

GAMBARAN HARGA DIRI MAHASISWA KEPERAWATAN YANG MENGALAMI *TOXIC RELATIONSHIP* DI STIKES SUKA INSAN BANJARMASIN TAHUN 2024

Disi Ismayanti¹, Lanawati², Sr.Gertrudis Tutpai³
desiisma545@gmail.com

INTISARI

Latar belakang: Fenomena kesehatan jiwa remaja menjadi salah satu masalah utama di dunia, salah satunya adalah harga diri rendah. Prevalensi harga diri rendah di Indonesia sebanyak 6,7%. Prevalensi tertinggi di Yogyakarta dan Bali dengan jumlah 10,4% dan 11.1%, sedangkan Jawa Timur sendiri menduduki peringkat 20 dengan jumlah 6,4%. Selain harga diri rendah fenomena lain terkait *toxic relationship*. Kasus *toxic relationship* seperti kekerasan fisik sebanyak 2.025 kasus, kekerasan seksual sebanyak 1.983 kasus, kekerasan mental sebanyak 1.792 kasus, dan kekerasan ekonomi sebanyak 680 kasus ditemukan di Indonesia. Hasil studi pendahuluan yang dilakukan pada 11 November 2023 di STIKES Suaka Insan, menunjukkan bahwa ada 10 mahasiswa yang mengalami harga diri rendah dan 8 orang yang pernah mengalami *toxic relationship*.

Tujuan penelitian: Mengetahui gambaran harga diri mahasiswa keperawatan yang mengalami *toxic relationship* di STIKES Suaka Insan.

Metode penelitian: Jenis penelitian kuantitatif, dengan desain deskriptif. Sampel penelitian 132 responden, penentuan metode dalam penelitian menggunakan *stratified random sampling*, dan pengumpulan data pada penelitian ini menggunakan kuesioner.

Hasil: Hasil penelitian 100% mahasiswa memiliki harga diri yang tinggi meskipun mereka memiliki pengalaman *toxic relationship*. Usai yang paling banyak dalam penelitian ini yaitu 17-25 tahun (97%), jenis kelamin dalam penelitian yang banyak adalah perempuan (80%), dan untuk semester yang paling banyak adalah semester 8 (27%).

Kesimpulan: Gambaran Harga Diri mahasiswa Keperawatan Yang Mengalami *Toxic Relationship* di STIKES Suaka Insan Banjarmasin Tahun 2024 adalah 100% tinggi

Kata kunci: *toxic relationship*, harga diri mahasiswa

¹Mahasiswa Sekolah Tinggi Ilmu Kesehatan Suaka Insan Banjarmasin

^{2,3} Dosen Sekolah Tinggi Ilmu Kesehatan Suaka Insan Banjarmasin

DESCRIPTION OF SELF-ESTEEM OF NURSING STUDENTS WHO EXPERIENCE
TOXIC RELATIONSHIPS AT STIKES SUAKA INSAN BANJARMASIN IN 2024

Disi Ismayanti¹, Lanawati², Sr.Gertrudis Tutpai³
desiisma545@gmail.com

ABSTRACT

Background: The phenomenon of adolescent mental health is one of the main problems in the world, one of which is low self-esteem. The prevalence of low self-esteem in Indonesia is 6.7%. The highest prevalence is in Yogyakarta and Bali with 10.4% and 11.1%, while East Java itself is ranked 20th with 6.4%. In addition to low self-esteem, another phenomenon is related to toxic relationships. Cases of toxic relationships such as 2,025 cases of physical violence, 1,983 cases of sexual violence, 1,792 cases of mental violence, and 680 cases of economic violence were found in Indonesia. . The results of a preliminary study conducted on 11 November 2023 at STIKES Suaka Insan, showed that there were 10 students who experienced low self-esteem and 8 people who had experienced toxic relationships.

Research objectives: to determine the description of the self-esteem of nursing students who experience toxic relationships at STIKES Suaka Insan.

Research method: type of quantitative research, with descriptive design. The research sample was 132 respondents, the determination of the method in the study used stratified random sampling, and data collection in this study used a questionnaire.

Results: the results of the study 100% of students have high self-esteem even though they have toxic relationship experiences. After the most in this study is 17-25 years (97%), the gender in this study is mostly female (80%), and for the semester the most is semester 8 (27%).

Conclusion: The description of self-esteem of nursing students who experience toxic relationships at STIKES Suaka Insan Banjarmasin Year 2024 is 100% high.

Keywords: toxic relationship, student self-esteem

¹Student of Suaka Insan Banjarmasin College of Health Sciences

^{2,3} Lecturer at Suaka Insan Banjarmasin College of Health Sciences