

# IMPROVING TOXIC RELATIONSHIP AWARENESS THROUGH PSYCHOEDUCATIONAL GROUPS IN STUDENTS OF SMK PGRI 2 TAMAN

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## Abstract

The aims of this research are: 1). To find out the forms of toxic relationships experienced by students. 2). To find out the impact of a toxic relationship on students. 3). To find out the process of implementing psychoeducational group services to improve students' toxic relationships. 4). To determine the level of awareness of students about toxic relationships. In this study using quantitative research methods with group counseling services through psychoeducational groups. Research results: 1). There are forms of toxic relationships both verbally and non-verbally, verbally, namely saying "stupid, caper, to the point that girls are itchy" while non-verbally they are dragged around, choked, their hands are held until they are bruised. 2), The toxic impact is known to be physical, psychological, social and economic violence from individuals to experience excessive anxiety. 3). After carrying out the psychoeducational group services, the respondents became bold that what their partner was doing was wrong and avoided it. 4). There is an increase in awareness experienced by students from high to low increases. The results of the research before the psychoeducational group service included eight respondents in the high category, thirteen respondents in the medium category and nine respondents in the low category. Meanwhile, after the service was implemented, there were six respondents in the high category, thirteen respondents in the medium category and eleven respondents in the low category. So that there is an increase in awareness about toxic relationships in students.

**Key words:** Toxic Relationships, Impact of Toxic Relationship, Forms of Toxic Relationship

## 1 INTRODUCTION

The development experienced by each individual through different phases. Starting from the phase of children, adolescents to adults have unequal physical development and changes. One of the transitional periods experienced by every individual is adolescence. Adolescence is a transitional period from children to adulthood marked by physical changes, increased emotional development and mental maturity, in the statement "Adolescence (the stage between 10 and 24 years) is a period of life characterized by heightened sensitivity to social stimuli and the increased need for peer interaction." (Orben et al., 2020, p. 1). Whereas, the transitional period of adolescence from 10 to 24 years is marked by the increasing need for interaction with peers and sensitivity to social stimuli. At the time of wanting teenagers have a very high sense of curiosity about the surrounding environment.

Every individual has a great curiosity so that the individual always wants to understand new things to add experience and knowledge, as in the statement "Adolescents have a great curiosity. This curiosity can cause teenagers to be even more motivated to be better than before." (Tarigan & Nugroho, 2019, p. 1). That, every teenager changes from the previous personality. Teenagers experience a change in the mindset with the reasoning that is in them, so that they are able to do what they want to be better in the process of their development. The development experienced by adolescents is that they are able to make decisions in their lives. One such decision is to establish a dating relationship. Among high school (SMA) teenagers, they are certainly no strangers to the word dating. Dating is an activity that often occurs among adolescents (girls and boys) to get to know each

other more closely. The feeling of love that humans experience when they fall in love makes everything they do happy. But every journey in a dating relationship is not always smooth, there must be problems that occur. Problems in relationships occur due to disagreements or differences in thinking. In a relationship, both parties want to always be given more attention, such as smooth communication to ask about each other's condition or news. But excess attitude is also unhealthy in relationships. The feeling of liking the opposite sex and a sense of belonging make humans always want to know what their partners are doing. This makes the partner feel pressured by this possessive behavior. This possessive behavior affects relationships that become unhealthy or experience toxic relationships.

Toxic relationships or toxic relationships, namely "toxic relationships, we mean a relationship disorder characterized by a disparity, a non-egalitarian situation in which one of the two partners is dependent on the other one, triggering a mechanism of dominance and subjection. In these relationships one partner puts much more effort into the relationship than the other one, who, sometimes, could even put no effort at all into it." (Solferino & Tessitore, 2021, p. 1). That, a toxic relationship is characterized by differences, one of the partners depends on the other. In this relationship, only one individual is trying for the relationship and the other individual sometimes doesn't try at all.

Toxic relationship is a toxic relationship that only gives pleasure to one party who tries to take advantage of himself without considering the condition of the partner. This relationship can be said as one of the relationships that cannot be connected to each other because there are too many roles from one party in the relationship. This relationship can be meaningful and can also provide danger to the partner. The danger that is obtained is the disruption of the physical and psychological health of the partner because the act is included in the realm of psychological violence. In the phenomenon that occurs individuals have a very high sense of jealousy which makes their partners feel uncomfortable. Because the affection for their partner is high, the victim of a toxic relationship does not mind the behavior of their partner. Jealousy "as a threatening situation that is generated and experienced in a relationship, which in turn can stimulate the emergence of various behaviors that can aim to repay the jealousy." (Fajri & Nisa, 2019, p. 4). That, jealousy can make individuals have a high sense of revenge to be retaliated against other individuals at certain times while undergoing a relationship. This phenomenon is also included in the category of toxic relationships or toxic relationships.

The impact above is from victims who experience toxic relationships, namely the disruption of the learning process. While studying at school, this toxic victim is not free to interact with her schoolmates. The victim's self-confidence decreases and it takes quite a long time to be able to return to its original attitude. Lack of motivation to do activities, difficult to concentrate and experience depressive disorders and feel anxious quickly. The way to increase the awareness of individuals who experience this toxic relationship is by using group counseling. Group counseling is a service that is carried out by two parties between group leaders and group members in overcoming or minimizing problems that occur. Then carried out through psychoeducational groups for group members to tell about the problems they face and find solutions and ways out of these problems.

## **2 METHODOLOGY**

Quantitative research methods according to (Cresswell, 2019: 71) "quantitative research or quantitative research is a set of interconnected constructs or variables, which socialize with propositions or hypotheses that detail the relationship between variables (usually in the context of magnitude or direction)." From the statement above it is explained that quantitative research is a research method that functions as a discussion or argument that is interconnected or continuous with the variables discussed. This method can be used as a view or prediction direction to see events that appear in various places. Quantitative methods used by researchers to obtain data on problems in the field. Existing problems are complex problems, so researchers use quantitative methods in order to analyze the data as a whole. The sequencing process before the implementation of the research service makes the instrument grid then conducts trials or try outs and analyzes the results for validity and reliability. In the first research process, distributing research questionnaires before the service (pretest). Second, carry out group counseling services. Third, distributing research questionnaires after the service was

held (posttest). Fourth, inputting and analyzing the results. In compiling the final results the researchers analyzed and described the results with quantitative methods and discussed and concluded the results.

### 3 RESULTS

The research that has been carried out obtained the results from the pretest in this study, namely that there were students who experienced toxic relationships with a high category, namely there were eight individuals, then the medium category contained thirteen individuals and the last was the low category with nine individuals. Meanwhile, in the posttest results there are several categories, namely high, medium and low. The high category has six individuals, the medium category has thirteen individuals and the low category has eleven individuals who experience toxic relationship awareness. So it can be concluded that the results of the pretest and posttest show an increase in awareness about toxic relationships in students, namely after providing services related to toxic relationships. In addition, of the eight students whose services were running smoothly, a level of self-awareness began to emerge related to toxic relationships. Of the eight individuals who took part in the treatment, there were four of them who were victims of a toxic relationship. When they told their stories, they experienced violence both physically and psychologically.

#### 3.1 Instrument Testing

In this process the researcher tested the instruments or items created in the form of a questionnaire to see valid and invalid data using quantitative methods. In this process there are two stages, the first is the validity stage and the second is the reliability stage.

##### 3.1.1 Try Out, Validity, Reliability

1. In the results of this try out, the researcher tested the instrument with 50 items, of the 50 items, 39 items were said to be valid. The following is a table of the 39 items that have been tested.

2. The results that appear after the validity and reliability are carried out in the SPSS statistics application 25 of the 50 items tested there are 39 valid items and 11 invalid items. From invalid items, not used by researchers in the process of students answering questionnaires then valid items will be used by researchers to see the answers of respondents or students when given a questionnaire about toxic relationships.

3. The reliability test is used by researchers to see the index of the extent to which the statement is good for use by obtaining consistent measurements. Questionnaires or instruments can be said to be reliable if the answers given to statements are consistent from time to time.

##### 3.1.2 Table of pretest, posttest results

Presentation of data used by researchers in writing down the names of respondents or students with initials, because to keep the identity of the respondent secret from others. Below is the result of the respondents' answers. The purpose of this study was only to see respondents with high and low score categories in filling out the questionnaire, and the researchers told what impacts occurred when individuals carried out this toxic relationship behavior.

**Table 1.** Results of Questionnaire Distribution (Pretest)

Category	Intervals	Frequency
Tall	54-62	8
Currently	46-53	13
Low	38-45	9

The results of the data above before carrying out the service were eight students who experienced a high category of toxic relationships, thirteen students in the medium category, and nine students in the low category. Then eight students who experience high toxic relationships, will be provided with group

counseling services by researchers. The goal is to be able to find out and analyze the forms and impacts of this toxic relationship.

**Table 2.** Results of Questionnaire Distribution (Posttest)

Category	Intervals	Frequency
Tall	112-127	6
Currently	96-111	13
Low	80-95	11

The results of the table statement above regarding the results of the questionnaire after the service was carried out there were six students who experienced toxic relationships thirteen moderate, and eleven low categories.

## 4 CONCLUSIONS

In this study there was an increase in awareness about toxic relationships. The pretest results have three categories, namely high, medium, low. In the high category there are eight, thirteen medium and nine low. While in the posttest there are six high categories, thirteen medium categories and eleven low categories. There is increased awareness of the process that has been implemented. The service process provided is carried out by researchers so that they can find out students who experience toxic relationships. The first step is to provide a questionnaire or pretest to be filled out by students. The services provided are using group counseling through psychoeducational groups. The first step is to give directions to the participants regarding the toxic relationship in terms of understanding, forms, factors and impacts. Then the researcher gave a treatment to the respondents to jointly make/plan something to change a behavior or feelings that lead to toxic relationship behavior with the discussion method. The provision of this service was acceptable to the respondent and the result was that at the beginning of the meeting the respondent still felt afraid of the partner related to the threat given but after carrying out the service the respondent became brave that what the partner was doing was not right and avoided it.

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