

ABSTRACT

Hazel Alyssa Amarrine Lerrick Brown

This study aims to describe emotional stability in emerging adults who have previously been in toxic romantic relationships. Individuals aged 18–29 often face challenges in seeking emotional intimacy, including involvement in unhealthy romantic relationships. Using a qualitative approach with Interpretative Phenomenological Analysis (IPA), this research involved two participants—a male and a female—who had personal experiences of being in toxic relationships. Data were collected through in-depth interviews and analyzed thematically based on the dimensions of toxic relationships and emotional stability. The results indicate that such relationships have a significant impact on participants' emotional stability, as shown by the emergence of negative emotional patterns, emotional dependency, and difficulties in emotional regulation after the relationship ends. These findings highlight the importance of psychological support in helping individuals recover and develop emotional stability following emotionally damaging relationships.

Keywords: *Emotional Stability, Emerging Adulthood, Toxic Relationship*

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Penelitian ini bertujuan untuk menggambarkan stabilitas emosi (*emotional stability*) pada individu dewasa awal yang pernah berada dalam hubungan romantis yang bersifat toxic. Individu dalam rentang usia 18–29 tahun seringkali menghadapi tantangan dalam pencarian kedekatan emosional melalui relasi romantis, namun tidak jarang terjebak dalam relasi yang tidak sehat. Penelitian ini menggunakan pendekatan kualitatif dengan metode fenomenologi interpretatif (Interpretative Phenomenological Analysis/IPA), dan melibatkan dua partisipan, satu laki-laki dan satu perempuan, yang memiliki pengalaman berada dalam *toxic romantic relationship*. Data diperoleh melalui wawancara mendalam dan dianalisis secara tematik berdasarkan dimensi *toxic relationship* serta *emotional stability*. Hasil penelitian menunjukkan bahwa pengalaman berada dalam relasi *toxic* memberikan dampak signifikan terhadap kestabilan emosi partisipan, yang terlihat dari munculnya pola emosi negatif, ketergantungan emosional, serta kesulitan dalam regulasi emosi pasca hubungan berakhir. Temuan ini menunjukkan pentingnya dukungan psikologis dalam membantu individu memulihkan dan mengembangkan stabilitas emosi pasca mengalami relasi yang merusak secara emosional.

Kata Kunci: *Emotional Stability*, Individu Dewasa Awal, *Toxic Relationship*