

## ABSTRACT

This research aims to understand the impact of toxic relationships on students' mental health by using relational dialectics theory and a focus on health communication. The research method used is qualitative, with observation and interview data collection techniques, as well as . A total of seven informants were involved, consisting of three victims of toxic relationships and three perpetrators of toxic relationships, as well as one expert in the field of psychology. The research results show that toxic relationships can have a significant negative impact on students' mental health. The impact can include anxiety, depression, stress, and decreased self-esteem. The findings of this study provide important insights for efforts to improve student mental health.

**Keywords:** Toxic relationships, mental health, health communication.