heartbreak, lack of confidence, even suicide if the wave does not respond (R3)

Adolescence when you start to get to know a toxic relationship can cause a feeling of enthusiasm in everyday life to weaken, but it can also cause stress if the love does not get what you want, causing a feeling of heartbreak, or attempted suicide (R4)

In principle, the perceptions of adolescents about the impact of toxic relationships from 4 respondents said that the effects were ostracism, pregnancy out of wedlock, a bleak future, sin according to religion, shame, disappointment, abortion, getting aid/hiv.

Based on the data obtained from the research results, this chapter will discuss adolescent perceptions of toxic relationships among female students at sma 2 slawi

CONCLUSION

Perceptions of adolescents about knowledge about toxic relationships are different and have various perceptions from each respondent starting from the definition of toxic relationships, forms of toxic relationships, and stages of toxic relationships.

Perceptions of adolescents about the factors that influence toxic relationships are religious prohibitions, dissemination of information through the media, promiscuity, ways of dressing and individual awareness.

Teenagers' perceptions about the impact of toxic relationships are blocking each other in cyberspace and even in the real world, experiencing emotional stress, hate speech appearing at an early age and because of hatred and if there is revenge which results in many worrying cases such as heartbreak and suicide.

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