

ABSTRACT

According to the 2017 Indonesian Demographic and Health Survey (IDHS), 84% of men and 81% of women in Generation Z have dated. However, this love can lead to new problems, especially for Generation Z, which is still a vulnerable age due to low self-control, uncontrollable emotions, and lack of independence and maturity that have not been well formed. This is what often causes problems in Generation Z's interpersonal communication with the surrounding environment, namely the existence of toxic relationships. This study uses the triangular theory of love coined by psychologist Robert Stenberg. The research method uses a qualitative method with a descriptive approach. The results obtained, that in the intimacy component, the intimacy and intensity of communication carried out by these toxic relationship couples, tend to be unstable and always up and down. As for the passion component, communication and interpersonal relationships of these toxic relationship couples, they still tend to be stable because of the awareness and desire to fulfill their biological desires. Then for the commitment component in toxic relationships also tends to be unstable and up and down, this is because there are temptations, and obstacles in a relationship that trigger each individual to prove sincere love for their partner.

Keywords: *Toxic relationship, interpersonal communication, generation z, three components of love*