



Toxic Relationship Experienced by Tessa Young Shown in “After” Movie: A Content Analysis and Psychological Approach

Bejo Sutrisno¹

bejo.sutrisno@uai.ac.id

Applied Linguistics Magister Department, Universitas Al-Azhar Indonesia

Debora Eunia Wilar

Devora_ew@stibaiecjakarta.ac.id

English Literature Department, Sekolah Tinggi Bahasa Asing IEC Jakarta

Rachmawati Sukrisno

b.rachmawati@stieimp.ac.id

Accounting Department, Sekolah Tinggi Ilmu Ekonomi Mulya Pratama

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Abstract: The term "love" refers to routine acts of caring and concern for other people. Though there are some aspects of love that are irreversible and can have deadly repercussions. This study is about the main character who experienced multiple effects of toxic relationship. The aims of this study are to analyse and explain what the characteristics and negative effects of toxic relationship experienced by Tessa Young. This study uses qualitative method that includes content analysis and psychological approach. The data in this study was gathered from both primary and secondary sources. The primary data is the script of the movie and the secondary data are textbooks, articles, and journals. The outcomes of this study indicate that toxic relationships are unhealthy and should be avoided by couples. It has a detrimental impact on couples and can transform people's unhealthy habits. The conclusion of the research is that the features and bad impacts of toxic relationships can help female friends everywhere fight against toxic partnerships.

Keywords: *Toxic Relationship, Characteristics, Negative Effects*

INTRODUCTION

Intimacy, passion, and commitment are characteristics of the feelings and actions that make up love. It entails protectiveness, intimacy, desire, affection, and trust. The concept of ‘love’, referring to everyday practices of concern and care for others. However, there are some things of love that can dispute with fatal consequences (Bratrud, 2021). At first sight, a person can quickly feel emotionally linked to and attracted to another person, and depending on who is seeing

someone as attractive, their perceived attractiveness can change. (Grant-Jacob, 2016). The stage of becoming an adult are a period experienced by everyone, the desire to do new things always wants to be done by humans. It is a pure act born of knowledge that wants to always develop that is endless. Depends on where the science is anchored. Many people lose their future because of their own actions that violate the law and there are also those who lose their future because of love (Ni Luh Wiweka Widyastuti et al., 2022).

¹ Corresponding author

There are a lot of problems that occur frequently when someone is in a relationship, such as emotional abuse, physical abuse, and manipulative attitude where someone can gain some harsh treatments (Cuxart et al., 2021). People who are in need of attention and love frequently begin dating members of the other sex. All couples want to be in a happy, loving relationship with honest communication and other good qualities, but whether they realize it or not, a lot of people are still in unhealthy relationships. This unhealthy union has a significant detrimental impact on the couple's bodily and psychological well-being as well as their tendency toward pessimistic thinking (Solferino & Tessitore, 2021). The hallmark of a toxic relationship is disparity, or a non-egalitarian condition in which one of the two partners is dependent on the other, setting off a dominance and subordination process (Zahiduzzaman, 2015). In these partnerships, one spouse invests far more effort than the other, who occasionally may even make no effort at all. Because there are so many news stories regarding topics relating to toxic relationships, such as suicide, stress, domestic abuse, and dropping out of school, the hashtag "toxic relationship" has become a popular issue of current events in 2018 (Racionero-Plaza et al., 2021). They also stated any sort of violence in a close relationship is poisonous and harms the victim's mental and physical health on many different levels. Many individuals are preoccupied with money concerns during the Covid-19 outbreak, therefore they aren't concerned about their physical well-being. Today, taking care of our bodies is crucial because maintaining a healthy immune system is necessary. In another study conducted by Racionero-Plaza et al., (2020) lack of selenium can cause a decline in the function of numerous organs of the body to metabolize the body, as well as mental fog or lower brain performance, which leads a person to be more fearful of being alone. In a setting like this, aided by a pandemic that is currently ongoing in Indonesia, people who are involved in toxic relationships unknowingly put themselves in a predicament

that may be described as a death spiral. According to Tierney & Fox, (2011) in a toxic relationship, emotional dependence takes over, making the partner our exclusive communicator, so that being joyful and excited is entirely dependent on the other person, much like drug addiction. To escape desertion and the resulting loss of affection, the addicted partner blanks himself or herself out, whilst the counterpart takes advantage of the connection to feel appreciated and in charge. A poisonous relationship indicates psychological and, at times, physical aggression and can lead to a catastrophic murder occurrence. The bulk of these murder victims are women (Walther & Bassett, 2004). Create a theoretical model that sheds light on the dynamics that lead to toxic relationships. Soave (2015) look at what kind of intervention policies individuals may support in order to protect themselves and minimize stifling addiction in order to escape from physical or psychological abuses inside the family or in a relationship with someone. Assuming that the toxic partner's conduct is exogenous and that income or fortune is the primary cause of addiction, they discover that an asymptotically stable equilibrium with positive love is always feasible. The presence of a third unconditionally reciprocating partner as a standard, the availability of another partner, support from family, friends, and private groups in assisting victims all serve to reduce the toxic spouse's attraction.

According to Maftai & Dănilă, (2021) toxic relationships can be characterized by physical and emotional violence against partners. Divergent viewpoints are common in all types of relationships. Conflict does not always indicate that a relationship is harmful. However, if there is a persistent pattern of unkind, selfish conduct, it may be a sign that the relationship is toxic (Cuxart et al., 2021). In a relationship, toxic behaviors are frequently intrinsically unhealthy, harmful, emotionally taxing, and can harm others' feelings of self-worth. On the other side, constructive interpersonal actions need to raise one's self-

worth and emotional vitality (Muñoz-Rivas et al., 2019). Relationships that are toxic are difficult to mend and resolve with gifts, conversation, or even counseling. Most often, toxic relationships terminate in an explosion that has long-lasting effects on you. Recognize the warning signs of a toxic relationship early so you can steer clear of it at all costs to avoid getting engulfed by the veiled evil in one (J B, 2022).

An individual picks up these negative traits through the harsh language and criticism that are shared on the internet every day, which causes the individual to use them against his partner or other people who are close to him (J B, 2022). The construction of poisonous characteristics is also influenced by the environment, where the demands placed on the brain prevent it from exercising control or filtering out the positive. Bad things are therefore what the brain picks up (Wang et al., 2020). These environmental and online influences mold a person's toxic personality, which they then carry into a romantic relationship where one of them may suffer as a result (Lahad & van Hooff, 2022). However, a lot of people continue to be unaware that they are in a toxic relationship. Even worse, they believe that their partner's toxic treatment of them was an act of love and affection (Azzahra & Suhadi, 2021). A lack of information about the structure and features of toxic relationships makes it difficult for someone who is in this situation to get out of it. To get out of a toxic relationship, individuals must first understand what a toxic relationship is. (Yani et al., 2021). Racionero-Plaza et al., (2020) in their research has demonstrated in psychology the frequency of gender-based violence among youth globally, as well as the harmful effects such abuse has on the victims' mental and physical health. Neuroscience has shown that violent personal relationships are harmful to the brain, yet extremely basic social encounters can modify the brain architecture in favorable ways.

Recently, the topic of toxic relationships in

Indonesia has received attention. One of them is because several Indonesian public figures share stories related to their experiences of being trapped in toxic relationships. (Syafira et al., 2022). Research on toxic relationships is important because most of our society doesn't know and realize what a toxic relationship is. A friend of the author endured a very bitter thing in a relationship from mid-2021 to 2022, namely being locked in a toxic relationship, which finally caused a friend of the author to end up in a coma in a hospital. Alexa Blair is a student and employee chosen by the researcher to be the object of this research because she is considered an educated person, who should be sensitive to toxic relationships, but it turns out to be in a toxic relationship. From the previous researches, it is very rare to discuss which provide information to women who are trapped in toxic relationship. Thus, based on the preceding explanation, the writer would like to conduct a research as a form of concern and to provide information to women so that they are not trapped in toxic relationships. Recently, the topic of toxic relationships in Indonesia has received attention. One of them is because several Indonesian public figures share stories related to their experiences of being trapped in toxic relationships. (Syafira et al., 2022). Research on toxic relationships is important because most of our society doesn't know and realize what a toxic relationship is. A friend of the author endured a very bitter thing in a relationship from mid-2021 to 2022, namely being locked in a toxic relationship, which finally caused a friend of the author to end up in a coma in a hospital. Tessa Young is a student and as the main character in "After" movie chosen by the researcher to be the object of this research because she is considered an educated character, who should be sensitive to toxic relationships, but it turns out to be in a toxic relationship. Thus, based on the preceding explanation, the writer would like to conduct a research as a form of concern and to provide information to women so that they are not trapped in toxic relationships.

During the analysis process, it is critical to specify the problems that will be analyzed in order to avoid ambiguity and to assist the writer in obtaining a clear description of the object of analysis itself. This research is focused on a specific aspect of the problem such as (1) the characteristics of toxic relationship and (2) the negative effects of toxic relationship

Characteristics of Toxic Relationship

To get out of a toxic relationship, we must first understand its features. A toxic relationship is one that is harmful to both the self and the partner by making them feel worse. Toxic relationships have traits such as extreme romantic jealousy, the partner's egoism (selfishness), a lack of honesty, and fear of abandonment (Villarejo-Carballido et al., 2022).

Excessive Romantic Jealousy

Excessive romantic jealousy is a complicated emotional feeling that is inherent in personal relationships. Villarejo-Carballido et al., (2022) says that collection of thoughts, feelings, and behaviors accompany a danger to self-esteem or undermine the existence or quality of the relationship. The perception of a genuine or potential attraction between the spouse and a rival generates these risks. In addition, jealousy is a condition that, depending on the circumstances, can elicit feelings such as grief, rage, fear, or worry.

1. Egoism (Selfishness) of the Partner

Egoism is derived from the word ego, which refers to an individual's perspective of himself, which influences his behavior. The ego is the central component of consciousness, which is the natural process of the individual and is made up of memories, ideas, feelings, and sensory perceptions. So, if someone always puts his own interests first, he is called a selfish person. So, if someone always puts his own interests first, he is called a selfish person.

The most obvious signs of a selfish person are putting their own interests ahead of those of others, finding it difficult to accept advice as long as it does not benefit them, refusing to cooperate, wanting to win on their own, having

little tolerance, being coldly calculating, understanding nothing, and being stubborn.

2. Lack of Honesty

Being truthful entails speaking the truth, even if it is difficult or leads you into problems. Honest individuals speak openly and directly; they do not lie, cheat, steal, or alter information to keep it hidden from others. The only exception is when telling a "white lie" to protect someone's feelings.

In a relationship, honesty is a very important value that we should do all in our ability to preserve. It is critical to the health and durability of the connection. Honesty in a relationship is critical since it ensures that we can trust and rely on the person we love. In a relationship, a lack of honesty causes people to lose faith in their partner, generates suspicion, and creates an uncomfortable scenario. That is why honesty is essential in a relationship.

3. Fear of Abandonment

One of the anxieties of people locked in toxic relationships is fear of abandonment. Relationships may be toxic at times, leaving a person feeling uneasy or terrified. In a toxic relationship, a spouse may physically abuse you by pushing you, hitting you, or destroying your belongings. You can also be controlled. Your spouse directs what you do, what you dress, and who you spend out with. They watch you all the time or use threats (such hurting you or themselves) to coerce you into doing things. or maybe put you under pressure. Your partner coerces you into doing activities, like having sex or using drugs and alcohol, that you don't want to do or aren't ready for. They do not accept "no" for an answer and resort to threats or ultimatums.

Negative Effects of Toxic Relationship

The negative effects of a toxic relationship may have an influence on a person both physically and emotionally. Furthermore, toxic relationships might have an impact on someone's behaviors. Someone who is influenced by the negative consequences of a

toxic relationship may do actions that are harmful to themselves. A toxic relationship can consist of these various subcategories which are disrespect, inequity, conflicts with parents, mental health issues, abuse, and frequently lied to. (Azzahra & Suhadi, 2021; Cuxart et al., 2021).

1. Disrespect

The definition of 'disrespect' according to the Oxford Dictionary is a lack of respect or civility. Dishonor, discourtesy, and disesteem are some synonyms for disrespect. Disrespect was also frequently noted as a component and negative influence of a toxic relationship. When asked to characterize an unhealthy relationship, one responds, "Negativity, anxiety, and disrespect."

Disrespect arises when there is obvious contempt for one or both parties in a relationship, such as hostility or the belief that the other is inferior or beneath them. Physical and verbal abuse, as well as adultery, are examples of deal breakers.

2. Inequity

The winning formula for fairness in partnerships is proposed by equity theory: Benefits less expenses for one partner should equal benefits less expenses for another partner. Regardless matter whether a relationship is overly or underly beneficial, someone who feels that it is unjust will not be happy in it. The longer this sense of injustice (lack of equity) persists, the more probable it is that a couple will divorce.

3. Conflict with Parents

The impact of toxic relationships in the family environment is also found in some cases experienced today by young people. They tend to choose to their partners compared to parents. This is bad for family harmony as well as for people who are in toxic relationships because they will always feel inadequate or rather they feel that no one can support them in terms of romance.

The role of parents is also important in this case. Making the wrong decision can cause

children to be under pressure and will think short in making decisions. If parents are too restrictive, children will tend to leave their parents and choose girlfriends who, although toxic, are comfortable and can express anything without having to face judgment from parents.

4. Mental Health Issue

The term "mental health" refers to a person's cognitive, behavioral, and emotional well-being. It all comes down to how individuals think, feel, and act. The word "mental health" is occasionally used to refer to the absence of a mental disease. Mental health difficulties were referenced several times and featured as a subsection under toxic partnerships. A toxic relationship can lead to mental health problems like despair, anxiety, and obsession.

5. Abuse

Abuse is a subcategory that includes both emotional and physical abuse. Emotional abuse is defined as responses that involve manipulation and pulling each other down. Emotional abuse is a method of exerting control over another person by using emotions to criticize, embarrass, shame, blame, or otherwise influence them. In general, an emotionally abusive relationship occurs when there is a continuous pattern of abusive remarks and bullying acts that wear down a person's self-esteem and impair their mental health. Physical abuse is defined as the use of physical force against another person that causes or may cause injury. Physical abuse in a relationship frequently begins gently, such as with a shove or a slap, and then worsens over time.

6. Frequently Lied To

One of the pillars of a healthy partnership is honesty. If your partner, on the other hand, frequently lies and covers things up, it is a symptom that you are in a toxic relationship. In a relationship, ideally each individual will love, care for, and provide security for each other. However, in a toxic relationship, one party will usually attempt to dominate, manipulate, and lied the other. When a partner lies once, it will

happen again and again, causing trust concerns in the relationship.

METHOD

A qualitative method was used in this study, which included content analysis and a psychological approach. The content analysis method can be applied to both qualitative and quantitative data. Qualitative content analysis is one of several qualitative methods for analyzing and interpreting data that are currently available. Hlady-Rispal et al., (2021) mentioned that find data from all accessible data since qualitative content analysis can be applied to a wide range of materials. Patterns can be used to classify and sort data. Researchers in the social sciences developed the qualitative technique to examine things like emotions, ideas, and actions.

The process of assessing the content of a design analysis for a film is known as content analysis. This research endeavors to examine the data included in a film screenplay in order to grasp the data's substance and significance.

Data is raw material that needs to be processed to produce information. Hlady-Rispal et al., (2021) stated that the data placed is categorized into four types: observation, interviews, documents, and audiovisual materials. In this research, the researcher decided to use several techniques to get any data and make an accurate data analysis as follows: (a) Movie and the script of the movie as primary sources and (b) Supporting data analysis such as textbooks, articles, journals, reviews of all that is related to the movie and websites as secondary sources.

FINDINGS AND DISCUSSION

Findings

After watching the movie and researching the script, the writer discovered the following research finding, it includes characteristics of the toxic relationship in "After", and the negative effects of toxic relationship experienced by Tessa Young that found in the movie.

1. The Characteristics of Toxic Relationship in "After" Movie

The writer uses some method of analyzing the characteristics in Yastanti & Widhiyanto, (2018) journal, namely the dialog between characters and the actions of the characters in the film. The characteristics of toxic relationship experienced by Tessa Young in "After" movie will describe as follows:

a. Excessive Romantic Jealousy

Trevor: Whoou!! Tess, how much have you drink? You still mad about Hardin and Molly?"

Tessa: I don't know, like five?"

Script 1: Characteristic of Toxic Relationship

In this script, Tessa feels so disappointed and angry with Hardin that she takes it out on him by getting drunk at a club. With an unstable emotional impulse Tessa drank five bottles of alcoholic beverages even though Tessa was not a person who liked alcoholic beverages. Tessa felt very jealous when she saw Hardin (Tessa's boyfriend) talking and joking with a girl named Molly at the school night party. Molly is Hardin's classmate.

b. Egoism (Selfishness) of the Partner

Hardin: "What was what, Tess?"

Tessa: "Were you, like, embarrassed that they saw us together?"

Script 2: Characteristic of Toxic Relationship

In this script, shows how selfish Hardin is towards Tessa. In some previous scripts Hardin said that he didn't want to marry Tessa and this script supports Hardin's selfishness. He do not want tell his friends that he and Tessa are together or in a relationship. After confirming to her friends that Tessa was just Hardin's friend, Tessa left the restaurant dejectedly because she felt disrespected.

c. Lack of Honesty

Hardin: "Nothing's going on with me and her"

Tessa: "Well, I don't believe you. I saw the text that she sent you!!"

Script 3: Characteristic of Toxic Relationship

In this script, the first instance of Hardin's dishonesty is that he is seeing Tessa merely as a pawn in a wager. However, as time passed, he grew to like her and desired Tessa to be a real person in his life. But instead of telling Tessa the truth, he chooses to keep it a secret.. After Tessa read the text in Hardin's phone from Zed saying "did you tell her yet? About the bet?" She went to meet Zed and other Hardin's friends asking the truth. Hardin following her. And at the end, Zed says that it was a bet when Hardin dating Tessa.

d. Fear of Abandonment

Tessa: "Please, can we just... Can we just go inside and talk?"

Hardin: "There's no need to talk, Tess"

Script 4: Characteristic of Toxic Relationship

In this script, demonstrates how terrified Teresa is as Hardin is about to depart her life. Despite knowing and frequently experiencing harmful things from Hardin, Tessa refuses to let him go. The sense of dependence that Tessa has on Hardin is just too strong. This is evident by how terrified Tessa is when Hardin leaves.

2. The Negative Effects of Toxic Relationship in "After" Movie

The researcher tries to show the negative effects of toxic relationship. Some of the descriptions are related to the writer's explanation of the facts and to the content of the movies.

a. Disrespect

Hardin: "Look, it was fun, but I don't date"

Tessa: "Are you actually kidding me? You? You don't date?"

Hardin: "Why is that so bad? Why do need the label?"

Tessa: "This whole time, those time we spent together? What was that?! I've never been treated like this for my entire life. Hardin,

I have self-respect. I will not be your play thing, especially when it involves being treated like dirt"

Hardin: "Ouh wow!! We got a princes here!! Don't be such a mushy woman, Tess!! You're not a little baby anymore (saying bad/cursing Tessa)"

Tessa: "I can't believe what I just heard from you. You are cruel to me, so cruel. I'm done with you, Hardin

Script 5: Negative Effect Disrespect

In this script, because of Hardin's roughness, there is disrespect. He frequently spoke angrily to Tessa. Although she is aware of this, she continues to try to forgive Hardin until she eventually grows weary of his extremely rude behavior toward her. He likes to talk to Tessa rudely. Although there were a few times he said he didn't mean to be like that to Tessa, yet he keeps doing it many times. Tessa felt very hurt by Hardin's cruel attitude that Tessa had never experienced in her life. The harsh words Hardin said to Tessa were imprinted. From the script above, besides being rude, Hardin's disrespectful treatment to Tessa has also seen when he only wants to be friends with benefits with Tessa, not enter into a relationship with her. Tessa refused because she didn't want any man to take a chance on her life without loving her and making a commitment to be together. Tessa rejects being Hardin's pawn in his game. It is so bad to be treated disrespect by someone that she loves the most. In this script, Tessa Young experienced disrespect because of the rudeness of Hardin.

b. Inequity

Hardin: "Tessa, I thought we had a chance for a happy one, but at last, it was not mean to be. I need to clear my mind and that's exactly why I had to get as far away from you as possible. Goodbye, Tessa (a letter Hardin wrote for Tessa)"

Tessa:" (trying to call Hardin and left him a voicemail) Hardin, you have to call me. We need to talk about this. You can't disappear like this. Call me. This isn't fair, Hardin!! You can't be like this, I can face it by myself."

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Script 6: Negative Effect Inequity

In this script, Tessa and Hardin had an argument about their family. Cause of that argument Tessa had an accident and Hardin being a coward by living Tessa alone without saying goodbye and only leaving a piece of paper and puts all the problems that Hardin started to Tessa. She tried to reach out for Hardin but it didn't end well. She felt that it's not fair. Hardin makes Tessa cleaned all the mess, all the problem by her-self.

c. Conflicts with Parents

Tessa: "Are you serious right now?"

Tessa's Mom: "I mean, after all this work and you are going to throw it away for some boy?"

Tessa: "What are you talking about? I'm not"

Tessa's Mom: "You're going to break up with this boy, right now!!"

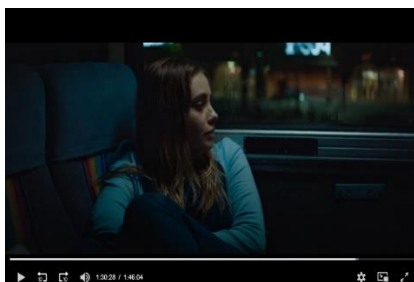
Tessa: "What? NO!! I'm sorry that your life doesn't work like you want but this is my life! You have to let me live it"

Tessa's Mom: "If I walked out that door right now, you're cut off. Remember this, he's gonna break your heart"

Script 7: Negative Effects Conflicts with Parents

In this script, Tessa's mom came to her dorm and saw Tessa with Hardin. She was shocked. As soon as she saw Hardin she really doesn't want him to be Tessa's boyfriend. They had an argument and at the end Tessa's mother give her a choice to break up with Hardin or Tessa will cut from her life. Tessa choose Hardin and it hurts Tessa's mother feeling, she left the room with tears. Tessa had persuaded her mother to try to accept Hardin but her mother didn't want to. Tessa's connection with her mother became increasingly strained after that.

d. Mental Health Issue



Scene 1: Negative Effects Mental Health Issue

In this scene, Tessa is stressed. She is sitting on a bus, crying the entire time. Tessa worked on this for approximately a month. She only cried, daydreamed, and wandered aimlessly. She no longer attended lectures at her institution, and she failed to complete all of her instructors' tasks. Tessa also screamed a lot at night for no apparent cause.

e. Abuse

Hardin: "Fuck off, you bitch!!"

Tessa: "You have no reason to upset with me and insulting me like this!! All I'm doing is trying to look decent to go to dinner with your family when you refuse to"

Script 8: Negative Effects Abuse

In this script, the kind of abuse that Tessa experienced is emotional abuse. From the script above, It is demonstrated how Hardin treats Tessa rudely only for dressing nicely to go to his father's place for supper. Even if he doesn't want to go to dinner, he humiliates Tessa nevertheless. Because Tessa persisted on attending Hardin's father's party anyhow. Hardin went after Tessa during the party and made a disturbance, and Hardin told Tessa to leave with words that should not have come from the mouth of a guy who claimed to love Tessa. Hardin frequently treats Tessa badly, criticizes her, and offers harsh criticism that can depress and depress Tessa. Tessa's response to hearing Hardin say those words was stunned silence.

f. Frequently Lied To

Tessa: "You're just a liar"

Hardin: "That was all before..."

Tessa: "Before what? Before you snap your fingers and you turned it off? You have lied to me like thousands time, Hardin!"

Hardin: "You said nothing could change the way you felt about me"

Script 9: Negative Effects Lack of Boundaries

In this script, Tessa discovered that Hardin had been lying to her all along. Hardin was an

alcoholic. Upon meeting Tessa and dating Tessa she made Hardin promise her not to drink alcohol again and Hardin promised not to do so again. One day, Hardin told Tessa that Hardin worked in a bar hearing that of course Tessa was very happy. Every time before going to work Tessa always warned Hardin not to drink alcohol. But at that time Tessa happened to be at the bar where Hardin worked and asked Hardin's whereabouts. One of the employees at the bar said they didn't have an employee named Hardin. Hardin came to the place not to work but to drink alcoholic beverages. It wasn't long before Hardin arrived and the two were shocked when they met each other's eyes. Tessa immediately pulled Hardin out and had an argument out there.

Discussion

After the writer analyze the toxic relationship experienced by Tessa Young as shown in "After" movie.

1. The Characteristics of Toxic Relationship

The characteristics of toxic relationship, in "After" movie can be related to psychology in literary criticism. According to Fernandez Sánchez, (2017), the role of psychology in literary criticism is related to character, characterization and characteristics. Psychology can explain why a character in a story is good or bad. Psychology also learns how something is related to feelings, ideas, and also behavior. This is mostly indicated by Hardin's behavior towards Tessa Young. From the treatment Tessa received, it changed her drastically without her realizing it. Based on script 4, Tessa's excessive jealousy was shaped by Hardin's alpha behavior. He forbids Tessa to go out alone with other men while Hardin can go out with any woman, which triggers excessive jealousy. Tessa couldn't communicate her feelings of jealousy so she vented them on things like getting drunk.

From the findings above, can be seen in script 2 and script 3 it shows another characteristics of toxic relationship experienced by Tessa Young. Egoism or selfishness and

lack of honesty. Tessa initially came to college to make new and supportive friends but she became a new person after meeting Hardin. Hardin's selfishness towards Tessa terrified her since it made her feel low and insecure. Even nevertheless, Tessa refused to give up Hardin. According to Grant-Jacob, (2016), love for one's physique can greatly outweigh the vices one gets from one's partner. This is why Tessa is also very difficult to let go of Hardin, his handsomeness makes Tessa blind to all the bad treatment she receives from Hardin. Looks are important but honesty in a relationship is also important. The dishonesty that Hardin did not disclose to Tessa made Tessa hurt because she found out about it from other people. Honesty in a relationship is the basis that we must plant strong from the beginning of a relationship.

The disappointment Tessa felt in her relationship with Hardin greatly impacted Tessa's daily life, there were many times Tessa felt insecure. Based on script 4.4 where Tessa did not want Hardin to leave shows that Tessa's focus only on Hardin. She did not studied anymore and some of her grades dropped dramatically. The characteristics of a toxic relationship are in plain sight but tend to go unnoticed because there are some romantic behaviors that Hardin does and it makes Tessa feel loved. There are also some people who experience the same thing as Tessa. Being blinded by something, whether it is love, money, position and luxurious things that make us often hurt when reaching for these things. Sejati & Isnaini, (2022), claims that when humans are blinded by something whose depth is unknown, they are hesitant to let go until they sink so far that it is difficult to return.

2. The Negative Effects of Toxic Relationship

The researchers see that what Tessa Young experienced when she in toxic relationship is so painful. In this case, disrespect can be seen in script 5 occurs as a result of Hardin's rudeness. He spoke impolitely to Tessa a lot. Even after realizing it, she makes an effort to pardon Hardin. Since the start of their relationship,

Hardin has treated Tessa disrespectfully, expressing a desire to be friends for financial gain rather than a committed partnership. Yet, Tessa still want Hardin in her life. Because of Hardin's roughness, there is disrespect. He frequently spoke angrily to Tessa. Although she is aware of this, she continues to try to forgive Hardin until she eventually grows weary of his extremely rude behavior toward her. He likes to talk to Tessa rudely. Although there were a few times he said he didn't mean to be like that to Tessa, yet he keeps doing it many times. Tessa felt very hurt by Hardin's cruel attitude that Tessa had never experienced in her life. The harsh words Hardin said to Tessa were imprinted.

In addition to the disrespectful treatment, Tessa also experienced the injustice (inequity) made by Hardin, based on script 6. Hardin being a coward by living Tessa alone without saying goodbye and only leaving a piece of paper and puts all the problems that Hardin started to Tessa. Tessa also solved Hardin's problems several times, whether it was in the campus environment, family or friendship. This unfair treatment is felt by a woman who should be loved. Walther & Bassett, (2004), victims of toxic relationships are often hesitant to leave toxic spouses because their families are disintegrating. This is why it's hard for Tessa to leave Hardin. Script 7 is another impact of this toxic relationship experienced by Tessa Young. Conflict with parents. Tessa's mother wanted Tessa to focus on her studies and strongly opposed Tessa and Hardin's relationship. Tessa, who was just dating Hardin at the time, refused her mother's request and in the end her mother broke off her relationship with Tessa with a heavy heart because Tessa did not want to follow her mother's wishes.

According to script 4 when Tessa traveled by bus aimlessly proving that she was not mentally well at the time. Hardin had left. He flew to New York to his mother. Tessa was also having problems with her mother at the time. At that time Hardin, who should have been her backup left her. Tessa became quiet, spent more

time in her room, and went out at night as a result. She would also scream for no apparent reason at night. Wells & Molina, (2017), claims that a couple's relationship that has been sprinkled with a sprinkle of lies will end in tears or the worst thing is death. Tessa often forgives all of Hardin's lies which in the end Hardin always lies to Tessa without any guilt. Hardin lied about working at a bar. Instead of working, he was a customer at the bar. At the time of knowing this, Tessa felt hurt because all this time Hardin was not so serious with her, judging by Hardin's nature who liked to lie. This can be seen in script 4.2.6 script 4.9. From script 4.8 the impact of this toxic relationship also contains elements of violence. In this case it is violence that is used verbally.

CONCLUSIONS

There are probably many women out there who are unknowingly trapped in toxic relationships like Tessa Young. In this research the researcher hope to wake up the awareness of the women out there in order to save themselves from toxic relationships. Following the examination of toxic relationships, including their traits and detrimental effects, a number of conclusions must be drawn.

The characteristics of toxic relationship that shown in 'After' movie can be seen from the behavior of the characters in the film, dialogue between characters and language the writer can conclude that the characteristics of toxic relationship experienced by Tessa Young, as the main character in "After" movie are jealousy, selfishness, lack of honesty and fear of abandonment. One of the main reasons of toxic relationships is dishonesty. Because Hardin has not told Tessa the truth—that he is only seeing her for a bet—she is extremely disappointed. There are multiple negative effects of toxic relationship that the researcher found in the "After" movie, experienced by Tessa Young as the main character. First she was not respected as woman, when Hardin don't want to admit to his friends that Tessa is he's girlfriend. After that, Hardin left Tessa with all the problem that he started then Tessa



solved those problem alone. Not only that, but Tessa encountered inequity, which harmed Tessa's whole mental health. She ignored her academics, yelled at night, cried nonstop, and isolated herself from the outer world. Second, after being disrespect, inequity and had some mental health issue other negative effects Tessa Young experienced are being abuse emotionally, being lied repeatedly and because of the conflict that Tessa had with her mother, Tessa was cut off from her family. Tessa gave up her mother to be with Hardin who is a toxic boyfriend. In the end Hardin's behavior created a toxic relationship with Tessa.

The characteristics and negative effects of toxic relationships can help female friends out there to fight against toxic relationships. From the main character, Tessa Young, it can be seen how she lives in a relationship that without realizing it has led to a toxic relationship and brought Tessa further down so that toxic relationships has a very bad impact on education, daily life, mental health and relationships with parents.

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