

CHAPTER I

INTRODUCTION

A.1 Background of the Research

Toxic relationship is one that is built on conflict competition and the need for one person to control their partner. Thus, there is competition, a lack of respect, and cohesiveness between the partners (Glass 1997). Meanwhile, according to CRC (2018) in his book *Cutting your Losses from a Bad or Toxic Relationship*, a toxic relationship is a condition characterized by emotionally negative behaviour that can affect a partner, and may even involving physical violence. Some indicators that lead to toxic relationships include a lack of mutual trust between partners, the emergence of emotions and aggressiveness, manipulation, lies, and violence to keep the partner with him.

According to Pattiradjawane (2019) in a toxic relationship, four types of violence can occur, namely physical violence, psychological violence, sexual violence, and economic violence. These four types of violence are often part of toxic relationships. This violence is not only experienced by one gender but can happen to both men and women. However, Syafira (2022) revealed that many victims of violence in a toxic relationship are women. This is because women tend to accept all forms of domination actions taken by their partners which can hurt women. They may misinterpret toxic behaviors as love or attentions from their partners.

Depictions of toxic relationships are often highlighted in various media, especially in movie. Director Michael Apted in 2002 released a movie called *Enough*. The movie tells the story of Slim (Jennifer Lopez), a waitress whose life changes after marrying Mitch Hiller (Billy Campbell), a wealthy man, initially enjoys a perfect life with her daughter, Gracie's. However, that happiness is shattered when Slim discovers Mitch is having an affair and is a domestic abuser. Slim initially refuses to believe it, but when she confronts Mitch, he becomes violent. Trying to escape for her and Gracie's safety, Slim faces Mitch increasingly dangerous threats and terrors. In a fight for her life, Slim eventually fights Mitch to reclaim her freedom and dignity. The significance of this research lies in understanding the issue of toxic relationships and women struggle against toxic relationships. By examining using Lazarus and Folkman's theory of coping strategies to explore how Slim's uses these coping strategies to deal with her fear and helplessness to fight back before finally building the courage to try to get out of the toxic relationship.

This research is important because the toxic relationship shown in this movie is still a serious problem today, and many victims do not know how to get out of the situation. This research uses a theory approach so that this discussion will be carried out in depth to provide understanding to the public about the importance of understanding toxic relationships and how to build courage to get out of toxic relationships.

Some of previous researchers have conducted the similar topics in their research, such as Manggiasih (2014), Maghfiroh (2018), Tandililing (2023). There is

some literature related to the title and object of research in this study. Manggiasih (2014), in her study entitled Slim Struggle Against Domestic Oppression In *Enough* The Movie. This research uses feminism theory in relation to the knowledge about the unequal position between men and women in society. The findings of this research show how Slim is portrayed as a housewife with a husband who cheat on her and commits domestic violence which makes Slim depressed and anxiety. The researcher recommends that other researchers can analyze “Enough” using psychoanalytic theory.

Furthermore, there is research from Maghfiroh (2018) with the title Johnson Typology of Domestic Violence in *Enough* (2002). This study applies Johnson Typology theory, focusing on both the narrative and extrinsic elements of the film examining the main character, Slim, and her struggle against domestic violence. The research findings revealed that Slim made various attempts, including seeking shelter, fleeing to different locations, reporting to the police, and engaging in self-defense.

The last research is a research from Tandililing (2023) with the title Toxic Relationship in Movie Script *Enough* by Nicholas Kazan. This research uses Morgan Lee theory to determine the types of toxic relationships and describe the impact of toxic relationships in the movie script *Enough*. The findings of this research showed that there are types of toxic relationships and the effects of toxic relationships, namely feeling angry, sad, feeling numb, unable to express themselves and unable to control toxic relationships.

The similarities among those studies' perspectives previously mentioned are the focus they put on explaining various forms of violence experienced by Slim. In addition, those three studies highlighted the social relevance as a vivid representation of domestic violence that women often experience. The three studies used several approaches, such as feminist theory, typology of violence, and theory about the type of toxic relationship. However, what makes them different in this research lies in the theories that are used for analyzing and interpreting the data, namely Lazarus and Folkman's Coping Strategy (1984). This research will discuss the forms of toxic relationships contained in the movie and particularly how Slim struggle against toxic relationships.

Toxic relationships are often depicted in various literary works, especially movies because they are able to make the audience feel complex emotional and psychological conflicts. Characterization of characters in a film is made as realistic as possible by containing various human psychological aspects such as personality, background, motivation, inner conflict, and emotional development. This is very important because these elements can create characters that are relatable to the audience. Coping strategies theories that can explain the phenomenon of toxic relationships experienced by the main character, because the theories can explore the personality and emotions of experiences that make a sense of distress in dealing with toxic relationships. The character named Slim uses a variety of coping strategies to deal with, manage, and reduce the stress of the problems she is

experiencing. Therefore, both the data and theory are aligned with the context of the research conducted.

A.2 Problem of the Research

1. What types of violence characterize the toxic relationship between Slim and Mitch?
2. How does Slim struggle against the toxic relationship?

A.3 Objective of the Research

Based on the research problems that are explained by the researcher above, the objective of the research aims to analyze the types of toxic relationships that Slim and Mitch have as the main characters in the movie *Enough* (2002). Not only that, this research also wants to explain how Slim struggle against toxic relationships. This research aims to explore how coping strategies contribute to her survival from toxic relationship.

A.4 Significances of the Research

This study focuses on analyzing the coping strategies of the main character, Slim, in dealing with a toxic relationship in *Enough* (2002).

Practically, the audience, especially young adults, can benefit from this research by learning about the forms of toxic relationships, the emotional and psychological impact of toxic relationships, and ways to get out of the toxic relationships depicted in the movie. In addition, this research can also be a contemplative tool that helps people navigate and understand their relationships, thus encouraging more positive interpersonal dynamics.

A.5 Limitation of the Research

This research focuses on the coping strategies of the main character, Slim, experiencing a toxic relationship during her marriage in the movie *Enough* (2002), and how she struggles to get out of the toxic relationship.

A.6 Definition of the Key Terms

In order to clarify the key terms used in this study, some definitions are put forward.

Coping Strategy: Psychological methods used to manage stress and challenges perceived as overwhelming or harmful.

Enough (2002): *Enough* (2002) A film directed by Michael Apted depicting a woman's struggle to escape an abusive marriage.

A.7 Organization of the Research

This thesis is organized into five chapters. Chapter I introduces the background, problem, objective, significance, key terms, limitations, and research structure. Chapter II presents the theoretical framework and related studies. Chapter III discusses the methodology. Chapter IV contains data analysis. Chapter V provides a conclusion and suggestions.