



Analysis of Toxic Relationships In Interpersonal Communication Among Teenagers

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Abstract. The purpose of this study is to identify and analyze toxic relationships in interpersonal communication among adolescents. Toxic Relationship as an unhealthy relationship does have an impact on the occurrence of internal conflicts. Relationships like this are very vulnerable to making the sufferer unproductive, mental disorders, so that it can trigger an emotional outburst that leads to violence. The research method used is a qualitative approach. The data in this research are the results of interviews with informants who experienced unhealthy relationships, both with parents (mothers who always compare them with other people), and lovers (perpetrator of verbal and physical violence). The data was then analyzed using the Miles & Huberman Interactive Model which consists of data reduction, data presentation, and drawing conclusions/verification. The results of the study show that: first, the perpetrators of toxic relationships, namely toxic people, could be the closest people to the victim, such as the nuclear family, consisting of father-mother-brothers and sisters. In addition, the perpetrator could be a lover in an unhealthy love relationship. Or peers and even friends who often do bullying in the form of verbal, physical, and even sexual violence. Second, the type of relationship that is toxic can be divided into several forms, namely: unhealthy relationships with friends (toxic friendship), parents/family (toxic parenting), lovers/boyfriends so that it has an impact on teenagers' mental health.

Keywords: Toxic Relationship, Communication, Interpersonal, Teenagers

1 Introduction

Humans as social creatures cannot be separated from interaction and communication. Interaction and communication can be done directly or indirectly through various media. With interaction and communication humans can connect with each other and there is continuous contact. Humans from the beginning have played a role in socialization in a small scope, namely the family. Furthermore, the scope of socialization extends to the peer environment. In this peer environment, children will recognize an interpersonal and intrapersonal communication. Communication that is established is not only limited to greetings and introductions, but can continue to form play groups on the basis of similar interests between members. However, communication that is established in play groups can trigger stress in children due to offensive words or acts of bullying whether intentionally or not. Based on data from the Data and Information Center of

the Ministry of Health of the Republic of Indonesia INFODATIN 2021 Data and Information Center of the Ministry of Health of the Republic of Indonesia, 2021, depressive disorders classified by age have appeared since adolescence 15-24 years old with a percentage of 6.2. Of course, it should be a concern for all parties, especially parents, because the emergence of depressive disorders in children since adolescence.

Communication that is established is not only limited to greetings and introductions, but can continue to form play groups on the basis of similar interests between members. However, the communication that is established in play groups triggers stress in children due to offensive words or acts of bullying whether intentionally or not. Of course, it should be a concern for all parties, especially parents, because of the emergence of depressive disorders in children since adolescence.

Toxic relationships can have a significant impact on interpersonal communication. Toxic communication, which includes negative or harmful communication patterns, can lead to conflicts and damage the quality of the relationship. This can occur in various types of relationships, including romantic relationships, family relationships, friendships, and work relationships. For example, toxic communication may involve the use of inappropriate language, excessive criticism, defensiveness, or insults, which can erode trust and mutual understanding. Therefore, it is important to recognize the signs of toxic communication and work towards improving communication patterns to build healthy and positive relationships.

Adolescent children are eager to communicate with their peers. However, adolescence is also the beginning for a child to experience depressive disorders. Factors driving the occurrence of depressive disorders in adolescents include bullying acts that occur among adolescents, internal family conflicts that trigger emotional outbursts, a sense of disappointment that is held back, environmental factors that there is a culture of bullying, and so on. At the age of adolescence, children should learn to establish communication with their peers and build relationships with their environment. But what happens instead is the occurrence of depressive disorders that make teenagers trapped in toxic relationships unhealthy relationships.

Interpersonal communication between adolescents can also actually help adolescents find out more about their inner potential and develop it with friends who have the same interests. Adolescence is indeed a vulnerable age because of low self-control, uncontrolled emotions, and not yet growing independence and maturity that has not been formed maturely. This is what often triggers the occurrence of toxic relationships unhealthy relationships in adolescent interpersonal communication with their peer environment. The role of toxic relationships in adolescent interpersonal communication in the peer environment has a significant impact on adolescent development. Especially in the formation of interpersonal communication skills that are a provision for the future.

Toxic relationships as an unhealthy relationship do have an impact on internal conflict. This kind of relationship is very vulnerable to making the sufferer unproductive, mentally disturbed, and can trigger an emotional explosion that leads to violence [1]. We cannot avoid unhealthy forms of relationships. In this era of disruption, as a result of the increasing demands in society, it is not uncommon to meet our colleagues or relatives who experience this Toxic Relationship. This condition, if it continues, can

lead to bad behavior such as the loss of the principle of interpersonal complementarity, and so on. This shows that this behavior tends to make the victim attract behaviors that tend to be the opposite, such as domination of submission from others. Forms of interpersonal communication such as direct face to face communication, telephone conversations, or with various other communication media that make humans connected.

As a vital support for interaction, interpersonal communication must proceed accordingly without any missed processes. In this era of disruption, the variety of social media has shortened the duration while making it easier for all groups to carry out interpersonal communication. Communication that runs in the adolescent peer environment is more likely to be ineffective due to perceptual distortions, Semantic Problems, Cultural Differences, and the absence of feedback [2]. Low effectiveness leads to many interpretations of communication styles. A simple thing can be seen in teenagers who have different interests in popular figures. Just because of the differences in popular figures that are favored can lead to out group conflicts. Not infrequently starting from this outgroup conflict gives rise to a relationship that leads to Toxic Relationship.

Competition between groups and mutual fanaticism for popular figures have led to unhealthy competing relationships between groups. In fact, starting from a cultural difference can cause ineffective communication and out group conflicts that lead to Toxic Relationship. A teenager certainly needs its own adaptation when in an unfamiliar environment for him. Communication also helps in efforts to adjust to the environment [3]. In this adaptation process, it is also a vulnerable time for the presence of Toxic Relationships in the peer environment in adolescents. Adolescents who are adapting to their new environment are certainly looking for figures or figures that they can imitate, especially in their peer environment. If in this process the surrounding environment or interactions with peers actually create a restraint with acts of bullying, offending each other, spreading hate speech, to other acts of physical violence that hurt will form a Toxic Relationship and lock interpersonal communication in adolescents.

Interpersonal communication among teenagers can experience unhealthy connections, which can result in various negative impacts. Some examples of unhealthy connections in interpersonal communication among teenagers include verbal abuse, Dishonesty, Injustice, Inability to listen, Inability to express feelings. In this context, it is important for adolescents to understand the importance of healthy interpersonal communication and build the skills necessary to create positive and supportive relationships.

Positive interpersonal communication certainly makes the bond of interaction in the peer environment lead to positive friendships. Toxic relationships can be overcome by providing examples of how to build a good interaction and communication. Joking naturally, understanding each other, of course opening a warm communication greeting can reduce the triggering factors for Toxic Relationship in adolescent interpersonal communication. Some adolescents describe different interpersonal problems. Many attribute their depressive symptoms to poverty and so on. For example, poverty is manifested as a transition of a person's condition experiencing a change from financially secure to insecure, or as a dispute in which a person compares their financial situation with others indirect disputes or experiences discrimination related to their low financial status direct disputes [4]. Many make Toxic Relationship as an outlet for emotions that

are not channeled properly, or there is psychological trauma that encourages a teenager to take retaliatory actions against others. The changes in conditions experienced do have a significant impact on relationships, especially between adolescents and their peer environment. This difference, of course, raises questions that have not been realized can be a factor in the occurrence of Toxic Relationship in adolescent interpersonal communication. Adolescents cannot yet be directed to communication patterns that do not offend their friends, but adolescents can receive examples of how to deliver communication that makes their peers a little comforted from the feelings that are currently felt. Support in the form of comfort from the peer environment can provide motivation for adolescents to move forward to leave the sadness they feel. The issue of mental health in Indonesia is still not taken seriously by various parties. Especially in the community, health is only defined as a state of physical health, both physically and social conditions that can support a person to be productive. Toxic relationships can have a significant impact on interpersonal communication among teenagers. Toxic communication patterns, such as excessive criticism, defensiveness, or insults, can lead to conflicts and damage the quality of the relationship. Toxic relationships can occur in various types of relationships, including romantic relationships, family relationships, friendships, and work relationships. A study found that toxic relationships can be avoided by showing how to develop positive interactions and communication. Toxic relationships in dating among students have become a phenomenon, and it can lead to psychological violence. Toxic relationships can affect the self-confidence of teenagers, and negative communication can threaten the mental health of teenagers. Therefore, it is important to recognize the signs of toxic communication and work towards improving communication patterns to build healthy and positive relationships among teenagers.

2 Research Method

This research uses qualitative research because this research is presented in the form of a description containing excerpts of research data. The data in this research are the results of interviews with informants who experienced unhealthy relationships, both with parents (mothers who always compare them with other people), and lovers (perpetrator of verbal and physical violence). The data was then analyzed using the Miles & Huberman Interactive Model which consists of data reduction, data presentation, and drawing conclusions/verification.

3 Result and Discussion

3.1 Research Result

The results of this research are described of unhealthy relationships that occur in teenagers the first case is an unhealthy relationship in dating status, where the boyfriend (male) often commits verbal and physical violence during the process of a romantic

relationship. If the informant (female) does not immediately reply to the WA chat and does not pick up and answer her boyfriend's telephone/video call, then the boyfriend will get angry. Even when we meet, we still talk about it while accusing, threatening and shouting to end the relationship. When angry, he often pinches or pokes at his girlfriend's cigarette. If he smoked, he would always spray the smoke in the informant's face, even though his girlfriend did not smoke. According to his confession, this was done because he felt jealous of the reporter. He admitted that he was insecure because many men approached the girl because of her beautiful face and intelligent brain, as evidenced by her acceptance at Indonesia's favorite state university. The informant admitted that he really loved his girlfriend. However, after being in an unhealthy relationship for a long time, the informant planned to end the unhealthy relationship. Because he believes that God will give him the best mate, as long as the reporter also improves himself to be better. This is as expressed by the informant as follows:

I want to break up with my boyfriend. He's cruel. Always angry, swearing with harsh words, he often even pinched or stabbed my hand with a cigarette, if WA wasn't answered quickly or the phone wasn't picked up. In fact, it is a person's human right to be willing to answer the phone or reply to a WA chat. He also recently started smoking and always spits the smoke in my face. That's not polite, right. Even though he didn't smoke before, you know. Now his default is suspicion, jealousy without basis. Even though I'm loyal. If it's already happened, don't open your heart to other people. But he never believed, always suspected. I'm tired, tired, after all he is not necessarily my soul mate, my future husband. May Allah match me with a man who is good, pious, and loves me, doesn't smoke, and doesn't like getting angry.

In the second case, an unhealthy relationship with parents (toxic parenting). The victim was a teenage girl in class X at a high school in Kendari. He admitted that he had experienced parental neglect (his mother) in a case where his mother's main preferences were different from his daughter's. Apart from that, she feels that she is always compared to the daughter of her mother's friend (let's call her B). If he talks to his mother, his mother never listens or even looks at the child's face (no eye contact). Meanwhile, if child B tells his mother, then the mother will be enthusiastic about communicating interactively. The mother also wanted the victim to become an architect, even though the victim was more interested in the medical field. His mother expressed her dislike if the victim read medical books. The victim's work in the form of graphic designs is also always criticized, and compared to the children of her mother's friends. According to his mother, B's design was better than the victim's. This is as expressed by the informant as follows: "Mother likes to get angry if I stay in the room and says I don't want to help. Actually, it's not because I don't want to help, but I'm really talkative to my mother. My mother really hoped that I would become an architect until she told me to take a course, even though to be honest I preferred the medical field. And you don't like it when I read medical books. If my mother tells a story to me, I will listen, whereas if I tell a story to her, she will focus on her cell phone. Even though I wanted to talk to my mother. In fact, often my mother doesn't respond or respond to what I say. Sometimes I think "who really is my mother's child. I cried, honestly I was very jealous of him who was treated so well by his mother. I also like to be annoyed with myself, but I try not to think about it too much but instead I think about it more and I keep

crying, after crying I suddenly laugh incoherently and then cry again. I often try to draw building designs according to my mother's wishes, then I show them to my mother and my mother says "this is the same as Person B's, only Person B's is better. It really hurts me to hear my mother's answer, I want to cry if my mother says something like that.

From the explanation of the case above, it can be concluded that unhealthy relationships can be carried out by close people who live together in the same house every day. This happens because toxic perpetrators do not realize that their attitudes and behavior have a bad impact on other people. The impact of a toxic relationship has a different impact on each teenage victim. Toxic relationships are apparently caused by interpersonal communication that does not produce positive communication, but instead presents setbacks or creates boundaries that limit one's potential. Apart from having an antisocial impact, teenagers who are victims of toxic relationships also suffer from a lack of self-confidence. Negative communication links lead to victims of toxic relationships threatening the mental health of Indonesian adolescents. If not treated seriously it can cause depression which can damage teenagers' mental health.

4 Conclusion

In this study, the researcher successfully observed the perpetrators of toxic relationships, namely toxic people, can be people closest to the victim, such as the nuclear family, consisting of father-mother-sister. In addition, the perpetrator could also be a lover in an unhealthy romantic relationship. Or peers and even friends who often bully in the form of verbal, physical, and even sexual violence. Types of toxic relationships can be categorized into several forms, namely: unhealthy relationships with friends (toxic friendship), parents/family (toxic parenting), lovers/girlfriends, and cheating parents that affect children's mental health. Indonesian society needs to be given awareness not to be permissive in responding to the behavior of toxic people, both in cases of toxic parenting, toxic relationships, and toxic friendships. One of them is by assisting toxic victims so that they are not traumatized. Meanwhile, for toxic victims to love themselves more (self-love) in order to avoid toxic perpetrators, so that their mental health is maintained.

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