Abstract

The phenomenon of toxic dating relationships is increasingly found among early adults, influenced by individual self-esteem. This study aims to determine the influence of self-esteem on toxic dating relationships in early adults in Gorontalo City. This study used a quantitative method with an explanatory survey approach. The study population was residents of Gorontalo City aged 18–25 who were currently or had been in a dating relationship, with a sample size of 392 respondents, determined using the Slovin formula. Data were collected through a self-esteem scale questionnaire based on Coopersmith's (1967) theory and a toxic relationship scale based on Fuller's (2020) theory. Data analysis used a simple regression test with the aid of SPSS version 20. The results showed a significant negative influence between self-esteem and toxic dating relationships in young adults, with a coefficient of determination (R^2) of 0.101, or 10.1%. This means that self-esteem contributed 10.1% to an individual's tendency to engage in toxic dating relationships, while 89.9% was influenced by factors outside the study. These findings emphasize the importance of strengthening self-esteem as a preventive strategy to prevent individuals from engaging in toxic relationships. This research is expected to serve as a reference for counselors, educational institutions, and the community in developing intervention and education programs regarding healthy relationships for young adults.

***Keywords**: self-esteem, toxic dating relationships, young adulthood, Gorontalo*

Abstrak

Fenomena *toxic relationship* berpacaran semakin banyak ditemukan di kalangan dewasa awal, salah satunya dipengaruhi oleh *self esteem* individu. Penelitian ini bertujuan untuk mengetahui pengaruh *self-esteem* terhadap *toxic relationship* dalam berpacaran pada dewasa awal di Kota Gorontalo. Penelitian ini menggunakan metode kuantitatif dengan pendekatan *explanatory survey*. Populasi penelitian adalah masyarakat Kota Gorontalo berusia 18–25 tahun yang sedang atau pernah menjalin hubungan berpacaran, dengan jumlah sampel sebanyak 392 responden, ditentukan menggunakan rumus Slovin. Data dikumpulkan melalui kuesioner skala *self-esteem* berdasarkan teori Coopersmith (1967) dan skala *toxic relationship* berdasarkan teori dari Fuller (2020). Analisis data menggunakan uji regresi sederhana dengan bantuan program SPSS versi 20. Hasil penelitian menunjukkan adanya pengaruh negatif yang signifikan antara *self-esteem* terhadap *toxic relationship* dalam berpacaran pada dewasa awal, dengan nilai koefisien determinasi (R^2) sebesar 0,101 atau 10,1%. Artinya, *self-esteem* berkontribusi sebesar 10,1% terhadap kecenderungan individu terlibat dalam *toxic relationship* berpacaran, sementara 89,9% dipengaruhi oleh faktor lain di luar penelitian ini. Temuan ini menegaskan pentingnya penguatan *self-esteem* sebagai strategi preventif dalam mencegah keterlibatan individu dalam *toxic relationship*. Penelitian ini diharapkan dapat menjadi referensi bagi konselor, lembaga pendidikan, dan masyarakat dalam mengembangkan program intervensi dan edukasi mengenai relasi sehat bagi dewasa awal.

Kata kunci: *self-esteem*, *toxic relationship* berpacaran, dewasa awal, Gorontalo