



The Influence of Toxic Friends in the School Environment on the Learning Process of Student in SMP Negeri 31 Palembang

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Abstract

Toxic friends are toxic friendships, in human life there will always be a group of friends who are intimidating, rude, disrespectful, always want to win alone and don't want to be blamed, if you feel or experience this then it is an unhealthy form of friendship. . This research was conducted in April-May 2024. This research aims to identify the characteristics of toxic friends, analyze their influence on students' learning processes, and provide recommendations for schools, teachers and parents to help students overcome the influence of toxic friends. It is quantitative with the Research Methodology. What will be used is a quantitative model using a type of correlation research, which seeks to explain the nature of problems that have a causal nature due to the ultimate goal of understanding the causes or influences within the identified variables. From the table data above, $t_{count} > t_{table}$ at a confidence level of 0.05 shows that the variance of the two groups being compared is significant with $t_{count} 0.020 < t_{table} 0.05$, so H_0 is rejected and H_a is accepted. Thus this research states that there is a significant influence of toxic friends on the process. student learning.

Keywords : Toxic Friend, Student Learning Process

Abstrak

*Toxic friend merupakan hubungan pertemanan yang beracun, di dalam kehidupan manusia akan selalu ada sebuah kelompok pertemanan yang mengintimidasi, bersikap kasar, tidak menghargai, ingin selalu menang sendiri dan tidak mau disalahkan, jika merasa ataumengalami hal tersebut maka itu adalah bentuk pertemanan yang kurang sehat. Penelitian ini dilaksanakan pada April-Mei 2024. Penelitian ini bertujuan Mengidentifikasi ciri-ciri *toxic friend*, menganalisis pengaruhnya terhadap proses belajar siswa, dan memberikan rekomendasi bagi sekolah, guru, serta orang tua untuk membantu siswa mengatasi pengaruh *toxic friend*. bersifat kuantitatif dengan Metode Penelitian yang akan digunakan adalah metode kuantitatif dengan jenis penelitian korelasi, yang berusaha menjelaskan suatu permasalahan yang bersifat sebab akibat dengan tujuan untuk mengetahui hubungan atau pengaruh di dalam variabel-variabel tersebut. dari data tabel diatas $t_{hitung} > t_{tabel}$ pada taraf*

kepercayaan 0,05 menunjukkan bahwa varians kedua kelompok yang dibandingkan adalah signifikan dengan $t_{hitung} 0,020 < t_{tabel} 0,05$ maka H_0 ditolak dan H_a diterima dengan demikian penelitian ini menyatakan bahwa ada pengaruh yang signifikan *toxic friend* terhadap proses belajar siswa.

Kata kunci: *Toxic Friend*, Proses Belajar Siswa

Introduction

The school environment is an important factor that influences students' academic and social development. In this environment, social interactions with peers play an important role in forming students' character, personality and academic achievement. Positive friends can provide moral support and motivation, but the presence of negative friends or known as "toxic friends" can have the opposite impact. Humans are both social and individual creatures. They cannot be separated from interaction and socializing, because it is a basic need for all living creatures. The environment, including the circle of friends, has a major impact on an individual's life. As social creatures, humans cannot live alone; they need interaction with other people. Interaction with friends is an inseparable part of human life, because it shapes a person's character (Sejati et al., 2023).

In everyday life, humans need to interact to communicate with other people, share thoughts and feelings, discuss and solve problems. Basically, humans are social creatures who need and support each other. Maintaining good communication is very important because humans cannot live without the help of others. This relationship can exist between parents, children, siblings, teachers, students, and others (Khasanah et al., 2018). Friendship is a close bond between individuals. Friends greatly influence a person's behavior and way of life (Amir & Wajdi, 2020). Often we find friends who suit us in terms of jokes, traits and character. If the friend has detrimental or toxic behavior, this can make us feel that we have made a mistake in choosing friends which can negatively influence our thoughts and mentality, making us vulnerable to their thoughts (Esperansa et al., 2023).

Toxic friend is a term used to describe friends who often exhibit manipulative, dominant, degrading or detrimental behavior towards others. They can cause stress, anxiety, and emotional distress that have a negative impact on the individuals involved in the relationship. Friendly relationships must be able to have a positive influence on life activities. If at school friendships can generate a support system to achieve achievements, ideally outside the school environment they can also motivate each other by providing information to each other. Often what is expected is actually the opposite, friendships actually have a bad impact. These dangerous friendships make someone feel unsupported, always blamed, belittled, or even attacked. All of these negative impacts in interpersonal communication can cause anxiety, stress, and lack of confidence in daily activities at school, affecting the lives of students and their friends (Taty et al., 2022).

Toxic friend problems often occur in unhealthy friendships and can disrupt group dynamics, even causing a split into separate individuals. This problem needs to be resolved immediately because if left unchecked, it will have negative impacts. When we try to avoid toxic friends, we often feel sorry for them because before we always did lots of things together, but now they are isolated and lonely. If we choose to remain friends with toxic people, we ourselves will suffer, both emotionally and physically. Someone is considered a toxic friend if they cause chaos or division in their circle of friends. This chaos makes them shunned and hated by their close friends. Ironically, toxic individuals often do not realize that they are behaving this way. (Syahrul et al., 2024).

According to the book "Toxic Friendship: Knowing the Rules and Dealing

with the Friends Who Break Them" by (Viola et al., n.d.), toxic friends have various characteristics such as selfish, jealous, possessive attitudes, as well as behavior that causes stress, depression, and other mental disorders. These types of friendships can bring problems for teenagers, affecting the way they understand, interpret and judge others, which is known as negative social perception. This negative social perception is formed from teenagers' experiences with toxic friendships. Based on data from Riskesdas (Basic Health Research), in 2007 around 11.6% of the Indonesian population over the age of 15 experienced mental emotional disorders, which are characterized by symptoms of depression and anxiety. . This figure fell to around 6.0% in 2013, but increased again to around 9.8% in 2018. Depressive disorders categorized by age show that 6.2% of teenagers (aged 15 to 24 years) experience depression (Indonesian Ministry of Health Data and Information Center, 2019). This needs to be a serious concern, especially for parents, considering the high rate of depression among teenagers. Based on survey data from the Indonesia National Adolescent Mental Health Survey (I-NAMHS), there are four domains that are evaluated: family (problems with parents, difficulties activities with family members), peers (problems with relationships with peers), school or work (difficulty completing school assignments, poor academic performance), and personal stress (lingering feelings of guilt or sadness). Among Indonesian teenagers who experience mental disorders, 83.9% experience dysfunction in the family domain, followed by problems with peers (62.1%), school or work (58.1%), and personal stress (46.0%). %).

The phenomenon of toxic friends in the school environment is an important issue to research because of its broad impact on student development. This research is needed to identify the extent of the influence of toxic friends on students' learning processes and to find solutions that can help students overcome this negative influence. It is very common in friendship relationships. The presence of toxic friends in the school environment can have a negative impact on students in various ways 1. Decreased

Motivation Study: Students who feel put down or manipulated by their peers tend to lose interest and enthusiasm for studying. 2. Impaired Concentration: Emotional pressure and stress caused by toxic friends can disrupt students' focus and concentration during the learning process. 3. Decreased Academic Achievement In the long term, students who are in contact with toxic friends may experience a decrease in academic achievement due to lack of motivation and impaired concentration. 4. Disturbed mental health. Relationships with toxic friends can cause mental health problems such as anxiety, depression and low self-confidence.

Dangerous friendships cause victims to experience psychological disorders both verbally and non-verbally, such as being quiet, having difficulty interacting with other people and not having much room to move in unstable situations. Harmful friends not only make students helpless, but also make them uninterested in studying, worse, just letting it happen, even though dangerous friends ultimately make students feel tormented and stressed, which can even have an impact on student activities. In addition, dangerous friends can emerge from certain friendship groups, which have an impact on the individual student's learning process, in addition to group formation. Therefore, the author is interested in further research in a study entitled "The Influence of Toxic Friends in the School Environment on the Student Learning Process at SMP Negeri 31 Palembang."

Research methodology

The research method that will be used is a quantitative method using the type of correlation research, which seeks to explain the nature of problems that have a causal nature due to the ultimate goal of understanding the causes or influences within the external variables using techniques. Data collection is carried out by submitting a set of questions or written statements to the respondents to be answered. Data analysis techniques for normality test of Linear Relations Seldelrhana Criteria for Hypothesis Testing.

Results and Discussion

The results of this research were using the Seldelrhana linear regression test.

Selbellulm carried out the first linear correlation test, the prerequisite tests were carried out, namely the normality test and the ultimate linearity test to find out whether the resulting data was normal and linear.

Uji Prasyarat

Tabel 1 Uji Normalitas

One-Sample Kolmogorov-Smirnov Test		
		Unstandardized Residual
N		60
Normal Parameters ^{a,b}	Mean	.0000000
	Std. Deviation	5,12733566
Most Extreme Differences	Absolute	.119
	Positive	.119
	Negative	-.072
Test Statistic		.119
Asymp. Sig. (2-tailed)		.220 ^c
a. Test distribution is Normal.		
b. Calculated from data.		
c. Lilliefors Significance Correction.		

Based on the table, it is known that data testing via Kolmogorov-Smirnov is intended to test data with samples below 100, which has the criteria that if the significance value is > 0.05 then the data is normally distributed. And if the significance value is < 0.05 then the data does not have a normal distribution (Kusumawati and Aridanu, 2021). The results of the normality test are $0.220 > 0.05$, so the data is normally distributed.

Uji Korelasi Product Momen

Pelarsen product moment correlation is an index that is used to measure the correlation between variables, there are results of correlation tests on variable X against variable Y as a result:

Tabel 2 Uji Korelasi

Correlations			
		Toxic Friend	Proses Belajar
Toxic Friend	Pearson Correlation	1	-.503**
	Sig. (2-tailed)		.000
	N	60	60
Proses Belajar	Pearson Correlation	-.503**	1
	Sig. (2-tailed)	.000	
	N	60	60

Based on the correlation table, it can be seen that the correlation between Pelarsen product moment $r = -0.503$ and P-value = 0.000 is smaller than the value $\alpha = 0.05$, so H_0 is rejected, meaning that there is a significant correlation between Toxic Friends in the school environment and the student learning process.

Uji Regresi Linier Sederhana

After obtaining the data obtained from the data description and the data has been

declared normal and linear, then the data will be analyzed to find out whether there is an influence of Toxic Friend on the student learning process at SMPN 31 Palembang. To analyze the data, the research used Seldelrhana Linear Relations.

Tabel 3 Uji Regresi Linier Sederhana

Coefficients ^a					
Model		Unstandardized Coefficients		Standardized Coefficients	Sig.
		B	Std. Error	Beta	
1	(Constant)	188.906	12.092		.000
	Toxic Friend	-.925	.116	-.693	.000

Discussion

This research aims to determine the influence of toxic friends on the learning process at SMP Negeri 31 Palembang. Based on the research results, there are significant changes in the student learning process. This can be seen from calculations using the SPSS version 2.0 program.

According to the calculation results, 60 students were taken randomly. It can be seen from the results of the normality and homogeneity calculations that the results of the normality calculations obtained the maximum value obtained $t_{count} = 0.200$ with the value obtained $t_{count} = 0.160$. So from both classes, the calculation results obtained are greater than t_{table} with a significant value of 0.05, so the data is normally distributed. Meanwhile, from the results of homogeneity calculations it was found that $t_{count} = 0.247 > t_{table} = 0.05$, so the data was declared homogeneous. The calculation data obtained is $t_{count} > t_{table}$, namely $0.020 > 0.05$, so H_0 is rejected and H_a is accepted, thus this research states that there is a significant influence from the use of toxic friends on the learning process of SMP Negeri 31 Palembang.

This is in line with relevant research conducted by Leni Miftahul Hasanah in her research entitled "The Influence of Toxic Friendship on Social Perceptions During Adolescence at the Miftahul Huda Islamic Boarding School 06, Sumber Jaya District, West Lampung Regency 2022 AD" research results. This growth makes teenagers grow. wide scope of social interactions both at school and outside school. Not a few teenagers are more involved in their circle of friends,

this causes teenagers to experience many problems in their social life, peers as the center of teenage socialization are one of the bad impacts on teenagers if teenagers are in bad friendship groups and have toxic friends (toxic friendship).

This was further strengthened by research conducted by Leni Miftahul Hasanah (2022) with the research title "The Influence of Toxic Friendship on Social Perceptions during Adolescence at Miftahul Huda Islamic Boarding School 06." which shows that toxic friendship is in the strong assessment category and respondents' responses regarding social perception obtained a result of 67.5% which shows that social perception during adolescence is in the same category. strong. The results of the regression equation can be interpreted to mean that the regression coefficient (β) value is 45.126, which states that the independent variable or toxic friendship (X) has a strong influence on the dependent variable social perception (Y). based on the results of t count > t table (5.570 > 1.993) or significant (Sig) of 0.000 which is smaller than < 0.05 so it means H_a is accepted. This shows that H_a toxic friendship has a significant effect on social perceptions during adolescence at the Miftahul Huda Islamic Boarding School 06, Sumber Jaya District, West Lampung Regency.

For future researchers, the results of this research should be a reference for future researchers relating to student learning outcomes in the student learning process at SMP Negeri 31 Palembang, not only in Guidance Counseling lessons but also in other lessons.

Conclusion

Based on the research that has been carried out with the influence of toxic friends in the school environment on the student learning process, it can be concluded that there is a negative influence between toxic friends on the student learning process. This is demonstrated by the results of the correlation test, the Pearson product moment correlation value $r = -0.503$ and P-value = 0.000 is smaller than the value of $\alpha = 0.05$, so H_0 is rejected and H_a is accepted. This means that there is a significant influence between verbal Toxic Friend and the student learning process. So it can be concluded that there is an influence of

Toxic Friends in the school environment on the student learning process at SMPN 31 Palembang

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