

Abstrak

Penelitian ini bertujuan untuk mengetahui pengaruh *toxic relationship* terhadap *self-esteem* serta menguji peran resiliensi sebagai moderator pada mahasiswa Generasi Z di UIN Sunan Gunung Djati Bandung. Penelitian menggunakan pendekatan kuantitatif dengan desain kausalitas. Sampel berjumlah 220 mahasiswa berusia 18–25 tahun yang dipilih melalui *purposive sampling*. Instrumen yang digunakan meliputi Skala *Toxic relationship*, *Rosenberg Self-esteem Scale* (RSES), dan *Connor-Davidson Resilience Scale* (CD-RISC). Analisis data menggunakan regresi linear berganda dan *Moderated Regression Analysis* (MRA). Hasil menunjukkan bahwa *toxic relationship* berpengaruh negatif dan signifikan terhadap *self-esteem* ($\beta = -0,050$; $p = 0,006$), sedangkan resiliensi berpengaruh positif dan signifikan ($\beta = 0,229$; $p < 0,001$). Resiliensi tidak memoderasi hubungan *toxic relationship* dan *self-esteem* ($p = 0,183$). Model penelitian menjelaskan 38,5% variasi *self-esteem*, sedangkan 61,5% dijelaskan faktor lain.

Kata kunci: *toxic relationship*, *self-esteem*, resiliensi, mahasiswa Generasi Z

Abstract

This study aims to examine the effect of *toxic relationships* on *self-esteem* and to investigate the role of resilience as a moderator among Generation Z university students at UIN Sunan Gunung Djati Bandung. This study employed a quantitative approach with a causal research design. The sample consisted of 220 university students aged 18–25 years who were selected using *purposive sampling*. The instruments used included the *Toxic relationship Scale*, the *Rosenberg Self-esteem Scale* (RSES), and the *Connor-Davidson Resilience Scale* (CD-RISC). Data were analyzed using multiple linear regression and *Moderated Regression Analysis* (MRA). The results showed that *toxic relationships* had a negative and significant effect on *self-esteem* ($\beta = -0.050$; $p = 0.006$), while resilience had a positive and significant effect ($\beta = 0.229$; $p < 0.001$). Resilience did not moderate the relationship between *toxic relationships* and *self-esteem* ($p = 0.183$). The research model explained 38.5% of the variance in *self-esteem*, while the remaining 61.5% was explained by other factors.

Keywords: *toxic relationships, self-esteem, resilience, Generation Z students.*

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