

RINGKASAN

Berpacaran menjadi salah satu cara seseorang memenuhi kebutuhan akan kasih sayang. Namun, tidak selamanya komunikasi di antara sepasang kekasih itu berjalan dengan baik; tak jarang muncul konflik di antara mereka. Konflik tersebut dapat memicu terjadinya kekerasan dalam pacaran atau *toxic relationship*. Berdasarkan data Komnas Perempuan sepanjang tahun 2015-2021 bahwa terdapat kasus kekerasan seksual di lingkungan pendidikan yang mayoritasnya terjadi di perguruan tinggi (35%) kemudian disusul pesantren (16%), SMA/SMK (15%), SMP (6%), SD (3%), TK (3%), SLB (3%), vokasi (3%), serta pendidikan gereja (3%). Satgas PPKS Unsoed menunjukkan bahwa sepanjang tahun 2023 terdapat 12 kasus kekerasan seksual yang diajukan, dua di antaranya adalah kekerasan dalam pacaran yang dialami oleh perempuan. Penelitian ini bertujuan untuk mendeskripsikan bentuk *toxic relationship* yang dialami mahasiswa Universitas Jenderal Soedirman dan upaya yang dilakukan mahasiswa dalam menghadapi *toxic relationship*. Metode yang digunakan dalam penelitian ini adalah kualitatif dengan pendekatan fenomenologi. Teknik pengumpulan data dilakukan melalui wawancara mendalam dengan enam informan. Teknik analisa data dilakukan secara interaktif. Hasil penelitian ini menunjukkan bahwa korban mengalami kekerasan dalam pacaran, seperti kekerasan fisik berupa pukulan, tendangan, dan tamparan. Selanjutnya kekerasan psikis berupa direndahkan dan diselingkuhi, serta sikap pasangan posesif pasangan dan suka mengatur kehidupan korban. Kemudian ada kekerasan ekonomi berupa perampasan uang korban untuk memenuhi keperluan hidup pelaku. Kekerasan lain yang dialami adalah kekerasan seksual, berupa diraba dan dipaksa untuk melakukan hubungan badan. Upaya awal yang dilakukan mahasiswa selaku korban *toxic relationship* beragam, ada yang diam tanpa perlawanan, melakukan komunikasi dua arah, dan mengancam putus. Upaya tersebut dilakukan dengan tujuan dan alasan agar pelaku tidak melakukan kesalahannya kembali. Selain itu, sebagian dari informan juga sudah dikenalkan atau mengenalkan ke orang tua, sehingga mereka berharap hubungannya bisa terus berlanjut hingga ke jenjang pernikahan. Rekomendasi dari penelitian ini, bagi peneliti selanjutnya diharapkan mampu untuk memaparkan lebih detail mengenai dampak dan juga *recovery* yang dilakukan mahasiswa korban kekerasan dalam pacaran, serta melihat fenomena *toxic relationship* dari perspektif pelaku.

SUMMARY

Dating is one way for people to fulfill their need for affection. However, communication between lovers does not always go well; conflicts often arise between them. These conflicts can lead to dating violence or toxic relationships. Based on data from Komnas Perempuan throughout 2015-2021, there were cases of sexual violence in the educational environment, the majority of which occurred in universities (35%), followed by pesantren (16%), SMA / SMK (15%), SMP (6%), SD (3%), TK (3%), SLB (3%), vocational (3%), and church education (3%). The Unsoed PPKS Task Force showed that throughout 2023 there were 12 cases of sexual violence reported, two of which were dating violence experienced by women. This study aims to describe the form of toxic relationship experienced by female students of Universitas Jenderal Soedirman and the efforts made by female students in dealing with toxic relationships. The method used in this research is qualitative with a phenomenological approach. Data collection techniques were carried out through in-depth interviews with six informants. Data analysis techniques are done interactively. The results of this study show that victims experience dating violence, such as physical violence in the form of punches, kicks, and slaps. Furthermore, psychological violence in the form of being humiliated and cheated on, as well as the attitude of the partner's possessive partner and likes to arrange the victim's life. Then there is economic violence in the form of deprivation of the victim's money to fulfill the needs of the perpetrator's life. Other violence experienced is sexual violence, in the form of being groped and forced to have intercourse. The initial efforts made by female students as victims of toxic relationships varied, some were silent without resistance, conducting two-way communication, and threatening to break up. These efforts are made with the aim and reason that the perpetrator does not make mistakes again. In addition, some of the informants have also been introduced or introduced to their parents, so they hope that their relationship can continue to the level of marriage. Recommendations from this study, for future researchers, are expected to be able to describe in more detail the impact and recovery carried out by female victims of dating violence, as well as see the phenomenon of toxic relationships from the perspective of the perpetrator.