The Effectiveness of Government Policy on the Mental Health of Toxic Relationship Victims

Nazwa St May[1], Mia Amalia[2], Aji Mulyana[3]

[1,2,3] *Universitas Suryakancana, Indonesia*

A B S T R A C T

Toxic relationships can manifest in various connections between partners, friends, colleagues, and even family members. These detrimental relationships have the potential to disrupt individuals' mental health, well-being, and productivity. Therefore, the government must implement substantial policies to address this issue and make individuals aware of its severity to mitigate negative stigmas. This research aims to assess how toxic relationships impact the mental health of first-semester students at the Faculty of Law, Suryakancana University. It is anticipated that the findings of this research will offer valuable insights for government development of preventive and intervention strategies. Additionally, this study seeks to raise public awareness regarding the significance of maintaining healthy relationships and the adverse effects of toxic relationships on mental health. Through this increased awareness, it is hoped that the stigma associated with mental health disorders will diminish, and individuals will be more inclined to seek assistance when needed. The research employs both qualitative and quantitative methods.

INTRODUCTION

Humans are social creatures who need and help each other and always live in groups. As social creatures who live in groups, they cannot be separated from interaction and communication with each other. The existence of communication can make it easier to interact with fellow humans so that the aims and objectives to be conveyed can be realized (Puteri et al., 2022). This can trigger humans to establish relationships with other people, such as relationships between family, peers, and partners (Arifah, 2022). In this framework, humans interact, share, and support each other, creating happiness, emotional stability, and personal growth. However, things do not always run smoothly in every social relationship, including family, friends, and partners. Some relationships can become toxic (Puteri et al., 2022). It is natural and normal for a relationship to have conflict or be different. However, conditions like this will cause one to feel pressured, threatened, and forced. The consequences of a toxic relationship make the sufferer experience mental health problems. Toxic relationships are very vulnerable to making the sufferer unproductive, so they can trigger emotional events that lead to acts of violence. One case that is being widely discussed in Indonesia is that he is a victim of a toxic relationship, reported by the media newspaper Suara.com, where LA is a celebrity who has a lover named GM. LA reportedly died while fighting for justice for the paralysis he experienced after the accident caused by GM. His girlfriend is a suspect in the incident that happened to LA. As a result of the accident, LA was paralyzed, and not only that, GM always used LA while he was suffering from pain (Nihayah, Pandu Winata, and Yulianti, 2021).

Talking about mental health in Indonesia is, of course, very important and must be paid attention to. Maintaining mental health is an effort to provide well-being for a person's emotional, psychological, and social conditions (Mutia, 2022). The government issued regulations in Law Number 17 of 2023 concerning Health, Part Eleven dealing with Mental Health Articles 74 to Article 85. However, until now, mental health problems have not received significant attention and change.

The government's efforts are also not sufficient to implement changes to this policy problem. Health conditions will not be complete without mental health. This needs to be reviewed, and more efforts must be made by government policy as stated in the Constitution (Mutia, 2022). Another problem is that there is a stigma surrounding mental health problems, and weaknesses in the data collection system are the leading cause (Pijar, 2023). Family stigma is the attitude of the family, and society believes that if a family member has schizophrenia, mental health disorders are a disgrace to the family member (Yusuf, 2019).

Research related to toxic relationships between mental health and government policies on mental health is not only carried out by this research. However, previously, there was research on mental health and resources entitled Mental Health of Indonesian Human Resources (Khoirunissa, 2020). Furthermore, Ulin Nihaya conducted research entitled Self-Acceptance of Toxic Relationship Victims in Cultivating Mental Health (Nihayah et al., 2021). The research entitled Government Policy on Community Mental Health Through the Establishment of DSSJ/KSSJ (Village/Subdistrict Siaga Sehat Mental) in Karanganyar District was conducted by Shelsa Arinindya. (Arinindya, Rizka, and Azhari, 2022) Differences between previous studies and this research are that previous studies only focused on the self-acceptance of victims of toxic relationships conducted by Ulin, research conducted by Dearossi Hani Khoirunissa concentrated on human resources, and research conducted by Shelsa Arinindya only focused on government policy. In contrast, the research conducted by the author discussed The Effectiveness of Government Policy on the Mental Health of Victims of Toxic Relationships, where mental health is disturbed, which will affect the productivity of human resources in Indonesia, hampering economic growth, community welfare, and national development.

Based on the background above, the formulation of the problem in this research is how effective government policy is on the mental health of victims of toxic relationships, what are the government's efforts to address the mental health of victims of toxic relationships, why the importance of the effectiveness of government policy on the mental health of victims of toxic relationships. This research aims to understand the impact of poisonous relationships on individual mental health. By involving 1st Semester Students of the Faculty of Law, Suryakancana University, identify the extent to which interactions and relationships between friends, family, or partners of 1st Semester Students of the Faculty of Law, Suryakancana University can increase the risk of mental health disorders, such as depression,

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anxiety, stress, and other disorders, and the impact The perceived productivity of life which affects human resources will hinder Indonesia's ambitions by 2045. This research also aims to increase public awareness about the importance of healthy relationships and the negative impact of toxic relationships on mental health. This can help reduce the stigma associated with mental health disorders and encourage people to seek help when needed. This research was carried out so that it is hoped that the government can develop prevention and intervention strategies, as contained in Law Number 17 of 2023 concerning health article 1. The government is also expected to design more effective mental health programs. These design programs aim to improve the quality of life of its citizens and formulate public policies that better protect the mental well-being of its citizens, which in turn can improve the quality of human resources and support economic growth and national development. This could include stricter regulations on behavior or environments that contribute to toxic relationships, allocation of more excellent resources for mental health both in the field of services for sufferers, and preventive programs to prevent people from experiencing mental health disorders, as well as increasing insight for readers.

METHOD

The research method used in this research includes qualitative methods based on author literature from several journals. Indonesian Human Resources Mental Health Journal (Khoirunissa, 2020). Journal of Violent Behavior Against Women in Dating Relationships Among Urban Teenagers in Jakarta (Arifah, 2022). Journal of Self-Acceptance of Toxic Relationship Victims in Cultivating Mental Health. Adolescents Against Toxic Relationships (Puteri et al., 2022). Journal of Mental Health Situation Analysis in Indonesian Communities and Management Strategies (Ayuningtyas, Misnaniarti, and Rayhani, 2019). Journal of Restoration of Trust in Toxic Relationships (Elisabeth and Uthama, 2022). Journal of Importance Education on the Impact of Toxic Relationships on Students (Pontung et al., 2023). Journal of the Negative Impact of Toxic Friendship Behavior on the Quality of Islamic Guidance and Counseling Students' Friendships, Fatmawati Sukarno State Islamic University, Bengkulu (Sejati, Badriyah, and Juniza, 2023). Journal of Indonesian Community Stigma (Yusuf, 2019). Journal of Government Policy on Community Mental Health through establishing Dssj/Kssj (Village/District Mental Health Alert) (Arinindya et al., 2022). A quantitative method of analyzing toxic relationships in family, friendships, and dating relationships of 1st-semester students at the Faculty of Law, Suryakancana University, using a Google form questionnaire with 32 respondents regarding toxic relationships and 17 respondents regarding toxic relationships in family and friendships.

A questionnaire is a primary data collection tool that uses survey methods to obtain respondents' opinions. Questionnaires can collect personal information such as respondents' attitudes, opinions, hopes, and aspirations. Ideally, all respondents would want or be motivated to complete the survey questions and

statements. Respondents are expected to provide the best answers when returning the completed questionnaire to the researcher (Pujihastuti, 2019).

RESULT

The results of research conducted on Semester 1 Students of the Faculty of Law, Suryakancana University, to identify the extent to which interactions, friendships, family or partner relationships of Semester 1 Students of the Faculty of Law, Suryakancana University can increase the risk of mental health disorders, such as depression, anxiety, stress, and other disturbances, and the perceived impact on life productivity that affects human resources.

In research on toxic relationships in dating relationships, 32 respondents were collected from the number of questionnaires that had been distributed widely. The respondents in this research were Semester 1 Students at the Faculty of Law, Suryakancana University.

Apakah kamu pernah berada dalam toxic relationship dalam hubungan pacaran?
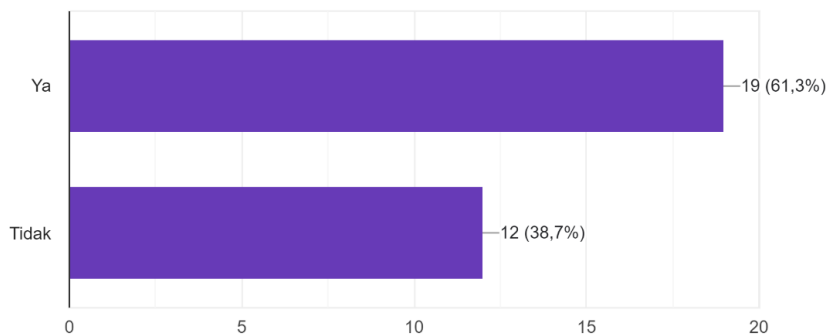31 jawaban

Figure 1 Data diagram of victims of toxic relationships in dating relationships among Suryakancana University students

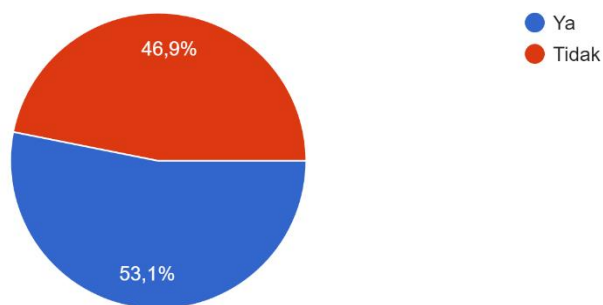Apa kamu pernah menyakiti diri sendiri?
32 jawaban

Figure 2 Data Diagram of Suryakancana University Students Who Harm Themselves (Self Harm)

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Based on the diagram above, 19 respondents admitted that they had faced toxic relationships in the context of romantic relationships, while 53.1% of the total 32 respondents revealed that they had hurt themselves. Of a group of 19 individuals who experienced toxic relationships, they reported that the impact not only affected their mental health but also their physical health. They feel physically and mentally drained from interactions with their partners. These impacts include significant mental health disorders, such as difficulty controlling emotions, excessive anxiety, feelings of low self-esteem, and even self-loathing. These feelings are triggered by the treatment or words given by their partner. These individuals also report traumatic experiences in relationships with others, even when they interact with new individuals. Furthermore, some of them also expressed changes in behavior from initially non-toxic to toxic towards other people. This has impacted the quality and productivity of the individual's life. These changes may be due to the poor treatment they experienced in previous relationships. This data is collected through short answers in a questionnaire.

Furthermore, in research on toxic relationships in family relationships, 17 respondents were collected from the number of questionnaires that had been distributed widely. The respondents in this research were Semester 1 Students at the Faculty of Law, Suryakancana University.
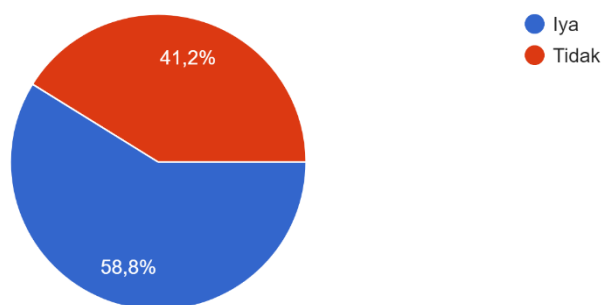

Figure 3 Data diagram for victims of toxic relationships in the family

Based on the diagram above, 55.8% of individuals experience mental health disorders because of their family's behavior. They admit that they have experienced judgment, blame, degrading judgments, and humiliation for their life choices that limited them from fulfilling their potential and achieving their dreams. They are often compared to other people or their siblings in all aspects. They don't get enough appreciation, and the slightest mistake is always brought up. Apart from that, they also faced body

shaming behavior from their own families, which destroyed their self-confidence. Some respondents also reported that their parents always reminded them of their hard work in front of their children.

Furthermore, in research on toxic relationships in friendships, 17 respondents were collected from the number of questionnaires that had been distributed widely. The respondents in this research were Semester 1 Students at the Faculty of Law, Suryakancana University.

Apakah kamu berada dalam lingkungan pertemanan yang tidak merugikan kesehatan mentalmu?
17 jawaban

● Ya, lingkungan pertemanku baik
● Tidak, kesehatan mentalku terganggu akibat lingkungan pertemannku
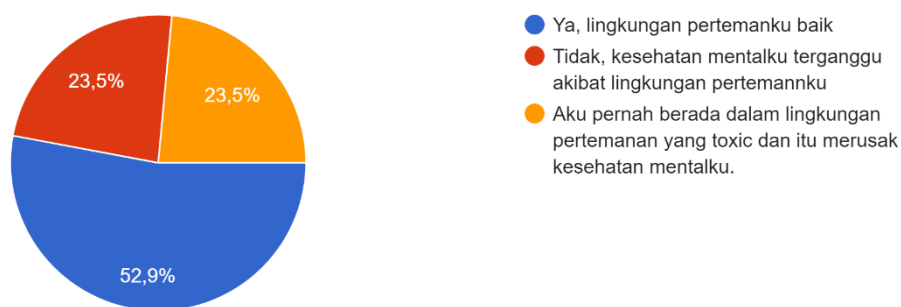● Aku pernah berada dalam lingkungan pertemanan yang toxic dan itu merusak kesehatan mentalku.

Figure 4 Data diagram for victims of toxic relationships in the family

Based on the diagram above, 23.5% of individuals are in toxic friendship relationships, while another 23.5% have experienced toxic friendship relationships that have an impact on their mental health. As many as 52.9% are in a healthy friendship relationship. Individuals who experience toxic friendships report that they have experienced body shaming by their friends, which results in a lack of self-confidence. They also gossip about each other and often receive excessive criticism regarding their clothing and lifestyle, all of which hurt their mental health.

The results of research conducted by the author on Semester 1 Students at the Faculty of Law, Suryakancana University, are that most individuals experience toxic relationships in the context of family and romance, or dating compared to poisonous relationships in friendships. In this case, toxic relationships in friendships are often easier to leave or resolve than in romantic and family relationships. The impact felt is the same as that of previous research and the data presented previously

DISCUSSION

1. Effectiveness of Government Policy on the Mental Health of Victims of Toxic Relationships

In this case, we will first start by providing an in-depth understanding of two key concepts that are the basis for analysis: toxic relationships and mental health. This point is raised as a first step in understanding the research framework that supports further discussion regarding the effectiveness of government policies on the mental health of victims of toxic relationships. By understanding the essence of toxic relationships

and their impact on mental health, we can explore further the relevance and need for government policy in protecting and improving the welfare of individuals affected by these unhealthy relationships.

Humans are social creatures who need and help each other and always live in groups. As social creatures who live in groups, they cannot be separated from interaction and communication with each other. The existence of communication can make it easier to interact with fellow humans so that the aims and objectives to be conveyed can be realized (Puteri et al., 2022). Meanwhile, according to UNESCO, humans have an innate capacity for forming social connections. Early socialization during infancy and childhood plays a significant and critical role in guiding one's personal and emotional development. Humans also need social and emotional connections for learning and higher-order cognition (Jessica Trach, Keerthi Ramanujan, 2019). This can trigger humans to establish relationships with others, such as relationships between family, peers, and partners (Arifah, 2022). In this framework, humans interact, share, and support each other, creating happiness, emotional stability, and personal growth. However, things sometimes run smoothly in every social relationship, including family, friends, and partners. Some relationships can become toxic or toxic relationships (Puteri et al., 2022). What is a Toxic Relationship?

A toxic relationship consists of two words, namely toxic, which means poison, and the word relationship, which means connectedness. So, a toxic relationship is a relationship between two toxic individuals or groups that are destructive and murderous (Zaka, 2020). Meanwhile, according to Dr. Lillian Glass by Bagus Wismanto, a toxic relationship is a relationship that does not support each other. Where one party tries to have greater control over the other party (Zaka, 2020). A toxic relationship is a type of unhealthy relationship that is built on conflict, competition, and the need for one person to control another person (Elisabeth and Uthama, 2022). The Chair of the Indonesian Positive Psychology Association also explained that toxic relationships cause individuals involved in them to have difficulty living productively and healthily (Zaka, 2020). The consequences of poisonous relationships make the sufferer unproductive, can trigger emotional events that lead to acts violence and causes sufferers to experience mental health problems (Nihayah et al., 2021).

According to WHO (Word Health Organization), mental health is a state of mental well-being that allows a person to overcome the stresses of life, realize their abilities, study well, and contribute to their community (WHO, 2022). Meanwhile, according to Law, Number 17 of 2023 article 74 paragraph (1), Mental health is a condition where an individual can develop physically, mentally, spiritually, and socially so that the individual is aware of his abilities, can handle pressure, can work productively and can contribute to his community. Meanwhile, the ideal and healthy relationship is based on commitment and affection, which is connected by trust (Rempel, J. K., Holmes, J. G., & Zanna 2016).

Within the framework of research on the effectiveness of government policies towards victims of toxic relationships, it can be identified that existing policies are not optimal in responding to this problem.

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Concrete evidence of the suboptimality of these policies can be found in the lack of adequate support and resources for mental health rehabilitation programs for victims. There is limited access to psychological services, the cost of psychological services is often said to be too expensive or only available to certain groups who have sufficient finances to obtain psychological services, limited therapy, lack of psychological support needed by victims of toxic relationships, and a lack of public understanding about mental health. This creates a gap in the protection and recovery of mental health, which is clear evidence that the policies implemented have not yet reached the optimal level in dealing with the psychological impact of toxic relationships. The suboptimal effectiveness of government policies is also shown by the estimated cost of treatment for mental health disorders in Indonesia, reaching IDR 87.5 trillion per year or around USD 6.2 billion. This calculation estimate is based on the Burden of Disease (BOD) or the cost of illness. In the cost of illness study, several costs can be included: direct, indirect, and intangible costs. (Maulana 2023) In the context of this problem, the government has allocated quite large funds. However, the budget provided by the government could be higher because not all individuals experiencing mental disorders in Indonesia seek help or comply with treatment. According to Riskesdas data, only nine percent of depression patients in Indonesia are actively receiving treatment. This is influenced by low knowledge about mental health, negative attitudes towards treatment, possible side effects, lack of perceived therapeutic effect, and the existence of social stigma in society (Maulana, 2023).

It is noted that the policies that the government has implemented have not resulted in significant changes in dealing with this problem. This is due to the policy focus being more focused on service programs for individuals who have experienced mental disorders (Rehabilitation) rather than preventive programs that can prevent the emergence of mental health disorders. It would be best for the government to create a preventive program that is as focused as the rehabilitative policies that the government has implemented. It is hoped that this preventive effort can reduce the costs incurred by the government by providing services early, preventing severe conditions, and providing more comprehensive information to the public. Implementation of this program can also reduce the social and economic impact of mental health problems in society. The importance of the effectiveness of government policies on the mental health of victims of toxic relationships is due to the high prevalence of negative impacts caused by poisonous relationships on individual mental health. Health factors, including mental health, play a significant role in national productivity to support the transition to becoming a developed country (Mutia, 2022). This is not only detrimental to the individual who is the victim but also has an impact on the country. The health of human resources plays a role as capital input for the economy. Losses resulting from mental health disorders will affect the sufferer's physical function and will also result in economic losses for the region. Mental health problems will cause sufferers to be less effective at work in the form of absenteeism and presenteeism and even become unemployed, criminal acts, hampering national development and the ideals of Indonesia

2045 because teenagers are the key for Indonesia to get out of the middle-income trap and taking advantage of the demographic bonus, but in reality, many teenagers suffer from mental health disorders, commit suicide, and are trapped in toxic relationships that cause mental health disorders. Below is data that supports this statement.

Based on the Sample Registration System carried out by the Research and Development Agency in 2016, annual suicide data was obtained from 1,800 people or every day five people commit suicide, and 47.7% of suicide victims are aged 10-39 years, which is the age of teenagers and productive age. Apart from that, Basic Health Research (Riskesdas) 2018 shows that more than 19 million people aged over 15 years' experience emotional and mental disorders and more than 12 million people aged over 15 years' experience depression (Room, 2021). Mental health is one cause of morbidity and mortality in adolescents. Symptoms of mental disorders can include depression, suicidal ideation, anxiety, and even hurt. Based on the data presented, the actual figures in Indonesia could be higher; this is because the stigma surrounding mental health problems and weaknesses in the data collection system are the leading causes (Pijar, 2023). Family stigma is the attitude of families and society, who believe that if a family member has schizophrenia, it is a disgrace to the family members. (Yusuf 2019) Poor mental condition is a severe health problem (Riyanda, 2023).

Anyone can experience toxic relationships, but generally, this case is often experienced by teenagers (Puteri et al., 2022). Because teenagers are a vulnerable age. Adolescents' self-control, independence, maturity, and emotional control process have yet to be optimal. This condition can make teenagers easily trapped in toxic relationships (Pontung et al., 2023). Adolescence is when teenagers build interpersonal networks that focus on peer groups. Teenagers will form deeper emotional bonds and attachments with their group. Good interpersonal relationships will create good emotional conditions, whereas interpersonal conflicts will trigger mental health problems (Pontung et al., 2023).

Data according to the WHO Asia Pacific Region (WHO SEARO) shows that the highest number of cases of depressive disorders is in India (56,675,969 cases or 4.5% of the population), the lowest is in the Maldives (12,739 cases or 3.7% of the population). Meanwhile, there were 9,162,886 cases in Indonesia or 3.7% of the population (Ayuningtyas, Misnaniarti, and Rayhani, 2019).

Furthermore, regarding the importance of the effectiveness of government policies towards victims of toxic relationships, it is stated in Law Number 17 of 2023, part eleven concerning mental health, article 74 paragraph (2):

a. guarantee that everyone can achieve a good quality of life and enjoy a healthy mental life, free from fear, pressure, and other disturbances that can disrupt mental health.

b. guarantees that everyone can develop various intelligence potentials and other psychological potentials.

In this case, victims of toxic relationships do not get the life as stated in Article 74, paragraph (2). Next, data will be provided to prove this statement.

Toxic relationships can trigger emotional events that lead to acts of violence (Nihayah et al., 2021). Victims of acts of violence are usually women. This statement is supported by data on the KEMENPPA website, which explains that the number of victims of violence is more women than men; judging from the overall violence data, the number of male victims is 20.1% and females 79.9%. The relationship between the perpetrator and the victim was also described the most in dating relationships, totaling 924 cases (KEMENPPPA, 2023). This can be explained in detail in the following diagrams and graphs (Arifin, 2023).
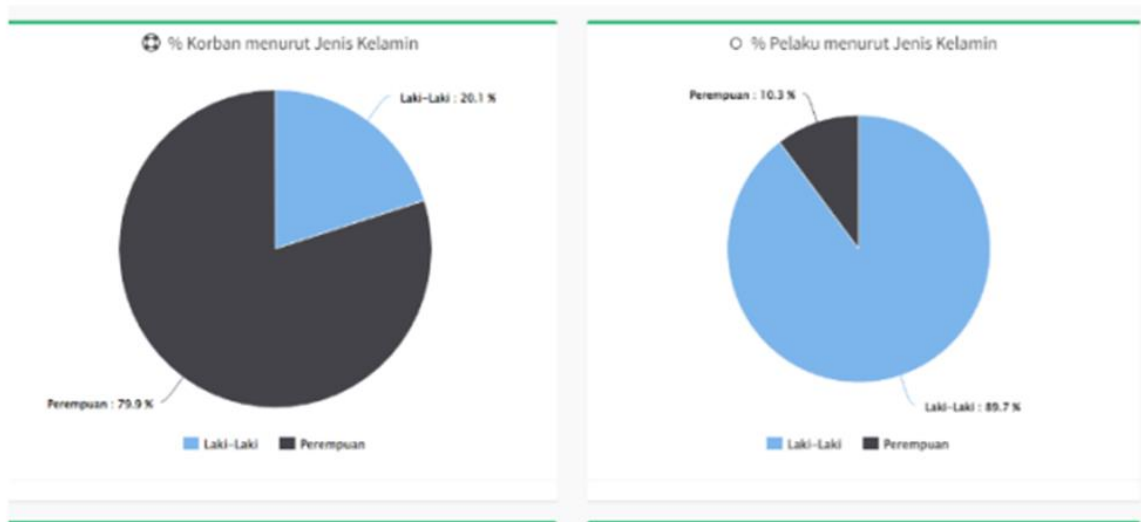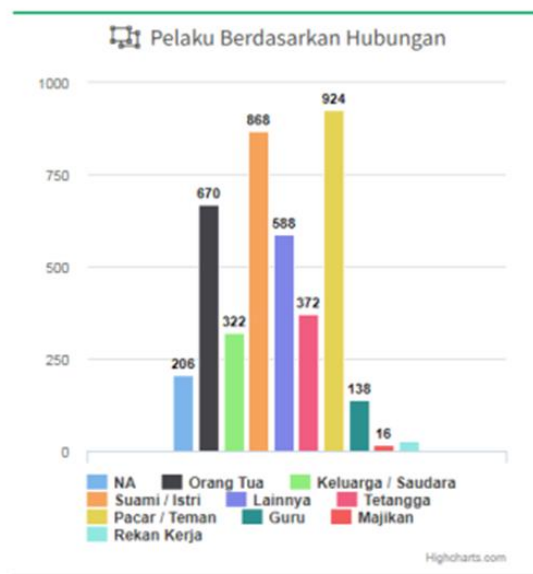

Figure 1 Data diagram for victims of violence

Figure 2 Graph of the Relationship between Perpetrators and Victims (KEMENPPA, 2023)

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Judging from KEMENPPA (2018), data on victims, namely Indonesian women who experienced cruelty from their partners, reached 2,090 (Nihayah et al., 2021). Data shows that in CATAHU 2021 (Records of Violence Against Women in 2020), 299,911 cases of violence against women were recorded, with details of 291,677 cases in the Religious Courts and 8,234 cases obtained from questionnaire data from service providers (Komnas Perempuan, 2021). Based on the data that has been presented, women are a gender that is vulnerable to violence in dating (Arifin, 2023).

Figure 3 Data diagram for victims of violence, victims of toxic relationships among Suryakancana University students

Related to Figure 1 and Figure 2, the data on violence victims presented previously is part of the qualitative method of this research. Meanwhile, Figure 3 uses a quantitative method involving Semester 1 Students from the Faculty of Law, Suryakancana University. Based on the questionnaire distributed to Semester 1 Students at the Faculty of Law, Suryakancana University, there were 32 respondents. The results showed that of the 32 respondents, 93.8%, or the same as 30 people answered that their partner had never committed physical violence, then 6.3%, or the same as two people, answered that their partner had committed physical violence against the individual. Still, not the gender of the victim of this violence is known.

As an insight into how to avoid toxic relationships, this research will explain the signs of toxic relationships in partner, family, and gardening relationships.

Toxic relationships in couples or dating have signs, namely excessive jealousy, feeling insecure, selfishness toward the partner, lying with frequent intensity to the partner, and giving lousy criticism to the point of demeaning one of the parties (Arifin, 2023). Toxic relationships in the family have signs -signs of parents who do not respect others can also be called toxic parents and treat their children well as individuals. They can carry out various forms of violence against children and even disturb their

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psychological condition or mental health. This toxic family is also reluctant to compromise, take responsibility, or apologize to their child. This is often done by parents who have mental disorders or have an addiction (Saskara and Ulio, 2020). Toxic relationships in friendships that produce negative influences can be found in several situations, such as affecting a person's psychology; the popular term for this situation is toxic. This toxic or adverse friendship is destructive and dangerous and is one-way, referring to someone who never supports; a toxic friend has negativity and pessimism, hatred embedded in the heart, deadly envy, jealousy, and destructive criticism (Sejati, Badriyah, and Juniza, 2023).

2. Government Efforts to Overcome Mental Health Problems of Victims of Toxic Relationships

The government has considered mental health, but it has not yet become a priority. Access to mental health services is expensive and not yet inclusive. Meanwhile, mental and physical health attention is not yet equal in national health insurance. In dealing with this problem, the government spends on the treatment of mental health disorders in Indonesia, reaching IDR 87.5 trillion per year or around USD 6.2 billion. This calculation estimate is based on the Burden of Disease (BOD) or the cost of illness. The majority of developing countries, including Indonesia, still consider mental health disorders as a low-priority issue by providing curative policies rather than preventive, promotive, and rehabilitative policies. On the other hand, mental health has been included in the SDG indicators, which have also been adopted into the Sustainable Development Goals (TPB) in Indonesia. Health-related development is realized in the third goal of the SDGs, namely "Ensure healthy lives and promote well-being for all at all ages" or "Ensure Healthy Lives and Improve the Welfare of All Populations of All Ages." Indicators that include mental health care in Indicator 3.4, namely by 2030, will reduce by one-third the number of premature deaths due to non-communicable diseases through prevention and treatment, as well as improve mental health and well-being. Mental health is included in non-communicable diseases or diseases that are not contagious. However, these indicators in Indonesia are still limited to curative policies with ownership of community health center and implementing mental health efforts in each district/city (Khoirunissa, 2020).

Apart from that, to overcome this problem, the government issued regulations in Law Number 17 of 2023 concerning Health, Part Eleven Mental Health Articles 74 to Article 85. The government has not fully complied with the provisions in Law Number 17 of 2023 concerning Health in 2023 Part Eleven Mental Health Articles 74 to Article 85. There are several limitations in access to psychological services, lack of understanding, and the existence of stigma towards mental health in society, which adds to the complexity of this problem. There still needs to be adequate equality regarding this issue.

Several aspects that need to be improved by the government include promotional steps such as educating the public about the importance of mental, preventive, curative, and rehabilitative health. These steps can be realized through healthy family indicators and parenting science programs. Apart from repressive mental health treatment programs, the government should have preventive programs, such as providing

education about healthy relationships and good parenting patterns in the family. This is important considering the low level of education in Indonesia, where not everyone knows parenting, providing mental health service facilities and education starting at the elementary school level, providing medicine and appropriate mental health services for disabled groups. All these efforts must be carried out consistently and continue to be strengthened by all elements of society so that cases of discrimination, such as shackling, can be prevented and there is no lousy stigma towards sufferers of mental health disorders. It is hoped that preventive efforts like this can prevent toxic relationships from occurring in the family, which hurts mental health.

The problem with the concept of mental disorders is that there are a lot of preventive measures that can be taken to cope with stress so that it doesn't have the potential to dissolve and cause illness (being the criteria for ODGJ and ODMK). One of them is managing stress by doing hobbies and fun that can get rid of feelings of depression. We can do and express the anxiety that makes us stressed by writing, pouring it out in a diary, singing, taking a walk to enjoy the scenery, and so on. So, if government policies are not implemented enough to overcome the problem of mental disorders, we can create an environment that applies the preventive concept (Mutia, 2022).

CONCLUSION

This research concludes that it is essential to remember that toxic relationships disrupt mental health, which can hinder the well-being of life and life productivity, which affects human resources and slows the aspirations of Indonesia 2045. And there is a need for the government to play a role in overcoming this problem. In this case, government policy has not been effective in dealing with mental health problems. It has not produced significant changes due to the policy focus being more focused on service programs for individuals who have experienced mental disorders (Rehabilitation) rather than preventive programs that can prevent the emergence of mental health disorders, lack of knowledge society about mental health is shown by the existence of a bad stigma towards sufferers of mental health disorders. We can create a society that cares more about individual mental health through deeper understanding, awareness, and concrete action. Hopefully, this research can contribute to efforts to bridge the gap in attention to mental health by both the government and society and can provide insight to readers. Let's work together to create an environment that supports, understands, and accepts every individual with better mental health.

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