

## DEMYSTIFYING TOXIC RELATIONSHIPS: DATING DYNAMICS OF ENFORCED SLAVERY AND THE PARADOXICAL TERM "SURVIVING"

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### **Abstract**

*The objective of this research is to find the space of experience (level of depression, relationship disharmony, resilience, and rising from bad experiences), the subject's narrative as an actor of dating as the victim and explore the extent of the losses obtained when entering the realm of toxic relationships. The problem of this study is that researchers find overlapping complexities of experience as experiences that cannot be quantified by numbers that need to be parsed one by one through the narratives of the three research subjects Wkhcath, Ldckyga, and Skcapthcu who are currently undergoing the lecture process on one of the campuses in Central Kalimantan. The research method is qualitative research with data search techniques through a series of interviews with three research subjects from Central Kalimantan (including the boyfriends of the three research subjects). Researchers before the interview asked permission first before recording the conversation and then the recording results were transferred into writing. The results showed that the problems of the three female students did not always originate during the lecture process, but had been present since they were in high school. In addition, the research results from the three research subjects show that resilience and daring*

*to take a stand when experiencing oppression are important as an attitude of autonomy as well as a space of respect that should not be used as property.*

**Keywords:** *Compassion, Communication, Mental Wellness, Surviving, Toxic Relationships*

## INTRODUCTION

In one's growth phase there will be new things that come into one's life (Bagby, 2021; Meganck, 2020; Panikkar, 1993). In the adolescent phase towards early adulthood, generally 17 years old is familiar with the phase of attraction to the opposite sex (feelings of love). The phase of entering early adulthood is highly vulnerable to the unhealthy relationships occurring in most young people in terms of dating (Apandie et al., 2022; Apandie & Rahmelia, 2020, 2022; Kristin et al., 2022; Lumbanraja, 2021; Rahmelia, Prihadi, et al., 2023; Rahmelia, 2020; Rahmelia, Prasetiawati, et al., 2023; Rahmelia & Agustina, 2022; Rahmelia & Apandie, 2023; Rahmelia & Prasetiawati, 2021; Teriasi et al., 2022). Unhealthy relationships are known as toxic relationships.

Toxic relationships are unhealthy, self-threatening and have an impact on the person involved as the result of the influence of one's own poor condition. A person becomes uncomfortable when they feel they have little opportunity to process for the better (Dandi & Veronica, 2023; Meilan & Mariani, 2023; Munte & Korsina, 2022; Praptiningsih & Putra, 2021; Reggina & Indriani, 2023; Susila, 2022c; Tamara et al., 2022). In undergoing this unhealthy relationship, there are negative impacts that will be faced by someone in the form of toxic relationships (Darma et al., 2023; Munte & Wirawan, 2022; Tirayoh et al., 2023; Wirawan, 2021; Wirawan et al., 2023). There are forms of toxic relationships that are physical violence, mental attacks, sexual violence and economic violence. These forms become a characteristic that is often experienced by couples when they realize a toxic relationship during dating (Kristin et al., 2022; Melliani et al., 2023; Pengky et al., 2023; Praptiningsih & Putra, 2021; Rahmelia & Apandie, 2023; Samuel et al., 2023; Siburian et al., 2023).

In this study, the authors examine the influence of Toxic relationships experienced by several students of the Sociology of Religion study program, IAKN Palangka raya, Central Kalimantan. Based on the experiences of some of them, they have had unpleasant experiences in undergoing romantic relationships with their partners. Therefore, researchers are interested in raising the topic of discussion above because toxic relationships are a phenomenon that is quite trending among young students.

## RESEARCH METHOD

Based on the discussion mentioned earlier, the authors conducted interviews with several students of the Sociology of Religion study program, IAKN Palangka Raya to answer questions related to the toxic relationship they experienced during their romantic relationship. In this case the authors use the qualitative method to obtain data by conducting interviews with sources. Qualitative writing is defined as writing that is intended to understand the phenomenon of what is experienced by the subject of writing, such as actors, perceptions, motivations, actions and others holistically, in descriptive ways in the form of words and language in special natural contexts and by utilizing various scientific methods.

Table 1. Identity of Research Subjects

| No. | Name | Age | Job | Religion | Status |
|-----|------|-----|-----|----------|--------|
|-----|------|-----|-----|----------|--------|

|   |           |          |         |           |           |
|---|-----------|----------|---------|-----------|-----------|
| 1 | Wkhcath   | 20 years | Student | Christian | Unmarried |
| 2 | Ldckyga   | 20 years | Student | Christian | Unmarried |
| 3 | Skcapthcu | 20 years | Student | Christian | Unmarried |

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Source: Identity of Research Subjects

Based on the identities of the three research subjects Wkhcath, Ldckyga and Skcapthcu (not their real names), the authors conducted interviews with the duration of 60 minutes, and each interviewee had 30 minutes to be interviewed. The authors further made interview transcripts to make it easier to retrieve answers from the interview results. Then after completing the interview transcript, the author summarized the contents of the journal that had been made previously and took the key parts that were in the journal and analyzed the summary results into themes in the sub-discussion (results and discussion). The authors provided time and expression during the interview process to allow the interviewees to freely express themselves (sad, happy, crying, and laughing). The purpose is to ensure that the data obtained are data from real experiences.

## RESULT AND DISCUSSION

### Dependability and Mental Wellness

In the first interview, the interviewee with anonymity, Ldckyga, from IAKN Palangka Raya, expressed his opinion on the Toxic Relationship that had been experienced by the interviewee throughout their lives.

“Hubungan *toxic* itu hadir karena kita terlalu menggunakan perasaan yang berlebihan kepada pasangan. Jadi, menurut saya menjadi sangat berbahaya hubungan *toxic* tersebut karena dapat membuat seseorang menjadi depresi atau ketergantungan pada pasangan dan bagi saya pribadi, perempuan lebih dominan menjadi korban dari hubungan *toxic*, karena saya termasuk yang mengalami dan kebanyakan teman-teman saya juga begitu”

Ldckyga/wwcr/ DependabilityandMentalWellness/14092023

Based on the results of the interviews, the interviewees argued that the toxic relationship for someone is like a parasite in the romance phase experienced by some of them. A toxic relationship is extremely influential for someone who has been through it, where they only feel temporary happiness (Hasan et al., 2023; Munte, 2017; Munte, Natalia, et al., 2023; Munte, Saputra, et al., 2023; Munte, 2018a, 2018b, 2022b, 2022a, 2022c, 2023a, 2023b; Munte & Korsina, 2022; Munte & Natalia, 2022; Riska et al., 2023). Toxic in romantic relationships is driven by one partner being selfish, dependent on the partner, excessive feelings, blind jealousy or possessiveness and uncontrolled emotions.

In toxic relationships, the dominant victims are women, due to women who tend to be weak in word and deed and cannot fight back against their partners (Awak et al., 2023; Fitriana et al., 2023; Mamarimbing et al., 2023; Manik et al., 2023; Manuputty et al., 2023; Mariani, 2020, 2022, 2023; Nopitri & Irdayani, 2023; Peryanto et al., 2023; Putri et al., 2023; Rosen et al., 2023; Saputri et al., 2023; Sinta et al., 2023; Tedy et al., 2023; Tirayoh et al., 2023; Veronika et al., 2023). As for the

consequences of being too dependent on a partner who is seen as something that is not good for someone.

“Akibat terlalu candu pada pasangan, jadi buntu pemikiran.. terus pasangan mulu yang dipikir jadi yaaa kurang fokus ke hal yang lebih penting tapi tergantung pada diri masing-masing bersama pasangan. Jadi pintar-pintar cari pasangan.. karena salah pilih pasangan itu tidak baik kawan. Hati-hati bisa gila dan mentalmu.. *amburadul*”

Ldckyga/wwcr/DependabilityandMentalWellness/14092023

Based on the interview results from the first informant, having a toxic relationship has resulted in individuals becoming less focused on important things such as education. As the consequence of being in toxic relationships, it tends to make a person become discouraged in the learning process (Eribka et al., 2023; Hanriani, n.d.; Melliani et al., 2023; Pengky et al., 2023; Salmanezer et al., 2023; Samuel et al., 2023; Saputra et al., 2023; Seruyanti et al., 2023; Siburian et al., 2023; Sihombing, 2019, 2022, 2015; Silipta et al., 2021, 2023; Sulistyowati et al., 2022). However, this depends on each person's self-control. A toxic relationship is likely to affect a person later, thus such things have to be avoided and a person has to be able to be selective in choosing a partner, especially getting to know the partner in depth:

“Karena kurang kasih sayang, kurang perhatian, kurang pengertian antara dua orang yang sedang sibuk-sibuknya dengan dunia masing-masing. Sampai lupa kalau punya pacar..”

Ldckyga /wwcr/DependabilityandMentalWellness/14092023

Resource person number one argued that some of the factors that cause toxic relationships to occur are lack of attention, lack of affection and lack of understanding of each other. These often occur in relationships resulting in problems for one party who feels as if they are not cared for by their partner and feels there is no love in the relationship they are in and the emergence of excessive thoughts (Kristin et al., 2022; Marilyn, 2018, 2020; PAHAN et al., 2014; Pattiasina, 2021; Pattiasina et al., 2022; Pradita, 2021; Pradita & Veronica, 2023; Prakosa, 2022; Prakosa et al., 2023; SUGIYANTO et al., 2014; Susila & Pradita, 2022). Something like this results in mutual indifference between each other which also makes both of them prefer to keep themselves busy:

“Kurang teman, selalu diposesifin dan sakit hati *hahahaha* Tapi disini lain kita juga dalam menjalani hubungan perlu memberikan rasa percaya terhadap pasangan, saling mengerti, saling menghargai.. Iya karena dia itu *kan* suka membatasi-batasi kita *tu*, “*kamu gak boleh berteman sama ini, kamu tu gak boleh jalan sama cowok*” *gitu nah*, jadi dia *tu* terlalu membatasi kita *gitu*.. padahal kan kita gak yang *ngapa-ngapain* juga, kita kan *ngabarin* kalau kemana-mana *gitu nah* tapi selalu dilarang *gitu*”

Ldckyga/wwcr/DependabilityandMentalWellness/14092023

Interviewee 1 argues that, in their opinion, the consequences of being in a toxic relationship are things that are uncomfortable for young people to enjoy because they are in a relationship with a partner who is too possessive or excessive. This means that the partner always restrains, prohibits and expresses his emotions when the things he prohibits are not obeyed by the partner. According to the informant, this is something that is unnecessarily prohibited because he is prohibited from being friends with his female friends or male friends (Adellia et al., 2023; Ginting, 2010; Haloho et al., 2013; Haloho, 2016, 2022a, 2022c, 2022b, 2023; Kurniati et al., 2023; Lumbantobing, 2022; Netanyahu & Susanto, 2022; Rahmelia et al., 2022; Sarmauli et al., 2022; Simanjuntak, 2019; Susanto et al., 2022; Timan Herdi Ginting et al., 2022; Tobing, 2015; Veronica, 2022). Thus, making his social circle narrowed as a result of having a possessive partner:

“Kalau saya biasanya *sih* lari ke teman *sih*, teman adalah satu-satunya tempat kita yang mau *dengerin* kita, biasanya ngajak kita jalam kemana-mana, ngajak happy-happy, kami kayak nongki lah atau karaoke *lah* atau hal-hal lain *gitu nah*, yang bisa bikin kita semangat”.

Ldckyga/wwcr/DependabilityandMentalWellness/14092023

Based on the statement mentioned earlier, there are several things that the interviewee would do when she quarrels with her partner. Such as looking for fun with friends or me time (Andriany et al., 2023; Batuwaal et al., 2019; Erika et al., 2023; Kristiani et al., 2023; Langi et al., n.d.; Ligan, 2022; Loheni et al., 2023; Magdalena et al., 2022; Malau, 2021, 2023; Mukuan et al., 2022; Munte, Natalia, et al., 2023; Nursusanti et al., 2022; Pongoh, n.d., 2022a, 2022b, 2023; Rosen et al., 2023; Suratinoyo et al., 2019; Triadi, Pongoh, et al., 2022; Trisiana et al., 2023; Wirawan et al., 2023). When she quarrels with her partner, she will seek peace for herself such as traveling, hanging out and *karaoke* with her friends.

Based on the results of the interview with the first informant, Ldckyga expressed his opinion that the consequences of Toxic relationship have an unfavorable impact on a person due to association with friends of the opposite sex being limited by a partner, resulting in someone becoming less friends and worse being shunned by friends. As such, someone feels that they are being restricted by their partner, which makes them unable to do things that make them happy (Andiny, 2020, 2023; Anggreni, 2023; Colina, 2015, 2016, 2021; Dandung et al., 2022; Fitriana et al., 2023; Nindi et al., 2022; Pernando et al., 2022; Sepniwati, 2022; Supardi, n.d., 2014, 2022; Suriani & Betaubun, 2022; Teriasi et al., 2022; Trisiana et al., 2023). However, on the other hand, both of them who are already committed have to be able to accept each other's traits as they are.

In the second interview, the interviewee with Wkhcath from IAKN Palangaka Raya expressed his opinion on the Toxic Relationship experience he had experienced as well. The second interviewee responded about the Toxic relationship experienced:

“Dulunya kejadian ini waktu masih SMA, ini terjadi waktu saya baru-baru pacaran. Nah, saya itu pacaran sama satu *cowok*, dia itu seangkatan kami, saya itu sangat terobsesi dengan dia. Setelah saya dekati beberapa bulan *gitu*, akhirnya dia luluh dan kami memutuskan untuk

pacaran, dan disitu dia yang *nembak* saya bukan saya ya. Pada saat kami pacarannya, beliau itu baik sekali orangnya, dia memperlakukan saya memang seperti seorang ratu *nah* karena saya SMA dulu sering ditinggal sendiri dirumah. Dia ini biasa tiap malam *ngasih* makanan *digagang* pintu rumah saya.. sering digantung martabak *gitu*, pokoknya makanan-makanan *gitu lah*. Dia *tu* setiap yang dia beli pasti dia belikan untuk saya juga gitu. *Nah* pada saat itu waktu saya baru pacaran, saya merasa mungkin ini itu cinta karena saya belum mengenal apa itu cinta sebenarnya, *Cuma* saya *tau* itu rasa suka terhadap orang lain, terus orang lain memperlakukan saya dengan baik itu mungkin.. itu cinta menurut saya waktu itu. *Nah* setelah beberapa lama pacaran, saya merasa dikekang karena dulu saya pulang sekolah masih bareng teman-teman saya sesama perempuan, *nah* beliau ini tidak memperbolehkan saya pulang bersama teman-teman saya dan saya merasa itu *gak* wajar *gitu* dan teman-teman saya juga mulai protes “kenapa *kok* saya ini , *gak* mau pulang sama mereka, setelah pacaran sama si cowok itu”

Wkhcath/wwcr/DependabilityandMentalWellness/10112023

Interviewee two Wkhcath shared brief stories of her early involvement in a toxic relationship with her former partner. In this interview, the interviewee said that she was in a toxic relationship with her former partner, now former. The toxic relationship between the two began in the third month after they decided to date, the informant often got displeased at that time with his partner who began to restrict him in hanging out with his friends (Angellyna, 2021; Angellyna & Tumbol, 2022; Anjini et al., 2022; Darnita & Triadi, 2022, 2023; Mualimin et al., 2022; Susila, 2022a, 2022b, 2022c; Susila & Pradita, 2022; Susila & Risvan, 2022; Triadi, n.d., 2022; Triadi, Pongoh, et al., 2022; Triadi, Prihadi, et al., 2022; S. Tumbol, 2020; TUMBOL, 2022; S. N. Tumbol & Wainarisi, 2023; Wainarisi & Tumbol, 2022b, 2022a). Over time, the informant felt that her relationship had become toxic because her partner restricted or prohibited her from going to school with her female friends, so there were also protests from the informant's friends who were surprised at her, because since she had been in a romantic relationship, she had withdrawn from her friends (stayed away).

“Menurut saya orang-orang yang berada dalam hubungan yang *toxic* ini mempunyai resiko tinggi mengalami stres dan depresi. Pokoknya yang berhubungan dengan *toxic relationship* ini sangat mengarah ke depresi”

Wkhcath/wwcr/DependabilityandMentalWellness/10112023

Based on the interview mentioned earlier, the second informant has the same opinion as the first. According to these two informants, the consequences of living in a toxic relationship will only make someone depressed and their social circle narrowed. This situation is not good to continue as it will only keep us away from happiness.

“Menurut saya, bisa dicegah dengan komunikasi dua arah. Artinnya dua pihak mau berkomunikasi dan kalau tidak ada komunikasi menurut saya tidak ada jalan lain selain putus, ya tergantung masing-masing dengan pasangan”

Wkhcath/wwcr/DependabilityandMentalWellness/10112023

As for this interview, the informant said that there are two choices when already in a toxic relationship, namely improving communication between the two parties (couples) or not continuing the relationship. It also goes back to the two respective parties regarding solving the problem (Amiani, 2022; M. T. Telhalia, 2017b, 2017a; T. Telhalia, 2016, 2023; T. Telhalia & Natalia, 2021, 2022; Wainarisi, 2021b, 2023; Wainarisi et al., 2023; Wainarisi, 2021c, 2021a, 2021d; WK GINTER et al., 2009). The results of the interview with the third resource person regarding his experiences related to toxic relationships, the following are the results of the interview with the third resource person.

“menurut *aku*, *toxic relationship* adalah hubungan yang selalu berakhir tidak baik. Alasannya karena apa yang dilakukan oleh mereka yang berada di fase ini itu *udah enggak* sehat, ya masalah selalu datang dalam hubungan itu susah dapat penyelesaiannya”

Skcapthcu/wwcr/DependabilityandMentalWellness/13112023

### **Communication, Compassion and Self-Worth**

Toxic relationships will not end happily in a relationship. This is due to toxic couples not wanting to be invited to jointly solve a problem, in other words the lack of awareness of the partner, an ignorant attitude and or indeed the desire of one of the couples to end the relationship in an unfavorable way (Eksely et al., 2023; Istiniyah et al., 2023; Loheni et al., 2023; Rahmelia, Prasetiawati, et al., 2023; Setinawati et al., 2021; Surya, 2020, 2021, 2023b, 2023a; Surya & Setinawati, 2021; Tekerop et al., 2019).

“kalau yang aku lihat di mantan aku dulu itu, dia awalnya baik *yaaa* bersikap seperti yang aku kenal selama kita pacaran, tapi setelah lama sudah hubungan kita. Sikap dia berubah dari dia yang aku kenal sabar makin lama dia untuk hal kecil yang biasanya dia gak peduli tiba-tiba dia jadi tempramen.. gampang emosi marah yang *amat* sangat marah, terus dia mulai posesif *yaaa* membatasi aku dalam keseharian *yaa* misalnya jalan sama teman-teman cewekku, alasan dia melarang itu gak bisa diterima. Memang ada ya melarang kita jalan sama teman sesama Perempuan dengan alasan nanti dilirik laki-laki lain atau diajak kenalan sama laki-laki lain. *Yaaa* aku mulai heran dengan sikap dia yang *kek* gini... Ada banyak perubahan pada pacar saya *kak*, seperti dia yang dulunya *fast* respon menjadi *slow* respon dengan alasan sibuk ini dan itu, tampak *cuek*, menjadikan ngumpul dengan teman-teman sebagai alasan *gak ngabarin*, sering melarang saya keluar sama teman-teman padahal dia sendiri *ngumpul* sama temannya, ya *aku its oke aja..*”

Skcapthcu/wwcr/ CommunicationCompassionandSelfWorth/13112023

The interviewee stated the characteristics or signs that exist in his partner who is considered toxic. She considers this to be the characteristics of a partner starting to be toxic in the relationship, by showing an attitude that is unfavorable and unacceptable to her.

“Kalau yang aku alami, hubungan toxic juga dipengaruhi oleh pertemanan dalam *circle*-nya yang menurut aku gak baik, kayak mereka itu kasih masukan, yang gak baik. Ya kita mana tau orang suka atau tidaknya dengan kita.. *yakan*”

Skcapthcu/wwcr/CommunicationCompassionandSelfWorth/13112023

The third interviewee saw how toxic relationships are also influenced by friends in a circle, and their unfavorable advice or input. This is due to the factor of other people's dislike for us and it is something that we cannot avoid.

“hubungan ini mulai aku rasa toxic, ketika hubungan sudah berjalan satu tahun.. *kak*, ya udah mulai banyak problem-problem yang harusnya bisa diselesaikan jadi gak bisa diselesaikan. Menurut *aku* karena terhambatnya komunikasi/*miss communication*, egois tinggi di antara kita dan udah sama-sama capek.. *ya* jadi udahlah gitu”

Skcapthcu/wwcr/CommunicationCompassionandSelfWorth/13112023

The interviewees said that the toxic relationship they felt began since their relationship lasted for one year. It was triggered by miss communication and selfishness in the couple.

“bagi *aku* sendiri yang aku rasakan ketika berada bahkan bertahan dalam *toxic relationship*. Pertama, aku kurang menikmati tentang rasa bahagia untuk aku sendiri. Kedua, teman-temanku jadi *canggung* untuk mengajakku berpergian, kurang fokus dalam perkuliahan, belajar masih terganggu karena *mood aku* yang jadi baik bisa jadi *gak* baik karena lagi ribut sama dia.. itu *ngaruh banget* dan pengaruh *ya* yang *gak* baik gitu..”

Skcapthcu/wwcr/CommunicationCompassionandSelfWorth/13112023

Based on the statements of the three sources, relationships that have become toxic relationships have an influence or impact that is always negative (not good) to be maintained and lived in a relationship. This unfavorable impact may affect oneself, relationships with close people or friends, education, learning and others (Pransinartha, 2022; Pransinartha et al., 2023; Rudie, 2021; M. T. Sarmauli, n.d.; S. Sarmauli, 2016; S. Sarmauli & Pransinartha, 2022; Srikaningsih et al., 2019; Wulan, 2005, 2023; Wulan & Sanjaya, 2022). The impact on oneself makes one feel less happy and always feel sad. For relationships with close people or friends, it makes us distant and no longer close to friends. Then, in education, it makes everyone careless and does not focus on the target in education and others.

“Kalau dari *aku* sendiri, komunikasi itu sangat penting, karena percuma kita punya komitmen kalau *gak* di komunikasikan. Komunikasi itu penting karena biar kita tau arah jalan pasangan kita dan arah jalan pikir kita itu bagaimana.. *gitu loh*. Yaaa kalau semisalnya kita *miss communication*, yaaa otomatis komitmen yang kita bangun itu percuma *gak* ada hasil”.

Skcapthcu/wwcr/CommunicationCompassionandSelfWorth/13112023

Based on Skcapthcu's statement, the third informant expressed his opinion, that in any relationship there is the need for communication between partners, the communication in question is to talk as well as possible with a partner in terms of discussing the problems that occur between the two. If communication between the two is hampered or deliberately inhibited, the more unresolved the problem between the two will be.

## CONCLUSION

Based on the narratives of the three research subjects (Wkhcath, Ldckyga, and Skcapthcu), the authors conclude that toxic relationships in dating that cause depression for women, lack of freedom of expression, and loss of autonomy over the body and embodiment are not ideal. Thus, women as victims of unhealthy relationships are able to be empowered by resisting the slightest form of oppression that occurs in dating relationships. Especially if they encounter violence (mental, physical, verbal, psychological, economic and religious). Toxic relationships will not work if both partners repress each other or the woman does not fight against the slightest oppression in herself and her body. Communication, acceptance, and giving access by giving time and supporting ideas, hopes, and futures are desirable relationships in dating. Especially in the Christian sphere of dating.

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