

## The Effect of Toxic Relationships in Friendship on the Psychological Well-Being of Islamic University Students

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### Abstract

Good psychological well-being is characterized by individuals who have positive emotions and can go through difficult times that cause negative emotions to emerge. Data obtained from Riskesdas (*Riset Kesehatan Dasar*), in 2007 about 11.6% of the Indonesian population aged over 15 years showed emotional mental disorders characterized by symptoms of depression and anxiety. Then in 2018 the prevalence of emotional mental disorders again increased to around 9.8% (Idaiani & Isfandari, 2020). One of the factors that influence it is social support that comes from friends. Support from friends is not always positive, but also negative. Negative friends are referred to as toxic friends, namely friendships that are detrimental. The aims of this study are, (1) to describe the level of psychological well-being of Islamic University Students, (2) to describe the level of toxic relationships that occur in the circle of friends of Islamic University Students, and (3) to analyze the effect of toxic relationships on psychological well-being to students of Islamic University Students. The method used for this research is simple regression. With a population of 11,000 people and a sample of 265 students aged 18-22 years. The results of this study are, (1) the level of psychological well-being in Islamic University Students is dominated by the very high category as many as 155 students with a percentage of 58.5%, (2) the level of toxic relationship among Islamic University Students is dominated by the low category as much as 140 students with a percentage of 52.8%, (3) there is an influence between variables toxic relationships and psychological well-being with effect level of 11.4%. Although it does not have a big influence, it is important for us to control a healthy friendship environment to maintain psychological well-being in ourselves.

**Keywords:** friendship, psychological well-being, toxic relationship

### Abstrak

Psychological well-being yang baik ditandai dengan individu yang memiliki emosi positif dan dapat melalui masa-masa sulit yang menyebabkan munculnya emosi negatif. Data yang diperoleh dari Riskesdas (*Riset Kesehatan Dasar*), pada tahun 2007 sekitar 11.6% penduduk Indonesia yang berusia di atas 15 tahun menunjukkan gangguan mental emosional yang ditandai dengan gejala depresi dan kecemasan. Kemudian pada tahun 2018 prevalensi gangguan jiwa emosional kembali meningkat menjadi sekitar 9.8% (Idaiani & Isfandari, 2020). Salah satu faktor yang mempengaruhinya adalah dukungan sosial yang berasal dari teman. Dukungan dari teman tidak selalu positif, tetapi juga negatif. Teman negatif disebut sebagai teman yang beracun, yaitu pertemanan yang merugikan. Tujuan penelitian ini adalah, (1) mendeskripsikan tingkat psychological well-being Mahasiswa UIN, (2) mendeskripsikan tingkat toxic relationship yang terjadi di lingkungan pertemanan Mahasiswa UIN, dan (3) untuk menganalisis efek toxic relationship pada psychological well-being. Kepada mahasiswa

*Universitas Islam. Metode yang digunakan dalam penelitian ini adalah regresi linier sederhana. Dengan jumlah populasi 11.000 orang dan sampel sebanyak 265 siswa berusia 18-22 tahun. Hasil dari penelitian ini adalah, (1) tingkat psychological well-being pada Mahasiswa UIN didominasi dengan kategori sangat tinggi sebanyak 155 mahasiswa dengan persentase 58.5%, (2) tingkat toxic relationship antar mahasiswa Islam. Mahasiswa didominasi oleh kategori rendah sebanyak 140 mahasiswa dengan persentase 52.8%, (3) terdapat pengaruh antara variabel toxic relationship dan psychological well-being dengan tingkat pengaruh sebesar 11.4%. Walaupun pengaruhnya tidak besar, penting bagi kita untuk mengontrol lingkungan pertemanan yang sehat untuk menjaga psychological well-being dalam diri kita.*

**Kata kunci:** kesejahteraan psikologis, hubungan beracun, persahabatan

## Introduction

Psychological well-being can be said with the condition of the individual being able to live his daily life positively, which leads to self-actualization and maturity. Psychological well-being is a source of needs in human life, where these sources must be balanced with each other to face the challenges in life. The sources are psychological, social, and physical (Dodge & Daly, 2012). Good psychological well-being is expected to not only give individuals get freedom from various mental problems but also expected to make humans live in wellness, namely living physically and mentally healthy. Thus, happiness is created in individuals who live their lives (Kurniasari et al., 2019). Psychological well-being is a form of realization and full achievement of individual potential. Thus, good psychological well-being is characterized by individuals who have positive emotions and can get through difficult times that cause negative emotions to emerge, are satisfied with their lives, have full authority over their lives, have positive social relationships, can control their environment, can develop and have a clear direction of life goals. The main factor of psychological well-being is the quality of relationships within the family. In addition, popularity, physical health, stress and closeness in relationships with peers (Juwita & Kustanti, 2020).

The concept of psychological well-being formulated by Ryff, (1995) is an individual who has positive attitudes and views towards himself and others, is able to make himself more dominant than others in behaving and making decisions, continuously trying to develop himself, can create and control the environment and circumstances that suit their needs, have a purpose in life and are able to make life more meaningful. In other words, psychological well-being can be said as a positive self-evaluation for individuals to improve their behavior. Thus, individuals can find their unique true identity by becoming a better and whole person (Ryff, 1995).

Meanwhile, the discussion of psychological well-being that is quite interesting in this study is the psychological well-being of students. Because, in general, students are a transitional period between adolescents and adults so that they have a lower level of welfare compared to older people. In addition, students also bring a new status for themselves who are expected to become agents of change. Where, the burden and responsibility of students is not only limited to carrying out their duties and obligations, but also as agents of change for the Indonesian state (Jannah & Sulianti, 2021). The Center for Public Mental Health is one of the Psychology work units at Gadjah Mada University, in 2012 they held a workshop discussing the prosperous Indonesia campus program which was motivated by various student problems, especially problems in the academic field, where students were required to adapt themselves in their studies that are different from high school. Meanwhile, non-academic problems come from social pressures in the surrounding environment in daily life, such as social relations within the scope of friendships that have different cultures, ethnicities, and races, difficulty adapting to the environment, problems in opposite sex relationships as well as problems that occur in student organizations and activities (Julika & Setiyawati, 2019). Thus, psychological well-being is a form of individual satisfaction which is characterized by feelings of peace and happiness in all aspects of life.

Factors that affect psychological well-being also vary, including psychosocial factors (individual identity and life experiences), sociodemographic factors (individual demographic data such as gender,

age, etc.), resilience factors (individual resilience to the environment), social support factors (perceptions of that others will provide help), factors of coping techniques (changing cognitive function and behavior for stressful external demands) (Simanjuntak & Sulistyarningsih, 2018). Of the five factors above, the factor that most influences psychological well-being is social support, namely the feeling of comfort that other people give us, feeling cared for by others, and always feeling helped by others. Thus, social support serves as a buffer or mediator between the individual and the stressor. The source of this social support can come from anyone, be it a partner, family, friends, community, or organization (Kurniawan & Eva, 2020). There are three dimensions of social support, namely: the family dimension, the friend dimension, and the significant person dimension. Meanwhile, the factors that influence social support are divided into two, namely: internal factors (the desire within oneself to seek social support) and external factors (the willingness of others to help) (Zimet et al., 1988).

Sarafino mentions social support is comfort, attention, feeling loved, and appreciation obtained from other people, both individually and in groups. So, whatever happens in the social sphere can be said as social support or not, depending on how far the individual can feel and experience it as social support. According to Sarafino, social support is divided into four forms, namely: First, emotional support (in the form of an expression of affection, trust, concern, and feeling of being heard, conveying empathy, caring, concern, and so on); Second, instrumental support (involving help directly, can be in the form of services, time, or money); Third, informational support (providing advice, direction, suggestions, or feedback on what to do); and Fourth friendship support (availability of other people to spend time with). These supports can be seen in every interaction that individuals do so that physically and psychologically, individuals will feel comfortable (Sarafino & Smith, 2014).

The interaction with individuals in this study is the interaction of students within the scope of peers at the State Islamic University students. Students who have a good level of social support tend to have higher psychological well-being. This is supported by previous research, with the results of their research showing that there was a significant relationship between social support and psychological well-being in overseas students at Malikussaleh University, Lhokseumawe (Adyani et al., 2019). In another study, Nur Eva, Pravissi Shanti, Nur Hidayah, and Moh. Bisri concluded that social support is needed to strengthen the psychological well-being of students because social support is a predictor of psychological well-being. The influence of social support on the psychological well-being of students in Indonesia is strengthened by the collective culture that develops in society. Thus, it can be emphasized that social support contributes to improving the psychological well-being of students (Eva et al., 2020).

One form of social support proposed by Sarafino is emotional support. This emotional support can be categorized into the need for love which refers to the hierarchy of the third basic needs proposed by Abraham Maslow, namely the need for belonging and love (belonging and love). This third need is the need to be part of a social group in the environment, and love is the main goal to be achieved. Feeling loved and accepted in the environment is the path to feelings of health and worth, and vice versa, failure to meet the needs of belonging and love (belonging and love) is the cause of almost all forms of psychopathology. According to Maslow, there are two types of love, namely: Deficiency (D-love) and Being (B-love). D-love is love that is selfish because it is only selfish, getting more love than giving love. Meanwhile, B-love is love that is positive, because its main purpose is to give a positive image and self-acceptance to others, there is no intention to have, and influence. So, it can open up opportunities for others to continue to grow because they feel loved (Alwisol, 2016). Thus, what if the expected D-love does not match the expectations of the individual experiencing it? Hoping to get a positive B-love, but what you get is a negative B-love. Events like this can occur in relationships within family, peers, coworkers, and partners. In other words, this kind of relationship can be called a "Toxic Relationship".

Toxic relationship is a relationship condition in which there is emotional behavior both psychologically and physically, and vent it to someone who is the partner of the interlocutor. Where, one of the interlocutors constantly drains the other person mentally, emotionally, psychologically, and spiritually (Gruder, 2018). Toxic relationships are all forms of relationships that exist between individuals, but there is no support for each other, there is competition, there are problems, trying to destroy, and not respecting another individual. Toxic relationships are dangerous for individuals who experience them because they can erode a person's dignity, self-confidence, and personality. Toxic relationships are characterized by non-egalitarian situations, where a victim depends on the perpetrator, thus creating a mechanism of domination and submission. Victims will get more influence than others.

There is no room for oneself to maintain one's capacity and destiny, and there is no reciprocal advantage (Alfiani, 2020).

Thus, it can be concluded that a Toxic Relationship is a toxic relationship that is unhealthy and detrimental because it no longer connects the two parties. Thus, hurting each other between the two parties and creating negative emotions that cannot be controlled. For individuals who experience toxic relationships, they are able to lead individuals to poor mental health, because they feel depressed and unhappy which are obstacles to being able to live productive, healthy, and happy lives.

In reality, there are still many people who are trapped in toxic relationships, whether they realize it or not. Even though toxic relationships have many negative impacts, both physical and psychological impacts. The impact that arises from this toxic relationship is the disruption of a person's mental health such as experiencing anxiety, stress, depression, and disturbing physical health (Agnes et al., 2021). In addition, the psychological impact is that it can make individuals feel inferior, hate themselves, and become pessimistic individuals. This happens because of the negative treatment or words that people in their environment give to him. Thus, it can lead to the emergence of negative emotions in the individual (Alfiani, 2020).

Abu Sayed Zahiduzzaman divides toxic relationships into three categories, namely: toxic relationship, toxic friends, and toxic families. The limitation of this research is that the researcher only uses one category, namely toxic friends, because of the limitations of the researcher in finding respondents with three categories at once. Toxic friends are generally very talented and can convince others of anything about the person they choose. Befriending "poisonous" people, someone indirectly allows them to have high authority over him. When a person consciously or unconsciously decides to become a "toxic" friend, they are determined to do or say anything to the other person to serve whatever motive drives them. Spreading lies or twisted truths in a way that elevates the offender, giving them power and celebrity among their circle of friends (Zahiduzzaman, 2015).

In the view of Islam, it is explained that friendship is essentially a symbiotic mutualism, that is, both parties benefit from each other. Allah SWT said:

*"The believers are indeed brothers. Therefore make peace (improvement of relations) between your two brothers and fear Allah, that you may receive mercy."* Surah Al-Hujjarat: 49 (10).

The verse above explains that verily the believers who believe are like descendants. Because, having a relationship with each other in faith and also one lineage, it is ordered to make peace between brothers, there is no conflict and hurt each other as well as a call to fear Allah SWT (Mukafi, 2020).

From previous research, the researcher concludes that there is an influence on an unhealthy relationship between the psychological well-being of individuals who experience it. Because every individual needs happiness in every relationship that exists, both relationships in the family, peers, and partners. Where happiness can improve the psychological well-being of each individual. In previous studies, emotional violence was often used as a variable in studies related to romantic relationships in courtship and domestic violence in husband and wife. While in friendship relationships, this emotional violence occurs in cases of bullying or bullying at school, in this case, the perpetrator of the crime of Bullying is usually aggressive both verbally and physically, wants to be popular, often creates problems, and finds fault with others, is vindictive, envious, live in groups and controls the social environment at school (Zakiyah et al., 2017). In terms of perpetrators, this is what distinguishes bullying from toxic friends. In toxic friends, the behavior that is usually carried out is utterances that indirectly insult or demean others, satirical words packaged in a compliment, giving bad comments to others (gossip), taking refuge in a joke, eavesdropping, and spreading information. obtained after being manipulated, and likes to corner others (Ridla, 2020).

In the research of Annisa Verizka and Fatchiah Ekowaty Kertamuda, they said that emotional violence is difficult to identify because there is no physical evidence of the victim, but the impact will affect the level of psychological well-being and hinder individual development. Based on the results of research conducted by Annisa regarding the psychological well-being of women who have experienced emotional violence, from the six dimensions of psychological well-being, there are 3 dimensions that the

subject can do well, namely the dimensions of positive relationships with other people, life goals, and self-growth. Meanwhile, other dimensions that have not been achieved in the subject, namely self-acceptance, autonomy, and environmental mastery are still in the process of being achieved (Verizka & Kertamuda, 2020).

Based on the explanation above, it is known that the problems that occur in the friendship environment are very diverse. From these problems, thoughts arise in the minds of individuals who experience toxic relationships and cause feelings that are uncomfortable for them. This is related to the individual's psychological well-being. In the case of physical violence, it is closely related to psychological well-being. However, what about the emotional violence that occurs in friendships wrapped with the excuse of joking, subtly hurting, and so on which is modernized with the sentence toxic relationship. Therefore, in this study, the researcher tried to find out how big the level of the effect that toxic friends had on an individual's psychological well-being.

## Methods

The method used in this research is quantitative with a correlational type. Sampling using probability sampling technique of simple random sampling, ie the sample is selected at random and does not see the level in the population (Latipah, 2014). The number of samples is determined using Isaac and Michael's table, with the following formula:

$$s = \frac{\lambda^2 N.P.Q}{d^2(N-1) + \lambda^2 P.Q}$$

Information:

s = sample size required

N = total population

P = population proportion .5

Q = 1 - P = .5

D = level of accuracy = .05

$\lambda$  = chi-square table according to the confidence level of 1%, 5%, and 10% with df=1

In this study the number of known population is 11000 people, and the level of confidence that will be used by researchers is 10%. Thus, obtained from the chi-square table with a confidence level of 10% is 2,706. Thus, the formula used is as follows:

$$\begin{aligned} s &= \frac{2.706 \times 11000 \times .5 \times .5}{.05^2(11000-1) + 2.706 \times .5 \times .5} \\ &= \frac{7441.5}{28.174} \\ &= 264.126 \\ &= 265 \text{ (rounded up)} \end{aligned}$$

So, this study requires as many as 265 samples that can represent the population with students aged 18-22 years of UIN Antasari Banjarmasin. Meanwhile, the object of this research is the *toxic relationship* as variable X and *psychological well-being* as variable Y.

The toxic relationship scale is measured based on the toxic relationship indicators proposed by J.A. Mc Gruder. The toxic relationship scale will be designed by the researchers themselves based on the indicators proposed by J.A. Mc Gruder with a total of 31 items and presented in the form of a Likert scale with 4 answer choices, namely strongly disagree, disagree, agree, and strongly agree. Indicators of toxic relationships found by J.A. Mc Gruder is as follows: Lack of trust in others; Emotional and

aggressive; Self manipulation; Lying to the interlocutor; and Doing violence to bind the interlocutor to always be with him (Gruder, 2018).

Psychological well-being is measured based on the dimensions proposed by Carol D. Ryff. The psychological well-being scale in this study is an adaptation and modification of a previous dissertation study by Najib Amrullah with the research title "Development of Psychological Well-Being Measuring Instruments and Interpersonal Competence of PAI Teachers". There are 6 dimensions proposed by Carol D. Ryff with a total of 27 items (Amrullah, 2021). In the process of collecting data, researchers used a questionnaire which will be presented in the form of a Likert scale with 4 answer choices, namely strongly disagree, disagree, agree, and strongly agree.

The dimensions proposed by Carol D. Ryff are: Self-Acceptance; Positive Relations with Others/Positive Relations with Others; Autonomy/Independence/Autonomy; Purpose of Life/Purpose in Life; Personal Development/Personal Growth; Environmental Mastery (Ryff, 1989). To determine the consistency of the measurement to what extent can be trusted when repeated measurements are carried out, a reliability test is carried out using the Alpha Cronbach technique (Sujarweni, 2015). This test was assisted by the IBM SPSS Statistics 22 computer program and the Cronbach Alpha results for the psychological well-being scale were .856 and the toxic relationship scale was .934. Analysis of the data used is a simple regression test. Simple regression test is used to measure the effect of toxic relationship on psychological well-being in students with the help of the *IBM Statistics SPSS 22 program*.

## Results and Discussion

The intensity of *psychological well-being* and *toxic relationships* in students is as follows:

**Table 1.** The Intensity of Psychological Well-Being

		F	Percent	Valid Percent	Cumulative Percent
Valid	Very low	0	0	0	0
	Low	1	.4	.4	.4
	Tall	109	41.1	41.1	41.5
	Very high	155	58.5	58.5	100.0
	Total	265	100.0	100.0	

It is known that showing the intensity of *psychological well-being* in students is divided into four categories, namely, there are no students who have a very low level of *psychological well-being*, in the low category there is 1 student with a percentage of .4%, there are 109 students in the high category with a percentage of 41.1% and there are 155 students who are at a very high level of *psychological well-being* with a percentage of 58.5%.

**Table 2.** The Intensity of Toxic Relationship

		F	Percent	Valid Percent	Cumulative Percent
Valid	Very low	104	39.2	39.2	39.2
	Low	140	52.8	52.8	92.1
	Tall	16	6.0	6.0	98.1
	Very high	5	1.9	1.9	100.0
	Total	265	100.0	100.0	

It is known that the intensity of toxic relationships among students is divided into four categories, namely in the very low category there are 104 students with a percentage of 39.2%, there are 140 students in the low category with a percentage of 52.8%, there are 16 students in the low category. high with a percentage of 6% and 5 students are in a very high level of toxic relationship category with a percentage of 1.9%.

Simple regression test is used to measure the effect of toxic relationship on psychological well-being in students. Meanwhile, the results of the simple regression test are as follows.

**Table 3.** Results of Simple Regression Test

Variabel	R	R Square	F	Sig.
<i>Toxic Relationship (X)</i> <i>Psychological Well-Being</i> (Y)	.338	.114	33.915	.000

In **Table 3** above, there is a calculated F of 33.915 and a significance of .000, where  $.000 < .05$ . That is, the regression model can be used to predict variables and there is an influence between the toxic relationship variables on the psychological well-being variable. While for the value of R which is a symbol of the value of the correlation coefficient that is equal to .338. This value can be interpreted that the relationship between the two research variables is in the medium category. In addition, there is an R square value, namely the coefficient of determination which shows how good the regression model is formed by the interaction of the independent variables, namely the toxic relationship in friendship and the dependent variable of psychological well-being. The coefficient of determination obtained is 11.4% which can be interpreted that toxic relationships in friendships have a contributing effect of 11.4% on psychological well-being and 88.6% are influenced by other factors outside of toxic relationships in friendships.

From the results of the study, there were no students who had a very low level of psychological well-being, in the low category there was 1 student with a percentage of .4%, and there were 109 students in the high category with a percentage of 41.1% and there were 155 students. students who are in the very high category of psychological well-being with a percentage of 58.5%. From these results, it can be seen that the level of the most dominating psychological well-being category is in the very high category. This shows that the average student has a very high level of psychological well-being which means psychologically prosperous. This shows the achievement of psychological potential in students or a feeling where students can accept themselves as they are, can make friends, can regulate the environment, have goals in life, be independent and continue to develop their potential. (Ryff, 1989).

The findings of this study contradict the findings of previous research, namely research conducted by Sari and Diana at UGM in 2019 (Julika & Setiyawati, 2019) and previous research conducted by Sulis at Esa Unggul University in 2017 (Mariyanti, 2017). Where the two universities stated that students there had a low level of psychological well-being. This is inversely proportional to the students of UIN Antasari who have a very high level of dominant psychological well-being.

The results obtained are inversely proportional to previous research, this is probably caused by one of the factors that influence psychological well-being, namely religiosity which is related to the transcendence of all life's problems to God. (Ardani & Istiqomah, 2020). In line with the vision and mission of UIN Antasari Unggul and Islam-based morality. It is proven by previous research conducted by Sri Yuni Yulianti in 2021, which examined the level of religiosity of Islamic Psychology students at UIN Antasari, from the results of this study it was found that the level of religiosity of UIN Antasari students was 80.5%. This shows the results of strong religiosity in Islamic Psychology students at UIN Antasari with a high category (Yulianti, 2021). Likewise, previous research from Annisa Fitiani that there is a very significant positive relationship between religiosity and psychological well-being (Fitriani, 2016). This shows that the level of psychological well-being can be influenced by the level of religiosity.

Meanwhile, the results of the toxic relationship level obtained are in the very low category there are 104 students with a percentage of 39.2%, there are 140 students in the low category with a percentage of 52.8%, there are 16 students in the high category with a percentage of 6% and there are 5 students who are in the very high category of a toxic relationship with a percentage of 1.9%.

This shows that on average, students do not experience toxic relationships, which are characterized by students being able to build trust with each other in friendship groups, being able to control their emotions and aggressiveness in socializing, being able to present themselves as they are without manipulating themselves when a friendship is established, being honest. in speaking, and not restraining each other within the scope of their friendship in the sense of giving freedom to those around them (Gruder, 2018). So, there is no toxic circle of friends.

Then, the aspect of a toxic relationship that gives the most effective contribution to psychological well-being is the emotional and aggressive aspect which is marked by a percentage of 5.2%. This shows that some students of UIN Antasari perceive that their circle of friends is still there who do not like to see

themselves as happy, as indicated by their lack of emotional control and aggressiveness. Meanwhile, the contribution of toxic relationship influences to psychological well-being is only 11.4%. Thus, the other 88.6% were influenced by the level of other variables not examined by the researcher. Thus, it can be concluded that the effect of toxic relationships does not have so much influence on the psychological well-being of students in living their lives.

## Conclusion

In this study, the level of the psychological well-being category that dominates the most is in the very high category. This shows that the achievement of psychological potential in students or a feeling where students can accept themselves as they are, can make friends, can regulate the environment, have goals in life, be independent and continue to develop their potential. With this very high level of dominant psychological well-being, it can be concluded that UIN Antasari students can evaluate themselves positively in improving their behavior. Thus, it can make students find their unique true identity by becoming a better and whole person.

Psychological well-being is good when students are able to refocus on their life goals when they face problems in the friendship environment. Because, individuals who have goals in life will step with certainty to achieve what they aspire to. His life will be full of meaning and have a clear direction of purpose. The purpose of life in an Islamic perspective is to worship Him. Muslims are required to carry out all of His commands, both concerning aqidah and sharia, because all of that is the essence and purpose of human creation.

## Research Limitations and Research Advice

The research respondents only focused on students of UIN Antasari Banjarmasin and the number of samples was not representative enough to conclude the condition of the population. Thus, the results of the study cannot be generalized to the general population. It is recommended for further researchers to seek more respondents in the study. so that the research can be generalized to the population. Based on the findings in this study, that there are other variables that have a greater influence on the psychological well-being of individuals, it is recommended for further researchers who are interested in the theme of this study to use the toxic parents variable which is likely to have a greater impact than with toxic friends.

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