

Neurotic Trends Among Individuals in Early Adulthood Who Experience Emotional Abuse in Dating Relationships

[Tren Neurotik Pada Individu Dewasa Awal yang Mengalami Kekerasan Emosional Dalam Hubungan Berpacaran]

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One of many issues in dating relationships is physical or emotional abuse. This issue becomes complicated as this relationship form is often not legally bound. In addition, dating violence is often associated with men as perpetrators and women as victims. Using Horney's classical theory, the authors aim to explain the personality dynamics of individuals in early adulthood who experience emotional abuse in dating relationships. This study applied a phenomenological qualitative approach. The technique utilized to obtain data was through questionnaires, interviews, and online observations of four participants (one male perpetrator, one male victim, one female perpetrator, and one female victim), whereby each participant was unrelated to each other. A thematic analysis found that participants who were perpetrators of emotional abuse in dating relations had a tendency towards aggressive type neurotic trend, based on the need to control and exploit other parties. The dynamics formed in this relationship are behaviors related to controlling and excessive monitoring of partners, silent treatment and avoidance, and intimidating and threatening the partner. Meanwhile, the victims of emotional abuse in dating relationships have a tendency towards compliant type neurotic trend, that is seen from the need to receive affection, and to have a partner who is powerful and has control over themselves. The dynamics that are formed in this relationship comprise behaviors that tolerate the perpetrator's attitude to survive the relationship, as the victims do not want to lose affection, are still dependent on the perpetrator, and feel that they must concede.

Keywords: neurotic trends, emotional abuse in dating relationship, early adulthood

Salah satu permasalahan dalam hubungan berpacaran adalah kekerasan dalam hubungan berpacaran, baik secara fisik maupun emosional. Permasalahan ini menjadi rumit karena bentuk relasi ini seringkali tidak terikat secara hukum. Selain itu, kekerasan dalam berpacaran seringkali diasosiasikan bahwa laki-laki merupakan pelaku kekerasan dan perempuan adalah korban. Dengan pendekatan teori klasik *Horney*, penulis ingin menjelaskan dinamika kepribadian individu dewasa awal yang memiliki pengalaman kekerasan emosional dalam hubungan berpacaran. Studi ini menggunakan pendekatan kualitatif fenomenologis. Teknik yang digunakan untuk memperoleh data adalah dengan menggunakan kuesioner, wawancara, observasi secara daring terhadap empat partisipan (satu laki-laki sebagai pelaku, satu laki-laki sebagai korban, satu perempuan sebagai pelaku, dan satu perempuan sebagai korban), serta setiap partisipan bukan pasangan. Hasil studi melalui analisis tematik menemukan bahwa partisipan sebagai pelaku kekerasan emosional dalam hubungan berpacaran memiliki kecenderungan tren neurotik *aggressive type* yang didasari kebutuhan untuk mengendalikan dan eksploitasi pihak lain. Dinamika yang terbentuk dalam relasi tersebut adalah perilaku mengontrol atau mengawasi pasangan, merendahkan dan memaki pasangan, mendiamkan dan menghindari pasangan, serta mengintimidasi dan mengancam pasangan. Sementara itu, korban kekerasan emosional dalam hubungan berpacaran memiliki kecenderungan tren neurotik *compliant type* yang didasari kebutuhan memperoleh afeksi, mendapatkan pasangan yang berkuasa dan memegang kendali atas dirinya. Dinamika yang terbentuk dalam relasi tersebut adalah perilaku mentoleransi sikap pelaku dan bertahan dalam hubungan karena tidak ingin kehilangan kasih sayang, bergantung pada pelaku, dan merasa dirinya harus mengalah.

Kata kunci: tren neurotik, kekerasan emosional dalam hubungan berpacaran, dewasa awal

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Dating relationships do not always elicit happiness. When a dating relationship is characterized by obsessive behavior or overdependence toward a partner, the dating relationship becomes unhealthy. This is marked by a decrease in the quality and duration of the relationship (Acevedo & Aron, 2009; Doron et al., 2012; Graham, 2011; Raffagnino & Puddu, 2018). One indication of an unhealthy relationship is abuse in romantic relations. A total of 11,105 cases of domestic and private abuse involving women as victims have been nationally reported (Komisi Nasional Anti Kekerasan Terhadap Perempuan [National Commission on Violence Against Women], 2020). Based on these figures, 1,815 cases involved dating abuse, 6,555 cases involved domestic violence, and the remaining 2,745 cases occurred in other contexts. Although the amount of abuse in dating relationships is less than in domestic violence, it is a complex issue due to the nature of the relationship that does not have a legal basis (Follingstad et al., 2002). Previous studies have found that domestic violence is essentially a continuation of abuse that has occurred since dating (Makepeace, 1981; Stets & Pirog-Good, 1987). In other words, abuse in dating relationships that are handled more optimally will potentially reduce the number of domestic violence. Therefore, it is necessary to place more attention on studies related to abuse in dating relationships (Stets & Pirog-Good, 1987).

Abuse that occurs in romantic relationships can be classified into four categories, which include: (1) physical abuse; (2) emotional abuse; (3) sexual abuse; and (4) economic abuse (Slabbert & Green, 2013). Physical abuse is an attack that results in injury, ranging from bruises, heat marks, burns, stab wounds, and broken bones, either intentionally or impulsively (Slabbert & Green, 2013). Emotional abuse is a continuous verbal or non-verbal attack that destroys aspects of self-esteem and self-confidence (Slabbert & Green, 2013). Furthermore, Murphy and Hoover (1999) in a study that focused on emotional abuse, defined it as a form of behavior that controls, isolates, criticizes, cuts

Hubungan berpacaran tidak selalu membawa kebahagiaan. Ketika hubungan berpacaran diwarnai oleh perilaku obsesif atau ketergantungan yang berlebihan terhadap pasangan, hubungan berpacaran menjadi tidak sehat. Hal tersebut ditandai dengan menurunnya kualitas dan durasi relasi (Acevedo & Aron, 2009; Doron et al., 2012; Graham, 2011; Raffagnino & Puddu, 2018). Salah satu indikasi relasi yang tidak sehat adalah kekerasan dalam relasi romantis. Sejumlah 11.105 kasus kekerasan di ranah rumah tangga dan privat dengan perempuan sebagai korban telah dilaporkan secara nasional (Komisi Nasional Anti Kekerasan Terhadap Perempuan [National Commission on Violence Against Women], 2020). Berdasarkan angka tersebut, 1.815 kasus merupakan kekerasan dalam hubungan berpacaran, 6.555 kasus merupakan kekerasan dalam rumah tangga, dan sisanya sebesar 2.745 kasus terjadi pada konteks lain. Walaupun jumlah kekerasan dalam hubungan berpacaran lebih sedikit dibandingkan kekerasan dalam rumah tangga, hal tersebut merupakan masalah kompleks karena sifat hubungannya yang tidak terikat secara hukum (Follingstad et al., 2002). Studi sebelumnya menemukan bahwa kekerasan dalam rumah tangga pada dasarnya merupakan kelanjutan dari kekerasan yang terjadi sejak menjalin hubungan berpacaran (Makepeace, 1981; Stets & Pirog-Good, 1987). Dengan kata lain, kekerasan dalam hubungan berpacaran yang ditangani secara lebih optimal akan berpotensi menurunkan angka kekerasan dalam rumah tangga. Oleh karena itu, sudah selayaknya kekerasan dalam hubungan berpacaran mendapat porsi atensi yang besar (Stets & Pirog-Good, 1987).

Kekerasan yang terjadi dalam relasi romantis dapat digolongkan dalam empat kategori, yaitu meliputi: (1) kekerasan fisik (*physical abuse*); (2) kekerasan emosional (*emotional abuse*); (3) kekerasan seksual (*sexual abuse*); dan (4) kekerasan ekonomi (*economic abuse*; Slabbert & Green, 2013). Kekerasan fisik merupakan serangan yang mengakibatkan cedera, mulai dari memar, panas, luka bakar, luka tusuk, dan patah tulang, baik dilakukan secara sengaja maupun impulsif (Slabbert & Green, 2013). Kekerasan emosional merupakan serangan secara verbal maupun non-verbal secara terus menerus yang menyebabkan kehancuran dalam aspek harga diri dan kepercayaan diri (Slabbert & Green, 2013). Secara lebih

off social and emotional support, dominates, and threatens aimed at gradually destroying the victim's self-esteem and sense of security. Sexual abuse occurs when one party demands sexual activity without the consent of the partner (Slabbert & Green, 2013). Lastly, economic abuse is a type of abuse that cuts off the partner's economic support and controls the partner's resources (Slabbert & Green, 2013). In Indonesia, out of 11,105 reported cases of violence against women, a majority fell in the physical abuse category (43%), followed by sexual abuse (25%), emotional abuse (19%), and economic abuse (13%) (Komisi Nasional Anti Kekerasan Terhadap Perempuan [National Commission on Violence Against Women], 2020).

Not all forms of abuse in relationships are easily identified, particularly emotional abuse. This is because emotional abuse presents itself in the most subtle form (Capezza et al., 2021), it overlaps with negative communication (Ro & Lawrence, 2007), and even the perpetrators manipulate the victim into thinking the abusive behavior is an expression of love or a mere joke (Keashly, 2001, as cited in Francis & Pearson, 2021). Emotional abuse has a significant role in the analysis of a relationship, such as the detection of dysfunction in relationships (Murphy & Cascardi, 1999; Murphy & Hoover, 1999), indications to predict the potential for physical violence (Follingstad et al., 1990), and indications of controlling traits that are coercive in nature (Stark, 2007). Emotional abuse has the potential to produce negative consequences for victims, which include: (1) damaging their self-confidence and self-concept (Loring, 1994); (2) stimulating doubt and fear; (3) increasing dependence on perpetrators (Cercone et al., 2005; Henning & Klesges, 2003; Bonechi & Tani, 2011); (4) inducing traumatic symptoms (Harned, 2001; Hines et al., 2007); (5) reducing the level of satisfaction with the relationship (Kaura & Lohman, 2007); (6) cause depression (Shorey et al., 2011); (7) increasing substance abuse (Shorey et al., 2011); (8) inducing somatic complaints (Próspero & Kim, 2009); and (9) causing the emergence of suicidal behavior (Estrellado & Loh, 2019).

Emotional abuse not only impacts the victims' emotionality but also negatively impacts the perpetrator.

lanjut, Murphy dan Hoover (1999) yang fokus studinya terkait kekerasan emosional, mendefinisikannya sebagai bentuk perilaku yang mengontrol, mengisolasi, mengkritik, memutuskan dukungan sosial dan emosional, mendominasi serta memberikan ancaman yang ditujukan untuk menghancurkan harga diri dan rasa aman korbannya secara bertahap. Kekerasan seksual terjadi ketika salah satu pihak menuntut aktivitas seksual tanpa persetujuan dari pasangannya (Slabbert & Green, 2013). Terakhir, kekerasan ekonomi merupakan jenis kekerasan yang memutus dukungan ekonomi pasangan dan menguasai sumber daya pasangan (Slabbert & Green, 2013). Di Indonesia sendiri, dari 11.105 kasus kekerasan terhadap perempuan yang dilaporkan, kekerasan terbanyak berada dalam kategori kekerasan fisik (43%), diikuti dengan kekerasan seksual (25%), kekerasan emosional (19%), dan kekerasan ekonomi (13%) (Komisi Nasional Anti Kekerasan Terhadap Perempuan [National Commission on Violence Against Women], 2020).

Tidak semua bentuk kekerasan dalam hubungan mudah dikenali, khususnya kekerasan emosional. Hal ini karena kekerasan emosional memiliki bentuk yang paling samar (Capezza et al., 2021), tumpang tindih dengan komunikasi negatif (Ro & Lawrence, 2007), dan bahkan pelakunya kadang mengelabui korban dengan menganggap perilaku kekerasan yang dilakukan sebagai ungkapan cinta atau gurauan belaka (Keashly, 2001, sitat dalam Francis & Pearson, 2021). Kekerasan emosional memiliki peran yang signifikan dalam analisa sebuah hubungan, yaitu deteksi disfungsi dalam hubungan (Murphy & Cascardi, 1999; Murphy & Hoover, 1999), indikasi untuk memprediksi potensi terjadinya kekerasan fisik (Follingstad et al., 1990), dan ciri sifat mengontrol yang koersif (Stark, 2007). Kekerasan emosional berpotensi menghasilkan konsekuensi negatif terhadap korbannya, yaitu meliputi: (1) merusak rasa percaya diri dan konsep diri (Loring, 1994); (2) menstimulasi keraguan dan ketakutan; (3) meningkatkan ketergantungan terhadap pelaku (Cercone et al., 2005; Henning & Klesges, 2003; Bonechi & Tani, 2011); (4) memunculkan gejala traumatik (Harned, 2001; Hines et al., 2007); (5) menurunkan tingkat kepuasan terhadap hubungan (Kaura & Lohman, 2007); (6) menimbulkan depresi (Shorey et al., 2011); (7) meningkatkan penyalahgunaan zat terlarang (Shorey et al., 2011); (8) menimbulkan keluhan somatis (Próspero & Kim, 2009); dan (9) menyebabkan kemunculan perilaku bunuh diri (Estrellado & Loh, 2019).

Kekerasan emosional tidak hanya berdampak pada segi emosional korbannya, tapi juga berdampak negatif

These include causing: (1) increased anxiety (e.g., jealousy, lack of confidence); (2) difficulties in controlling negative emotions, so they display negative attitudes toward their partners (Ode et al., 2008); and (3) perpetrators to increasingly be unable to control themselves which results in the perpetrator facing anxiety-evoking situations in a maladaptive way (García-Sancho et al., 2017). From this explanation, emotional abuse has an important role and a significant negative impact, hence emotional abuse is set as the focus of this study.

The term “violence against women” shows that in the context of dating relationships, the idea of violence specifically is still often related to men as the perpetrators and women as the victims (Christian & Suvianita, 2019). Even though there is a stigma surrounding the idea that the majority of violence is perpetrated by men against women (Dutton & Nicholls, 2005), in one study Shorey et al. (2012) reported that every year 184 men become victims of abuse, and as many as 37-53 of these men become victims of physical abuse, while 129-166 of these men became victims of emotional abuse. Male victims tend to be reluctant to report their cases due to the stigma associated with traditional gender roles, both internally and externally. Examples of internal forms of stigma are: (1) denying being a victim; (2) worrying about not being trusted; (3) adhering to the norms of masculinity; and (4) shame. On the other hand, examples of external forms of stigma are: (1) there is social inequality that makes male victims apprehensive about being suspected as perpetrators; and (2) lack of support from services or institutions for male victims (McCarrick et al., 2015, as cited in Machado et al., 2017). White and Koss (1991) reported that 87-88% of 2,602 women and 81% of 2,105 men committed or received emotional abuse from a romantic partner in a heterosexual relationship. From previous data and studies, it can be concluded that both women and men have the potential to become victims or perpetrators of emotional abuse in romantic relationships. In other words, emotional abuse in dating relationships is not influenced by sex or gender differences (Começanha et al., 2017).

In the study conducted by Yuspendi et al. (2015), it was found that on each couple, there are two interpersonal factors affecting the marriage quality, being: (1) attachment; and (2) personality. Regarding

pada pelakunya. Dampak tersebut antara lain adalah: (1) meningkatkan kecemasan (misal: rasa cemburu, tidak percaya diri); (2) menimbulkan kesulitan mengendalikan emosi negatif yang dirasakan sehingga menampilkan sikap negatif terhadap pasangannya (Ode et al., 2008); dan (3) membuat pelaku semakin tidak mampu mengontrol dirinya yang berakibat pelaku menghadapi situasi kecemasan dengan cara yang maladaptif (García-Sancho et al., 2017). Melihat paparan tersebut, kekerasan emosional memiliki peranan yang penting dan dampak negatif yang signifikan, sehingga kekerasan emosional ditetapkan menjadi fokus pada studi ini.

Adanya istilah “kekerasan terhadap perempuan” menunjukkan bahwa dalam konteks berpacaran, wacana tentang kekerasan secara khusus masih sering dikaitkan dengan laki-laki sebagai pelaku dan perempuan sebagai korban (Christian & Suvianita, 2019). Meski terdapat *stigma* yang melekat bahwa kekerasan mayoritas dilakukan oleh laki-laki terhadap perempuan (Dutton & Nicholls, 2005), Shorey et al. (2012) melaporkan bahwa setiap tahunnya 184 laki-laki menjadi korban kekerasan, dan sebanyak 37-53 laki-laki dari jumlah tersebut menjadi korban kekerasan fisik, sementara 129-166 laki-laki dari jumlah tersebut menjadi korban kekerasan emosional. Korban laki-laki cenderung enggan melaporkan kasusnya karena adanya *stigma* terkait peran *gender* (jenis kelamin) tradisional, baik secara internal maupun eksternal. Contoh bentuk *stigma* secara internal adalah: (1) menampik sebagai korban; (2) khawatir tidak dipercaya; (3) berpegang teguh pada norma maskulinitas; dan (4) malu. Di sisi lain, contoh bentuk *stigma* secara eksternal adalah: (1) adanya ketimpangan sosial yang membuat korban laki-laki khawatir dicurigai sebagai pelaku; dan (2) kurangnya dukungan dari layanan atau lembaga untuk korban laki-laki (McCarrick et al., 2015, sitat dalam Machado et al., 2017). White dan Koss (1991) melaporkan bahwa 87-88% dari 2.602 perempuan dan 81% dari 2.105 laki-laki melakukan atau menerima kekerasan emosional dari pasangan romantis dalam hubungan heteroseksual. Melihat data dan studi terdahulu, dapat disimpulkan bahwa baik perempuan maupun laki-laki berpotensi menjadi korban atau pelaku kekerasan emosional dalam hubungan romantis. Dengan kata lain, kekerasan emosional dalam hubungan berpacaran tidak dipengaruhi oleh perbedaan *gender* (jenis kelamin) (Começanha et al., 2017).

Pada studi yang dilakukan Yuspendi et al. (2015), ditemukan bahwa pada tiap pasangan terdapat dua faktor interpersonal yang mempengaruhi kualitas hubungan pernikahan, yaitu: (1) kelekatan; dan (2) kepribadian.

romantic relationships, one factor that has an important role in adult relationship patterns is personality (Neumann, 2017). Personality is an individual's way of thinking, feeling, and behaving that is done repeatedly until it is consistently established and becomes a pattern. Therefore, individual personality characteristics can affect the quantity and quality of individuals in relationships (Mund et al., 2018). Furthermore, individuals who have problems establishing relationships may present indications of personality disorders (Neumann, 2017), as maladaptive personality characteristics (compliance type, aggressive type, and detached type) can make it difficult for individuals to adjust to the environment (Horney, 1945).

A study by Karney and Bradbury (1995) and Heller et al. (2004) reported that among the five personality types based on the Big Five Personality Theory, neuroticism is a personality type that is correlated with jealousy (Melamed, 1991), dependence (Dewaele, 2012), anger and aggression (Ode et al., 2008). McCrae and Costa's (1999) concept of neuroticism differs from Horney's (1945) concept of the neurotic trends, in which neurotic trends are more about attitudes as a form of individual self-defense, while neuroticism describes personality in general. However, both explain anxiety within individuals, so the authors use the concept of neuroticism only as an example to understand that individuals who experience anxiety may harm romantic relationships (McCrae & Costa, 1999; Watson et al., 1994, as cited in Coolidge et al., 2015). Although previous studies have examined the personality type of neuroticism and unhealthy romantic relationships, in this study the authors used the concept of neurotic trends to generate a comprehensive picture regarding the initial source of anxiety that individuals possess that forms into compulsive and impulsive needs, thus influencing their attitudes towards other individuals (approaching, confronting, or avoiding) and leads individuals to emotional abuse in dating relationships whether as perpetrators or as victims.

Individuals whose emotional needs are not met, especially during childhood, tend to have compulsive and impulsive needs as a form of compensation to gain a sense of safety. To fulfill these neurotic needs, such individuals are only fixated on one of the self-defense

Berkaitan dengan hubungan romantis, salah satu faktor yang memiliki peranan penting dalam pola hubungan dewasa adalah kepribadian (Neumann, 2017). Kepribadian merupakan cara individu berpikir, merasa, dan berperilaku yang dilakukan secara berulang hingga menetap dan menjadi pola. Oleh karena itu, karakteristik kepribadian individu dapat memengaruhi kuantitas dan kualitas individu dalam menjalin hubungan (Mund et al., 2018). Secara lebih lanjut, individu yang memiliki kendala dalam menjalin hubungan merupakan salah satu dari indikasi gangguan kepribadian (Neumann, 2017), karena karakteristik kepribadian yang tidak adaptif (*compliance type*, *aggressive type*, dan *detached type*) dapat membuat individu sulit menyesuaikan diri dalam lingkungan (Horney, 1945).

Studi yang dilakukan oleh Karney dan Bradbury (1995) dan Heller et al. (2004) melaporkan bahwa di antara lima tipe kepribadian berdasarkan *Big Five Personality Theory*, *neuroticism* merupakan tipe kepribadian yang berkorelasi dengan kecemburuan (Melamed, 1991), ketergantungan (Dewaele, 2012), amarah dan agresi (Ode et al., 2008). Konsep *neuroticism* milik McCrae dan Costa (1999) memiliki perbedaan dengan konsep trend neurotik milik Horney (1945), ketika tren neurotik mengarah pada sikap sebagai bentuk pertahanan diri suatu individu, sementara *neuroticism* lebih menggambarkan kepribadian secara umum. Walaupun demikian, keduanya menjelaskan terkait kecemasan pada individu, sehingga penulis menjadikan konsep *neuroticism* hanya sebagai contoh untuk memahami bahwa individu yang mengalami kecemasan dapat memberikan dampak negatif dalam relasi romantis (McCrae & Costa, 1999; Watson et al., 1994, sitat dalam Coolidge et al., 2015). Meski studi sebelumnya telah mengkaji antara tipe kepribadian *neuroticism* dengan relasi hubungan romantis yang tidak sehat, pada studi ini penulis menggunakan konsep tren neurotik untuk mendapatkan gambaran secara komprehensif sehubungan dengan bagaimana awal sumber kecemasan yang dimiliki individu membentuk kebutuhan yang bersifat kompulsif dan impulsif, hingga memengaruhi sikapnya terhadap individu lain (mendekati, melawan, atau menjauhi) dan mengarahkan individu pada kekerasan emosional dalam hubungan berpacaran baik sebagai pelaku maupun korban.

Individu yang kebutuhan emosionalnya tidak terpenuhi, khususnya ketika masa kanak-kanak, cenderung memiliki kebutuhan yang kompulsif dan impulsif sebagai bentuk kompensasi agar dirinya merasa aman. Untuk memenuhi kebutuhan neurotik tersebut,

mechanisms, making their attitude non-adaptive (or even maladaptive) towards other individuals (Horney, 1945). Neurotic individuals are at risk of being in unhealthy relationships, both as perpetrators and victims, because both have their own specific needs that when if not met, will cause anxiety. Therefore, individuals need their partners to meet both parties' needs, in order to survive in the relationship. For example, perpetrators of emotional abuse in dating relationships need to exert power (neurotic needs for power), while victims of emotional abuse in dating relationships need a more dominant partner (neurotic needs for powerful partner). Apart from being related to personality, previous studies stated that abuse in dating relationships can occur at least within six months of dating and may exponentially increase over the following six months (Follingstad et al., 1997, as cited in Luthra & Gidycz, 2006).

Based on the concept elaborated previously, this study aims to look at the dynamics of neurotic trends among individuals in early adulthood who are dating, regarding experiences of emotional abuse in their dating relationships. This study aims to look at the dynamics of neurotic trends in early adulthood individuals in dating relationships where emotional abuse is present. This is done by examining the characteristics of the participants from childhood, adolescence, to adulthood in dealing with conflict. This study will also describe how neurotic trends influence the emergence of emotionally abusive behavior or how it increases an individual's vulnerability in experiencing emotional abuse based on Horney's (1954) perspective. Thus, this study is expected to provide appropriate intervention recommendations to assist couples who have unhealthy relationships in unhealthy dating relationships.

Method

Study Design

A qualitative method with a phenomenological approach was utilized to gain an understanding of certain experiences by observing the individual's behavior, attitudes, beliefs, and social interactions (Pathak et al., 2013). This study seeks to describe the

individu hanya terpaku pada salah satu mekanisme pertahanan diri yang membuat sikapnya menjadi tidak adaptif terhadap individu lain (Horney, 1945). Individu neurotik berpotensi untuk berada dalam hubungan yang tidak sehat, baik sebagai pelaku maupun korban, karena keduanya memiliki kebutuhan tersendiri, yang apabila gagal terpenuhi akan membuat mereka merasakan kecemasan. Oleh karena itu, individu membutuhkan pasangannya untuk dapat memenuhi kebutuhan tiap pihak, sehingga tetap bertahan dalam hubungan tersebut. Sebagai contoh, pelaku kekerasan emosional dalam hubungan berpacaran memiliki kebutuhan akan kekuasaan (*neurotic needs for power*), sementara korban kekerasan emosional dalam hubungan berpacaran memiliki kebutuhan untuk memiliki pasangan yang lebih dominan (*neurotic needs for powerful partner*). Selain sehubungan dengan kepribadian, studi sebelumnya menyatakan bahwa kekerasan dalam hubungan berpacaran dapat terjadi minimal dalam usia enam bulan berpacaran dan akan semakin meningkat dalam kelipatan enam bulan berikutnya (Follingstad et al., 1997, sitat dalam Luthra & Gidycz, 2006).

Berdasarkan konsep pemikiran yang telah dipaparkan, studi ini mengkaji dinamika tren neurotik pada individu berpacaran usia dewasa awal terkait pengalaman kekerasan emosional dalam hubungan berpacaran. Tujuan dari studi ini adalah melihat dinamika tren neurotik pada individu dewasa awal dalam hubungan berpacaran yang di dalamnya terdapat kekerasan emosional. Hal tersebut dilaksanakan dengan cara melihat karakteristik partisipan sejak usia kanak-kanak, remaja, hingga dewasa dalam menghadapi konflik. Studi ini juga akan menggambarkan bagaimana tren neurotik mempengaruhi kemunculan perilaku kekerasan emosional atau membuat individu lebih rentan mengalami kekerasan emosional berdasarkan perspektif Horney (1945). Dengan demikian, studi ini diharapkan dapat memberikan rekomendasi intervensi yang tepat untuk membantu pasangan yang memiliki relasi yang tidak sehat dalam pacaran.

Metode

Desain Studi

Metode kualitatif dengan pendekatan fenomenologis digunakan untuk memperoleh penghayatan individu terhadap pengalaman tertentu dengan cara memahami perilaku, sikap, keyakinan, serta interaksi sosial individu tersebut (Pathak et al., 2013). Studi ini berusaha

participants' perspectives of their emotional abuse experiences and explore the sources of their neurotic trends stemming from their childhood, adolescence, and early adulthood experiences. This study has passed ethical review with number: 0668A/III/LPPM-PM.10.05/06/2021.

Study Participants and Sampling Technique

The study participants had the following characteristics: (1) were in early adulthood (18-35 years of age); (2) were in a dating relationship for at least six months; (3) reported experiencing or engaging in emotional abuse in dating relationship, as self-reported in the Multidimensional Measurement of Emotional Abuse - Turkish Version (MMEA-TR); and (4) had anxiety toward their partner in the romantic relationship as self-reported in the Experiences in Close Relationship Scale - Short Form (ECR-S).

Firstly, based on Erikson's theory of development (1963, as cited in Feist & Feist, 2009), individuals in early adulthood are in the "intimacy vs isolation" stage. In addition, the age range is based on Petry's classification (2002). Secondly, Follingstad et al. (1977) stated that abuse in dating relationships can occur at least within six months of dating and will multiply in the following six months (Luthra & Gidycz, 2006). Thirdly, the instruments were utilized to identify participants' roles in their dating relationship, whether as perpetrators (as reflected in the Self domain score being higher than Others) or victims (when the Others domain score is higher than Self). Fourthly, this is conducted to observe how participants experiencing emotional abuse in dating relationships have anxiety related to relationships with other individuals through an insecure attachment style (Demirtaş et al. (2018). Participants are said to meet the characteristics if they have a raw score above the middle value (Raw Score 64-126 points) on aspects of anxious attachment or avoidant attachment.

In this study, the questionnaire was utilized only to provide an overview of participants' experiences of emotional abuse, neurotic trends, and attachment styles, so there was no exact cut-off point. The sampling technique utilized in this study was purposive sampling (Gravetter & Forzano, 2018) as the authors chose

memaparkan penghayatan partisipan terhadap pengalaman kekerasan emosional yang dimiliki dan menggali sumber tren neurotik mereka melalui pengalaman masa kecil, remaja, hingga dewasa awal. Studi ini telah lulus kajian etik dengan nomor surat: 0668A/III/LPPM-PM.10.05/06/2021.

Partisipan dan Teknik Sampling Studi

Partisipan studi ini memiliki karakteristik sebagai berikut: (1) berusia dewasa awal (18-35 tahun); (2) sedang menjalani hubungan berpacaran paling tidak selama enam bulan; (3) melaporkan mengalami atau melakukan perilaku kekerasan emosional dalam hubungan berpacaran melalui pengisian *self-report* dari alat ukur *Multidimensional Measurement of Emotional Abuse - Turkish Version (MMEA-TR)*; dan (4) memiliki kecemasan terhadap pasangan dalam menjalin hubungan romantis yang tergambarkan dari pengisian *self-report* dari alat ukur *Experiences in Close Relationship Scale - Short Form (ECR-S)*.

Pertama, berdasarkan teori perkembangan Erikson (1963, sitat dalam Feist & Feist, 2009), individu usia dewasa awal sedang berada pada tahapan "*intimacy vs isolation*". Selain itu, rentang usia tersebut berdasarkan klasifikasi Petry (2002). Kedua, Follingstad et al. (1977) menyatakan bahwa kekerasan dalam hubungan berpacaran dapat terjadi minimal dalam usia enam bulan berpacaran dan akan semakin meningkat dalam kelipatan enam bulan berikutnya (Luthra & Gidycz, 2006). Ketiga, pengisian instrumen ini untuk mendapatkan refleksi dari partisipan terkait dengan peran mereka dalam relasi pacaran, apakah sebagai pelaku (ketika refleksi skor domain *Self* lebih tinggi dibandingkan *Others*) atau korban (domain *Others* terefleksikan dalam skor yang lebih tinggi dibandingkan *Self*). Keempat, hal ini dilakukan untuk melihat bagaimana calon partisipan dengan kekerasan emosional dalam hubungan berpacaran memiliki kecemasan terkait relasi dengan individu lain hingga memiliki gaya kelekatan *insecure* (Demirtaş et al. (2018). Calon partisipan dikatakan memenuhi karakteristik apabila memiliki skor mentah di atas nilai tengah (Raw Score 64-126 poin) pada aspek *anxious attachment* atau *avoidant attachment*.

Dalam studi ini, kuesioner yang digunakan hanya untuk memberikan gambaran pengalaman kekerasan emosional, tren neurotik, dan gaya kelekatan partisipan, sehingga tidak ada *cut-off point* tertentu. Teknik *sampling* yang digunakan dalam studi ini adalah *purposive sampling* (Gravetter & Forzano, 2018), karena penulis

variations of participants based on their roles in emotional abuse (as perpetrators or victims) and sex (male or female), hence four participants were obtained (one male victim, one female victim, one male perpetrator, and one female perpetrator). More detailed information regarding participants' characteristics can be seen in Table 1.

Instruments

The data collection techniques in this study included interviews, observations, and questionnaires. The interview technique in this study was carried out using a semi-structured method, as the instrument was devised based on the topic development and because its use is more flexible than structured interviews. Observations in this study were carried out at each interview meeting by focusing on the attitudes of the participants when answering questions asked by the authors. In addition, several psychological scales or instruments were also utilized, with reliability scores retrieved from the results of previous studies. To maintain research credibility, the authors applied data triangulation, namely data from the filled instruments in the combined questionnaire and participant variation based on sex and roles in emotional abuse.

Multidimensional Measure of Emotional Abuse - Turkish Version (MMEA-TR)

The Multidimensional Measure of Emotional Abuse - Turkish Version (MMEA-TR) developed by Demirtaş et al. (2018) was utilized to collect initial data on experiences of emotional abuse. The Multidimensional Measure of Emotional Abuse - Turkish Version (MMEA-TR) has a Cronbach's alpha (α) reliability coefficient, based on the roles of perpetrators and victims. For participants who are categorized as perpetrators (perpetration), Cronbach's alpha (α) scores are as follows: (1) restrictive dimension (.74); (2) denigration dimension (.68); (3) hostile withdrawal dimension (.83); and (4) dominance dimension (.72). For participants who are categorized as victims (victimization), Cronbach's alpha (α) scores are as follows: (1) restrictive dimension (.73); (2) denigration dimension (.70); (3) hostile withdrawal dimension (.86); and (4) dominance dimension (.77; Demirtaş et al., 2018).

Horney-Coolidge Tridimensional Inventory (HCTI)

Coolidge's (2012) Horney-Coolidge Tridimensional Inventory (HCTI) was utilized to look at neurotic trends.

memilih variasi partisipan berdasarkan peran dalam kekerasan emosional (sebagai pelaku atau korban) dan jenis kelamin (laki-laki atau perempuan), sehingga diperoleh empat partisipan (satu laki-laki sebagai korban, satu perempuan sebagai korban, satu laki-laki sebagai pelaku, dan satu perempuan sebagai pelaku). Informasi sehubungan dengan karakteristik partisipan studi secara lebih detail dapat dilihat dalam Tabel 1.

Instrumen

Teknik pengumpulan data yang digunakan dalam studi ini meliputi wawancara, observasi, dan kuesioner. Teknik wawancara dalam studi ini dilakukan dengan menggunakan metode semi terstruktur, ketika instrumen dibuat berdasarkan pengembangan topik dan penggunaannya lebih fleksibel dibandingkan wawancara terstruktur. Observasi dalam studi ini dilakukan tiap pertemuan dengan berfokus pada sikap partisipan dalam menjawab pertanyaan yang diajukan penulis. Selain itu, sejumlah skala atau instrumen psikologis juga digunakan, dengan skor reliabilitas didasarkan pada hasil studi sebelumnya. Sebagai upaya menjaga kredibilitas penelitian, penulis menggunakan teknik triangulasi data, yaitu data dari pengisian instrumen dalam kuesioner gabungan dan variasi partisipan berdasarkan jenis kelamin dan peran dalam kekerasan emosional.

Multidimensional Measure of Emotional Abuse - Turkish Version (MMEA-TR)

Multidimensional Measure of Emotional Abuse - Turkish Version (MMEA-TR) milik Demirtaş et al. (2018) digunakan untuk menjangkau data awal pengalaman kekerasan emosional. *Multidimensional Measure of Emotional Abuse - Turkish Version (MMEA-TR)* memiliki koefisien reliabilitas nilai *Cronbach's alpha* (α) yang dilihat berdasarkan peran pelaku dan korban. Pada partisipan yang dikategorikan pelaku (*perpetration*), skor *Cronbach's alpha* (α) adalah sebagai berikut: (1) dimensi *restrictive* (0,74); (2) dimensi *denigration* (0,68); (3) dimensi *hostile withdrawal* (0,83); dan (4) dimensi *dominance* (0,72). Pada partisipan yang dikategorikan korban (*victimization*), skor *Cronbach's alpha* (α) adalah sebagai berikut: (1) dimensi *restrictive* (0,73); (2) dimensi *denigration* (0,70); (3) dimensi *hostile withdrawal* (0,86); dan (4) dimensi *dominance* (0,77; Demirtaş et al., 2018).

Horney-Coolidge Tridimensional Inventory (HCTI)

Horney-Coolidge Tridimensional Inventory (HCTI) milik Coolidge (2012) digunakan untuk melihat tren

Table 1
Description of Participants' Characteristics

Participant	Participant 1	Participant 2	Participant 3	Participant 4
Sex	Male	Male	Female	Female
Age (Years)	24	30	27	20
Religion/Faith	Catholic	Catholic	Catholic	Islam
Ethnicity	Chinese	Javanese	Balinese	Javanese
Education	Undergraduate	Undergraduate	Undergraduate	High School
Occupation	Student & Self-Employed	Private Sector Employee (Lawyer)	State-Owned Enterprise Employee	Private Sector Employee (Customer Service)
Income	IDR1,500,000	> IDR3,500,000	IDR2,500,000 - 3,000,000	> IDR3,500,000
Relationship Duration (Months)	43	25	84	84
Score of the Multidimensional Measure of Emotional Abuse - Turkish Version (MMEA-TR)	<i>Other</i> = 6 (<i>RE</i> = 3; <i>HW</i> = 5) <i>Self</i> = 8 (<i>RE</i> = 3; <i>HW</i> = 5)	<i>Other</i> = 29 (<i>RE</i> = 5; <i>DE</i> = 10; <i>HW</i> = 8; <i>D/I</i> = 6) <i>Self</i> = 3 (<i>RE</i> = 3)	<i>Other</i> = 10 (<i>RE</i> = 4; <i>DE</i> = 1; <i>HW</i> = 5) <i>Self</i> = 19 (<i>RE</i> = 12; <i>DE</i> = 3; <i>HW</i> = 1; <i>D/I</i> = 3)	<i>Other</i> = 99 (<i>RE</i> = 19; <i>DE</i> = 24; <i>HW</i> = 32; <i>D/I</i> = 24) <i>Self</i> = 30 (<i>RE</i> = 6; <i>DE</i> = 9; <i>HW</i> = 10; <i>D/I</i> = 5)

Note. Other = Receives emotional abuse from partner; Self = Commits emotional abuse toward partner; RE = Restrictive Engulfment; DE = Denigration; HW = Hostile Withdrawal; D/I = Dominance/Intimidation.

Tabel 1
Gambaran Karakteristik Partisipan

Partisipan	Partisipan 1	Partisipan 2	Partisipan 3	Partisipan 4
Jenis Kelamin	Laki-Laki	Laki-Laki	Perempuan	Perempuan
Usia (Tahun)	24	30	27	20
Agama/Kepercayaan	Katolik	Katolik	Katolik	Islam
Suku	Tionghoa	Jawa	Bali	Jawa
Pendidikan	Strata-1	Strata-1	Strata-1	Sekolah Menengah Atas (SMA)
Profesi	Mahasiswa & Wirausaha	Karyawan Swasta (Pengacara)	Karyawan Badan Usaha Milik Negara (BUMN)	Karyawan Swasta (Customer Service)
Penghasilan	IDR1.500.000	> IDR3.500.000	IDR2.500.000 - 3.000.000	> IDR3.500.000
Lama Hubungan (Bulan)	43	25	84	84
Skor Multidimensional Measure of Emotional Abuse - Turkish Version (MMEA-TR)	<i>Other</i> = 6 (<i>RE</i> = 3; <i>HW</i> = 5) <i>Self</i> = 8 (<i>RE</i> = 3; <i>HW</i> = 5)	<i>Other</i> = 29 (<i>RE</i> = 5; <i>DE</i> = 10; <i>HW</i> = 8; <i>D/I</i> = 6) <i>Self</i> = 3 (<i>RE</i> = 3)	<i>Other</i> = 10 (<i>RE</i> = 4; <i>DE</i> = 1; <i>HW</i> = 5) <i>Self</i> = 19 (<i>RE</i> = 12; <i>DE</i> = 3; <i>HW</i> = 1; <i>D/I</i> = 3)	<i>Other</i> = 99 (<i>RE</i> = 19; <i>DE</i> = 24; <i>HW</i> = 32; <i>D/I</i> = 24) <i>Self</i> = 30 (<i>RE</i> = 6; <i>DE</i> = 9; <i>HW</i> = 10; <i>D/I</i> = 5)

Catatan. Other = Menerima perilaku kekerasan emosional dari pasangan; Self = Melakukan perilaku kekerasan emosional terhadap pasangan; RE = Restrictive Engulfment; DE = Denigration; HW = Hostile Withdrawal; D/I = Dominance/Intimidation.

The internal reliability of the Horney-Coolidge Tridimensional Inventory (HCTI) has the following Cronbach's alpha (α) values: (1) compliance dimension (.78); (2) aggression dimension (.83); and (3) detachment dimensions (.82). The Horney Coolidge Tridimensional

neurotik. *Horney-Coolidge Tridimensional Inventory (HCTI)* memiliki internal reliability dengan nilai Cronbach's alpha (α) pada: (1) dimensi *compliance* (0,78); (2) dimensi *aggression* (0,83); dan (3) dimensi *detachment* (0,82). Kemudian, *Horney Coolidge Tridimensional Inventory*

Inventory (HCTI) has a test-retest reliability (with one-week intervals) with Cronbach's alpha (α) values of (1) compliance dimension (.92); (2) aggression dimension (.92); and (3) detachment dimension (.91; Coolidge et al., 2008).

Experiences in Close Relationship Scale - Short Form (ECR-S)

Experiences in Close Relationship Scale - Short Form (ECR-S) by Brennan et al. (1998) was used to observe attachment styles. Reliability of the Experiences in Close Relationship Scale - Short Form (ECR-S) are shown in the following Cronbach's alpha (α) values: (1) the anxiety dimension (.91); and (2) the avoidance dimension (.94; Brennan et al., 1998, as cited in NovoPsych, n.d.).

Data Analysis

The data obtained from the questionnaire was processed only to obtain participant profiles regarding experiences of emotional abuse, neurotic trends, and attachment styles. Participants whose profiles match the study characteristics were interviewed, and the interview results were analyzed using thematic analysis to identify patterns or themes from the study data (Braun & Clarke, 2006). By utilizing thematic analysis, the authors can thoroughly decipher qualitative data in order to identify patterns and provide explanations regarding the phenomenon being studied (Khrisnanda & Shanti, 2022). The sought themes had to align with the study theory and the dimensions within the questionnaire as the participants' descriptions. This data was first analyzed by the authors by providing a code as a label of meaningful statements and classifying them into certain themes. Furthermore, the compiled data were re-analyzed by an expert on the related topics. Then, the results of the data analysis were tested again by two experts on related topics.

Results

The study results are explained based on the triangulation method to ensure the study's credibility, namely through the instruments within the questionnaire, observations, and interviews.

Participant Descriptions From Questionnaire Results

Table 2 describes: (1) how the participants reflected on their experiences of emotional abuse toward their

(HCTI) memiliki *test-retest reliability* (dengan interval satu minggu) dengan nilai *Cronbach's alpha* (α) pada: (1) dimensi *compliance* (0,92); (2) dimensi *aggression* (0,92); dan (3) dimensi *detachment* (0,91; Coolidge et al., 2008).

Experiences in Close Relationship Scale - Short Form (ECR-S)

Experiences in Close Relationship Scale - Short Form (ECR-S) milik Brennan et al. (1998) digunakan untuk melihat gaya kelekatan. *Experiences in Close Relationship Scale - Short Form (ECR-S)* memiliki reliabilitas dengan nilai *Cronbach's alpha* (α) pada: (1) dimensi *anxiety* (0,91); dan (2) dimensi *avoidance* (0,94; Brennan et al., 1998, sitat dalam NovoPsych, n.d.).

Analisis Data

Data yang diperoleh dari kuesioner diolah hanya untuk mendapatkan profil partisipan terkait pengalaman kekerasan emosional, tren neurotik, dan gaya kelekatan. Partisipan yang memiliki profil sesuai karakteristik studi melakukan wawancara yang hasilnya dianalisa menggunakan teknik analisis tematik, yaitu untuk mengidentifikasi pola atau menemukan tema dari data studi (Braun & Clarke, 2006). Dengan menggunakan teknik analisis tematik, penulis dapat secara teliti menguraikan data kualitatif untuk mengidentifikasi pola dan memberikan penjelasan mengenai fenomena yang menjadi objek studi (Khrisnanda & Shanti, 2022). Adapun tema yang dicari sesuai dengan teori studi dan dimensi yang terdapat pada kuesioner yang digunakan sebagai gambaran partisipan. Data ini dianalisa terlebih dahulu oleh penulis dengan memberikan kode sebagai label dari pernyataan bermakna dan mengklasifikasikannya ke dalam tema tertentu. Selanjutnya, data yang telah disusun akan dianalisa kembali oleh seorang ahli topik terkait. Kemudian, hasil analisa data kembali diuji oleh dua orang ahli topik terkait.

Hasil

Hasil studi dijelaskan berdasarkan teknik triangulasi metode yang digunakan untuk menjaga kredibilitas studi, yaitu melalui instrumen dalam kuesioner, observasi, dan wawancara.

Gambaran Partisipan Berdasarkan Hasil Kuesioner

Tabel 2 menggambarkan: (1) bagaimana partisipan merefleksikan pengalaman kekerasan emosional yang

Table 2
Participant Information

Identification	Sex	Age (Years)	MMEA-TR Score		HCTI Score			ECR-S Score	
			Other	Self	Com.	Agg.	Det.	Avo.	Anx.
Participant 1	Male	24	6	8	44↓	46↓	52↑	69↑	86↑
Participant 2	Male	30	29	3	65↑	57↓	50↓	68↑	79↑
Participant 3	Female	27	10	19	42↓	43↓	34↓	69↑	78↑
Participant 4	Female	20	99	30	57↓	54↓	49↑	73↑	88↑

Note. Other = Emotional abuse conducted by partner toward participant; Self = Emotional abuse conducted by participant toward partner; Comp. (Compliance) = Self-defence mechanism by approaching other individuals; Agg. (Aggressive) = Self-defence mechanism by confronting other individuals; Det. (Detached) = Self-defence mechanism by avoiding other individuals; Avo. (Avoidance) = Refuses attachment with partner in romantic relations; Anx. (Anxious) = Greatly seeks closeness with partner in romantic relations; ↑ = Participant has a high score; ↓ = Participant has a low score.

Tabel 2
Data Diri Partisipan

Nama	Jenis Kelamin	Usia (Tahun)	Skor MMEA-TR		Skor HCTI			Skor ECR-S	
			Other	Self	Com.	Agg.	Det.	Avo.	Anx.
Partisipan 1	Laki-Laki	24	6	8	44↓	46↓	52↑	69↑	86↑
Partisipan 2	Laki-Laki	30	29	3	65↑	57↓	50↓	68↑	79↑
Partisipan 3	Perempuan	27	10	19	42↓	43↓	34↓	69↑	78↑
Partisipan 4	Perempuan	20	99	30	57↓	54↓	49↑	73↑	88↑

Catatan. Other = Perilaku kekerasan emosional yang dilakukan pasangan terhadap partisipan; Self = Perilaku kekerasan emosional yang dilakukan partisipan terhadap pasangan; Comp. (Compliance) = Mekanisme pertahanan diri dengan mendekati individu lain; Agg. (Aggressive) = Mekanisme pertahanan diri dengan berkonfrontasi dengan individu lain; Det. (Detached) = Mekanisme pertahanan diri dengan menjauhi individu lain; Avo. (Avoidance) = Dalam relasi romantis tidak ingin terikat dengan pasangan; Anx. (Anxious) = Dalam relasi romantis haus akan kedekatan dengan pasangan; ↑ = Partisipan memiliki skor yang tinggi; ↓ = Partisipan memiliki skor yang rendah.

partners (as perpetrators) or received by their partners (as victims); (2) the participants' tendencies of neurotic trends in dealing with other individuals; and (3) feelings of anxiety towards partners in dating relationships.

The results of the Multidimensional Measure of Emotional Abuse - Turkish Version (MMEA-TR) showed that all participants experienced emotional abuse and received emotional abuse. Participant 1 and Participant 3 had a score of committing emotional abuse higher than the score of receiving emotional abuse, so they were categorized as perpetrators. Meanwhile, Participant 2 and Participant 4 had higher scores of receiving emotional abuse than committing emotional abuse, so they were categorized as victims.

Moreover, the participants' experiences at their current age (early adulthood) in behaving toward other individuals in the environment were also corroborated by the results of the Horney-Coolidge Tridimensional Inventory (HCTI). Although the neurotic trends of Participant 1, Participant 3, and Participant 4 have not been described precisely in the questionnaire, the authors

dilakukan terhadap pasangan (sebagai pelaku) maupun yang diterima oleh pasangan (sebagai korban); (2) kecenderungan tren neurotik partisipan dalam menghadapi individu lain; dan (3) kecemasan yang dirasakan terhadap pasangan dalam hubungan berpacaran.

Hasil *Multidimensional Measure of Emotional Abuse - Turkish Version (MMEA-TR)* menunjukkan bahwa seluruh partisipan memiliki pengalaman melakukan kekerasan emosional dan menerima kekerasan emosional. Partisipan 1 dan Partisipan 3 memiliki skor melakukan kekerasan emosional lebih tinggi dibandingkan skor menerima kekerasan emosional, sehingga dikategorikan sebagai pelaku. Sementara Partisipan 2 dan Partisipan 4 memiliki skor menerima kekerasan emosional lebih tinggi dibandingkan skor melakukan kekerasan emosional, sehingga dikategorikan sebagai korban.

Demikian juga refleksi pengalaman partisipan di usia saat ini (dewasa awal) dalam bersikap terhadap individu lain di lingkungan, yang terkuatkan melalui hasil *Horney-Coolidge Tridimensional Inventory (HCTI)*. Meskipun tren neurotik Partisipan 1, Partisipan 3, dan Partisipan 4 belum tergambar secara tepat dalam kuesioner tersebut, namun penulis akan menggali lebih

conducted a deeper examination of the participants' appreciation through the interview. The Horney-Coolidge Tridimensional Inventory (HCTI) measured their attitudes towards other individuals in general, so this study only specifically observed neurotic trends in the context of emotional abuse in dating relationships. This factor may provide answers as to why not all participants showed neurotic trends through the questionnaires.

This was considered by the authors before screening the participants, so the authors administered additional instruments that may reflect participants' anxiety in dating relationships, namely the Experiences in Close Relationship Scale - Short Form (ECR-S), as neurotic individuals are individuals who are prone to experience anxiety. Participants' experiences related to partner anxiety were reflected through this questionnaire, with results indicating that all participants had high anxiety in relationships, so they were categorized as having an insecure attachment style in dating relationships. The results of participations' reflections that were sufficiently illustrated through the questionnaire will be explored further through the interviews.

Participant Descriptions From Observations

Based on observations while interacting with all participants via text messages and video calls, all participants were generally cooperative. However, certain characteristics distinguish each participant from one another, especially in terms of promptly meeting the interview schedule, openness to questions, consistency in reporting, attention during the interview, and expressions shown during the interview process.

Participant 1, Participant 3, and Participant 4 responded well to the open questions, while Participant 2 tended to be apprehensive in answering the open questions, so it was necessary to probe several times to retrieve more complete answers. Participant 1 and Participant 2 tended to provide normative answers. Participant 1 appeared to present this as a self-defense mechanism, while Participant 2 tended to be more introverted. Participant 1, Participant 3, and Participant 4 were very expressive when responding to the authors, but Participant 1 frequently presented angry expressions (for example: speaking curtly) and skepticism.

dalam terkait penghayatan partisipan dalam teknik wawancara. *Horney-Coolidge Tridimensional Inventory (HCTI)* yang diisi oleh partisipan mengukur sikap mereka terhadap individu lain secara umum, sehingga dalam studi ini tren neurotik yang dilihat khusus dalam konteks kekerasan emosional dalam hubungan berpacaran. Faktor ini dapat menjawab mengapa tidak semua partisipan dapat merefleksikan tren neurotiknya melalui kuesioner.

Hal ini telah dipertimbangkan oleh penulis sebelum melakukan *screening* terhadap partisipan, sehingga penulis menggunakan tambahan instrumen yang dapat merefleksikan kecemasan partisipan dalam hubungan berpacaran, yaitu *Experiences in Close Relationship Scale - Short Form (ECR-S)*, karena individu yang neurotik merupakan individu yang rentan mengalami kecemasan. Pengalaman partisipan terkait kecemasan terhadap pasangan terefleksikan melalui kuesioner, dengan hasil menunjukkan bahwa seluruh partisipan memiliki kecemasan yang tinggi dalam menjalin hubungan, sehingga dikategorikan memiliki gaya kelekatan yang tidak aman dalam hubungan berpacaran. Hasil refleksi penghayatan partisipan yang cukup tergambaran melalui kuesioner akan digali lebih lanjut melalui metode wawancara.

Gambaran Partisipan Berdasarkan Observasi

Berdasarkan hasil observasi selama melakukan interaksi terhadap seluruh partisipan melalui pesan teks dan panggilan video, dapat dikatakan bahwa pada dasarnya seluruh partisipan bersikap kooperatif. Walaupun demikian, terdapat ciri khas tertentu yang membedakan tiap partisipan, khususnya dalam menepati jadwal wawancara, keterbukaan terhadap pertanyaan, konsistensi dalam bercerita, atensi selama wawancara, dan ekspresi yang ditampilkan selama menjalani proses wawancara.

Partisipan 1, Partisipan 3, dan Partisipan 4 merespon pertanyaan terbuka dengan baik, sementara Partisipan 2 cenderung bersikap terbatas dalam menjawab pertanyaan terbuka, sehingga perlu dilakukan *probing* beberapa kali untuk dapat menjelaskan secara lebih lengkap. Partisipan 1 dan Partisipan 2 cenderung memberi jawaban normatif. Partisipan 1 terkesan melakukan hal tersebut sebagai mekanisme pertahanan diri, sementara Partisipan 2 cenderung tertutup. Partisipan 1, Partisipan 3, dan Partisipan 4 sangat ekspresif ketika sedang memberikan respon kepada penulis, namun Partisipan 1 cenderung menampilkan ekspresi marah (sebagai contoh: berbicara

Participant 3 tended to show angry expressions (for example: speaking with eyes wide open or strongly looking at the authors) and sadness (for example: crying), and Participant 4 tended to show sad expressions (for example: crying).

Each participant underwent three to four interviews. Based on the online meeting, the authors obtained several specific impressions from each participant's response. The impression that Participant 1 often showed in the interview was how the unpleasant experiences that Participant 1 endured within the family has made them into a man with a purpose, with sound reasoning, and can be relied upon. Participant 2 displayed the impression that problems in their life are normal and that Participant 2 needs to be someone who can be useful to other parties. Participant 3 gave the impression that unpleasant life experiences made them an ambitious, brave, and tough individual. Participant 4 gave the impression that they were helpless, tried to be useful for other parties, and was often manipulated.

Description of Neurotic Trends From Interview Results

Sources of Neurotic Trends (Basic Hostility & Basic Anxiety)

Basic Hostility. The four participants showed experiences in basic hostility, two out of four participants, namely Participant 1 and Participant 3, had a similar source of basic hostility that originated from a mother figure. Their mothers often purged anger and even commit physical violence, often criticize, exercise excessive supervision, lied to them, and force their will on their children. This created animosity toward their parents and made them perceive the world as a threatening place. Participant 1 perceived that the mother figure was inconsistent, which made Participant 1 confused as to whether their mother really cared and loved them or not. Meanwhile, Participant 3 perceived the figure of a parent who spoiled them too much, but made them feel that they had no freedom and wanted to oppose. This can be seen from several statements, such as:

“When I was sick, I'd get scolded but I'd be taken to the doctor, now this is confusing, between being cared for and you being scolded, like that (...) I said I didn't want to be bald, but I don't know why suddenly my head was shaved, so it's like that. I'm annoyed

dengan ketus) dan skeptis. Partisipan 3 cenderung menampilkan ekspresi marah (sebagai contoh: mata melotot) dan sedih (sebagai contoh: menangis), dan Partisipan 4 cenderung menampilkan ekspresi sedih (sebagai contoh: menangis).

Setiap partisipan menjalani wawancara sebanyak tiga sampai empat kali. Berdasarkan pertemuan daring tersebut, penulis mendapat sejumlah kesan tertentu dari respon setiap partisipan. Kesan yang sering ditampilkan Partisipan 1 dalam cerita adalah bagaimana pengalaman tidak menyenangkan yang Partisipan 1 alami di tengah keluarga membuatnya menjadi pria yang punya tujuan, logis, dan dapat diandalkan. Partisipan 2 menampilkan kesan bahwa masalah dalam hidupnya adalah wajar dan Partisipan 2 perlu menjadi sosok yang dapat berguna bagi pihak lain. Partisipan 3 menampilkan kesan bahwa pengalaman hidup yang tidak menyenangkan membuatnya menjadi individu yang ambisius, berani, dan tangguh. Partisipan 4 menampilkan kesan bahwa dirinya tidak berdaya, berusaha berguna bagi pihak lain, dan sering terkena tipu daya.

Gambaran Tren Neurotik Berdasarkan Hasil Wawancara

Sumber Tren Neurotik (Basic Hostility & Basic Anxiety)

Basic Hostility. Keempat partisipan menunjukkan adanya pengalaman *basic hostility*, dua dari empat partisipan, yaitu Partisipan 1 dan Partisipan 3, memiliki sumber *basic hostility* yang sama dan bersumber pada figur ibu. Ibu sering kali melampiaskan emosi marah bahkan sampai melakukan kekerasan fisik, sering mengkritik, melakukan pengawasan secara berlebihan, membohongi anak, dan memaksakan kehendak terhadap anak. Hal tersebut memunculkan rasa permusuhan terhadap orangtua dan mempersepsikan dunia sebagai tempat yang mengancam. Partisipan 1 melihat sosok ibu bersikap tidak konsisten hingga membuat Partisipan 1 bingung apakah ibunya benar peduli dan menyayangnya atau tidak. Sementara, Partisipan 3 melihat sosok orangtua yang terlalu memanjakannya, tapi membuatnya merasa tidak memiliki kebebasan dan ingin melawan. Hal ini terlihat dari sejumlah pernyataan sebagai berikut:

“Kalo sakit dimarahin tapi dibawa ke dokter, nah bingung kan, antara lu diperhatiin tapi lu dimarahin, kaya gitu (...) Udah bilang gak mau botak ya, tapi ga tau kenapa tiba-tiba pala gua dibotakin, jadi kaya gitu sih. Gua kesel dan... dan marah gitu.” - Partisipan 1

and... and angry like that.” - Participant 1 (BHE3.2).

“At home, since we were young, we were actually really spoiled, yes, very guarded, we were not allowed to do this or that. But, umm, I think what you're not allowed to do makes me even more, hehehe, eager to do it, you know.” - Participant 3 (BHE.3.3).

Moreover, the other two participants, namely Participant 2 and Participant 4, had the same basic source of hostility from both parents. Their understanding is that parents are figures who tend to ignore and do not fulfill the need for adequate affection. On the other hand, Participant 4 was often placed in situations that made them feel threatened, such as going out alone and being locked up in a warehouse. The father figure is perceived as a dominant figure, while the mother is a powerless figure, including in defending the child. This can be observed from several statements, such as:

“There used to be fights and well, wasn't fighting, but was just angry (...) Yes, because I feel like if you care about a child, your child, you tend to them right.” - Participant 2 (BHE2.5).

“Here, you buy this thing for father there, the place is over there. Then I said I don't know, I don't want to be afraid of that, one day he gets angry, no can do, even though it's far away, I have to cross the main road first, which means I have to cross the road alone. Then how would I cross it?” - Participant 4 (BHP.1).

Basic Anxiety. The four participants indicated that they experienced basic anxiety. The source of basic anxiety in Participant 1 at first (during childhood) was predominated by creating distance from their environment (isolation), which was due to a reluctance to depend on other parties and a reluctance to oppose other parties. On the other hand, Participant 3, experienced basic anxiety predominated by the feeling that the world is not a safe place, so consciously or subconsciously, they attempted to oppose it. Feelings of being separated from the environment (isolation) and hostility (or being hostile) towards the environment placed Participant 1 and Participant 3 in an unsafe situation, so from a young age, both felt anxiety which was manifested in their social lives. This can be seen from several statements, such as follows:

(BHE3.2).

“Di rumah tuh dari kecil tuh kita kaya sebenarnya tuh dimanja banget, iya, dijaga banget, gak dibolehin ini itu. Tapi, umm, menurutku yang ga dibolehin ini tuh bikin aku makin, hehehe, pengen ngelakuin gitu loh.” - Partisipan 3 (BHE.3.3).

Kemudian, dua partisipan lainnya, yaitu Partisipan 2 dan Partisipan 4 memiliki sumber *basic hostility* yang sama dari kedua orangtua. Penghayatan mereka adalah orangtua merupakan figur yang cenderung mengabaikan dan tidak memenuhi kebutuhan kasih sayang yang memadai. Di sisi lain, Partisipan 4 sering ditempatkan pada situasi yang membuatnya merasa terancam, seperti pergi sendirian dan dikurung di gudang. Figur ayah dihayati sebagai figur yang dominan, sementara ibu adalah figur yang tidak berdaya, termasuk dalam melakukan pembelaan terhadap anak. Hal ini terlihat dari sejumlah pernyataan sebagai berikut:

“Sempet dulu berantem dan ma, bukan berantem sih, marah lah (...) Ya karena gua ngerasa bahwa kayanya kalo lo peduli sama anaknya, anak lo, lo dateng gitu kan.” - Partisipan 2 (BHE2.5).

“Nih kamu beliin bapak ini di sana, tempatnya di sana. Terus kan aku bilang gak tau ah gak mau takut gitu, entar dia marah-marrah, enggak bisa, padahal jauh tempatnya aku harus ngelewatin jalan raya dulu yang artinya aku harus nyebrang. Terus ntar kalo nyebrangnya gimana.” - Partisipan 4 (BHP.1).

Basic Anxiety. Keempat partisipan menunjukkan adanya pengalaman *basic anxiety*. Sumber *basic anxiety* pada Partisipan 1 pada awalnya (usia kanak-kanak) didominasi oleh perasaan untuk menciptakan jarak dari lingkungannya (isolasi), yang dikarenakan keengganan untuk bergantung kepada pihak lain dan keengganan untuk melawan pihak lain. Di sisi lain, Partisipan 3, pengalaman *basic anxiety* didominasi oleh perasaan bahwa dunianya bukan tempat yang aman, sehingga secara sadar ataupun bawah sadar, mereka berupaya untuk melawan. Perasaan terpisah dari lingkungan (*isolation*) dan bermusuhan (*hostile*) terhadap lingkungan menempatkan Partisipan 1 dan Partisipan 3 pada situasi yang tidak aman, sehingga pada usia kanak-kanak keduanya merasakan kecemasan yang termanifestasikan dalam kehidupan sosial Partisipan 1 dan Partisipan 3. Hal ini terlihat dari sejumlah pernyataan sebagai berikut:

“(...) At that time, I just cried more, cried and didn't want to talk, that's all (...) I really didn't want to and wasn't comfortable with big family gatherings. Because for one reason, uh, we were distant and not close. The second is they always lecture us.” - Participant 1 (BA.4).

“(...) It's like I'm crying all the time, how come I don't go home, isn't this coming home, it's like that. It's like there's no fear, it won't come back like that, you know (...) Suppose I get hit, hehe, I have to be the last one to get hit like that, you know.” - Participant 3 (BA.6).

Furthermore, the other two participants, namely Participant 2 and Participant 4, had the same basic source of anxiety, when their parents' attitudes were rather ignorant, which made Participant 2 and Participant 4 feel helpless being within the environment, so they felt they needed help from other parties to compensate for their anxiety. This can be observed in several statements, such as:

“It seems like at first it's like damn, this is a new area, right, I don't know, then I don't know that my mother left me and that's how it is. So I cried.” - Participant 2 (BA.7).

“At first I was really shocked (...) I just sat still and looked like I was looking right and left for a long time, I didn't feel it had been two hours.” - Participant 4 (BA.1).

An Overview of Neurotic Trends From Childhood, Adolescence, To Early Adulthood

In general, an overview of the neurotic trend dynamics from childhood to adolescence can be seen in each participant's chart.

Participant 1. Participant 1's experience related to childhood parenting experiences made Participant 1 perceive the world (during childhood) as a hostile place that endangered their self and the individuals they love. However, because Participant 1 yet had the ability to deal with the situation, they tended to be distant from other individuals (detached type neurotic trend). As time progressed, in their adolescent years, Participant 1 began to develop the ability and courage within their self as they began to excel at school. To face situations, Participant 1 felt that they had to become a strong individual and be able to fend off situations that trigger their anxiety. Starting from this point, Participant 1's

“(...) Waktu itu gua lebih ya cuman nangis doang, nangis terus gak mau ngomong udah gitu doang (...) Gua sangat gak mau dan gak nyaman untuk kumpul keluarga besar. Karena, satu, ee, jauh gitu yah dan gak dekat. Yang kedua, selalu menceramahi.” - Partisipan 1 (BA.4).

“(...) Kaya aku nangis terus gitu kok gak pulang-pulang sih, ini pulang gak sih, kaya gitu loh. Kaya ketakutan gak ada, gak bakal balik gitu loh (...) Misalkan aku dipukul, hehe, harus aku yang dipukul terakhir gitu loh.” - Partisipan 3 (BA.6).

Kemudian, dua partisipan lainnya, yaitu Partisipan 2 dan Partisipan 4 memiliki sumber *basic anxiety* yang sama, ketika sikap orangtua yang cenderung tidak peduli membuat Partisipan 2 dan Partisipan 4 merasa tidak berdaya di tengah lingkungan, sehingga merasa membutuhkan bantuan pihak lain untuk mendapatkan kompensasi atas kecemasan yang dimiliki. Hal ini terlihat dari sejumlah pernyataan sebagai berikut:

“Kayanya itu awal-awal deh kaya anjir nih daerah baru kan, gua kagak tau, terus gua gak tau ditinggalin sama nyokap gitu-gitu lah. Jadi gua nangis-nangis.” - Partisipan 2 (BA.7).

“Awal-awal *shock* banget (...) Diem aja duduk, terus kaya ngeliatin kanan kiri lama lama gak berasa udah dua jam aja.” - Partisipan 4 (BA.1).

Gambaran Tren Neurotik Dari Kanak-Kanak, Remaja, Hingga Dewasa Awal

Secara umum, gambaran dinamika tren neurotik dari masa kanak-kanak hingga remaja dapat dilihat dari bagan tiap partisipan.

Partisipan 1. Pengalaman Partisipan 1 terkait pengalaman pengasuhan masa kecil membuat Partisipan 1 di masa kecil menghayati dunianya sebagai tempat yang tidak bersahabat dan membahayakan dirinya maupun individu yang dicintainya. Namun, karena Partisipan 1 belum memiliki kemampuan untuk menghadapinya, Partisipan 1 cenderung bersikap menjauh dari individu lain (tren neurotik *detached type*). Seiring berjalannya waktu, Partisipan 1 di masa remaja mulai memiliki kemampuan dan keberanian dalam dirinya karena mulai berpretasi di sekolah. Untuk menghadapi dunianya, Partisipan 1 merasa harus menjadi individu yang kuat dan mampu untuk melawan situasi yang memicu kecemasannya.

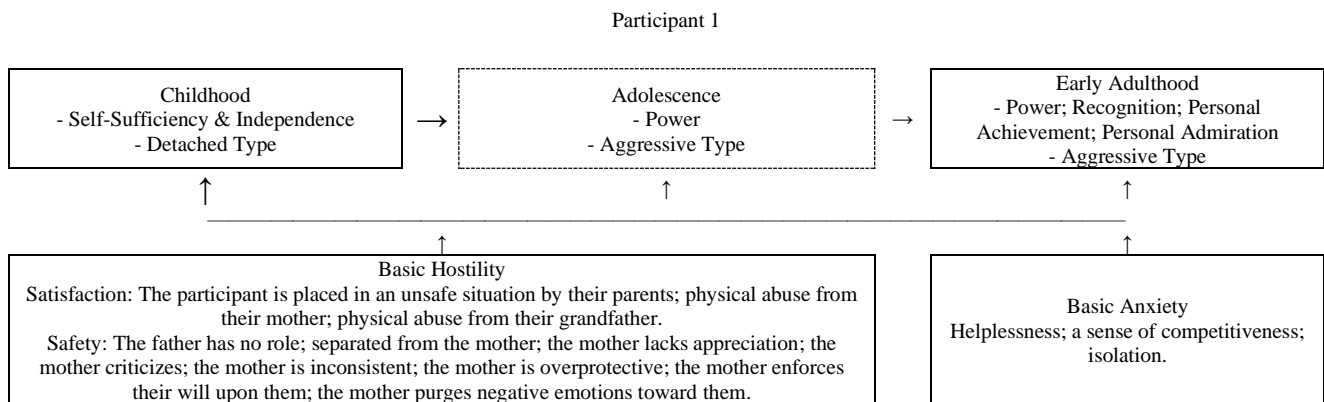
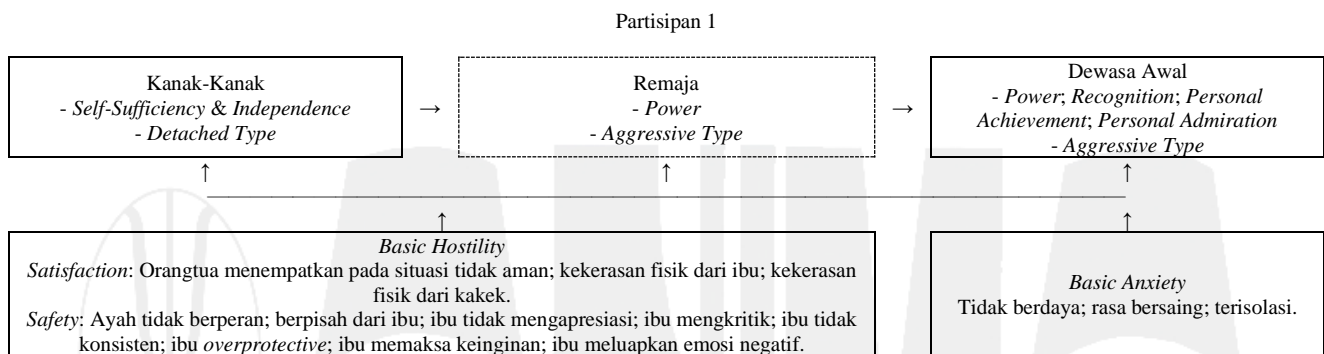


Figure 1. Participant 1's neurotic trends from childhood to early adulthood.

Note. The dotted lines indicate a change in neurotic trends during that phase.



Gambar 1. Tren neurotik Partisipan 1 dari masa kanak-kanak hingga masa dewasa awal.

Catatan. Garis putus-putus menandakan bahwa pada tahap tersebut terjadi perubahan tren neurotik.

tendency towards neurotic trends shifted to going against others (aggressive type neurotic trend). The tendency towards aggressive type neurotic trend persisted into adulthood, and Participant 1 gradually strived to make their self more capable, powerful, and daring in front of other people. Participant 1's neurotic trends chart is provided in Figure 1. This can be seen from several statements, such as:

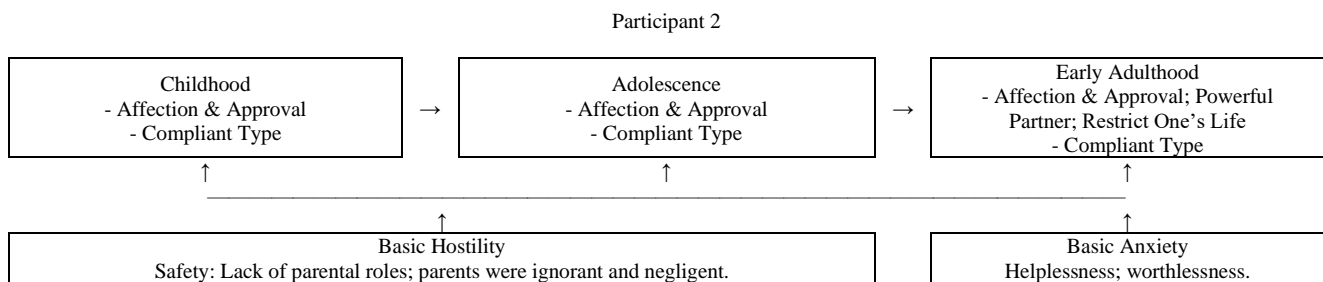
“My grandparents are proud of their other grandchildren, like uh, A, he's become... an assistant lecturer, well, just an assistant lecturer is no big deal (...) But for example, that person is family, so I tend to keep quiet because I couldn't be bothered to respond, you know.”
- Participant 1 (TC3.2 - Moving away in childhood).

“(...) Because my grades never went down, it was never lower than 90. So, I'd just let it be, I wanted to go and play.” - Participant 1 (TAs2.2 - Moving against during adolescence).

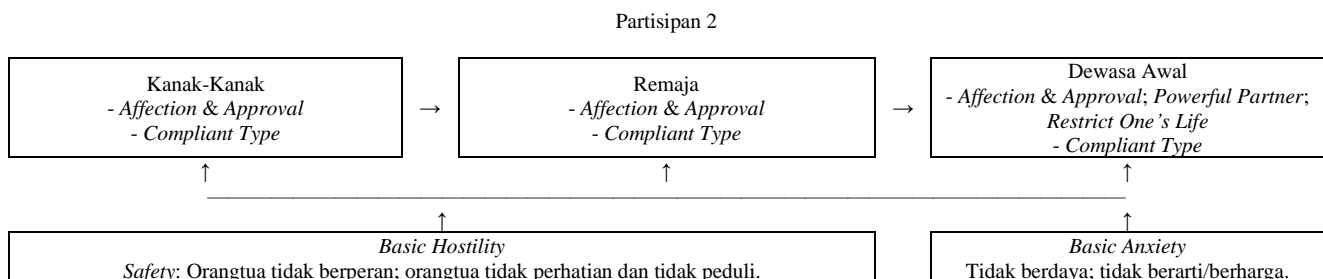
Mulai dari saat ini, kecenderungan tren neurotik yang dimiliki oleh Partisipan 1 berubah menjadi melawan orang lain (tren neurotik *aggressive type*). Kecenderungan tren neurotik *aggressive type* ini bertahan sampai usia dewasa, bahkan Partisipan 1 semakin berupaya keras untuk membuat dirinya lebih mampu, berkuasa, dan berani di hadapan orang lain. Bagan tren neurotik Partisipan 1 tersedia dalam Gambar 1. Hal ini terlihat dari sejumlah pernyataan sebagai berikut:

“Kakek nenek gua itu istilahnya membanggakan cucunya yang lain, eh, si A dia jadi... asdos loh, ya elah asdos doang itu mah sepele kali (...) Tapi misalnya pihak itu adalah kaya keluarga gitu gua cenderung diem karena gue males, gitu.” - Partisipan 1 (TC3.2 - *Moving away* saat usia kanak-kanak).

“(...) Karena nilai gua di mereka itu gak pernah turun, gak pernah lebih rendah daripada 90. Jadi, ya udah gua biarin aja gitu kan, gua mau main.” - Partisipan 1 (TAs2.2 - *Moving against* saat usia remaja).



Gambar 2. Participant 2's neurotic trends from childhood to early adulthood.



Gambar 2. Tren neurotik Partisipan 2 dari masa kanak-kanak hingga masa dewasa awal.

“(…) I'm not comfortable there but sometimes, I'm, eee, grateful because I'm like, eee, in certain ways, you can depend on me, you know.” - Participant 1 (TAh2.2 - Moving against in adulthood).

Participant 2. Participant 2 perceived their parents as figures who lacked in providing affection and attention, making Participant 2 attempt to seek attention from the outer environment such as from friends and helpers, by being kind to every friend and obeying the words of their household assistant or maid. This specific neurotic trend that Participant 2 had as a child is categorized as approaching others (compliant type neurotic trend). Entering adolescence, Participant 2 began to complain about their parents. According to Participant 2, their father and mother never took the time to attend the first-semester meetings at school. Participant 2 began to develop close relationships with other people, such as with friends, to better fulfill their need for affection and acceptance, so it can be said that the neurotic trend since childhood is consistent with the present compliant type. Following this, in early adulthood, Participant 2 grew close to a figure of the opposite sex who provided unconditional affection and acceptance, to the point that Participant 2 was able to depend on this figure, until the tendency towards compliant type neurotic trend grew stronger as they did want to lose a figure that met their neurotic needs. Participant 2's neurotic trends chart is provided in Figure 2. This can be seen from several

“(…) Gue gak nyaman di situ tapi kadang tuh, gua, eee, bersyukur karena dengan kaya gitu gua, eee, istilahnya lu bisa bergantung sama gua gitu loh.” - Partisipan 1 (TAh2.2 - Moving against saat usia dewasa).

Partisipan 2. Partisipan 2 menghayati orangtuanya sebagai orangtua yang kurang memberikan kasih sayang serta perhatian, sehingga Partisipan 2 berusaha mendapatkannya dari lingkungan luar seperti teman dan pembantu dengan cara bersikap baik pada setiap teman dan mematuhi perkataan pembantunya. Hal tersebut membuat kecenderungan tren neurotik yang Partisipan 2 miliki saat kanak-kanak dikategorikan sebagai mendekati pihak lain (tren neurotik *compliant type*). Memasuki masa remaja, Partisipan 2 mulai menunjukkan komplain terhadap orangtuanya. Menurut Partisipan 2, ayah maupun ibunya tidak pernah meluangkan waktu untuk hadir rapat awal semester di sekolah. Partisipan 2 mulai menjalin hubungan dekat seperti sahabat untuk lebih memenuhi kebutuhannya akan kasih sayang dan penerimaan, sehingga dapat dikatakan tren neurotik sejak kanak-kanak masih konsisten pada tren neurotik *compliant type*. Kemudian, saat usia dewasa awal, Partisipan 2 mulai mendapatkan sosok lawan jenis yang memberikan kasih sayang dan penerimaan secara utuh, bahkan Partisipan 2 dapat bergantung dengan sosok tersebut, hingga kecenderungan tren neurotik *compliant type* semakin kuat karena Partisipan 2 tidak ingin kehilangan sosok yang memenuhi kebutuhan neurotiknya. Bagan tren neurotik Partisipan 2 tersedia dalam Gambar 2.

statements, such as:

“My mother said that I used to be very obedient to my maid (...) Yes, I am, I don't really like to have conflicts for a long time, since the very start (...) I took the initiative to finish first, that's for sure.” - Participant 2 (TC1.3 - Moving towards in childhood).

“I just got one, I just hung out like that, I just really joined in third grade of junior high school, I started talking about high school like that (...) Oh hello, I'll say hello first though. I'll be sure to say hi first.” - Participant 2 (TAs1.3 - Moving towards during adolescence).

“I sometimes feel that, aaa, I am cared for, that's one, like, eee, very guarded.” - Participant 2 (TAh1.2 - Moving towards in adulthood).

Participant 3. During childhood, Participant 3 perceived their world as a hostile place, which could even hurt them and the individuals they love. To deal with their anxiety regarding perceptions of an unsafe world, Participant 3 believed that they must be able to oppose and prove to other parties that they cannot be underestimated. The tendency towards neurotic trend in Participant 3's childhood is categorized as an aggressive type neurotic trend. Entering adolescence, Participant 3 still maintained the trend towards the aggressive type neurotic trend, and even began to enjoy the benefits of their romantic partner. As time progressed, Participant 3's neurotic needs in terms of gaining recognition from the environment and empowering other individuals began to increase, and even their need to be admired by others also increased, hence Participant 3 showed consistent tendency towards aggressive type neurotic trend. Participant 3's neurotic trends chart is provided in Figure 3. This can be seen from several statements, such as:

“From when we were young, we were actually really spoiled, yes, really looked after, we weren't allowed to do this or that. But, umm, I think what you're not allowed to do makes me even more eager to do it, hehehe, you know.” - Participant 3 (TC2.1 - Moving against in childhood).

“I follow trends actually (...) Probably like, accompanying someone who is invited to go out and someone picking me up, hehehe (...) I want to be given a gift, like being given a doll... hehehe.” - Participant 3

Hal ini terlihat dari sejumlah pernyataan sebagai berikut:

“Nyokap gua bilang gua nurut banget dulu sama pembantu gua (...) Iya emang gua, gua gak terlalu suka berkonflik lama-lama sih dari dulu tas (...) Gua inisiatif buat udahan dulu, pasti itu.” - Partisipan 2 (TC1.3 - *Moving towards* saat usia kanak-kanak).

“Gua ma baru punya, baru nongkrong gitu ya, baru bener-bener gabung tuh kelas tiga SMP, mulai cerita gitu SMA kayanya sih (...) Oh nyapa, gua kalo gue nyapa duluan sih. Pasti gue nyapa duluan.” - Partisipan 2 (TAs1.3 - *Moving towards* saat usia remaja).

“Gua terkadang ngerasa bahwa, aaa, diri gua diperhatikan, itu satu, ked, eee, sangat dijaga banget.” - Partisipan 2 (TAh1.2 - *Moving towards* saat usia dewasa).

Partisipan 3. Partisipan 3 kecil menghayati dunianya sebagai tempat yang tidak bersahabat, bahkan dapat menyakiti dirinya maupun individu yang dicintainya. Sebagai upaya untuk menghadapi kecemasannya terkait dunia yang tidak aman, Partisipan 3 meyakini harus mampu melawan dan membuktikan kepada pihak lain bahwa Partisipan 3 tidak bisa diremehkan. Kecenderungan tren neurotik pada masa kanak-kanak Partisipan 3 dikategorikan sebagai tren neurotik *aggressive type*. Memasuki usia remaja, Partisipan 3 tetap mempertahankan kecenderungan tren neurotik *aggressive type*, bahkan mulai menikmati keuntungan dari kekasihnya. Seiring berjalannya waktu, kebutuhan neurotik yang Partisipan 3 miliki untuk mendapat pengakuan dari lingkungan dan memberdayakan individu lain semakin meningkat, bahkan kebutuhannya bertambah terkait keinginan untuk dikagumi oleh individu lain, sehingga Partisipan 3 tetap konsisten dengan kecenderungan tren neurotik *aggressive type*. Bagan tren neurotik Partisipan 3 tersedia dalam Gambar 3. Hal ini terlihat dari sejumlah pernyataan sebagai berikut:

“Dari kecil tuh kita kaya sebenarnya tuh dimanja banget, iya, dijaga banget, gak dibolehin ini itu. Tapi, umm, menurutku yang ga dibolehin ini tuh bikin aku makin, hehehe, pengen ngelakuin gitu loh.” - Partisipan 3 (TC2.1 - *Moving against* saat usia kanak-kanak).

“Ngikutin tren sih sebenarnya (...) Paling kaya, nemenin terus ada yang diajak jalan terus ada yang diajak ada yang jemput, hehehe (...) Pengen dikasih hadiah gitu ya, kaya dikasih boneka... hehehe.” - Partisipan 3

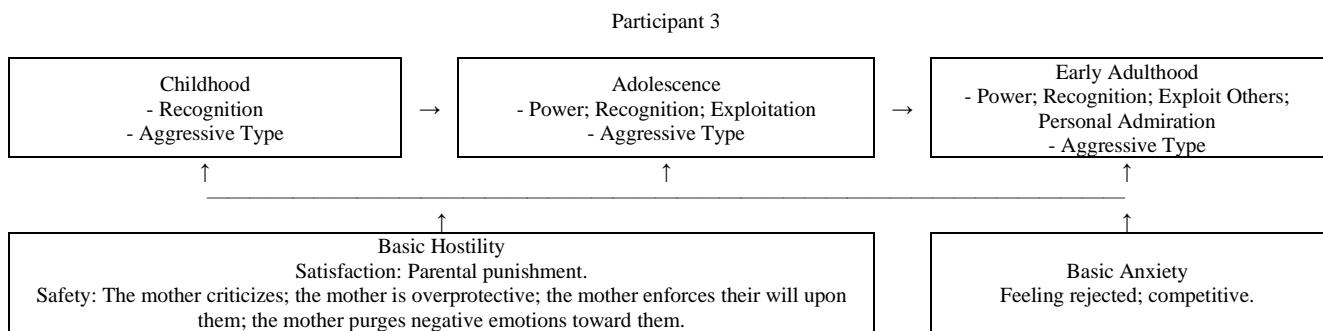
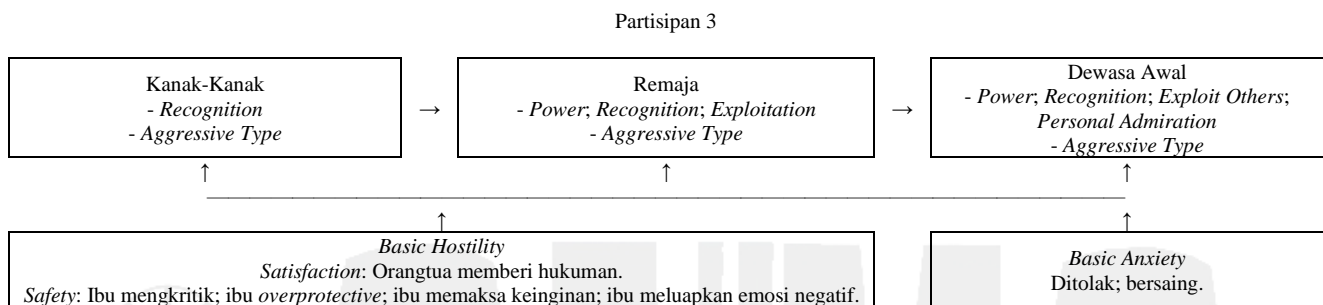


Figure 3. Participant 3's neurotic trends from childhood to early adulthood.



Gambar 3. Tren neurotik Partisipan 3 dari masa kanak-kanak hingga masa dewasa awal.

(TAs2.3 - Moving against in adolescence).

“The point is, I really don't like being underestimated at first (...) I can't be considered a person like this, for sure I will give that person proof so he won't think like that. Hehe, then, it's often like that.” - Participant 3 (TAh2.3 - Moving against in adulthood).

(TAs2.3 - Moving against saat usia remaja).

“Pokoknya aku paling gak suka banget di-*underestimate* yang duluan gitu (...) Gak bisa nih dianggap orang kaya gini, pasti aku akan kasih orang itu bukti biar dia diem gitu. Hehe, terus, pokoknya sering banget kaya gitu.” - Partisipan 3 (TAh2.3 - Moving against saat usia dewasa).

Participant 4. During childhood, Participant 4 still depended on their parents even though they felt that their father and mother did not love them entirely. In their youth, Participant 4 did not know any other environment aside from their family, so Participant 4 tended to follow their father and mother's orders to avoid being punished, and so that Participant 4 could get what they wanted. Since the birth of their younger sibling, Participant 4 has felt increasingly neglected and they have developed resentment towards their younger sibling. From this explanation, Participant 4's tendency towards neurotic trend as a child is considered the compliant type. Entering adolescence, Participant 4 began to have someone to depend on, namely their uncle who was in charge of the school shuttle and a best friend. Previously, it was difficult for Participant 4 to befriend anyone, as they were not fluent in Indonesian. Participant 4's dependence

Partisipan 4. Saat usianya masih kanak-kanak, Partisipan 4 tetap bergantung pada orangtuanya meskipun merasa ayah dan ibunya tidak menyayangi secara utuh. Partisipan 4 di masa kecil belum mengenal lingkungan lain selain keluarga, sehingga Partisipan 4 cenderung mengikuti perintah ayah dan ibunya agar tidak mendapat hukuman dan Partisipan 4 bisa mendapatkan apa yang diinginkan. Sejak kelahiran adiknya, Partisipan 4 merasa semakin tidak diperhatikan dan Partisipan 4 memiliki rasa permusuhan terhadap adiknya. Dari pemaparan tersebut, dapat dikatakan bahwa kecenderungan tren neurotik Partisipan 4 saat kanak-kanak adalah tren neurotik *compliant type*. Memasuki usia remaja, Partisipan 4 mulai memiliki sosok untuk bergantung, yaitu pamannya yang bertugas antar-jemput sekolah dan sahabat. Sebelumnya, Partisipan 4 sulit memiliki teman karena belum fasih Bahasa Indonesia. Ketergantungan Partisipan 4 terhadap

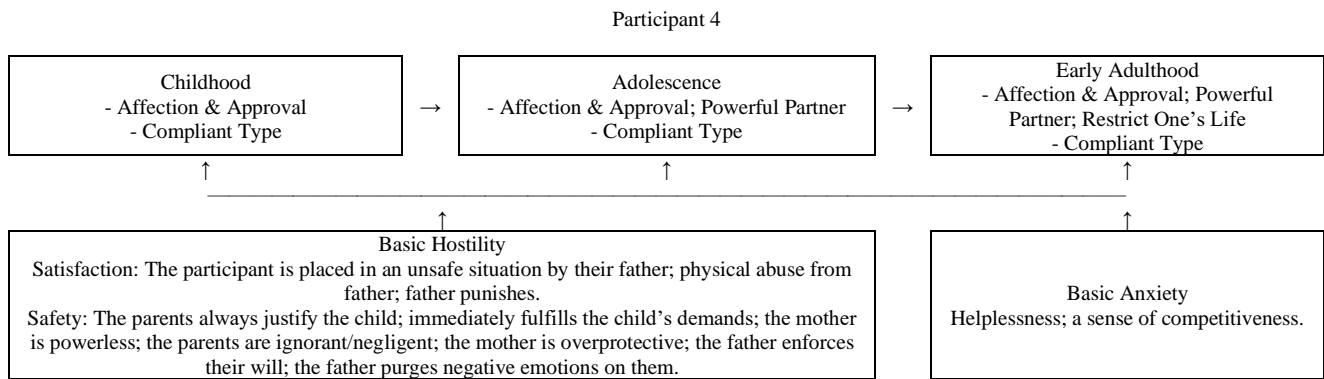
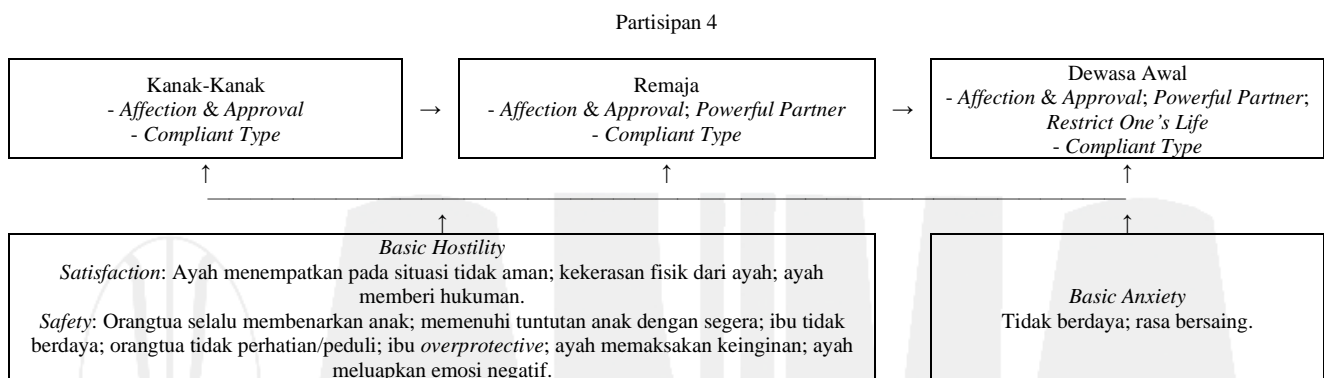


Figure 4. Participant 4's neurotic trends from childhood to early adulthood.



Gambar 4. Tren neurotik Partisipan 4 dari masa kanak-kanak hingga masa dewasa awal.

on their uncle and friend made the tendency towards compliant type neurotic trend persist into later years. Over time, Participant 4's need for affection, dependence, and helping others grew stronger, so Participant 4 feels anxious when not accompanied by another individual and is very afraid of being abandoned by a significant individual, so that in early adulthood, Participant 4 showed a consistent tendency towards compliant type neurotic trend. Participant 4's neurotic trends chart is provided in Figure 4. This can be seen from several statements, such as:

“Yes, I finally crossed over by myself, bought what he (father) asked for (...) The punishment was that I was told to go inside the warehouse more often (...) My father was firm but everything I asked for was never declined, definitely agreed on (...) Eee, I still feel that I need attention (...) Because I haven't received parental love somehow (...)” - Participant 4 (TC1.1 - Moving towards in childhood).

paman dan sahabat membuat kecenderungan tren neurotik *compliant type* yang dimiliki tetap dipertahankan. Seiring berjalannya waktu, kebutuhan Partisipan 4 akan kasih sayang, bergantung, dan membantu orang lain semakin kuat, hingga Partisipan 4 merasa cemas jika tidak ditemani oleh individu lain dan sangat takut ditinggalkan oleh individu yang signifikan, sehingga di usia dewasa awal ini Partisipan 4 tetap konsisten memiliki kecenderungan tren neurotik *compliant type*. Bagan tren neurotik Partisipan 4 tersedia dalam Gambar 4. Hal ini terlihat dari sejumlah pernyataan sebagai berikut:

“Ya udah aku akhirnya nyebrang sendiri, ngebeliin apa yang dia (bapak) minta (...) Dihukumnya tuh aku lebih sering disuruh masuk ke dalem gudang (...) Bapak tetep tegas tapi semua yang aku minta gak pernah dijawab enggak, pasti iya gitu (...) Eee, aku ngerasa masih butuhnya perhatian sih (...) Karena aku gak dapet kasih sayang orangtua yang bagaimana-bagaimana (...)” - Partisipan 4 (TC1.1 - Moving towards saat usia kanak-kanak).

“When my mother gave birth to my younger sibling, I was angry, I stayed at grandma's house and didn't want to go home, now I often fight with my younger sibling (...) My mother only brought my younger sibling's food, never for me (...) So when I was in middle school I just made friends with a lot of people like that, because I already started to understand Indonesian (...) I need someone who really is with me 24/7, whom I trust, and who can listen to my stories. That's what I really need.” - Participant 4 (TAs1.1 - Moving towards in childhood).

“I'm really really spoiled, because when it comes to being emotional with a boyfriend or someone else, I'm spoiled like that, I need to be loved.” - Participant 4 (TAh1.1 - Moving towards in childhood).

Dynamics of Neurotic Trends in Relation to Experiences of Emotional Abuse in Dating Relationships

Aggressive Type as the Neurotic Trend of Emotional Abuse Perpetrators

Participant 1 and Participant 3 in this study were perpetrators of emotional abuse in dating relationship. Both have one aspect in common, i.e., both have domineering mother figures who vented their anger on them. This experience predisposed them in developing anxiety in the form of hostility towards their environment in adulthood. A chart of the dynamics of the aggressive type neurotic trend of Participant 1 and Participant 3 is available in Figure 5.

Participant 1. As a child, Participant 1 felt that they could not fight against their environment, so Participant 1 tended to avoid (detached neurotic type) people who made them feel threatened. Entering adolescence to early adulthood, Participant 1 began to develop the ability and courage to prove to other people that they cannot be belittled or ignored (aggressive type neurotic trend). Participant 1's need to control other individuals (power) and receive recognition from other individuals (recognition) directs Participant 1 to do restrictive engulfment (controlling partner's clothing, demanding time with the partner, limiting partner interaction, limiting partner activity), denigration (scolding partner, accusing partner, assessing partner negatively), hostile withdrawal (intentionally giving their partner the silent treatment), and dominance/intimidation (intimidating partner and treating things roughly). This can be seen from several statements, such as:

“Pas ibu aku ngelahirin adek aku tuh, aku marah, aku tinggal di rumah nenek gak mau pulang, sekarang aku sering berantem sama adek aku (...) Ibu bawain makanan adek aku doang, aku enggak (...) Nah pas SMP tuh baru aku berteman ama banyak orang gitu-gitu, karena udah, udah ngerti Bahasa Indonesia (...) Aku harus butuh orang yang bener-bener 24/7 ama aku, aku percaya, dan dia bisa dengerin cerita aku. Itu aku butuh banget.” - Partisipan 4 (TAs1.1 - *Moving towards* saat usia kanak-kanak).

“Aku tuh memang manja banget, soalnya kalo dalam segi emosional ke pacar atau ke siapa tuh, manja gitu, butuhnya tuh disayang-sayang.” - Partisipan 4 (TAh1.1 - *Moving towards* saat usia kanak-kanak).

Dinamika Tren Neurotik Dalam Kaitannya Dengan Pengalaman Kekerasan Emosional Dalam Hubungan Berpacaran

Aggressive Type Sebagai Tren Neurotik Pelaku Kekerasan Emosional

Partisipan 1 dan Partisipan 3 dalam studi ini merupakan pelaku kekerasan emosional dalam pacaran. Keduanya memiliki kesamaan, yaitu memiliki sosok ibu yang mendominasi dan melampiaskan emosi marah kepada mereka. Pengalaman tersebut merupakan lahan subur untuk mengembangkan kecemasan berupa perasaan permusuhan terhadap lingkungannya di usia dewasa. Bagan dinamika tren neurotik *aggressive type* Partisipan 1 dan Partisipan 3 tersedia dalam Gambar 5.

Partisipan 1. Saat usia kanak-kanak, Partisipan 1 merasa belum memiliki kemampuan untuk melawan lingkungannya, sehingga Partisipan 1 cenderung menghindari (tren neurotik *detached type*) pihak yang membuatnya merasa terancam. Memasuki usia remaja hingga dewasa awal, Partisipan 1 mulai memiliki kemampuan dan keberanian untuk membuktikan kepada pihak lain bahwa Partisipan 1 tidak bisa direndahkan atau diabaikan (tren neurotik *aggressive type*). Kebutuhan Partisipan 1 akan mengontrol individu lain (*power*) dan mendapat pengakuan dari individu lain (*recognition*) mengarahkan Partisipan 1 melakukan *restrictive engulfment* (mengontrol pakaian pasangan, menuntut waktu bersama pasangan, membatasi interaksi pasangan, membatasi aktivitas pasangan), *denigration* (memaki pasangan, menuduh pasangan, menilai pasangan secara negatif), *hostile withdrawal* (mendiamkan pasangan secara sengaja), dan *dominance/intimidation*

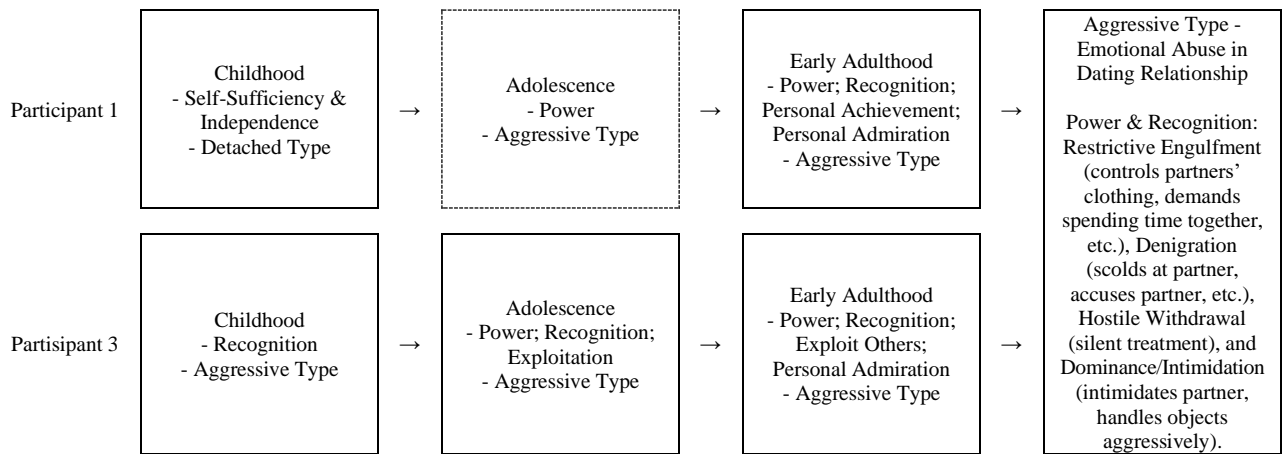
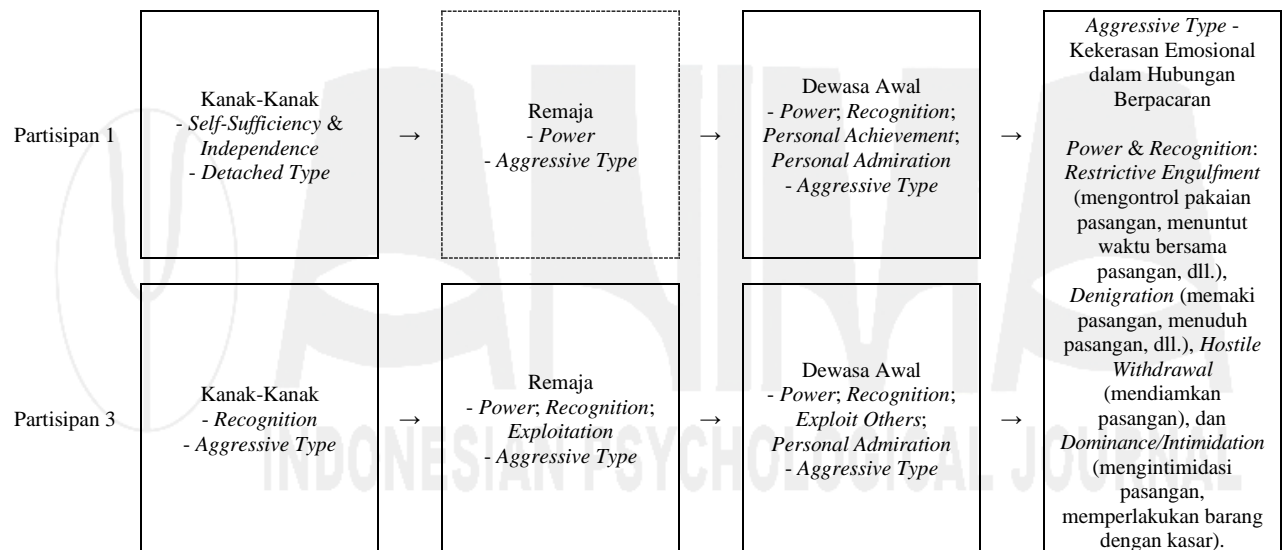


Figure 5. The dynamics of the aggressive type of Participant 1 and Participant 3 related to emotional abuse in dating relationships.

Note. The dotted lines indicate a change in neurotic trends during that phase.



Gambar 5. Dinamika aggressive type Partisipan 1 dan Partisipan 3 terkait kekerasan emosional dalam hubungan berpacaran.

Catatan. Garis putus-putus menandakan bahwa pada tahap tersebut terjadi perubahan tren neurotik.

(mengintimidasi pasangan dan memperlakukan barang dengan kasar). Hal ini terlihat dari sejumlah pernyataan sebagai berikut:

“Maybe I control her, yes, especially about clothes, actually, haha (laughs), clothes.” - Participant 1 (EAP1.1 - Restrictive engulfment due to needs for power).

“Mungkin gua yang kontrol dia, ya terutama tentang pakaian sih sebenarnya, haha (sambil tertawa), pakaian.” - Partisipan 1 (EAP1.1 - Restrictive engulfment karena needs for power).

“I took my anger out on her, like for example, eee, I’d get angry like scolding... like screaming... like that.” - Participant 1 (EAP1.2 - Denigration due to needs for

“Marahnya gua lampiasinnya ke, dia, kaya misalnya, eee, marah-marah kaya maki-maki... kaya teriak-teriak... gitu.” - Partisipan 1 (EAP1.2 - Denigration

power).

“(…) Well, it's up to you. For example, if you want to continue, you will know the consequences, I could be silent or be normal or whatever.” - Participant 1 (EAP1.3 - Hostile withdrawal due to needs for power).

“Eee, I punched the wall near her, like that.” - Participant 1 (EAP1.4 - Dominance/Intimidation due to needs for power).

Participant 3. Participant 3 has the tendency to fight those who make them feel threatened (aggressive type neurotic trend) since childhood. This neurotic trend continued from adolescence to early adulthood. Participant 3's current needs are to control other individuals (power), gain recognition (recognition), and take advantage of other individuals (exploit others). This led Participant 3 to commit restrictive engulfment (demanding time with the partner, controlling the partner's clothing, limiting partner interaction, limiting partner activity), denigration (comparing partners, scolding partner), hostile withdrawal (intentionally giving their partner the silent treatment), and dominance/intimidation (treating goods rudely, intimidating partner) when Participant 3 faces a situation that is perceived as a threat in the relationship. This can be seen from several statements, such as:

“(…) Because at one point, I was like, I would demand that from him, then I'd micromanage him... I wouldn't let him like, be with his friends to go cycling, or not, go out of town, then I'd manage, like when he's hanging out, stop hanging out like that.” - Participant 3 (EAP3.1 - Restrictive engulfment due to needs for power).

“I'd snap in front of people, you are really stupid, like that (…).” - Participant 3 (EAP3.2 - Denigration due to needs for power).

“I don't reply to him... when I don't reply to him, he doesn't too, he doesn't look for me... like, I want him... to beg from me again, hehe.” - Participant 3 (EAP3.3 - Hostile withdrawal due to needs of recognition).

“I would force him to answer, but to answer what, anyway, I'd force him to answer (…).” - Participant 3 (EAP3.4 - Dominance/Intimidation because of needs for power).

karena *needs for power*).

“(…) Ya terserah kalau misalnya lu mau lanjutin lu akan tau konsekuensinya kaya gimana mungkin gua akan diem atau kaya biasa atau gimana.” - Partisipan 1 (EAP1.3 - *Hostile withdrawal* karena *needs for power*).

“Eee, gue nonjok tembok dekat dia, udah sih kaya gitu.” - Partisipan 1 (EAP1.4 - *Dominance/Intimidation* karena *needs for power*).

Partisipan 3. Partisipan 3 memiliki kecenderungan melawan pihak yang membuatnya merasa terancam (tren neurotik *aggressive type*) sejak usia kanak-kanak. Tren neurotik ini terus dipertahankan pada saat usia remaja hingga dewasa awal. Kebutuhan Partisipan 3 saat ini adalah mengontrol individu lain (*power*), mendapat pengakuan (*recognition*), dan memanfaatkan individu lain (*exploit others*). Hal tersebut mengarahkan Partisipan 3 melakukan *restrictive engulfment* (menuntut waktu bersama pasangan, mengontrol pakaian pasangan, membatasi interaksi pasangan, membatasi aktivitas pasangan), *denigration* (membandingkan pasangan, memaki pasangan), *hostile withdrawal* (mendiadakan pasangan), dan *dominance/intimidation* (memperlakukan barang dengan kasar, mengintimidasi pasangan) apabila Partisipan 3 dihadapkan pada situasi yang dihayati sebagai ancaman dalam hubungannya. Hal ini terlihat dari sejumlah pernyataan sebagai berikut:

“(…) Karena kaya aku, sempet kaya, nuntut dia gitu. terus kaya ngatur dia... ku gak bolehin misalkan dia gak, sama temen-temennya sepedaan itu, atau gak, pergi keluar kota kaya gitu, terus ngatur apa ya, kaya nongkrong, jangan nongkrong mulu kaya gitu sih.” - Partisipan 3 (EAP3.1 - *Restrictive engulfment* karena *needs for power*).

“Bentak bentak di depan orang, kamu nih goblok banget sih, kaya gitu loh (…).” - Partisipan 3 (EAP3.2 - *Denigration* karena *needs for power*).

“Aku gak bales dia... pas aku gak bales dia, dia juga gak, gak nyariin aku... kayak, aku pengen dia... *begging* aku lagi gitu loh, hehe.” - Partisipan 3 (EAP3.3 - *Hostile withdrawal* karena *needs of recognition*).

“Aku paksa dia untuk jawab, jawab apa ya tapi ya, pokoknya, paksa dia untuk jawab (…).” - Partisipan 3 (EAP3.4 - *Dominance/Intimidation* karena *needs for power*).

Perpetrators With Aggressive Type Neurotic Trend May Become Victims of Emotional Abuse

In addition to reporting the experience of emotional abuse committed toward their partner, both Participant 1 and Participant 3 also stated that at certain times their partner also committed several forms of emotional abuse, but not all of these forms were interpreted by Participant 1 and Participant 3 as emotional abuse.

Participant 1. Based on the interview results, it was identified that Participant 1 experienced emotional abuse through the denigration aspect. However, the aspects described by Participant 1 in the self-screening included restrictive engulfment and hostile withdrawal behavior. This discrepancy may occur because during the interview process, Participant 1 reported that they do not mind if their partner inquires about their activities or when they is jealous of them. On the contrary, Participant 1 feels happy and perceives it as a form of attention. Then, Participant 1 also understands if their partner disappears or withdraws for a while during a conflict, because Participant 1 is usually the first to do this and felt it was the best way to resolve issues rather than having to verbally argue with their partner.

Participant 3. Participant 3 admitted to experiencing emotional violence in the aspect of hostile withdrawal. Yet the aspects described by Participant 3 in the self-screening included restrictive engulfment, denigration, and hostile withdrawal behavior. This discrepancy may occur because, during the interview, Participant 3 reported that in the restrictive engulfment aspect, if their partner inquires in detail about Participant 3's activities and asked them to spare time, Participant 3 feels happy because it indicated that their partner was afraid of losing them. Moreover, in the aspect of denigration, Participant 3 reported that their partner committed denigration as they triggered it first, so they did not feel offended by what their partner said.

Compliant Type as the Neurotic Trend of Victims of Emotional Abuse

Experiences as victims of emotional abuse in dating relationships were observed in Participant 2 and Participant 4. Both had parents who were neglectful and

Pelaku Dengan Tren Neurotik Aggressive Type Dapat Menjadi Korban Kekerasan Emosional

Selain menceritakan penghayatan kekerasan emosional yang dilakukan terhadap pasangan, baik Partisipan 1 dan Partisipan 3 juga menceritakan bahwa terkadang pasangannya juga melakukan beberapa bentuk perilaku kekerasan emosional, namun tidak semua bentuk tersebut dihayati Partisipan 1 dan Partisipan 3 sebagai kekerasan emosional.

Partisipan 1. Berdasarkan hasil wawancara, diketahui bahwa Partisipan 1 mengalami kekerasan emosional dalam aspek *denigration*. Sementara aspek yang digambarkan oleh Partisipan 1 melalui *screening* mandiri meliputi perilaku *restrictive engulfment* dan *hostile withdrawal*. Perbedaan ini dapat terjadi karena dalam proses wawancara, Partisipan 1 menyampaikan bahwa Partisipan 1 tidak keberatan apabila pasangannya ingin mengetahui aktivitasnya dan bersikap cemburu terhadapnya. Bahkan sebaliknya, Partisipan 1 merasa senang dan melihat itu sebagai bentuk perhatian. Kemudian, Partisipan 1 juga memahami apabila pasangannya menghilang beberapa saat ketika sedang konflik, karena Partisipan 1 merupakan pihak yang pertama kali melakukan hal tersebut dan merasa itu adalah cara terbaik dibanding harus bertengkar secara verbal dengan pasangannya.

Partisipan 3. Partisipan 3 mengaku mengalami kekerasan emosional dalam aspek *hostile withdrawal*. Sementara aspek yang digambarkan oleh Partisipan 3 melalui *screening* mandiri meliputi perilaku *restrictive engulfment*, *denigration*, dan *hostile withdrawal*. Perbedaan ini dapat terjadi karena dalam proses wawancara, Partisipan 3 menjelaskan bahwa dalam aspek *restrictive engulfment*, apabila pasangannya menanyakan dengan detail mengenai aktivitas Partisipan 3 dan meminta waktu luang Partisipan 3, Partisipan 3 merasa senang karena menandakan pasangannya takut kehilangan Partisipan 3. Kemudian, dalam aspek *denigration*, Partisipan 3 merasa bahwa pasangannya melakukan itu karena Partisipan 3 yang memicu terlebih dahulu, sehingga Partisipan 3 tidak merasakan sakit hati yang mendalam akibat perkataan pasangannya.

Compliant Type Sebagai Tren Neurotik Korban Kekerasan Emosional

Pengalaman sebagai korban kekerasan emosional dalam hubungan pacaran dapat dilihat dari Partisipan 2 dan Partisipan 4. Keduanya memiliki sosok orangtua

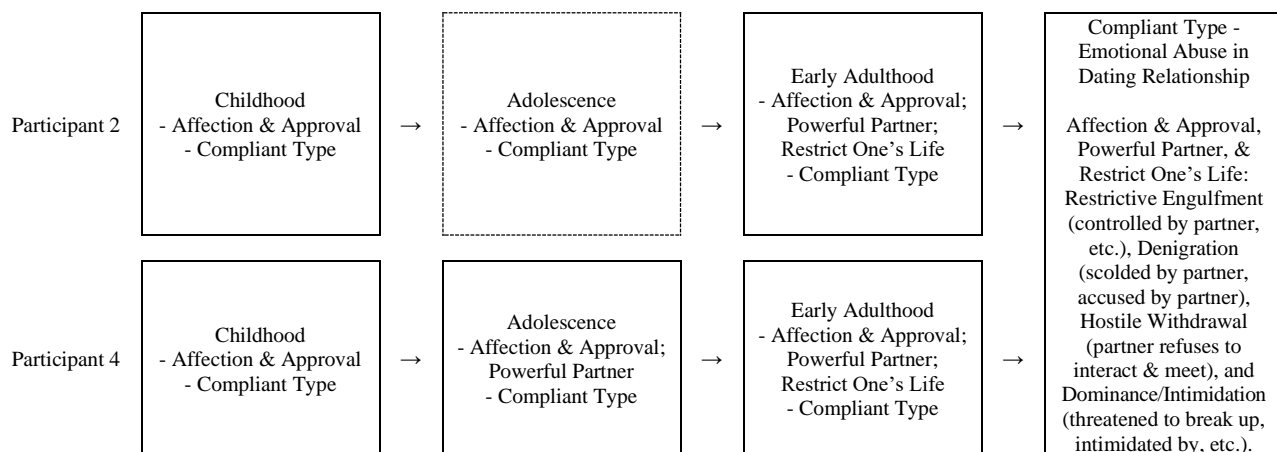
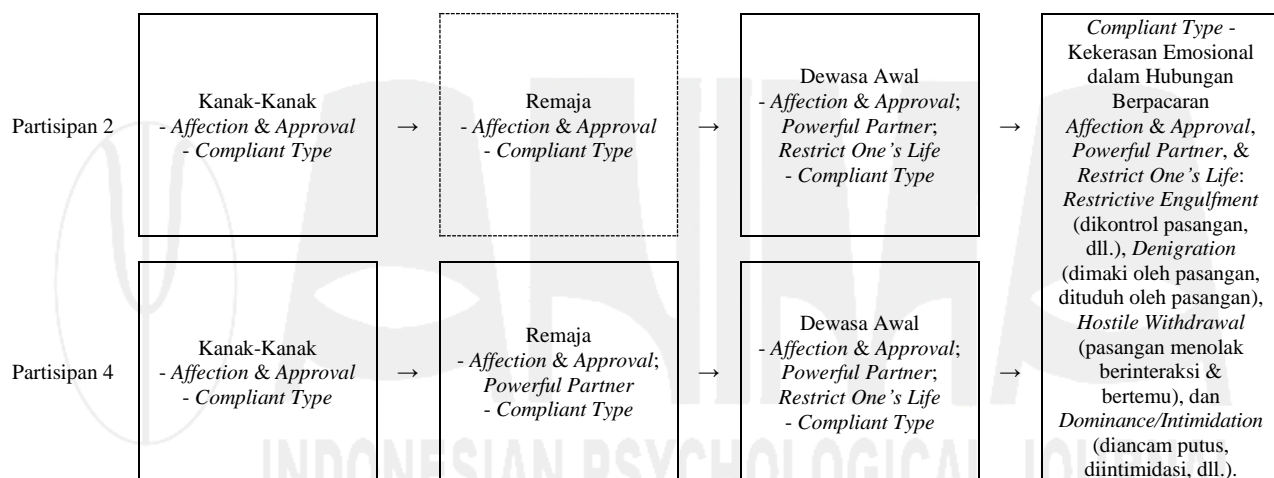


Figure 6. The dynamics of the compliant type of Participant 2 and Participant 4 related to emotional abuse in dating relationships.

Note. The dotted lines indicate a change in neurotic trends during that phase.



Gambar 6. Dinamika *compliant type* Partisipan 2 dan Partisipan 4 terkait kekerasan emosional dalam hubungan berpacaran.

Catatan. Garis putus-putus menandakan bahwa pada tahap tersebut terjadi perubahan tren neurotik.

did not fulfill their needs for affection. The dynamics of Participant 2 and 4's compliant type neurotic trend are provided in Figure 6.

Participant 2. During childhood, Participant 2 was in a situation where their parents did not provide safety (emotional) needs, because their mother and father were busy working and never interacted with them much, such as asking how they were doing, their activities, accompanying them to study, to bathe them, and so on. This situation made Participant 2 feel alone and there was nothing they could do but accept the situation. In their childhood, Participant 2 attempted to be kind to

yang tidak memperdulikan dan mencukupi kebutuhan kasih sayangnya. Bagan dinamika tren neurotik *compliant type* Partisipan 2 dan Partisipan 4 tersedia dalam Gambar 6.

Partisipan 2. Dapat dilihat bahwa saat usia kanak-kanak, Partisipan 2 berada pada situasi ketika orangtuanya tidak memenuhi kebutuhan akan *safety* (emosional), karena ibu dan ayah yang sibuk bekerja dan tidak pernah melakukan interaksi seperti menanyakan kabar Partisipan 2, kegiatan Partisipan 2, menemani Partisipan 2 belajar, memandikan Partisipan 2, dan sebagainya. Situasi tersebut membuat Partisipan 2 merasa seorang diri dan tidak ada yang bisa dilakukan selain menerima keadaan.

their parents and environment, as they did not want to cause conflict that would make the situation even more uncomfortable or even induce greater anxiety. This led Participant 2 to approach other parties (compliant type neurotic trend) and this attitude was maintained as he entered adolescence (compliant type neurotic trend). Participant 2 began to have a close group of friends to which they could forget their problems with their parents at home.

Entering adulthood, the initial tendency towards compliant type neurotic trend was maintained. Participant 2's need for affection and acceptance (affection and approval), their need to depend on a partner (powerful partner), and to succumb to others (restrict one's life), has made Participant 2 experience restrictive engulfment (controlled by their partner in terms of appearance and decision making, limited social interaction, monitoring, required to spend more time together), denigration (cursed by partner, accused by partner), hostile withdrawal (couple refuses to interact and meet), and dominance/intimidation (threats related to ending the relationship, intimidated by partner, partner throws things, partner threaten to harm themselves). This behavior was accepted by Participant 2, and Participant 2 still remained in the relationship as they did not want to lose the love and comfort of their partner, believing that some of the exerted control by their partner could make them improve as a person, and felt that they did not mind conceding for their partner. This can be seen from several statements, such as:

“She is very concerned about me and really pays attention to me, I sometimes feel that, aaa, I am being cared for.” - Participant 2 (NN2.1 - Neurotic needs of affection).

“(…) Sometimes me? Guys also go through a lot, right? You also sometimes lose something, lose direction, or whatever, but sometimes your female partner helps you. Well, this woman is what I need.” - Participant 2 (NN2.2 - Neurotic needs of powerful partner).

Participant 4. Meanwhile, as a child, Participant 4 was often in a situation where their parents, especially their father, placed them in a threatening situation. Participant 4 was locked in a warehouse and was told to go to a nearby shop alone. However, Participant 4

Partisipan 2 di masa kecil berusaha untuk bersikap baik pada orangtua dan lingkungannya, karena tidak ingin menimbulkan konflik yang dapat membuat situasinya bertambah tidak nyaman atau justru membuatnya semakin cemas. Hal tersebut mengarahkan Partisipan 2 untuk mendekati pihak lain (tren neurotik *compliant type*) dan sikap ini dipertahankan ketika memasuki usia remaja (tren neurotik *compliant type*). Partisipan 2 mulai memiliki sekelompok teman dekat yang menjadi tempat untuk melupakan masalahnya dengan orangtua di rumah.

Memasuki usia dewasa, awal kecenderungan tren neurotik *compliant type* tetap dipertahankan oleh Partisipan 2. Kebutuhan Partisipan 2 untuk mendapatkan kasih sayang dan penerimaan (*affection and approval*), bergantung pada pasangan (*powerful partner*), dan mengalah pada orang lain (*restrict one's life*), membuat Partisipan 2 mengalami *restrictive engulfment* (dikontrol pasangan dalam penampilan dan pengambilan keputusan, interaksi sosial dibatasi, dimonitor oleh pasangan, dituntut untuk meluangkan waktu lebih), *denigration* (dimaki oleh pasangan, dituduh oleh pasangan), *hostile withdrawal* (pasangan menolak berinteraksi dan bertemu), dan *dominance/intimidation* (diancam terkait hubungan akan berakhir, diintimidasi oleh pasangan, pasangan melempar barang, pasangan mengancam akan membahayakan diri). Perilaku tersebut diterima oleh Partisipan 2 dan Partisipan 2 masih bertahan dalam hubungan karena tidak ingin kehilangan kasih sayang dan kenyamanan dari pasangannya, meyakini bahwa beberapa kontrol yang pasangannya lakukan dapat membuatnya menjadi lebih baik, dan merasa tidak keberatan untuk mengalah demi pasangannya. Hal ini terlihat dari sejumlah pernyataan sebagai berikut:

“Dia sangat *concern* deng dan memperhatikan diri gua banget ya, gua terkadang ngerasa bahwa, aaa, diri gua diperhatikan.” - Partisipan 2 (NN2.1 - *Neurotic needs of affection*).

“(…) Terkadang gua? Cowok kan juga dengan kondisi banyak hal gitu ya, lo juga terkadang *loss* sesuatu, *loss direction* atau apapun, cuma ya kadang dibantu oleh pasangan wanitanya. Nah, wanita ini yang gua butuh.” - Partisipan 2 (NN2.2 - *Neurotic needs of powerful partner*).

Partisipan 4. Sementara itu, Partisipan 4 di masa kecil seringkali berada pada situasi ketika orangtuanya, khususnya ayah, menempatkannya pada situasi yang mengancam. Partisipan 4 dikurung dalam gudang dan disuruh pergi ke warung seorang diri. Meski demikian,

admitted that at first, they did not have resentment toward their parents as their mother always accompanied them to play (Participant 4 did not play with children the same age in their childhood because they had no friends) and their father always bought food and goods that they asked for. Entering the age of eight, the family's economic condition declined, and both parents started to show indifference and did not meet Participant 4's material needs as they used to. From this point, Participant 4 began to resent their father and mother. In addition, their mother's attention was diverted to their younger sibling. This situation made Participant 4, who from the beginning was an obedient child (compliant type neurotic trend), began to approach other figures (i.e., their uncle) who provide affection and can be relied on besides their mother and father. The tendency towards compliant type neurotic trend continued into their adolescence and Participant 4 found a new figure they could rely on (besides their uncle), namely their best friend and partner.

Into early adulthood, Participant 4 persisted in the tendency towards compliant type neurotic trend. Participant 4's need to receive love and acceptance (affection and approval), to depend on a partner (powerful partner), and concede to other parties (restrict one's life) has caused Participant 4 to experience restrictive engulfment (partner controls in appearance and decision making, limited social interaction, monitored by partner, restricted activity, restricted behavior), denigration (scolded by partner, accused by partner, criticized by partner, demeaned by partner), hostile withdrawal (silenced by partner, not introduced to partner's family), and dominance/intimidation (threatened with negative consequences, partner drives recklessly, partner demands things that are given). This behavior was accepted by Participant 4 and Participant 4 still remained in the relationship as they did not want to lose the love and comfort of their partner. Participant 4 believed that they were lucky to have a good-looking, smart, and rich partner. In addition, Participant 4 felt that they did not mind conceding to their partner as a form of gratitude, because (according to Participant 4) "a man as great as their partner has chosen a simple woman like Participant 4". This can be seen from several statements, such as:

"If my partner isn't there, or what is behaving a certain way... like that, what will I be like later, because I really depend on him." - Participant 4

Partisipan 4 mengaku awalnya belum memiliki rasa permusuhan terhadap kedua orangtuanya karena ibu selalu menemaninya bermain (Partisipan 4 tidak bermain bersama anak seusia ketika kanak-kanak sehingga tidak punya teman) dan ayah selalu membelikan makanan dan barang yang Partisipan 4 minta. Memasuki usia delapan tahun, kondisi perekonomian keluarga menurun dan sikap kedua orangtuanya berubah menjadi tidak peduli dan tidak memenuhi kebutuhan materi Partisipan 4 seperti dulu lagi. Sejak saat ini, Partisipan 4 mulai memiliki rasa permusuhan terhadap ayah dan ibunya, apalagi perhatian ibunya teralihkan kepada adiknya. Situasi tersebut membuat Partisipan 4 di masa kecil yang sejak awal adalah anak yang patuh (tren neurotik *compliant type*), mulai mendekati sosok lain (paman) yang bisa memberikan kasih sayang dan diandalkan selain ayah ibunya. Kecenderungan tren neurotik *compliant type* terus dipertahankan memasuki usia remaja dan Partisipan 4 menemukan sosok baru yang bisa diandalkan (selain paman) yaitu sahabat dan kekasihnya.

Hingga usia dewasa awal, Partisipan 4 tetap bertahan pada kecenderungan tren neurotik *compliant type*. Kebutuhan Partisipan 4 untuk mendapatkan kasih sayang dan penerimaan (*affection and approval*), bergantung pada pasangan (*powerful partner*), dan mengalah pada pihak lain (*restrict one's life*) membuat Partisipan 4 mengalami *restrictive engulfment* (dikontrol pasangan dalam penampilan dan pengambilan keputusan, interaksi sosial dibatasi, dimonitor oleh pasangan, aktivitas dibatasi, perilaku dibatasi), *denigration* (dimaki oleh pasangan, dituduh oleh pasangan, dikritik oleh pasangan, direndahkan oleh pasangan), *hostile withdrawal* (didiamkan oleh pasangan, tidak dikenalkan pada keluarga pasangan), dan *dominance/intimidation* (diancam dengan konsekuensi negatif, pasangan mengemudi dengan ceroboh, pasangan menuntut hal-hal yang telah diberikan). Perilaku tersebut diterima oleh Partisipan 4 dan Partisipan 4 masih bertahan dalam hubungan karena tidak ingin kehilangan kasih sayang dan kenyamanan dari pasangannya. Partisipan 4 meyakini bahwa dirinya beruntung mendapatkan sosok pasangannya yang tampan, pintar, dan kaya. Selain itu, Partisipan 4 merasa tidak keberatan untuk mengalah pada pasangannya sebagai bentuk rasa syukurnya, karena (menurut Partisipan 4) "laki-laki sehebat pasangannya telah memilih wanita sederhana seperti Partisipan 4". Hal ini terlihat dari sejumlah pernyataan sebagai berikut:

"Kalo pasanganku ga ada, atau pasanganku bagaimana... gitu, nanti aku kaya gimana lagi, karena aku tuh termasuk yang bergantung banget sama dia."

(NN4.2 - Neurotic needs of powerful partner).

“Because I feel like no one wants me, that's it.” - Participant 4 (NN4.3 - Neurotic needs to restrict one's life with narrow borders).

Victims With Compliant Type Neurotic Trend May Become Perpetrators of Emotional Abuse

In addition to sharing the experience of emotional abuse received from their partners, both Participant 2 and Participant 4 also shared that sometimes they also carried out several forms of emotional abuse to their partners.

Participant 2. Based on the interview, it was identified that Participant 2 committed emotional abuse in the aspects of hostile withdrawal and restrictive engulfment. However, the aspects described by Participant 2 in the self-screening were only restrictive engulfment behavior. This difference may occur as Participant 2 was unaware that being dishonest with a partner and avoiding conflict is a form of emotional abuse.

Participant 4. In the results of Participant 4's interview, it was found that Participant 4 committed emotional abuse in the aspect of hostile withdrawal. While the aspects described by Participant 4 through self-screening included restrictive engulfment, denigration, hostile withdrawal, and dominance/intimidation. This difference may occur as the emotional abuse aspect that was deliberately carried out by Participant 4 was hostile withdrawal, while the aspects of denigration and dominance/intimidation are a form of response to the emotional abuse committed by Participant 4's partner against Participant 4. For the last six months, sometimes when Participant 4's partner demeans them or starts to verbally intimidate them, Participant 4 would respond in the same way their partner treats them, although not always, that is only when Participant 4 has other male friends who support them. Then, in the aspect of restrictive engulfment, Participant 4 committed this as their partner once dated their best friend without Participant 4's knowledge, so there are times when Participant 4 is suspicious when their partner is away without them.

- Partisipan 4 (NN4.2 - *Neurotic needs of powerful partner*).

“Karena aku ngerasa nggak ada yang mau sama aku, gitu.” - Partisipan 4 (NN4.3 - *Neurotic needs to restrict one's life with narrow borders*).

Korban Dengan Tren Neurotik Compliant Type Dapat Menjadi Pelaku Kekerasan Emosional

Selain menceritakan penghayatan kekerasan emosional yang diterima dari pasangan, baik Partisipan 2 dan Partisipan 4 juga menceritakan bahwa terkadang mereka juga melakukan beberapa bentuk perilaku kekerasan emosional terhadap pasangannya.

Partisipan 2. Berdasarkan hasil wawancara, diketahui bahwa Partisipan 2 melakukan kekerasan emosional dalam aspek *hostile withdrawal* dan *restrictive engulfment*. Sementara aspek yang digambarkan oleh Partisipan 2 melalui *screening* mandiri hanya perilaku *restrictive engulfment*. Perbedaan ini dapat terjadi karena Partisipan 2 belum memahami bahwa bersikap tidak jujur dengan pasangan dan menghindari konflik merupakan salah satu bentuk kekerasan emosional.

Partisipan 4. Pada hasil wawancara Partisipan 4, diketahui bahwa Partisipan 4 melakukan kekerasan emosional dalam aspek *hostile withdrawal*. Sementara aspek yang digambarkan oleh Partisipan 4 melalui *screening* mandiri meliputi perilaku *restrictive engulfment*, *denigration*, *hostile withdrawal*, dan *dominance/intimidation*. Perbedaan ini dapat terjadi karena aspek kekerasan emosional yang memang dengan sengaja dilakukan Partisipan 4 adalah *hostile withdrawal*, sementara aspek *denigration* dan *dominance/intimidation* merupakan bentuk respon dari kekerasan emosional yang dilakukan pasangan Partisipan 4 terhadap Partisipan 4. Sejak enam bulan terakhir, terkadang apabila pasangan Partisipan 4 merendahnya atau mulai mengintimidasi Partisipan 4 secara verbal, Partisipan 4 akan memberikan respon yang sama seperti apa yang pasangannya lakukan kepadanya, meski tidak selalu, yaitu hanya di saat Partisipan 4 memiliki teman laki-laki lain yang mendukungnya. Kemudian, dalam aspek *restrictive engulfment*, Partisipan 4 melakukannya karena pasangannya pernah berkencan dengan sahabatnya sendiri tanpa sepengetahuan Partisipan 4, sehingga ada kalanya Partisipan 4 merasa curiga jika pasangannya sedang pergi tanpa dirinya.

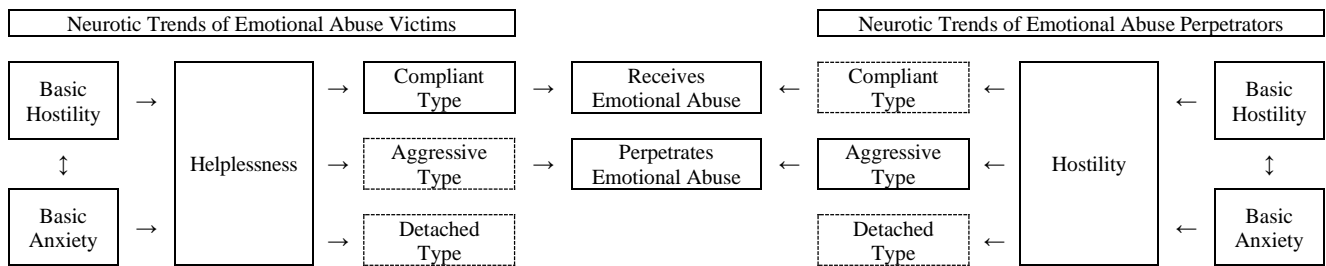
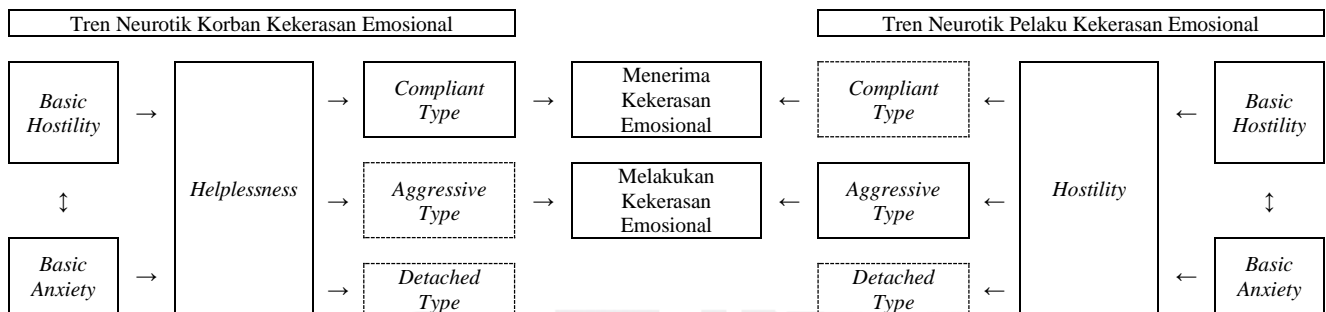


Figure 7. Framework of neurotic trends.



Gambar 7. Kerangka model tren neurotik.

Brief Summary of Neurotic Trends by Study Participants

Based on the dynamics of neurotic trends in emotional abuse in dating relationships, the authors propose a framework to illustrate the results of the study in general.

In Figure 7, every individual essentially has all three neurotic trends, but specifically in neurotic individuals, there is one trend that predominates, and this trend is most often displayed in attitudes toward other individuals. In individuals who are emotional abuse victims, the internal conflict is a feeling of helplessness, so their needs are central to depending on and prioritizing other parties. This directs individuals with compliant type neurotic trend to be inclined to accept emotional abuse. However, at certain times, individuals who are predominantly of compliant type neurotic trend also have the potential to commit emotional abuse, because to a lower degree, they may act against other people.

In individuals who are perpetrators of emotional abuse, the basic internal conflict is a sense of hostility towards their environment, so their need is to oppose

Simpulan Singkat Perihal Tren Neurotik Berdasarkan Partisipan Studi

Berdasarkan hasil dinamika tren neurotik dalam kekerasan emosional hubungan berpacaran, penulis menarik satu buah kerangka model untuk menggambarkan hasil studi secara umum.

Berdasarkan Gambar 7, tiap individu pada dasarnya memiliki ketiga tren neurotik, namun pada individu yang neurotik, terdapat satu tren yang paling dominan, ketika tren tersebut paling sering digunakan dan ditampilkan individu dalam bersikap terhadap individu lain. Pada individu sebagai korban kekerasan emosional, konflik dasar yang dirasakan adalah perasaan tidak berdaya (*helplessness*), sehingga memiliki kebutuhan untuk bergantung dan memprioritaskan pihak lain. Hal tersebut mengarahkan individu dengan tren neurotik *compliant type* untuk cenderung menerima kekerasan emosional. Namun, pada saat tertentu, individu yang didominasi tren neurotik *compliant type* juga berpotensi melakukan kekerasan emosional, karena pada derajat yang lebih rendah, sesungguhnya mereka dapat bersikap melawan orang lain.

Pada individu sebagai pelaku kekerasan emosional, konflik dasar yang dirasakan adalah rasa permusuhan terhadap lingkungannya, sehingga memiliki kebutuhan

and dominate other individuals. This inclines individuals with aggressive type neurotic trend to commit emotional abuse. However, at certain times, individuals who are predominantly of aggressive type neurotic trend may also be recipients of emotional abuse, because, to a lower degree, they may depend on or need other people.

Discussion

The results of the study state that both parties may mutually commit emotional abuse, whether as a perpetrator or as a victim. However, each individual had a greater tendency to be either a perpetrator (Participant 1 and Participant 3) or a victim (Participant 2 and Participant 4). This is observed from the frequency, intensity, form, and impact (not more dominant than the perpetrator). This corresponds with studies that reported how perpetrators of abuse were also victims of domestic violence (Anderson, 2002, as cited in Próspero & Kim, 2009).

In addition, other studies also report that 84% of couples who are in emotionally abusive relationships may commit violence against each other (Cantos et al., 1994, as cited in Próspero & Kim, 2009). Furthermore, Horney (1945) stated that neurotic individuals have one trend that seems predominant, but individuals also have two other trends at a lower (minor) level. This may help in understanding why neurotic trends in an individual may change. In addition, this concept also helps to understand why perpetrators of emotional abuse with the tendency towards aggressive type neurotic trend may also experience emotional abuse from their partners, and vice versa, when victims of emotional abuse with the tendency towards compliant type neurotic trend may also commit emotional abuse against their partners.

From a gender (or sex)-based perspective, both men and women can be perpetrators or victims of emotional abuse in dating relationships. The results of this study indicate that both men and women have the potential to become perpetrators or victims of emotional violence and all study participants have committed or received forms of emotional violence which include restrictive engulfment, denigration, hostile withdrawal, and dominance/intimidation. This aligns with quantitative

untuk melawan dan mendominasi individu lain. Hal tersebut mengarahkan individu dengan tren neurotik *aggressive type* untuk cenderung melakukan kekerasan emosional. Namun, pada saat tertentu, individu yang didominasi tren neurotik *aggressive type* juga berpotensi menerima kekerasan emosional, karena pada derajat yang lebih rendah, sesungguhnya mereka dapat bergantung atau membutuhkan orang lain.

Diskusi

Hasil studi menyatakan bahwa kedua pihak dapat melakukan kekerasan emosional yang sifatnya mutual, baik sebagai pelaku maupun korban. Namun, setiap individu memiliki kecenderungan yang lebih besar baik sebagai pelaku (Partisipan 1 dan Partisipan 3) maupun korban (Partisipan 2 dan Partisipan 4). Hal tersebut dilihat dari frekuensi, intensitas, bentuk, dan dampaknya (tidak lebih dominan dari pelaku). Hal ini sejalan dengan studi yang melaporkan bahwa pelaku kekerasan dalam rumah tangga sebelumnya juga menjadi korban kekerasan dalam rumah tangga (Anderson, 2002, sitat dalam Próspero & Kim, 2009).

Selain itu, studi lain turut melaporkan bahwa 84% pasangan yang berada dalam kekerasan emosional saling melakukan kekerasan dalam hubungan (Cantos et al., 1994, sitat dalam Próspero & Kim, 2009). Secara lebih lanjut, Horney (1945) menyatakan bahwa individu neurotik memiliki satu tren yang tampak dominan, namun sesungguhnya individu juga memiliki dua tren lainnya dalam tingkat yang lebih rendah (minor). Hal ini dapat membantu dalam memahami mengapa tren neurotik pada suatu individu dapat berubah. Selain itu, konsep tersebut juga membantu memahami mengapa pelaku kekerasan emosional yang memiliki kecenderungan tren neurotik *aggressive type* pernah mengalami kekerasan emosional dari pasangannya, dan berlaku sebaliknya, ketika korban kekerasan emosional yang memiliki kecenderungan tren neurotik *compliant type* pernah melakukan kekerasan emosional terhadap pasangannya.

Berdasarkan perspektif *gender* (jenis kelamin), baik laki-laki maupun perempuan dapat menjadi pelaku maupun korban kekerasan emosional dalam hubungan pacaran. Hasil studi ini menunjukkan bahwa baik laki-laki maupun perempuan berpotensi menjadi pelaku maupun korban kekerasan emosional dan seluruh partisipan studi telah melakukan atau menerima bentuk kekerasan emosional yang meliputi *restrictive engulfment*, *denigration*, *hostile withdrawal*, dan

studies which report that there are no gender or sex differences in cases of emotional violence in individual women aged 18-55 years and men aged 18-58 years (Começanha et al., 2017).

In addition to selecting participants based on gender or sex, participants were also selected from their age category, i.e., early adulthood, and were currently in a dating relationship for a duration of two to seven years. Emphasizing the context of early adulthood and the duration of the relationship is due to certain considerations. In addition to the developmental tasks of early adulthood which focus on establishing intimacy with other individuals, early adulthood is also a stage where emotional maturity and the ability to make appropriate decisions is expected compared to adolescents. That is why studies on abuse are more often carried out in the adolescent age group, or commonly known as Adolescent Dating Violence (ADV; Taquette & Monteiro, 2019).

Then, the relatively long duration of the relationship may generally describe the amount of investment that has been given in the relationship (such as material investment, time, compensations, and so on), hence participants would consider it rather difficult to end the relationship despite their suffering (Joel et al., 2013), and even though they are not legally bound (Follingstad & Rogers, 2013). If previously it was stated that stressors related to family involvement and economic aspects only existed in the context of marriage (Follingstad et al., 2002), in this study Participant 2 who was still in a dating relationship also felt the stressors of family involvement in their dating relationships. In addition, even though the context of the study focuses on emotional abuse, Participant 4 was also conflicted in terms of economic aspects, and Participant 3 in terms of social media (Social Network Sites [SNSs]). Social Network Sites (SNSs) allow conflicts between partners related to jealousy and controlling behavior (Kerkhof et al., 2011, as cited in Rahaman, 2015). These findings can be a reference for studies related to emotional abuse in dating relationships, especially related to social media (Social Network Sites [SNSs]), because in the current situation, excessive use of social media can lead to conflict in romantic relationships (Bouffard et al., 2022). Conflicts that are generally related to social media may negatively impact an individual from an emotional aspect, for example, regarding their desire to seek validation from partners, status recognition, and jealousy (Bouffard et al., 2022).

dominance/intimidation. Hal ini sejalan dengan studi kuantitatif yang melaporkan bahwa tidak terdapat perbedaan *gender* (jenis kelamin) pada kasus kekerasan emosional pada individu perempuan usia 18-55 tahun dan laki-laki usia 18-58 tahun (Começanha et al., 2017).

Selain memilih partisipan berdasarkan *gender* (jenis kelamin), pemilihan partisipan dalam studi ini adalah kategori usia dewasa awal dan sedang menjalin hubungan berpacaran dalam durasi dua sampai tujuh tahun. Penekanan konteks usia dewasa awal dan durasi hubungan ditetapkan melalui pertimbangan tertentu. Selain tugas perkembangan usia dewasa awal yang berfokus menjalin keintiman dengan individu lain, usia dewasa awal juga diharapkan lebih matang secara emosional dan mampu mengambil keputusan secara tepat dibandingkan dengan individu usia remaja. Itulah mengapa studi tentang kekerasan lebih sering dilakukan pada kelompok usia remaja, atau biasa dikenal dengan istilah *Adolescent Dating Violence (ADV; Taquette & Monteiro, 2019)*.

Kemudian, durasi hubungan yang relatif lama pada umumnya dapat menggambarkan besarnya investasi yang sudah diberikan dalam hubungan (seperti materi, waktu, pengorbanan, dan sebagainya), sehingga partisipan merasa tidak mudah untuk mengakhiri hubungan meski mengalami penderitaan (Joel et al., 2013) dan meski tidak memiliki keterikatan secara hukum (Follingstad & Rogers, 2013). Apabila sebelumnya dinyatakan bahwa stresor terkait keterlibatan keluarga dan aspek ekonomi hanya ada dalam konteks pernikahan (Follingstad et al., 2002), namun pada studi ini Partisipan 2 yang masih menjalin hubungan pacaran turut merasakan stresor keterlibatan keluarga dalam hubungan berpacaran. Selain itu, meski konteks studi berfokus pada kekerasan emosional, namun pada Partisipan 4 terdapat konflik terkait aspek ekonomi dan pada Partisipan 3 terkait media sosial (*Social Network Sites [SNSs]*). *Social Network Sites (SNSs)* memungkinkan terjadinya konflik antar pasangan terkait kecemburuan dan perilaku mengawasi (Kerkhof et al., 2011, sitat dalam Rahaman, 2015). Hasil temuan ini dapat menjadi referensi untuk studi terkait kekerasan emosional dalam hubungan berpacaran khususnya terkait media sosial (*Social Network Sites [SNSs]*), karena pada situasi sekarang ini, penggunaan media sosial yang berlebihan dapat mengarahkan konflik dalam hubungan romantis (Bouffard et al., 2022). Konflik yang pada umumnya terkait media sosial memberikan dampak negatif pada sisi emosional individu, misalnya terkait menginginkan validasi dari pasangan, pengakuan status, dan kecemburuan (Bouffard et al., 2022).

Emotional abuse in dating relationships occurs when there is conflict in the relationship. From the perpetrator's standpoint, conflicts that trigger emotional abuse against partners include: (1) feeling humiliated by their partner; (2) the partner does not fulfill the perpetrator's wishes; (3) the perpetrator is worried about the safety of the partner; (4) the partner is unable to meet the perpetrator; (5) the perpetrator has other stressors that make them unable to control their emotions; (6) the perpetrator does not trust the partner; and (7) the perpetrator feels that they are not prioritized by their partner. From the victim's standpoint, conflicts that trigger emotional abuse by partners include: (1) different perspectives regarding certain matters; (2) the victim does not fulfill the wishes of the perpetrator; and (3) the victim makes a trivial mistake that disturbs the perpetrator.

Looking at these two standpoints, it can be concluded that the trigger factor for emotional abuse as identified by both perpetrator and victim is when the victim does not fulfill the perpetrator's wishes. Furthermore, it was found that a conflict can include several aspects of emotional abuse in dating relationships. This is in line with the results of a previous quantitative study conducted by Bonechi and Tani (2011) which stated that each sub-scale or domain of the Multidimensional Measurement of Emotional Abuse - Turkish Version (MMEA-TR) is correlated with one other.

After tracing experiences related to participants' relationships with parents, participants who were perpetrators or victims of emotional abuse in dating relationships have basic hostility and basic anxiety which are sources of neurotic tendencies. Each neurotic trend is based on a specific neurotic need that influences an individual's attitude toward their partner in the context of emotional abuse in a dating relationship. Sholikhah and Masykur (2020) and Wahyuni et al. (2020) stated that victims of violence in dating relationships can survive in relationships as their partners are able to fulfill their needs, and this causes victims to become dependent on their partners (Caridade et al., 2020). However, there is no exact explanation as to how personality dynamics induce certain types of needs that a partner can meet, and what kind of needs the participants have, so this study seeks to gain a more comprehensive description of the participants' needs.

Kekerasan emosional dalam hubungan berpacaran terjadi ketika terdapat konflik dalam hubungan. Berdasarkan sudut pandang pelaku, konflik yang memicu terjadinya perilaku kekerasan emosional terhadap pasangan meliputi: (1) merasa direndahkan oleh pasangan; (2) pasangan tidak memenuhi keinginan pelaku; (3) pelaku merasa khawatir akan keamanan pasangan; (4) pasangan tidak dapat bertemu pelaku; (5) pelaku memiliki stresor lain yang membuatnya tidak mampu mengontrol emosi; (6) pelaku tidak mempercayai pasangan; dan (7) pelaku merasa tidak diprioritaskan oleh pasangan. Dari sudut pandang korban, konflik yang memicu terjadinya perilaku kekerasan emosional yang dilakukan pasangan meliputi: (1) perbedaan perspektif terkait hal tertentu; (2) korban tidak memenuhi keinginan pelaku; dan (3) korban melakukan kesalahan sepele yang membuat pelaku terganggu.

Melihat kedua sudut pandang tersebut, dapat disimpulkan bahwa faktor pemicu kekerasan emosional yang dikenali oleh pelaku maupun korban adalah ketika korban tidak memenuhi keinginan pelaku. Selanjutnya, ditemukan bahwa dalam suatu konflik dapat meliputi beberapa aspek dari kekerasan emosional dalam hubungan berpacaran. Hal ini sejalan dengan hasil studi kuantitatif sebelumnya yang dilakukan oleh Bonechi dan Tani (2011) yang menyatakan bahwa setiap sub-skala atau domain dari alat ukur *Multidimensional Measurement of Emotional Abuse - Turkish Version (MMEA-TR)* saling berkorelasi.

Setelah menelusuri pengalaman terkait hubungan partisipan dengan orang tua, partisipan sebagai pelaku atau korban kekerasan emosional dalam hubungan berpacaran memiliki *basic hostility* dan *basic anxiety* yang merupakan sumber tren neurotik. Setiap tren neurotik didasari oleh kebutuhan neurotik tertentu yang memengaruhi sikap individu terhadap pasangannya dalam konteks kekerasan emosional dalam hubungan berpacaran. Sholikhah dan Masykur (2020) dan Wahyuni et al. (2020) menyatakan bahwa korban kekerasan dalam hubungan berpacaran dapat bertahan dalam hubungan karena kebutuhannya dapat dipenuhi oleh pasangannya, dan hal ini membuat korban bergantung dengan pasangannya (Caridade et al., 2020). Akan tetapi, belum dijelaskan bagaimana dinamika kepribadian partisipan menghadirkan kebutuhan yang dapat dipenuhi oleh pasangannya dan kebutuhan seperti apa yang dimiliki partisipan, sehingga studi ini berusaha untuk mendapatkan gambaran secara lebih komprehensif terkait kebutuhan partisipan.

In recounting their childhood experiences, this study also found how the participants' attachment styles were in their dating relationships. Participants who are emotionally abusive in dating relationships have an insecure attachment style (adult insecure attachment). The authors found that all participants who experienced emotional abuse had an insecure attachment style (anxious attachment and/or avoidance attachment). This aligns with the results of a study by Demirtaş et al. (2018), stating that there is a correlation between emotional abuse and insecure attachment styles based on the relationship between the Experiences in Close Relationship Scale - Short Form (ECR-S) and the Multidimensional Measurement of Emotional Abuse - Turkish Version (MMEA-TR). In addition, Devi (2013) also stated that the factors that influence individuals to commit abuse are poor self-control, hence individuals commit acts of abuse when faced with problems. Based on another previous study, Whiting et al. (2014) stated that individuals who are perpetrators of abuse in relationships have greater hostility, irrational beliefs, and cognitive biases, and their ability to control anger is less adequate than individuals who are not perpetrators of abuse in relationships. These findings are in line with the results of this study which found that both victims and perpetrators have high anxiety toward their partners and have not been able to deal with their anxiety in a good, adaptive manner.

Conclusion

The results of the study showed that the source of neurotic trends from all participants is predominantly based on basic hostility, which is caused by non-fulfillment of the child's emotional (safety) and/or physical (satisfaction) needs. Their parents' inability in meeting these needs is generally due to the parents' attitude in imposing their will, venting negative emotions on their children, lack of appreciation toward their children, criticizing their children, indifference, exercising excessive supervision, and committing physical violence against their children. Such situations may predispose a child to experience anxiety when the child feels helpless, isolated, and competitive with their environment.

In contrast to the other three participants whose basic hostility led to basic anxiety, Participant 4 seemed to develop basic anxiety first. Participant 4's experience

Dalam menceritakan pengalaman masa kanak-kanak, studi ini juga menemukan bagaimana gaya kelekatan partisipan dalam hubungan berpacaran mereka. Partisipan yang berada pada kekerasan emosional dalam hubungan berpacaran memiliki gaya kelekatan yang tidak aman (*adult insecure attachment*). Penulis menemukan bahwa seluruh partisipan yang berada dalam kekerasan emosional, memiliki gaya kelekatan yang tidak aman (*anxious attachment* dan/atau *avoidance attachment*). Hal ini sejalan dengan hasil studi oleh Demirtaş et al. (2018), yang menyatakan bahwa terdapat korelasi antara kekerasan emosional terhadap gaya kelekatan tidak aman berdasarkan keterkaitan antara alat ukur *Experiences in Close Relationship Scale - Short Form (ECR-S)* dengan *Multidimensional Measurement of Emotional Abuse - Turkish Version (MMEA-TR)*. Selain itu, Devi (2013) juga menyatakan bahwa faktor yang memengaruhi individu melakukan kekerasan adalah kontrol diri yang lemah, sehingga individu melakukan tindak kekerasan dalam menghadapi masalah. Berdasarkan studi sebelumnya, Whiting et al. (2014) menyatakan bahwa individu sebagai pelaku kekerasan dalam hubungan memiliki lebih banyak rasa permusuhan, keyakinan irrasional, dan bias kognitif, serta kemampuan mengontrol emosi marah yang kurang adekuat dibandingkan individu yang bukan sebagai pelaku kekerasan dalam hubungan. Temuan tersebut sejalan dengan hasil studi ini yang menemukan bahwa baik korban maupun pelaku memiliki kecemasan yang tinggi terhadap pasangan dan belum mampu menghadapi kecemasannya dengan cara yang adaptif.

Simpulan

Hasil studi menunjukkan bahwa sumber tren neurotik yang dimiliki oleh seluruh partisipan, secara dominan didasari oleh *basic hostility* yang disebabkan tidak terpenuhinya kebutuhan anak secara emosional (*safety*) dan/atau secara fisik (*satisfaction*). Ketidakterhasilan orangtua dalam memenuhi kebutuhan ini pada umumnya dikarenakan sikap orangtua yang memaksakan kehendak, melampiasikan emosi negatif kepada anak, tidak mengapresiasi anak, mengkritik anak, ketidakpedulian, melakukan pengawasan secara berlebihan, dan melakukan kekerasan fisik terhadap anak. Situasi ini dapat mengarah pada *basic anxiety* ketika anak merasa tidak berdaya, terisolasi, dan bersaing terhadap lingkungannya.

Berbeda dari tiga partisipan lainnya ketika warna *basic hostility* yang dimiliki mengarah pada *basic anxiety*, Partisipan 4 tampak mengembangkan *basic*

was predominated by unhealthy parenting which made them anxious and insecure. The formed anxiety and insecurity due to parenting eventually progressed into basic hostility toward the parents.

Based on the exploration of experiences from childhood to early adulthood, three out of four participants had neurotic trends that persisted from childhood to early adulthood, namely Participant 3 with aggressive type neurotic trend, and Participant 2 and Participant 4 with compliant type neurotic trend. In childhood, Participant 1 tended to avoid other individuals (detached type neurotic trend) but entering adolescence, Participant 1 began to academically excel and developed the courage to oppose the environment, so Participant 1's tendency towards neurotic trend turned into an aggressive type neurotic trend to the point of this study.

Based on the findings of participants' tendency towards neurotic trends, the dynamics of these neurotic trends were explored in the context of emotional abuse in their current dating relationships. Participant 1 and Participant 3, who are predominantly perpetrators of emotional abuse in dating relationships, were inclined toward aggressive type neurotic trend, based on their need for power, recognition, and exploit others. The manifestations of this neurotic trend are, among others, controlling or supervising their partners (restrictive engulfment), demeaning and scolding partners (denigration), silencing and avoiding partners (hostile withdrawal), and intimidating and threatening partners (dominance/intimidation). Participant 2 and Participant 4, who were predominantly victims of emotional abuse in their relationships, had a tendency towards compliant type neurotic trend, based on the need for affection and approval, powerful partner, and restrict one's life. This causes the victim to tolerate the attitude of the perpetrator and soldier on in the relationship as they do not want to lose affection, depend on the perpetrator, and feel they must concede.

Implications

The results of the study state that both perpetrators and victims of emotional abuse in dating relationships have unhealthy neurotic trends, so it is important to provide interventions not only to victims but also to perpetrators to reduce (curative effort) or prevent

anxiety terlebih dahulu. Pengalaman Partisipan 4 lebih didominasi oleh situasi pengasuhan tidak sehat yang justru membuatnya cemas dan merasa tidak aman. Kecemasan dan rasa tidak aman yang terbentuk karena pengasuhan tersebut pada akhirnya menumbuhkan *basic hostility* terhadap orang tuanya.

Berdasarkan penggalian pengalaman masa kanak-kanak hingga dewasa awal, tiga dari empat partisipan memiliki tren neurotik yang menetap dari masa kanak-kanak hingga dewasa awal, yaitu Partisipan 3 dengan tren neurotik *aggressive type*, serta Partisipan 2 dan Partisipan 4 dengan tren neurotik *compliant type*. Partisipan 1 pada usia kanak-kanak memiliki kecenderungan untuk menjauhi individu lain (tren neurotik *detached type*), namun memasuki usia remaja Partisipan 1 mulai memiliki keunggulan akademis dan keberanian untuk melawan lingkungan, sehingga kecenderungan tren neurotik yang dimiliki oleh Partisipan 1 berubah menjadi tren neurotik *aggressive type* hingga saat ini.

Dengan kecenderungan tren neurotik yang dimiliki oleh partisipan, terdapat pula dinamika tren neurotik tersebut dalam konteks kekerasan emosional dalam hubungan berpacaran saat ini. Partisipan 1 dan Partisipan 3 yang secara dominan menjadi pelaku kekerasan emosional dalam hubungan berpacaran memiliki kecenderungan tren neurotik *aggressive type*, didasari kebutuhan akan *power, recognition, dan exploit others*. Manifestasi dari tren neurotik ini adalah perilaku mengontrol atau mengawasi pasangan (*restrictive engulfment*), merendahkan dan memaki pasangan (*denigration*), mendiamkan dan menghindari pasangan (*hostile withdrawal*), serta mengintimidasi dan mengancam pasangan (*dominance/intimidation*). Partisipan 2 dan Partisipan 4 yang secara dominan menjadi korban kekerasan emosional dalam hubungan berpacaran memiliki kecenderungan tren neurotik *compliant type*, didasari kebutuhan akan *affection and approval, powerful partner, dan restrict one's life*. Hal ini menyebabkan korban mentoleransi sikap pelaku dan bertahan dalam hubungan karena tidak ingin kehilangan kasih sayang, bergantung pada pelaku, dan merasa dirinya harus mengalah.

Implikasi

Hasil studi menyatakan bahwa baik pelaku ataupun korban kekerasan emosional dalam hubungan berpacaran memiliki tren neurotik yang tidak sehat, sehingga penting untuk memberikan intervensi tidak hanya kepada korban namun juga kepada pelaku untuk mengurangi (kuratif)

(preventive effort) the phenomenon of emotional abuse in dating relationships. Individuals with neurotic trends have a certain degree of anxiety, and to conceal their anxiety, the individual has needs that must be fulfilled to compensate for a sense of safety. Therefore, individuals who currently feel that dating relationships are a source of pressure and anxiety are recommended to provide time for themselves in order to understand what triggers their anxiety and to practice self-regulation so that they are not always driven by impulsive and compulsive needs (neurotic needs). If they have trouble understanding the conflict they are facing, individuals can try to exchange ideas with trusted parties or try to discuss the situation with their partner openly, without offending their partner's feelings. If the individual does not have a trusted party around them and is unable to communicate conflicts with their partner, the individual can seek professional help in the psychological field.

Limitations and Suggestions

The limitation of this study is the risk of selection bias, considering that the sampling technique used is convenience sampling. This limited the authors' ability to obtain respondents who could provide data regarding their experiences, following the neurotic trends described from the theoretical basis.

In this study, the authors have not found participants who have a predominantly detached type neurotic trend in early adulthood, so an overview has not been obtained as to whether individuals with detached type neurotic trend can become perpetrators or victims of emotional abuse. If examined in detail, the detached type neurotic trend appears to align with one form of emotional abuse, i.e., hostile withdrawal. To prove existing assumptions or to gain more comprehension on the topic of neurotic trends and emotional abuse in dating relationships, it is necessary to carry out further studies with individuals with detached type neurotic trends.

As a step to increase the credibility of the study, this study applied a triangulation method, in which the Horney-Coolidge Tridimensional Inventory (HCTI) was administered, to measure the type of neurotic trend from a quantitative point of view. Three out of four

atau mencegah (preventif) fenomena kekerasan emosional dalam hubungan berpacaran. Individu dengan tren neurotik memiliki kecemasan tertentu, dan sebagai upaya menutupi kecemasannya, individu memiliki kebutuhan yang harus dipenuhi sebagai kompensasi agar merasa aman. Oleh karena itu, individu yang saat ini merasa hubungan berpacaran menjadi sumber tekanan dan kecemasan, dapat mencoba untuk memberikan waktu kepada diri sendiri untuk dapat memahami hal apa saja yang dapat memicu kecemasannya dan mencoba untuk lebih mengontrol diri agar tidak selalu didominasi oleh kebutuhan yang impulsif dan kompulsif (kebutuhan neurotik). Apabila mengalami kesulitan untuk memahami konflik yang dihadapi, individu dapat mencoba untuk bertukar pikiran dengan pihak yang dipercaya atau mencoba untuk membicarakan kondisi tersebut kepada pasangan secara terbuka namun tidak menyakiti perasaan pasangan. Jika individu tidak memiliki pihak yang dirasa dapat dipercaya di sekitarnya dan tidak mampu mengkomunikasikan konflik dengan pasangan, individu dapat mencari bantuan profesional di bidang psikologis.

Keterbatasan dan Saran

Keterbatasan dalam studi ini adalah risiko terjadinya *selection bias*, mengingat teknik sampling yang digunakan adalah *convenience sampling*. Hal ini membatasi penulis untuk memperoleh responden yang bisa menyediakan data sehubungan dengan pengalaman mereka, sesuai dengan tren neurotik yang terdeskripsikan berdasarkan teori.

Pada studi ini, penulis belum menemukan partisipan yang memiliki dominan tren neurotik *detached type* pada usia dewasa awal, sehingga belum diperoleh gambaran apakah individu dengan tren neurotik *detached type* dapat menjadi pelaku atau korban kekerasan emosional. Jika dipahami secara lebih detail, bentuk keyakinan tren neurotik *detached type* tampak sejalan dengan salah satu bentuk kekerasan emosional *hostile withdrawal*. Sebagai upaya membuktikan asumsi yang ada atau memperoleh pengetahuan yang lebih lengkap mengenai topik tren neurotik dan kekerasan emosional dalam hubungan berpacaran, perlu dilakukan studi lanjutan dengan individu dengan tren neurotik *detached type*.

Sebagai langkah untuk meningkatkan kredibilitas studi, studi ini menggunakan triangulasi metode yang salah satunya memberikan instrumen *Horney-Coolidge Tridimensional Inventory (HCTI)*, yang mengukur tipe tren neurotik dari sudut pandang kuantitatif. Tiga dari

participants provided results that did not match the indication of neurotic trends that were explored through interviews, but the authors did not confirm directly with the participants regarding these differences in results. The authors recommend future researchers to confirm directly if the same triangulation method is applied and differences between methods are found.

The next suggestion is related to the role of gender or sex in the phenomenon of violence in dating relationships, further researchers can also examine aspects of emotional abuse in individuals who are in relationships other than heterosexual relations, to see whether gender or sex factors affect the dynamics between perpetrators and victims of abuse in the relationship.

Lastly, to further reduce study bias, future researchers may double the number of participants, namely eight participants (two male perpetrators, two female perpetrators, two male victims, and two female victims).

empat partisipan memiliki hasil angket yang kurang sesuai dengan gambaran tren neurotik yang digali melalui wawancara, namun penulis tidak melakukan konfirmasi secara langsung kepada partisipan terkait perbedaan hasil tersebut. Penulis menyarankan pada peneliti selanjutnya agar melakukan konfirmasi secara langsung apabila menggunakan metode triangulasi yang sama dengan studi ini dan terdapat perbedaan hasil antar metode.

Saran selanjutnya, berkaitan dengan peran *gender* (jenis kelamin) dalam fenomena kekerasan dalam hubungan berpacaran, peneliti selanjutnya juga dapat mengkaji aspek kekerasan emosional pada individu yang menjalin hubungan selain heteroseksual, untuk melihat apakah faktor *gender* (jenis kelamin) memengaruhi dinamika antara pelaku dan korban kekerasan dalam hubungan.

Terakhir, untuk menekan bias studi dengan lebih baik, peneliti selanjutnya dapat meningkatkan jumlah partisipan menjadi dua kali lipat, yaitu delapan partisipan (dua pelaku laki-laki, dua pelaku perempuan, dua korban laki-laki, dua korban perempuan).

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