

The Role of the Alliance for Women and Children (APPA) Bojonegoro in Dealing with Toxic Family Relationships from the Perspective of Mubadalah

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ABSTRACT

Family problems are a common phenomenon in society. The number of marriages that are not harmonious, and the inequality in the relationship between husband and wife, ultimately leads to toxic relationships in the family. Examples of toxic relationships that often occur are infidelity, domestic violence, social inequality and others that cause discomfort in household relationships. This study aims to look at the role of the Bojonegoro Alliance for Women and Children (APPA) community in responding to the phenomenon of toxic relationships such as domestic violence, not being provided for, infidelity and others that often occur in families and how to prevent and then overcome such cases. The method used is descriptive analysis with a field research model using interviews and data research at the Bojonegoro Alliance for Women and Children (APPA), which has handled many such cases. The first stage is to analyse the field and cases of toxic relationships in the community, then conduct in-depth research and interviews with the object of study and then analyse the data linked to the concept of Mubadala in the family. The result of this research is that women's organisations are very helpful in preventing toxic relationships in the family. As well as helping women deal with the problem of violence in the family in the form of legal and psychological assistance after the incident.

Keywords: Woman; Toxic Relationship; Family; Mubadalah

ABSTRAK

Masalah keluarga adalah fenomena umum di masyarakat. Banyaknya pernikahan yang tidak harmonis, dan ketidaksetaraan dalam hubungan antara suami dan istri, pada akhirnya berujung pada hubungan yang beracun dalam keluarga. Contoh hubungan *toxic* yang sering terjadi adalah perselingkuhan, kekerasan dalam rumah tangga, ketimpangan sosial dan lain-lain yang menyebabkan ketidaknyamanan dalam hubungan rumah tangga. Penelitian ini bertujuan untuk melihat peran komunitas Bojonegoro Alliance for Women and Children (APPA) dalam merespons fenomena *toxic relationship* seperti kekerasan dalam rumah tangga, tidak dikabulkan, perselingkuhan dan lain-lain yang sering terjadi dalam keluarga dan bagaimana mencegah dan kemudian mengatasi kasus tersebut. Metode yang digunakan adalah analisis deskriptif dengan model penelitian lapangan menggunakan wawancara dan riset data di Bojonegoro Alliance for Women and Children (APPA), yang telah menangani banyak kasus tersebut. Tahap pertama adalah menganalisis bidang dan kasus hubungan beracun di masyarakat, kemudian melakukan penelitian dan wawancara mendalam dengan objek penelitian dan kemudian menganalisis data yang terkait dengan konsep Mubadala dalam keluarga. Hasil dari

penelitian ini adalah bahwa organisasi perempuan sangat membantu dalam mencegah hubungan beracun dalam keluarga. Serta membantu perempuan menangani masalah kekerasan dalam keluarga berupa bantuan hukum dan psikologis setelah kejadian.

Kata kunci: Wanita; hubungan beracun; Keluarga; Mubadalah

INTRODUCTION

Nowadays the word toxic is very familiar or familiar to people's ears. The word toxic is commonly used in friendships, work and family relationships. The word toxic relationship comes from two words, namely toxic which means poison and relationship which means relationship, so toxic relationships can be understood as toxic relationships or unhealthy relations (Abdulla et al., 2023). This kind of relationship contains negative elements that can damage comfort, tranquility and happiness because the characteristic of this relationship is the bad behavior of one party that can damage the physical and mental of the opposite party (Nitria, 2023b).

Toxic relationships are usually related to romance, whether dating (lovers), marriage (husband and wife), family (children and parents, sons-in-law with in-laws) or friendship. However, in this study, toxic relationships focus on family relationships. Marriage is one of the relationships that is prone to conflict, whether caused by differences in character between partners, differences in opinion or other internal or external causes that can hurt one of the partners. If this conflict is ignored for a long time, it will certainly cause unhealthy relationships and damage in marriage and potentially lead to infidelity, domestic violence and divorce (Sunarto et al., 2023).

The heaviest impact of toxic relationships in the family is divorce. The number of divorces in Indonesia has increased every year, such as in 2017 the number of divorces was 175,713 cases; in 2008 there were 193,189 cases; in 2009 there were 223,371 cases; in 2010 there were 285,184 cases; in 2011 there were 276. 791 cases; in 2012 there were 346,480 cases; in 2013 there were 324,247 cases; in 2014 there were 344,237 cases; in 2015 there were 347,256 cases; in 2016 there were 365,633 cases; in 2017 there were 374,516 cases; in 2018 there were 444,358 cases; in 2019 there were 480,618 cases. This number continues to increase every year, based on the Supreme Court report in 2022, the number of divorces decided by the first level courts, both District Courts and Religious Courts, was 461,730 cases (Tim Pokja Laporan Tahunan Mahkamah Agung RI, 2022).

Apart from divorce, the heaviest impact of toxic relationships is the occurrence of Domestic Violence (KDRT). Compiling data from Komnas Perempuan, 431,471 cases of criminal acts of violence against women were recorded in 2019, while in 2020 this case decreased by 31%, so that it became 299,911 cases with the majority of cases in the personal sphere or commonly known as Domestic Cases / Personal Sphere (KDRT / RP). In 2021 Komnas Perempuan received 771 direct complaints of cases of violence against wives (KTI) or 31% of the 2,527 domestic violence cases. Komnas Perempuan added that domestic violence can have an impact on physical, mental (trauma or depression), disability and even loss of life (Komnas

Perempuan, 2022a). The number of reports will certainly increase, especially in service providers run by civil society or the Integrated Service Center for Women and Children Empowerment (UPTD P2TP2A) (Komnas Perempuan, 2022b).

One of the service providers run by civil society in Bojonegoro is the Alliance for the Care of Women and Children (APPA). The existence of this organization is very helpful to the community, especially women as victims, especially in terms of complaints, consultation and providing legal assistance and case resolution. In addition to mentoring, this community is also active in providing input on government policies related to the protection of children and women with other communities, such as encouraging the creation of the Draft Regional Regulation on Child and Women Protection in Bojonegoro. Departing from the above background, the researcher is interested in examining more deeply the role of the Bojonegoro Alliance for the Care of Women and Children (APPA) in resolving toxic relationships and family conflicts in helping the community.

Concept of Relationship in the Household

a. Concept of Role

Role theory is a theory that combines various theories, orientations and disciplines. The term 'role' is taken from the world of theater. In theater, an actor has to portray a certain character and is expected to behave accordingly (Murdiyatomoko, 2007). Soerjono Soekanto defines role as a dynamic aspect of position (status), if a person carries out his obligations and rights by his position, then he has carried out his role (Soekanto, 2002). Another opinion from Alvin L. Bertran translated by Soeleman B. Taneko that a role is a pattern of behavior expected of someone who has a certain status or position (Taneko, 1986).

Riyadi defines role as the orientation and concept of the part played by a party in a social context (Riyadi, 2002). With this role, both individuals and organizations will behave by the expectations of others or the environment. In an institution or organization, each person has a role in which there are differences in character in carrying out their duties, obligations and responsibilities per those given by the institution or organization (Yanis & Muhtadi, 2023).

The organization as a social institution has shaped the perspective on the role accepted by an individual. Role theory states that role is one of the elements played in the overall group structure and is a specific behavior displayed by an individual in a particular social context. Role theory emphasizes the nature of individuals as social actors who study actors according to the position, they occupy in the work environment and society (Anisykurlillah et al., 2013). From the above definition, it can be concluded that in essence, a role is a behavior carried out by a person or group, both on a small and large scale generated by a certain position, where all of them carry out various roles according to their respective duties. Soerjono Soekanto divides roles into three types (Soekanto, 2002), that is:

1. Active role, is the role given by group members based on their position in the group as part of group activities, such as officials, administrators and so on.
2. Participatory role, is a role given by a group member to the group that makes a very useful contribution to the group.
3. Passive role, is the contribution of passive group members, where members hold back to provide opportunities for other functions in the group so that they can run well.

b. Toxic Relationship

The word toxic relationship consists of two words, namely toxic and relationship. The word toxic comes from English and has been absorbed into Indonesian as toxic which means poison (Tim Penyusun Kamus Pusat Dan Pengembangan Bahasa, 1989). While relationship means relationship or affinity. So, the word toxic relationship can be understood as a toxic relationship or an unhealthy relationship.

J.A. McGruder in his book *Cutting Your Losses from a Bad or Toxic Relationship* 9 defines a toxic relationship as a state of relationship in which emotional actions appear to a person, to the point of being able to physically harm the partner (McGruder, 2018). In line with Lillian Glass who interprets toxic relationships as a form of relationship that does not support each other, there is a conflict that has the potential to hurt the other party, competition between parties and loss of respect. Even Jerry M. Kantor added that toxic relationships are dangerous relationships because they can damage a person's dignity, self-confidence and personality (Alfiani, 2020).

From this definition, it can be understood that a toxic relationship is a relationship that contains negative elements, has the potential to damage comfort, tranquility and happiness, because the characteristic of this relationship is the bad behavior of one party that can damage the physical and mental of the opposite party (Nitria, 2023a). This bad behavior can take the form of physical or psychological harm that can have devastating effects on the opposing party, such as stress, trauma and even death.

The word toxic is commonly used in a relationship, be it friendship, friendship, work, dating, marriage, family or society. indications of toxic relationships include always being controlled by a partner, having difficulty being yourself, not getting support, being suspected, restrained, lied to, and getting physical violence (Syafira & Surwati, 2022). Nurlaila Effendy added that a toxic relationship is a relationship that arises from excessive selfishness, lies, demeaning attitudes, criticizing partners, making negative comments and insecurity while living in the relationship (Effendy, 2019).

c. The Concept of Mubadalah

In the context of family relationships, Mubadala refers to the principle of mutual understanding, respect, and love (Faqihuddin Abdul Kodir, 2019). These principles are important in shaping healthy and harmonious family relationships, including in the context of toxic relationships. Toxic relationships in families can take many forms, including physical and emotional abuse, manipulation and control, unhealthy communication and conflict, humiliation and criticism, rejection and neglect. As such, these situations can be very detrimental to the mental and emotional health of the families involved.

Mubadalah offers several approaches to help overcome toxic relationships in families 1. Raise Awareness: Recognize the signs of a toxic relationship: 2. Open and Honest Communication: Create a safe space 3. Setting Healthy Boundaries: Set clear boundaries: Define healthy boundaries in relationships between family members, such as privacy boundaries, boundaries in expressing opinions, and boundaries in acceptable behavior, Communicate boundaries firmly: Communicate the boundaries that have been set clearly and firmly to other family members, Be consistent in enforcing boundaries: Consistently enforce the boundaries that have been set, and avoid getting caught up in manipulating or violating boundaries. 4. Support and Encourage Each Other: Offer help and support: Provide emotional and practical support to family members experiencing toxic relationships. 5. Finding Solutions Together: Hold a family meeting: Hold a family meeting to openly discuss the toxic relationship issues and find solutions together, involving a neutral third party: If possible, involve a neutral and trusted third party, such as a religious figure or family counselor, to help facilitate communication and mediation, stay focused on the common goal: Stay focused on the common goal of building a healthy and harmonious family relationship (Chaudhry, 2021).

Mubadalah is not just about solving problems, but also about building stronger and more loving family relationships. By applying the principles of mubadalah, families can learn to understand each other, forgive, and work together to create a positive and supportive environment for all family members.

METHODS

This study uses a descriptive analysis method, which is to describe and systematically explain the object of research and continue with analysis. The descriptive analysis method is carried out with a qualitative approach, which is to describe the object of research in the form of words, phrases, norms or rules of the phenomenon being studied (Moleong, 2004). This method aims to describe and analyze the role of the Bojonegoro Women and Children Care Alliance (APPA) in dealing with *toxic family relationships* in order to obtain in-depth results. The data collection method in this study is divided into two types, namely *field research* and *library research*. *Field research* is a field study conducted by researchers by conducting unstructured interviews with respondents (*open-ended*) by asking more

open questions, so that respondents can freely answer the questions asked in order to obtain the deepest information (Dyana & Diantika, 2023). The resource person for this study is the Bojonegoro Women and Children Care Alliance (APPA) consisting of Nafidatul Hikmah as the head of APPA along with two members, namely Yuniar and Nitis Sahpeni. In addition to *field research*, data collection methods are also carried out through *library research*, where data is obtained from books or other supporting literature, such as journals, articles, papers, encyclopedias, legal dictionaries, print media, electronic media (*online, YouTube*) and so on. The method of data analysis is carried out through five stages (Hasbiansyah, 2008). *First*, determine the scope of the phenomenon to be studied and determine the phenomenon to be studied through informants. *Second*, compile a list of questions and continue by asking informants to describe their experiences. *Third*, data collection; researchers collect data from individuals who experience the phenomenon being studied. Other techniques that can be used are observation (direct and participant) and document searches. *Fourth*, data analysis and fifth, researchers report the results of their research. This report aims to provide readers with a better understanding of the role of the Bojonegoro Women and Children Care Alliance (APPA) in dealing with *toxic family relationships*.

RESULTS AND DISCUSSION

A. Bojonegoro Alliance for Women and Children (APPA)

APPA was established in 2019 which originated from anxiety due to the many cases of violence against women and children including bullying cases that existed in Bojonegoro at that time. Before the establishment of this alliance, Nafidatul Hima, one of the founders and coordinators, was a member of KPI (Koalisi Perempuan Indonesia) who already had a lot of experience in women's issues. This alliance also invites student organizations such as PMII and GNMI to re-establish the mission and vision going forward, after which in 2020 APPA was officially institutionalized. In 2019 at that time in Bojonegoro there was a domestic violence case that was quite complicated until the victim turned into a suspect. At that time, the role of women's organizations was to defend women's rights and provide protection and assistance both legal and psychological. Starting from this case, a movement emerged that initiated the empowerment of women and then together with the empowerment of children (Mu'in et al., 2024).

APPA itself has four divisions to strengthen its organization, the four divisions the Press (Media) Division, Advocacy, Events and Administration. Several cases have entered this institution such as cases of child custody battles, sexual abuse, child grooming, sexual abuse and bullying at school. All of these cases may not be handled, as it depends on the staff or experts in the organization. To provide good service to problems in the community, APPA has several special strategies in handling each case, namely, strengthening the victim first, changing their mindset, returning to the victim and not mentioning the victim's name. That way security and providing a safe space for victims will be very meaningful.

B. Impact of Toxic Family Relationship

Toxic relationships in this study focus on family relationships. Marriage is one of the relationships that is prone to conflict, whether caused by differences in character between partners, differences in opinion or other internal or external causes that can hurt one of the partners (Sopacua, 2021). If this conflict is ignored for a long time, it will certainly cause unhealthy relationships and damage to the marriage and potentially lead to domestic violence and divorce (Sunarto et al., 2023). Examples of toxic relationships that often occur in families are infidelity, domestic violence, social inequality and others that cause discomfort in household relationships.

The most common impacts of toxic relationships in families are divorce, infidelity and domestic violence (KDRT). It is recorded that divorces that occurred in Indonesia in 2019 were 439,002 cases; in 2020 there were 291,677 cases; in 2021 there were 447,743 cases and in 2022 there were 516,334 cases. Infidelity that leads to divorce also often occurs in families as a result of toxic relationships. In 2019 there were 60,505 cases of infidelity leading to divorce; in 2020 there were 34,671 cases; in 2021 there were 42,387 cases and in 2022 there were 39,359 cases (Pusat Badan Statistik, 2024).

In addition to divorce and infidelity, the heaviest impact of toxic relationships in the family is the occurrence of domestic violence which is often found and women as victims. Compiling data from Komnas Perempuan, 431,471 cases of criminal acts of violence against women were recorded in 2019, while in 2020 these cases decreased by 31%, so that it became 299,911 cases with the majority of cases in the personal sphere or commonly known as Domestic Cases / Personal Sphere (KDRT / RP) (Adawiah et al., 2022). In 2021 Komnas Perempuan received 771 direct complaints of cases of violence against wives (KTI) or 31% of the 2,527 cases of domestic violence/RP. Komnas Perempuan added that domestic violence can result in physical, and mental injury (trauma or depression), disability and even loss of life (Komnas Perempuan, 2023). In January - November 2022, Komnas Perempuan received 3,014 cases of violence against women, including 899 cases in the personal sphere and 860 acts of sexual violence in the public sphere. The number of reports will certainly increase, especially in service providers run by civil society or the Integrated Service Center for Women and Children Empowerment (UPTD P2TP2A) (Komnas Perempuan, 2022b).

C. The role of the Bojonegoro Alliance for Women and Children (APPA) in handling cases of toxic family relationships

APPA is a service provider organization run by civil society in Bojonegoro that concentrates on women's and children's issues. The existence of this organization is very helpful to the community, especially women as victims, especially in terms of complaints, consultations and providing legal assistance and case resolution. In addition to assistance, this community is also active in providing input on government policies related to the protection of children and women with other communities,

such as encouraging the creation of the Draft Regional Regulation on the Protection of Children and Women in Bojonegoro (APPA, 2024).

The role of this APPA organization for the Bojonegoro community, especially women, has an important position because it helps provide protection and assistance to victims. Several cases that have entered the organization such as cases of child custody battles, sexual harassment and domestic violence are cases that have been assisted by APPA. Of the cases mentioned above, domestic violence cases are quite complicated and there are usually cases that break down in the middle of the road. However, APPA does not stop there, they continue to work and provide support and partiality to victims.

Alliance for Women and Children (APPA) has been seen to have an important role in helping victims of toxic relationships in the family, especially women and children who are vulnerable to various forms of violence and abuse (APPA, 2024). APPA's role in cases of toxic family relationships is not limited to the points mentioned above. APPA can adapt its role to the needs and situation of the victim. Victims of toxic family relationships can also seek help from other institutions, such as the Women and Children Integrated Service Center (P2TP2A), the Indonesian Child Protection Commission (KPAI), and the Legal Aid Institute (LBH).

CONCLUSION

The important role of the Alliance for the Care of Women and Children (APPA) in dealing with toxic relationships in families is based on the perspective of Mubadalah. Mubadalah, with the principles of mutual understanding, respect and love, is the main foundation for helping victims of toxic relationships and building harmonious families. Toxic relationships in families can hurt the mental and emotional health of the family members involved. Applying the principle of mubadalah is one effective solution in handling this situation. APPA has an important role in helping victims of toxic family relationships. These roles include, mentoring and emotional support, legal assistance and advocacy, victim recovery and prevention and education. Toxic relationships in the family can be prevented by increasing public awareness about its characteristics and building open and healthy communication in the family. APPA, with its strategic role, is expected to contribute in realizing a harmonious family free from toxic relationships. By applying Mubadala as a concept of prevention and treatment in cases of toxic relationships in the family, it shows how important it is to give each other comfort in married life. This is in line with what Islam teaches regarding married life. That husband and wife are prohibited from doing *nuzus* or hurting each other. Thus, harmony will be realized in family life.

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