



A Comparative Study of Opinions on Toxic Relationship Among Youth

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ABSTRACT:

This research paper titled "A comparative study of opinion on Toxic Relationship among Youth" is a part of descriptive study. This study was carried out in Vadodara City from the youth as well as parents. Main purpose of this study is to find out the picture of toxic relationships experienced by the youth and the different opinions of the youth and the parents on the same. Twenty five youth and twenty five parents have participated as a sample in this study. The study has added more understanding about the reasons behind toxicity in today's generation relationships.

KEYWORDS: Toxic Relationship, Youth

INTRODUCTION:

Youth of this generation is different from the youth of previous generations. There are many major differences in their attitudes, behaviours, and mind-sets. They think and react differently than that of previous generation teenagers. There are many reasons behind this major difference. The differences are – change in environment, surrounding, thinking, parenting, demands, and influence of social media, needs and wants. According to the demands, wants and time everything and everyone changes. Today's youth is more active and also more demanding as compared to the previous generation youth. Today they are more confident and self- dependent but what pulls them back is sometimes their overconfidence and ego. Teenagers too are strong opinionated and wise but due to lack of knowledge of where and when to speak they are considered as immature or childish. They are smart enough to take decisions but sometimes over smartness leads them to the dangerous consequences. They have talent but due to their laziness, and non-hardworking attitude they miss the golden opportunities of their life. Majority of the youngsters are today provided with all the facilities, it is just that they don't utilize that things properly. It is due to reasons like – laziness, show off, lack of seriousness and lack of knowledge. This all can be changed if taken care of by their parents, near and dear ones and especially by themselves. More confident and self- dependent but what pulls them back is sometimes their overconfidence and ego.

Nowadays, parents are also considered as a friend of their child. As we are entering into the new generation, the youth is changing and it is necessary for their parents to change accordingly for their own and their child's good. Change doesn't mean to change as a person totally, but to make necessary changes within oneself and behave according to the new generation without losing the uniqueness within oneself. This makes things easy, less chaotic and less dramatic in any relationship, especially in the relation of parent and a child, as they have a difference of whole two to three decades, that is, the generation gap. To fill this generation gap it is very necessary to change ourselves with the time.

Toxic means unhealthy or something that destroys the other thing. Toxic can also be understood by an unhealthy or unwanted things that follows a disaster with it. Relationship is a bond with the other person, which can be, parent-child, husband-wife, boyfriend-girlfriend or bond between two friends or the bond can be between two professionals working together. Relationship is a feeling or connection to someone. Toxic Relationship is where a person is always unhappy, deals with everyday social, psychological, physical and mental problems, and where a person's wellbeing gets affected. Toxic relationship includes factors like :- insecurity in the relationship, cheating partners, jealousy, frequent lying, any kind of abuse, lack of trust, lack of interest, lack of efforts, over possessiveness, aggression, relation run by one partner, dominating nature, controlling behavior, constant unhappiness, disrespect, domestic violence, lack of communication, putting the other person down, always blaming the other person, lack of maturity to handle the problems in the relationship, lack of understanding, etc.

The relationships before two-three decades, where not the same as it is today. They were totally different. The relationships at that time were pure and filled with lots of understanding, trust, love, respect and open communication. The toxicity which we feel today in a romantic relationship was rarely present at that time. As we know the ratio of divorce and breakups are increasing day by day, due to many reasons, because of which the relationship doesn't lasts. But it was not seen earlier. There has to be some reason behind it, and as we talk about the reason, the ultimate reason that has been mentioned above is toxicity in a relationship and not taking action or putting any efforts or less efforts to resolve it. In earlier times, people in relationship

used to talk things out which were creating problems in their relationships. But as observed in today's generation, the youth don't communicate or talk things out which are a barrier in their relationship. And even if we say, that they try to talk it out, the way of talking or the actions and behavior during the conversation are wrong or we can even say which are disrespectful towards the other person. It is not that the youth does it intentionally, though unintentionally, they behave in a wrong way or manner, which creates problems even more.

REVIEW OF LITERATURE:

Rina Rifiyanti (2022) "Phenomenological studies: Adolescents toxic relationships" the study describes the factors that influence the toxic relationships among adolescents and its occurrence. There are two factors which affect its occurrence, that are: internal (need for sense of security) and external (presence of force from the surrounding environment) factors. The researcher in this study advises not to rush in a relationships to prevent negative things.

Rindiani Azzahra and Muhammad Fatih Suhadi (2021) "Toxic relationship in ANNA TODD'S WATTPAD STORY AFTER" this study analysis the toxic relationships and its characteristics and negative impacts of it. The characteristics are: excessive jealousy, ego and dishonesty and the negative impacts are: abuse and lack of respect towards the partner. The conclusion is that toxic relationships are vicious and should be avoided for the peace in life.

Annesha Mukherjee and Satyaki Dasgupta (2020) "A study of patriarchy, power and abuse in romantic relationships in Indian Campuses" the research focuses on the gender inequality in a romantic relationship. It talks about the patriarchal society, in which partners shares superior- subordinate relationship. This allows the male partner to be superior in a relationship which includes things like: restrictions on the female partners and curtailment of her autonomy. This generate three types of abuses namely: emotional, sexual and physical.

Nova Alsiyah and Riyanto (2020) "Obsession and self-defense in a toxic relationship of Sarah LYU'S novel the best lies" the study tells about the psychology of literature which includes topics like: obsession, self-defense and toxic relationships that are supported by essential approaches like: plot, character and setting. The theme of the research is obsession and self-defense in a toxic relationship.

Ailaina Herman (2019) "Literature Review: analyzing the reasons for returning to abusive partners" this research studies the experiences and internal and external factors affecting all the women who have been in relationship in which they suffered from domestic violence and still returned to an abusive partner. The reasons could be emotional attachment, financial dependency and strong negative feelings.

Ria M. and Anuradha Sathiyaseelan (2019) "Posttraumatic relationship experiences in women in South India" the research focused on the individual who have been through a toxic relationship and has manage after the dissolution of their relationship. The protective with the social factors explains the ability to decision making and career related things. These individuals also requires family and peer's support, financial security and also most importantly remarriage.

Wulandari (2019) "Phenomenological study of adolescent perception of toxic relationships" the researcher has stated that toxic relationship is vicious if experienced by the young couples. It impacts both physically and psychologically. As a result of negative treatment or words by the opposite partner, the affected partner can start doubting and even hating themselves.

RESEARCH METHODOLOGY:

RESEARCH OBJECTIVES:

To find out the reasons behind toxic relationship according to the youth

To study the difference in the point of a male and a female

To study the difference between the opinion of the youth (today's generation) and parents

UNIVERSE, SAMPLE AND SAMPLING METHOD:

The universe comprises of all survey components that suits for the inclusion in the research study. The universe for the present research study includes the youth in a relationship or married and parents of the youth of Vadodara City in Gujarat. The universe comprises of fifty respondents. The sample consists of twenty five youth in a relationship or married and twenty five parents of the youth. Purposive sampling method was used to select a particular unit for the present study which comprises of twenty five youth in a relationship or married and twenty five parents of the youth. Reason behind selecting the youth in relationship or married and parents of youth was, they have an understanding, experience, and advises that can change the scenario of toxicity in a relationship to healthy relationships. They can also help in getting the accurate findings of the study.

METHODS OF DATA COLLECTION:

Questionnaire and Interview Schedule were the tools for the present study.

FINDINGS:**BACKGROUND DETAILS OF RESPONDENTS**

Majority of the respondents are from the age group of 21-25 (youth) and 41-50 (parents), are female (in both), are unmarried (youth), belonged to joint family (youth and nuclear family (parents)).

KEY VARIABLES ANALYSIS

Majority of the youth respondents are having moderate belief about the awareness of the reasons which leads toxic relationship with partners and they believe in protecting their self-worth and dignity and quitting a relationship if they found themselves in a toxic relationship.

Majority of the parents respondents have moderate belief that in their times they were having more dignified relationships with their partner also there was less toxicity they have observed in the society, and believe that today's generation are mistaken somewhere in maintaining their relationship and are running behind materialistic things and are also not enough mature to handle any kind of problem in their respective relationships which is spoiling the relationship and is becoming a barrier in their personal growth too and also creating disturbance in their mental stability.

CROSS TABULATION

Perception of the Youth and Perception of the Parents

It can be concluded that, that there is no significant association found in between the association about the opinions of parents and youth. There is no correlation between the point of views of the youth and the parents. There is no similarity found in the perceptions of youth and parents in the present study on "A comparative study of opinions on Toxic Relationship among Youth".

CONCLUSION:

The concept of Toxic Relationship is perceived by the youth and most importantly, Toxic Relationship depends on the judgment which can be varied from youth to youth and parents to parents. It definitely affects any romantic relationship. As it affects the youth, likewise it also indirectly affects their parents as they are connected to them and their life. Toxic Relationships are the perception of youth about their present relationship with their respective partners and also a perception of parents about the factors and reasons behind toxicity in any romantic relationship, especially in today's era. Toxic Relationship is a very important factor or element which hinders the positivity in a relationship and above all also affects individual's growth and development by mentally, physically or emotionally breaking the person. Nowadays toxicity in any romantic relationships is the major reason for mental disturbance and mental discomfort.

The true nature of the present investigation demonstrated that an understanding of Toxic Relationship is noteworthy on the grounds that no relationship can be fully successful if there is a toxicity present in it and the partners in that particular relationship cannot be happy or blissful. At the end of the day, Healthy Relationships are the social, mental, emotional and physical basis that must be present in a person's life to live a peaceful and pleased life.

SUGGESTIONS:

On the basis of Findings, Recommendations and Conclusions, following Future Findings can be drawn for creating healthy relationships, which can also improve individual's mental, emotional and physical development and growth without any major barrier like toxicity in a relationship with stable, happy and peaceful life.

In this present study, researcher has fifty respondents, twenty youth and twenty five parents, from the city of Vadodara, Gujarat, India. So developing its future prospects the research can be further extended with the youth who are divorced or have had their respective relationships broken and their parents to get more expressive insights on this topic. Also, more wide geographical consideration for including youth and parents from all over Gujarat as well as other states will advance understanding more conscientiously and assessment from wide range will also get accomplished by that.

Apart from the research point of view, for individuals in a romantic relationship it is necessary to evaluate their relationships, this will help them know the status of their relationship, and will help to improve or find solution if any toxicity is about to enter or have already entered in their relationship. As it toxicity directly affects individual's life as well as affects the life of the people near to the affected one.

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