THE IMPACT OF TOXIC FRIENDSHIP BEHAVIOR ON STUDENTS (A CASE STUDY AT SMK SWASTA KAMPUS KOTA PADANGSIDIMPUAN)

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Abstract

This study focuses on students involved in toxic friendship relationships at a private vocational school in Padangsidimpuan City entitled "The Impact of Toxic Friendship Behavior on Students (A Case Study at SMK Swasta Kampus Kota Padangsidimpuan)." The problem investigated in this research is how toxic friendship behavior affects students. The purpose of this study is to determine the impact of toxic friendship behavior on students. This research employed a qualitative method using a case study approach. A case study is an approach that intensively and deeply focuses on a particular case. The research informants included counseling teachers, homeroom teachers, peers, students who became victims of toxic friendship, and students who acted as perpetrators of toxic friendship. Data collection methods used in this study were interviews and documentation. Researchers observed aspects related to space, place, actors, activities, objects, time, events, goals, and emotions. Based on the findings, unhealthy friendships can significantly negatively affect students, including decreased mental health, social isolation, and problems in academic achievement.

Keywords
Impact, Toxic Friendship

Abstrak

Penelitian ditujukan pada siswa *Toxic Friendship* di SMK Swasta Kampus Kota Padangsidimpuan dengan judul "dampak perilaku *toxic friendship* pada siswa (studi kasus di SMK Swasta Kampus Kota Padangsidimpuan)". Adapun masalah dalam penelitian ini adalah bagaimana dampak perilaku *toxic friendship* pada siswa (studi kasus di SMK Swasta Kampus Kota Padangsidimpuan)?. Tujuan penelitian adalah untuk mengetahui bagaimana dampak perilaku *toxic friendship* pada siswa (studi kasus di SMK Swasta Kampus Kota Padangsidimpuan), penelitian ini menggunakan metode kualitatif

dengan metode studi kasus. Studi kasus adalah pendekatan yang memusatkan perhatian secara intens dan mendalam pada suatu kasus, Informan Penelitian adalah guru BK, wali kelas, teman sejawat, siswa korban *Toxic Frienship* dan siswa pelaku *Toxic Frienship*. Penelitian ini maka metode pengumpulan data yang peneliti gunakan adalah wawancara dan dokumen tasi, dimana metode pengumpulan data yang mengharuskan peneliti mengamati hal-hal yang berkaitan dengan ruang, tempat, pelaku, kegiatan, objek, waktu, peristiwa, tujuan, dan emosi walaupun tidak semuanya. hal-hal tersebut harus diperhatikan oleh peneliti. Berdasarkan hasil penelitian sesuai dengan tujuan yang di teliti yakni dampak perilaku *toxic friendship* pada siswa (Studi Kasus Di SMK Swasta Kampus Kota Padangsidimpuan) adalah persahabatan yang tidak sehat dapat memberikan dampak negatif yang signifikan pada siswa, termasuk penurunan kesehatan mental, isolasi sosial, dan masalah dalam prestasi akademik.

Kata Kunci
Dampak, Toxic Frienship.

INTRODUCTION

Humans experience growth and development, and during adolescence, their social environment becomes broader. This growth causes adolescents to expand their social interactions both inside and outside school. Many adolescents become more involved in their peer groups, which often leads to various social problems. Peer groups as the center of adolescent socialization may negatively affect teenagers if they are involved in unhealthy friendship groups or toxic friendships.

During adolescence, teenagers tend to involve peer groups more than parents. Peers are direct interactions between individuals or between educators and students. Another definition of peers is a group consisting of individuals of similar age and characteristics. During adolescence, relationships with peers increase drastically. Although family is an important social context for individual development, adolescents are also greatly influenced by other social contexts such as peer relationships.

In this regard, Brendt Perry, as cited by Sudirman Sommeng, stated that one of the characteristics of adolescent friendship is intimacy, where teenagers seek psychological closeness, trust, and mutual understanding. In essence, intimacy and loyalty are essential aspects sought by adolescents during this developmental stage.

Many adolescents are deeply involved in their friendship environment, causing social problems in their lives. Adolescent self-concept reflects how peers perceive them, and adolescents are often pressured to develop personality traits accepted by the group. Adolescents' behavior is influenced by their peer groups; therefore, when adolescents are in negative friendship groups, it can negatively affect them.

Peers as the center of adolescent socialization may become a negative influence if adolescents are trapped in unhealthy friendship groups or toxic friendships. Toxic friendships may involve selfishness, jealousy, possessiveness, and behaviors that lead individuals to stress, depression, and other mental disorders. Such friendships create problems for adolescents.

These problems can result in negative social perceptions, where individuals interpret and evaluate others negatively. Negative social perception often arises in adolescents experiencing toxic friendships.

Negative emotions in friendships may include discomfort and frequent conflicts between individuals. Consequently, relationships fail to develop positively, causing individuals to withdraw from their surroundings. Such conditions indicate unhealthy or toxic friendships (M. Amir, 2020).

Toxic communication behavior refers to communication that triggers negative verbal and non-verbal behaviors. This communication almost always involves verbal and non-verbal symbols simultaneously (Hafied, 2005). One of the parties responsible for addressing toxic friendship communication is the counseling teacher through counseling services and comprehensive guidance and counseling programs.

Comprehensive guidance and counseling aim to provide holistic assistance involving counselors, school leaders, subject teachers, administrative staff, parents, and the community. Through comprehensive counseling, students are expected to understand academic, career, personal, and social life aspects (dkk, 2018).

The purpose of comprehensive counseling is to help students become balanced individuals capable of achieving life goals and happiness.

Toxic friendship is an unhealthy friendship relationship in which there are individuals who intimidate, behave rudely, show disrespect, always want to win, and refuse to admit mistakes. Toxic friendship behaviors influence communication, behavior, and social relationships, causing negative effects in the school environment. Therefore, guidance and counseling teachers play an important role in assisting students (Sarlito W. Sarwono & Eko A. Meinarno, 2009).

Toxic friendship is often caused by close individuals who trigger stress, overthinking, anger, depression, psychological disorders, and other health problems. This issue frequently occurs among adolescents. Many adolescents still have unhealthy friendship environments that may expose them to negative experiences. Toxic relationships can be identified when individuals feel uncomfortable, unsupported, and experience lowered self-esteem. Unfortunately, many adolescents remain in unhealthy friendship circles that negatively affect their mental health (M. Amir, 2020).

According to data from the Indonesia National Adolescent Mental Health Survey (I-NAMHS), adolescents aged 10–17 years in Indonesia experience mental disorders, equivalent to 2.45 million adolescents nationwide. Among these adolescents, 62.1% of mental health problems are caused by friendship environments. Emotional triggers, disappointment, and stress resulting from unhealthy friendships are major factors contributing to mental health disorders among adolescents (Eliza, 2022).

Toxic friendship is one of the social developmental problems experienced by students. According to Bimo Walgito, counseling teachers can help students by improving social interactions through counseling services and information services to address deviant behaviors and social relationship problems (Luthvita Crishanti Sausan, 2024).

In addition, individual counseling can be used according to students' needs to fulfill school counseling programs in the Merdeka Curriculum through educational and creative content.

Based on preliminary observations conducted at SMK Swasta Kampus Kota Padangsidimpuan, several groups of students were found to still engage in toxic friendship behaviors, such as exposing friends' weaknesses, exploiting friends for

personal interests, comparing friends to one another, and envying others' achievements. These findings raised questions regarding the role of counseling teachers in addressing this issue.

Based on the explanation above, the researcher conducted a study entitled "The Impact of Toxic Friendship Behavior on Students (A Case Study at SMK Swasta Kampus Kota Padangsidimpuan)."

METHOD

This research was conducted at SMK Swasta Kampus Kota Padangsidimpuan. The study was carried out approximately two months after the research proposal seminar and the issuance of the research permit from the Faculty of Teacher Training and Education (FKIP).

This study used a qualitative method with a case study approach to understand, analyze, explain, and interpret natural settings comprehensively and intensively (Suwendra, 2018).

The research informants included counseling teachers, homeroom teachers, peers, perpetrators of toxic friendship, and victims of toxic friendship.

RESULT AND DISCUSSION

This chapter presents the findings and discussion regarding the impact of toxic friendship behavior on students at SMK Swasta Kampus Kota Padangsidimpuan.

Toxic friendship refers to unhealthy friendships involving intimidation, rude behavior, disrespect, selfishness, and refusal to admit mistakes. Such behaviors negatively affect communication, social interaction, and students' behavior within the school environment.

1. Description of the Impact of Toxic Friendship Behavior on Students

Toxic friendship refers to friends who fail to provide support and positive contributions. Instead, they bring negative effects into students' lives, causing stress and emotional suffering. Toxic friendships significantly affect students' mental health, social relationships, and academic achievement.

2. Impacts of Toxic Friendship

a. Impacts on Victims

1) Victims of toxic friendship tend to isolate themselves.
2) Victims become more selfish.
3) Victims feel uncomfortable both inside and outside the classroom.
4) Victims experience decreased learning motivation.
5) Victims may develop feelings of revenge toward perpetrators.

b. Impacts on Perpetrators

1) Perpetrators receive sanctions according to school regulations.
2) Perpetrators are avoided by friends.

3) Perpetrators often fail to realize their mistakes.
4) Perpetrators may struggle to build healthy relationships in the future.
5) Perpetrators are more vulnerable to future problems.

Toxic communication behavior involving harmful verbal and non-verbal communication patterns influences students' communication behavior significantly.

CONCLUSION

Based on the findings of the study entitled "The Impact of Toxic Friendship Behavior on Students (A Case Study at SMK Swasta Kampus Kota Padangsidimpuan)," it can be concluded that unhealthy friendships significantly negatively affect students, including decreased mental health, social isolation, and academic achievement problems. Victims of toxic friendship tend to isolate themselves, become more selfish, feel uncomfortable in social environments, lose motivation to study, and develop feelings of revenge toward perpetrators.

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