

## ABSTRAK

Kesehatan mental merupakan aspek penting dalam kesejahteraan individu yang dipengaruhi oleh berbagai faktor, salah satunya adalah kualitas hubungan interpersonal. Fenomena toxic relationship, yaitu hubungan yang ditandai dengan komunikasi destruktif, dominasi, ketidakjujuran, serta konflik berulang, berpotensi menimbulkan gangguan psikologis. Penelitian ini bertujuan untuk menganalisis hubungan toxic relationship dengan kesehatan mental pada relawan Yayasan Ranah Berkah Kita Bersama (RBKB) di Kota Medan. Penelitian menggunakan desain cross-sectional dengan jumlah sampel sebanyak 55 relawan aktif yang dipilih melalui teknik purposive sampling. Instrumen penelitian meliputi kuesioner Relationship Assessment Scale (RAS) untuk mengukur tingkat toxic relationship dan Self-Report Questionnaire-20 (SRQ-20) untuk menilai kondisi kesehatan mental. Data dianalisis menggunakan uji chi-square dengan tingkat kepercayaan 95%. Hasil penelitian menunjukkan bahwa mayoritas relawan mengalami toxic relationship dalam kategori sedang (69,1%) dan tinggi (27,3%). Sementara itu, kesehatan mental responden menunjukkan 60% mengalami gejala terganggu dan 40% tidak terganggu. Analisis bivariat menemukan adanya hubungan yang signifikan antara tingkat toxic relationship dengan kondisi kesehatan mental relawan ( $p=0,009$ ). Hal ini mengindikasikan bahwa semakin tinggi paparan toxic relationship, semakin besar risiko relawan mengalami gangguan kesehatan mental. Kesimpulannya, toxic relationship berperan sebagai faktor risiko terhadap penurunan kesehatan mental relawan RBKB. Temuan ini menegaskan pentingnya strategi intervensi psikososial, penguatan komunikasi, serta dukungan organisasi untuk menciptakan lingkungan relawan yang sehat dan produktif.

**Kata kunci:** toxic relationship, kesehatan mental, relawan, SRQ-20, organisasi sosial.

## **ABSTRACT**

*Mental health is an essential aspect of individual well-being that can be influenced by various factors, including the quality of interpersonal relationships. Toxic relationships, characterized by destructive communication, domination, dishonesty, and recurring conflicts, have the potential to trigger psychological disorders. This study aims to analyze the relationship between toxic relationships and mental health among volunteers of Yayasan Ranah Berkah Kita Bersama (RBKB) in Medan. A cross-sectional design was applied, involving 55 active volunteers selected through purposive sampling. Research instruments included the Relationship Assessment Scale (RAS) to measure the level of toxic relationships and the Self-Report Questionnaire-20 (SRQ-20) to assess mental health status. Data were analyzed using the chi-square test with a 95% confidence interval. The results revealed that the majority of volunteers experienced toxic relationships at a moderate level (69.1%) and a high level (27.3%). Regarding mental health, 60% of respondents were categorized as having disturbed mental health, while 40% were not disturbed. Bivariate analysis indicated a significant association between the level of toxic relationships and the mental health status of volunteers ( $p=0.009$ ). This finding suggests that higher exposure to toxic relationships increases the risk of experiencing mental health problems among volunteers. In conclusion, toxic relationships act as a risk factor for declining mental health among RBKB volunteers. These findings highlight the importance of psychosocial interventions, strengthening communication, and organizational support to create a healthier and more productive volunteer environment.*

**Keywords:** *toxic relationship, mental health, volunteer, SRQ-20, social organization.*