

ABSTRAK

Penelitian ini bertujuan untuk mengetahui hubungan antara dukungan sosial dengan resiliensi pada wanita dewasa awal korban *toxic relationship*. Hipotesis yang diajukan adalah terdapat hubungan positif antara dukungan sosial dengan resiliensi pada wanita dewasa awal korban *toxic relationship*, semakin tinggi dukungan sosial yang diterima maka semakin tinggi resiliensi, dan sebaliknya. Partisipan penelitian berjumlah 150 wanita dewasa awal berusia 18–25 tahun yang pernah atau sedang menjadi korban *toxic relationship*. Pengambilan sampel menggunakan teknik *purposive sampling*. Pengumpulan data dilakukan menggunakan Multidimensional Scale of Perceived Social Support (MSPSS) untuk mengukur dukungan sosial dan Connor-Davidson Resilience Scale (CD-RISC) untuk mengukur resiliensi, yang disebarkan secara daring melalui Google Form. Teknik analisis data yang digunakan adalah korelasi Product Moment Pearson dengan bantuan perangkat lunak IBM SPSS Statistics versi 25. Hasil penelitian menunjukkan koefisien korelasi sebesar $r = 0,899$ dengan $p < 0,001$ ($p < 0,05$), yang berarti terdapat hubungan positif yang sangat signifikan antara dukungan sosial dengan resiliensi pada wanita dewasa awal korban *toxic relationship*, sehingga hipotesis penelitian diterima. Dukungan sosial berperan penting dalam meningkatkan kemampuan wanita dewasa awal korban *toxic relationship* untuk bertahan, beradaptasi, dan bangkit dari pengalaman hubungan yang tidak sehat.

Kata kunci: dukungan sosial, resiliensi, *toxic relationship*, wanita dewasa awal.

ABSTRACT

This study aims to examine the relationship between social support and resilience among young adult women who have been victims of toxic relationships. The proposed hypothesis is that there is a positive relationship between social support and resilience in this demographic; specifically, higher levels of received social support correspond to higher levels of resilience, and vice versa. The study participants consisted of 150 young adult women aged 18–25 who had experienced or were currently experiencing toxic relationships. A purposive sampling technique was employed. Data collection utilized the Multidimensional Scale of Perceived Social Support (MSPSS) to measure social support and the Connor-Davidson Resilience Scale (CD-RISC) to measure resilience, with instruments distributed online via Google Forms. Data analysis was conducted using Pearson's Product-Moment correlation with the aid of IBM SPSS Statistics software (version 25). The results revealed a correlation coefficient of $r = 0.899$ ($p < 0.001$), indicating a highly significant positive relationship between social support and resilience among young adult women who were victims of toxic relationships; thus, the research hypothesis was accepted. Social support plays a crucial role in enhancing the ability of young adult women who have experienced toxic relationships to endure, adapt, and recover from unhealthy relationship experiences.

Keywords: social support, resilience, toxic relationships, young adult women.