

# CHAPTER I

## INTRODUCTION

### 1.1 BACKGROUND

Adolescence is a transitional phase from childhood to adulthood, where adolescence is often faced with challenges related to the people around us and ourselves. In addition, adolescence is characterized by changes in the body, mind, and emotions. Adolescence encompasses various concepts, such as physical, social, emotional, and brain development (Hurlock, 2011).

According to Richards et al. (1998), during the early stages of adolescence, there is increased contemplation of and involvement with individuals of the other sex. Adolescents who interact socially with the opposite sex will eventually develop a liking for each other. From the age of 12 or 13 years to the late teens or early twenties, adolescents experience a developmental transition between childhood and adulthood known as adolescence (Papalia and Olds, 2001).

Students are in the late adolescence phase or transition phase towards early adulthood where this is characterized by a period of conditions to achieve a more mature relationship with the opposite sex or called dating.

Accompanying the transition to adolescence is the tendency to develop a liking for the other sex, and many teenagers desire to date. Dating is another term for this kind of loving interaction. When couples are dating well, they often look after, love and support each other so that the relationship is comfortable for both.

While romantic relationships can help teens thrive, they can also increase their chances of getting into trouble (Furman, 2015). Many teenagers experience real grief and misery as a result of dating. These are usually caused by a variety of things, including unstable emotions, excessive jealousy, feelings of distrust, and excessive boundaries from partners.

According to Silverman et al. (2001), one in five adolescent girls experience physical or sexual violence from their partners. According to the Annual Record of the National Commission on Violence against Women (Komnas Perempuan), the number of complaints coming to them in 2022 will almost double from 2020, with an average of 17 cases per day. The majority of reported cases of gender-based violence-336,804

cases, or 99%-involved domestic violence. In addition, 2,098 cases, or 61% of all complaints submitted to Komnas Perempuan, involved personal matters. Violence against ex-boyfriends is still the most common type of complaint to Komnas Perempuan, with 713 cases (34%), followed by violence against wives (622 cases, or 30%), and violence in relationships (422 cases, or 20%).

According to data quoted by the Ministry of Women's Empowerment and Child Protection, victims who experience physical violence usually also experience sexual violence. Physical violence experienced is by being hit, pushed, bitten, choked, kicked. The form of psychological violence is by threatening, insulting, demeaning, intimidating and isolating. Excessive jealousy sometimes makes the victim also controlled in activities such as who to hang out with, who to talk to and limit the victim's involvement with others by using jealousy to justify the actions of the perpetrator.



**Image 1.1** Examples of Dating Violence Cases  
(Source: Detikhealth)

As in the case example above, the occurrence of dating violence that occurred at one of the universities can trigger depression so that it can cause mental health to be affected. From the news information, the victim received physical violence five times. In addition, based on direct observation of several students, it was found that some had experienced verbally toxic relationships. Then, some from online media found that stories of toxic relationships that occur in students.

The increasing trend of women interacting through online media, which makes them more vulnerable to violence, is another factor contributing to the high rates of ex-boyfriends violence and dating violence. Besides being bad for one's physical health, toxic relationships are also very bad for one's mental health. People who are in toxic relationships suffer psychologically, becoming individuals who have low self-esteem and are pessimistic. The way their boyfriends or girlfriends treat them or the things they say to them can even make them hate themselves. This is what individuals who receive treatment for toxic relationships may experience as a cause of mental health problems later in life.

Students should place a high priority on their mental health. SDG 3: "Good Health and Wellbeing", which naturally addresses health, particularly mental health, is also related to this. Mental health needs to be taken seriously, especially for the Millennial and Generation Z generations. Behavior, mindset, and emotional regulation can all be affected by mental health issues. One of the leading causes of death for people around the world is mental health conditions. According to the World Health Organization (WHO), 1 in 8 people in 2019 suffered from a mental health illness, aka there are 970 million people who experience mental health disorders and generally in the form of anxiety disorders and depression. Poor mental health is a serious health problem, especially in adolescents and most mental health problems begin at the age of 14 (Julianto et al., 2020).

Interestingly, the phenomenon that occurs among students in dating is considered a joke by some circles, even quite a lot of those who choose to remain silent because they consider the violence that occurs because of the element of hirauan alone or the victim does not want the perpetrator to be considered bad by the surrounding environment.

Teenage romantic relationships have a significant influence on mental health. As mentioned earlier, many teenagers experience tremendous misery due to unhealthy dating relationships.

Based on the above background, researchers are interested in knowing how the process of toxic relationships occurs, especially college students. So the researcher will conduct research with the title "**Toxic Relationships on College Students' Mental Health**".

## **1.2 RESEARCH PURPOSES**

The research purposes of this study are :

1. Knowing the emotional and psychological experiences experienced by teenagers in toxic relationships.
2. Find out how students involved in toxic relationships can overcome the impact of toxic relationships.

## **1.3 RESEARCH QUESTION**

The research questions of this study are :

1. What are the emotional and psychological experiences experienced by teenagers in toxic relationships?
2. How do college students overcome toxic relationships on their mental health?

## **1.4 RESEARCH SIGNIFICANCE**

This research has benefits including theoretical and practical uses, as follows:

### **1.4.1 THEORETICAL ASPECT**

This research can make an important contribution to the understanding of the factors that influence mental health in the context of toxic interpersonal relationships, especially in romantic relationships. It is also hoped that the results of this research can become a reference for other researchers in the process of producing the same research.

### **1.4.2 PRACTICAL ASPECT**

This research is also expected to raise awareness among students involved in toxic relationships and serve as a reminder to pay attention to their mental health conditions, as well as develop interpersonal communication in a healthier way.

## **1.5 LOCATION AND TIME OF THE RESEARCH**

This research is located in Bandung, West Java, Indonesia. The interview will be distributed online. This research was conducted in December 2023 - May 2024. Data collection was conducted in March - May 2024, while data analysis was conducted in May 2024.

NO	TYPE OF ACTIVITY	MONTHS					
		12	1	2	3	4	5
1.	Selecting a Research Theme	■					
2.	Problem Identification Formulation		■				
3.	Field Research			■	■		
4.	Data Collection				■	■	
5.	Data Analysis				■	■	
6.	Compile the Report					■	■

*Table 1.1 Time of Research*