



Toxic Relationships in the Household from the Perspective of Hadith

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Abstract

The many phenomena of physical and psychological violence that occur in households to make it difficult for someone to get out of a toxic relationship that is unhealthy or toxic to the increasing divorce rate is one of the reasons for this research. The author will review from a Hadith perspective by understanding how the Prophet views and guides his people regarding toxic relationship behaviour in the household. The methodology used in this research is a qualitative approach with the hadith thematic method and grounded theory. the result of this research is that the author finds and classifies 26 hadith findings. the author makes three major themes that will be discussed in this article, namely understanding toxic, patterns and signs of toxicity in the household, the effects of toxicity, and prevention and handling of toxicity in the household from the hadith perspective. Toxic relationships are the beginning of the destruction of a relationship, especially in a household. Many bad effects will occur due to toxicity, even mentally will also bear the effects. So before anyone should enter into marriage, it is necessary to learn a lot about understanding a partner, learning to be a good partner, and soleh or solehah and ta'at of religion, if the knowledge of households is mastered before the utterance of ijab qabul, this will minimise the occurrence of toxic in a household relationship.

Keywords: Toxic, Household, Prevention, Thematic Hadith

Abstrak

Banyaknya fenomena kekerasan fisik dan psikis yang terjadi dalam rumah tangga hingga mengakibatkan seseorang susah keluar dari hubungan yang beracun tidak sehat atau toxic hingga meningkatnya angka perceraian menjadikan salah satu alasan penelitian ini dilakukan. Yang akan penulis tinjau dari segi perspektif hadis dengan memahami bagaimana Nabi memandang dan menuntun umatnya terkait perilaku toxic relationship dalam rumah tangga. Adapun metodologi yang digunakan dalam penelitian ini ialah pendekatan kualitatif dengan metode tematik hadis dan Grounded Theory. Hasil dari penelitian ini ialah bahwasannya penulis menemukan serta mengklasifikasi 26 hadis temuan. Penulis menjadikan tiga tema besar yang akan dibahas pada artikel ini yaitu Pengertian Toxic, pola dan tanda-tanda terjadinya toxic dalam rumah tangga, Dampak Terjadinya Toxic, serta Pencegahan dan Penanganan Toxic dalam Rumah Tangga dalam Perspektif Hadis. Toxic Relationship merupakan awal dari kehancuran sebuah hubungan terutama dalam rumah tangga. Banyak dampak buruk yang akan terjadi akibat toxic, bahkan mental pun akan ikut menanggung dampaknya. Maka seharusnya sebelum seseorang melaksanakan sebuah pernikahan perlulah belajar banyak tentang memahami pasangan, belajar menjadi pasangan yang baik, dan soleh atau solehah serta ta'at akan agama, jika ilmu berumah tangga telah dikuasai sebelum terucapnya ijab qabul hal ini akan meminimalisir terjadinya toxic dalam sebuah hubungan rumah tangga.

Kata kunci: Toxic, Rumah Tangga, Pencegahan, Hadis Tematik.

Introduction

Marriage is a dream for every person and is also a sunnah that the Prophet commanded, even those who do not follow it are not part of it. (Arifandi, 2018, p. 8) However, the phenomenon of divorce rates is currently increasing, especially in our country, Indonesia. (Mauliddina, Puspitawati, Aliffia, & ..., 2021, pp. 1–8) There are many factors that cause it from small to large. One of the factors causing the increase in divorce is toxicity in the household. This results in a relationship that is no longer harmonious, especially in the household, there must be one party who is depressed and bears a lot of burden due to the occurrence of toxic. There are many forms of toxicity, but all of these forms begin with a difference from both parties in a relationship or dependence from one of the couples who has a domestic relationship. A toxic relationship is a relationship that has a bad impact on mental or physical health. Many factors cause toxic relationships in the household, including: Past trauma, lack of affection given by the family, lack of premarital knowledge, as well as awareness of each person's responsibility in a relationship, these are some of the triggering factors for toxic relationships in the

household.(Maria Putri Ayu Salamanang & Rosalia Prismarini Nurdiarti, 2023, pp. 6–7).

Dr. Lillian Glass by Bagus Wismanto defines a toxic relationship as a relationship that does not support each other where one party has greater control over the other. Toxic Relationship has two words, namely, toxic which means poison while the word relationship has the meaning of connection. So a toxic relationship is a relationship between two individuals or groups that are unhealthy or toxic that can be damaging and kill. So a toxic relationship can also be interpreted as an unhealthy relationship that can damage the people in the relationship. A toxic relationship is a relationship in which you feel negative actions that can affect the mental health of the person who runs it. This can be in the form of verbal or non-verbal synchrony. Toxic relationship can be interpreted as an emotional disorder that is influenced by the discomfort of the surrounding environment.(Cera Keny, Febrian Syahputra, & Pratomo, 2023a, pp. 1–9) Domestic violence often occurs due to the imbalance of position between men and women, as well as the support of the community who think that men are more resilient than women.

The concept of patriarchy and male domination in married life reinforces that wives must submit to their husbands. This is misunderstood by many men. They think that a man is a leader in all things in showing the superiority of men over women, considers the position of women weaker than men and must always obey their husbands, even though the leadership in question is a leader who takes care of and protects the family and does not do arbitrary things to his wife. This explanation is found in (Q.S surah An-nisa ayat 34).(Lamona & Nurhafifah, 2021). The strong patriarchy among society that spreads in various directions affects human thinking is associated with the universe so that it is considered a law of nature. It is necessary to pay attention to these thoughts, so as not to let your guard down so as not to make a matriarchal culture. Which only moves from extreme to other. What should be achieved is gender equality.(Zulkifli, 2019).

This research focuses on the review of hadith on the phenomenon of toxic relationships in households. The aim is to understand how the Prophet Muhammad (saw) viewed, guided, and provided solutions for Muslims who are married to avoid problems in the household. As for previous research or literature reviews, various studies that discuss toxic relationships that distinguish between first, Domestic Violence by Husbands Against Wives According to Islamic Perspectives written by Maryam Lomona and Nurhafifah in (2021).(Lamona & Nurhafifah, 2021). in her article Maryam discusses the problem of many husbands who treat their wives. With violence and excuses the Qur'an for his actions. To answer her problem, Maryam

uses Islamic law as a solution in dealing with domestic violence. In her research, Maryam uses a normative juridical approach methodology. The results of his research show that Islam does not justify the existence of domestic violence. Second, Trapped in a Vicious Circle: A Case Study of Toxic Relationship Survivors written by Rini in (2024).(Rini, 2024). In her article, Rini discusses a woman who is trapped in a toxic relationship but she still persists in the relationship, this makes Rini interested in conducting more in-depth research. The result of the research is that violence is divided into several phases 1). Love bombing. 2). The tension of conflict tends to be blamed because there is an unfulfilled will 3). There was physical, verbal and psychological violence 4). Resolution with apology 5). The love bombing situation happened again. This cycle continues over and over the subject persists believing the partner is a good person, expecting to change, out of fear, the subject is inferior and the chaos of reality.

Third, The Impact of Toxic Relationship on Mental Health was written by Ageng Saepudin Kanda and Ranti Kivania in (2024).(Saepudin Kanda & Kivania, 2024). In the article. They discussed the impact of toxic relationships. Whether over time it will damage mental health or not. In their research, Ageng and Ranti used a mixed method. By using an interview and questionnaire approach with a total of 11 student respondents. The results of his research show that in the relationship of both spouses, friends, and family, toxic relationships can occur that can have a bad impact on physical and psychological health. If you feel that in a relationship there are signs of toxicity, leave immediately. Toxic relationships to love yourself and maintain mental health. Fourth, The Experience of Toxic Relationships and Their Impact on the Young Generation was written by Wara Care Keny, Rayhan Febrian Syaputra, and Dhimas Risky Pratomo in (2023).(Cera Keny et al., 2023a). In their research they discussed the relationship between hope, happiness and self-esteem. People who are in a relationship with psychological health. The research method used is an interview method between individuals with questions that have been prepared by the researcher, with 7 respondents. The results show that expectations and self-esteem affect a person's level of happiness. However, when your life is in a toxic relationship, expectations and self-esteem will decrease, which results in a low level of happiness.

Fifth, Toxic Relationship Representation in Film (Semiotic Analysis of Toxic Relationship Representation in 'Story Of Kale: When Someone's In Love's Film" by Angga Dwimas Sasongko) written by Adelwys Bioka Layla Syafira and Chatariana Heny Dwi Surwati in (2022).(Syafira, 2022). In Adelwys' research, he raised a film analysis of toxic relationships aimed at describing and explaining the signs that

occur in toxic relationships contained in films. The methodology used is the semiotic analysis approach of communication. The results of his research are films that tell how a person is trapped and trying to get out of a toxic relationship. In the film, there are two important points, namely first, the toxic markers in the film include beating, scolding a partner with bad words, lying, always blaming, regulating a partner, and demanding to always be told. Second, signs of toxic occur, the presence of manipulative, possessive, excessive jealousy, no form of support for the partner, emotional instability, and difficulty being yourself. Sixth, Reinterpretation of Hadiths on Domestic Violence written by Abdul Majid in (2022).(Majid, 2022). In his article, Majid analyzes the hadiths that are used as justifications for domestic violence committed by husbands against their wives. In order to minimize the occurrence of misunderstandings in understanding hadith among the general public. The method used is thematic qualitative with content analysis theory. The findings are the Hadith in question, namely the command to hit the wife, prostrate the husband, and curse the angel to the wife who refuses the husband's (biological) invitation. However, in general, Islamic law clearly prohibits harming women. Both physically and psychologically. Therefore, it is necessary to contextualize the meaning of the word *nushūz*, and the curse contained in the redaction of the hadith. So that it still positions women with dignity.

In previous research, there was no specification for the discussion of toxic relationships in the perspective of hadith in general. For this reason, the author has an interest in discussing toxic relationships in the perspective of thematic hadith. Because the phenomenon of problems in toxic relationships is not only a modern phenomenon. But since the time of the Prophet has also existed. To maintain the beauty of the hadith text, the author refers to the original source book of the nine imams, supporting websites such as maktabah syamilah, online digital hadith, encyclopedia and other online pages that collect the hadiths of the Prophet PBUH. The author wants to show that this problem has been a concern of the Prophet PBUH since his time. Because hadith is a guideline for Muslims after the Quran. which contains universal values so that it can be a guideline in overcoming various life problems including toxic relationships in the household. The contribution of this research is expected to provide new insights from the toxic relationship perspective of hadith as the second source of law after the Quran. By using the hadith thematic method. It aims to examine how the hadith defines, assesses and provides solutions to toxic relationships in the household for Muslims.

Metode

The research method uses a qualitative approach of library research with a thematic approach in the study of hadith and grounded theory. The data sources are collected using the library search method, the data is carried out relying on various written information such as books, books, and journals. Primary data sources of hadiths from reliable digital sources, such as Maktabah Shamilah and the Encyclopedia of Hadith of the Book of the Nine Imams. Then, the secondary data sources are scientific works in the form of books, articles, and online references related to the material being researched.

Data collection was carried out through literature studies. Data analysis combines two methods, namely the contemporary hadith thematic method (separating hadith transcripts into summaries and grouping them by theme) and the Grounded Theory method (collecting and analyzing hadith data repeatedly, then identifying and verifying the main themes until it reaches a point where no new information is found). The result of this study is "Description of a Review of Hadith on the Phenomenon of Toxic Relationship in the Household". which are compiled based on the main themes found in thematic hadiths about Toxic Relationships in the Household. Berisi metode/rancangan penelitian, populasi dan sampel, instrumen, validitas dan realibilitas instrumen, dan cara analisis data.

Results and discussions

Results and discussions are a summary of findings, analyses and conclusions obtained from a study or experiment. So this data includes interpretation, and understanding resulting from the research process. In the context of research with the title toxic relationship in the household from the perspective of hadith. Hadith is reviewed using thematic methods. The results of the research will provide insight into how themes related to toxic relationships in households in the perspective of hadith and how the values in them can provide different views on this phenomenon. The following is a hadith ebook that the author has compiled related to toxic relationships:

Tabel 1. T hemes of Hadith

A. Definition of Toxic Relationship in Household in Hadith Perspective

1. Patterns of toxicity in households:

- a. Physical abuse: (Sunan Tirmidzi-1932; Sunan Ahmad;15632; Sunan Abu Dawud-1830)
- b. Unstable emotions: (Sahih Bukhari-5604)
2. Signs of a toxic relationship occurring in the household
 - a. Excessive jealousy: (Sunan Ad-Darimi-2128)
 - b. Betraying a partner: (Sunan Tirmidzi-1900)
 - c. Intimidation: (Sunan Ahmad-15632)
 - d. Poor communication: (Sahih Bukhari-6410)
 - e. Discrimination: (Sahih Bukhari-2475)
 - f. Psychological violence: (Sunan Abu Dawud-1967)
 - g. Verbal violence: (Sahih Muslim-4650; Sahih Bukhari-5996)
 - h. Non-Verbal Violence: (Sahih Muslim-4675)

B. The Impact of Toxic Relationships in the Household

1. The impact of toxic on mental health
 - a. Emotional instability: (Sunan Tirmidzi-1900)
 - b. Loss of self-esteem: (Suan Ahmad-15632)
2. Toxic impact on physical health
 - a. Physical injuries: (Sunan An-Nasa'i-3419)
 - b. Easily sick: (Sahih Muslim-4661)

C. Prevention and Handling of Toxic Relationships in the Household

1. Handling the occurrence of toxic relationships
 - a. The importance of premarital science: (Sunan Ad-Darimi 2128)
 - b. The importance of communication science: (Sahih Bukhari-5568,5996)
 - c. The importance of choosing the right partner: (Sunan Abu Dawud-1834)
2. Prevention of toxic relationships
 - a. Mutual respect and respect: (Sunan Abu Dawud-1830)
 - b. Give your partner full support: (Sunan Tirmidzi-1083,1888)

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| c. Understanding the language of partner love: (Sahih Muslim-2671;
Sunan Ahmad-23073 |
|---|

Based on table 1: The themes of the Hadith above for the record of household toxic relationship data

Based on the table of hadith above, the toxic relationship in the household from the perspective of hadith shows the following things:

A. Definition of Toxic Relationship in Household

Toxic Relationship is defined as a condition in which there is a relationship characterized by emotionally disharmonious behavior that is vented to the partner physically or words that hurt the partner.(Syafira, 2022, pp. 7–8). Toxic relationships occur because one partner cannot control himself or herself does not survive in his life so that the affected partner.(Rini, 2024, pp. 5–9) Toxic relationship, according to Riani in her book entitled Toxic Relationship, she said that a toxic relationship is an unhealthy relationship that also has a bad impact on physical and mental health, if you continue to be in the relationship. Another definition says that a toxic relationship is any relationship between people who do not support each other, do not respect each other, are not compact, knock each other down, and there is conflict in the relationship.(Syafira, 2022).

As for what is meant by domestic violence, it includes acts of violence committed by a couple which are only physical. As for non-physical violence, it will still hurt the victim. It is as stated in the domestic violence law of the Republic of Indonesia article 1 number 23 of 2004 is an act or deed to a woman in domestic life. It can be physical, psychological, sexual and economic as well as domestic neglect, coercion and deprivation of independence that violate the law. If this has happened in the household, and if you can't handle it yourself, you need the help of others. As well as asking for help from experts, especially in the field of psychology, or counseling. This can be prevented as early as possible if we know the sciences that surround it. Also in this case, we can conclude that pre-marital knowledge is very important to minimize the number of disputes in the household. Married couples are required to learn to understand each other.(Majid, 2022)

1. Patterns that include the occurrence of toxic relationships

Some Hadiths related to patterns that include the occurrence of toxic relationships:

وَالْبَدَاءُ مِنَ الْجَفَاءِ وَالْجَفَاءُ فِي النَّارِ (Evil words come from harsh dispositions and temperaments, while violence has its place in hell) Sunan Tirmizi-1932.(Tirmiziyy, 1975).

وَلَا تَحْسَبُوا وَلَا تَحْسَبُوا وَلَا تَحْسَبُوا وَلَا تَحْسَبُوا وَلَا تَدَابَرُوا وَلَا تَبَاغَضُوا وَكُونُوا عِبَادَ اللَّهِ إِخْوَانًا (Do not be silent to one another, do not look for issues, envy one another, turn your backs on one another, and hate one another, but, be you brothers and servants of Allah.) Musnad Ahmad-15632.(Ibn al-Hajjāj, 1433).

وَلَا تُضْرِبِ الْوَجْهَ وَلَا تُفَحِّحْ (Thou shalt not strike him in the face, thou shalt not speak ill of him with words or insults) Sunan Abu Dawud-1830.(Abū Dāwud, 1983).

عَلَامٌ يَضْرِبُ أَحَدُكُمْ امْرَأَتَهُ ضَرْبَ الْعَبْدِ ثُمَّ يُضَايِعُهَا مِنْ آخِرِ اللَّيْلِ (On what basis did one of you beat his wife like a slave and then hung out with her at the end of the night) Sahih Bukhari-5604.(Bukhāriy, 1422).

Building a household ark is not easy, for that it is necessary to understand each other between couples and stable communication between the two, toxic relationships in the household can be analyzed from the patterns of partner behavior. Changes in the couple that are increasingly obvious to the loss of emotional control in the couple which leads to domestic violence.(Mahasiswa, 2024). This often happens due to anger that is always suppressed until it becomes a suicide bomb that can suddenly come out at certain times. As a result of poor communication, they also do not want to understand each other. The hadith provides an overview of the prohibition of being rude and arbitrary to a partner.

The signs of an indication of a toxic relationship in the household are as follows:

a. Poor communication

Poor communication relationships are caused by frequent commotions between husband and wife. So that as a result, communication relationships become poor. And too often faced with pressure in domestic life such as the attitude of a husband or wife who is not pleasing to each other's hearts. However, it is not discussed properly, making the relationship between husband and wife experience disharmony, even leading to a rift in the household.

b. Neglect between husband and wife in fulfilling their obligations

As in S's household, the rights and obligations of the husband towards his wife are neglected. This is because the husband spends too much time going out and

socializing with his friends for unclear reasons, ignoring the needs of his wife's children at home and causing a shortage of resources.

c. Differences of opinion between couples

This can also trigger an unhealthy or toxic relationship because, the many problems faced in the household, usually everyone will see his opinion as the right one to solve a problem even though the partner does not necessarily agree with it.(Musaitir, 2020).

Toxic perpetrators can be grouped into several groups, including:

- The possessive toxic controller (paranoid) is excessive jealousy and suspicion whose impact will control all partner activities even to the point of breaking off a person's relationship with friends and even family.
- The user (taking advantage), is a behavior that shows that he must get everything he wants and does not want to be harmed.
- The independent toxic controller (regulator), is a relationship regulator but does not keep commitments. Someone who wants to always be involved in decision-making
- The over-dependent partner is a person whose decisions depend on others. This makes others have to be responsible for the decision.
- The overreaction/deflector (reactive), is an irritable behavior so that others must always maintain their mood. so that the relationship remains fine.
- The guilt-inducer, is an act of intimidating a person to feel guilty for what he has done to something he does not like.
- Bad temper (temper), is the act of controlling relationships that cannot control emotions and often blames.
- Deprecator-belittler (underestimate) is an act that is always underestimated.

So the presence of toxic signs is a vigilance for all of us to avoid them. Therefore, vigilance must be prioritized to identify early on, signs of toxicity in the household. Among them: the onset of physical actions that lead to violence, the emergence of lies, changes in possessive attitudes, not supporting good things, uncontrolled and aggressive emotions, and difficulty being oneself. So with this, a

toxic relationship is an unhealthy relationship. A toxic relationship is a dangerous relationship that if not resolved quickly can have a very negative impact on the victim of a toxic relationship. The impact that will be obtained is: Decreased health, due to inner pressure. Also, a person who is trapped in a toxic relationship will not survive in his life.(Syafira, 2022).

2. Signs of Toxic Relationship Occurring in the Household

Here are some hadiths related to the signs of toxic relationships in the household:

لَيْسَ أَكْبَرُ أَغْيَرَ مِنَ اللَّهِ لِدَلِكِ حَرَّمَ الْفَوَاحِشَ وَلَيْسَ أَحَدٌ أَحَبُّ إِلَيْهِ الْمَدْحُ مِنَ اللَّهِ (There is nothing greater in jealousy than Allah, therefore Allah forbids heinous deeds, and there is nothing more pleasing to praise than Allah).Sunan Ad-Darimi-2128. (Dārimiy, 2000).

لَيْسَ الْمُؤْمِنُ بِالطَّعَّانِ وَلَا اللَّعَّانِ وَلَا الْفَاحِشِ وَلَا الْبَذِيءِ (It does not include the servants who are believers, that is, those who always expose disgrace, behave badly, and like to hurt) Sunan Tirmidzi-1900.(Tirmiziyy, 1975).

عَلَامٌ يَضْرِبُ أَحَدُكُمْ امْرَأَتَهُ ضَرْبَ الْعَبْدِ ثُمَّ يُصَاحِبُهَا مِنْ آخِرِ اللَّيْلِ (On what basis did one of you beat his wife like a slave and then hung out with her at the end of the night) Musnad Ahmad-15632.(Al-Syaibāniy, 2001).

إِيَّاكُمْ وَالظَّنَّ فَإِنَّ الظَّنَّ أَكْذَبُ الْحَدِيثِ وَلَا تَحْسَسُوا وَلَا تَحْسَسُوا وَلَا تَحَاسِدُوا وَلَا تَدَابُرُوا وَلَا تَبَاغَضُوا وَكُونُوا عِبَادَ اللَّهِ إِخْوَانًا (Stay away from bad prejudice, for bad prejudice is the most lies, do not silence one another, do not look for issues, envy one another, turn your back on one another, and hate one another, but be the servants of God who are brothers and sisters) Sahih Bukhari-6410. (Bukhāriy, 1422).

يَقُولُ الْبَيِّنَةُ وَإِلَّا حَدٌّ فِي ظَهْرِكَ فَذَكَرَ حَدِيثَ الْبَغَانِ (Then it is told about the hadith of Li'an (cursing each other between the accuser and the accused) Sahih Bukhari-2475.(Bukhāriy, 1422).

إِنَّ سَيِّدِي يُكْرِهُنِي عَلَى الْبِغَاءِ فَتَنَزَلَ فِي ذَلِكَ { وَلَا تُكْرِهُوا فَتَيَاتِكُمْ عَلَى الْبِغَاءِ } (Indeed, my lord has forced me to prostitute. Then he came down about it, saying: "And do not force your female slaves to prostitute) Sunan Abu Dawud-1967.(Abū Dāwud, 2009).

لَا تَحَاسِدُوا وَلَا تَنَاجَشُوا وَلَا تَبَاغَضُوا وَلَا تَدَابُرُوا ('Do not envy one another, slander one another, hate one another, and enmity one another) Sahih Muslim-4650(Ibn al-Ḥajjāj, 1955).

إِنَّ الْعَبْدَ لَيَتَكَلَّمُ بِالْكَلِمَةِ مَا يَنْبَغِي فِيهَا يَرُلُ بِهَا فِي النَّارِ أَبَعَدَ مِمَّا بَيْنَ الْمَشْرِقِ (")Indeed, a servant utters a sentence without being examined and therefore he is thrown into hell as far as the distance to the east.") Sahih Bukhari-5996. (Bukhāriy, 1422).

قَالَ اتَّقُوا الظُّلُمَ فَإِنَّ الظُّلُمَ تُظْلِمَاتٌ يَوْمَ الْقِيَامَةِ (Avoid tyranny, for it is to bring darkness on the Day of Resurrection) Sahih Muslim-4675.(Ibn al-Ḥajjāj, 1955).

The existence of toxic relationships in the household is sometimes not realized because they do not analyze the changes that have occurred in the partner.(Lamona & Nurhafifah, 2021). Among the signs of a toxic partner include: First, excessive jealousy of the partner even though there is no greater jealousy than Allah to his servant if the servant loves the creature more than his own God. Excessive jealousy of the partner means not trusting the partner is always suspicious of the partner, a healthy relationship between partners must trust each other, not the other way around.(Zahro & Yuliana, 2023). Second, betraying the partner, this can happen in domestic relationships because of the opportunity, the friendship environment of betrayal here is that this infidelity has entered into a toxic household that triggers conflicts that are difficult to resolve properly, especially couples who play victim and always avoid, this situation will get worse so that it disturbs the victim's mentality.(Deviana, 2022). Third, Intimidation. Fourth, bad communication or verbal violence are inappropriate words to say to the partner such as yelling, lowering self-esteem and making fun of them, this has an impact on stress and heartache which can result in revenge in the future.(Nadia Nurul Saskia, Fairus Prihatin Idris, & Sumiaty, 2023).

Fifth, discrimination in the household is an injustice that often occurs against women considering that women among us must be subservient to men, making women depressed, all household chores are borne by women due to patriarchal husbands, along with time this will be a big conflict. The need to choose the right partner and understand household sciences. The number of victims of domestic violence is women, the need for protection from the state and the surrounding community to avoid the threat of violence and torture.(Febriansyah, 2023). Sixth, Sociological violence is severe violence experienced in toxic relationships in the household because, other problems will arise so that they overlap. Seventh, non-verbal violence can occur in the domestic relationship of anyone who does not respect each other. Verbal violence or beatings that occur in the household usually start from acts of psychological and economic violence.(Sa'adah, 2023). Those are some of the toxic signs that can be analyzed from the beginning in couples so that they are indicated early.

Toxic in households often occurs due to many factors. Among them, internal and external factors include: verbal altercations, differences of opinion, mutual ridicule, fights, and swearing. This is a common thing in households. The factor

behind it is the correlation of power between husband and wife, there is also gender discrimination among our citizens, for this reason these two factors are external factors. In terms of leadership, a great responsibility is also given to a husband to lead a family. For this reason, many abuse this power. A man who hides behind arbitrary power over his wife. It has even made a household exposed to toxic relationships or relationships that are no longer healthy. The internal factor behind it is the husband's unstable mental condition, making the perpetrator of domestic violence. mental illness, drunkenness, drug addicts, lack of communication, and sexual deviance. Those are some of the triggers for domestic violence caused by internal factors.(Amin, Razak, Efendi, & Sulastri, 2022).

Apart from internal and external factors. Domestic violence is also triggered by the text of the Quran as well as the Hadith which is understood half-heartedly and causes inequality in interpreting it. Also the understanding of the text of the Quran as well as the Hadith which is understood only in terms of words. And it does not involve Asbabun Nuzul nor Asbabul Wurud Al-Quran nor hadith. And it is often based on weak hadiths, dhaif and even maudhu' and isra'iliyat hadiths. To support certain political interests as a legal basis, it is permissible to commit violence against wives. So the above things are supportive of the occurrence of domestic violence in the household and environmental factors that support.(Majid, 2022).

B. The Impact of Toxic Realizations in the Household

1. The Impact of Toxic on Mental Health

Here are some hadiths related to the impact of toxic on mental health:

لَيْسَ الْمُؤْمِنُ بِالطَّعَّانِ وَلَا اللَّعَّانِ وَلَا الْفَاحِشِ وَلَا الْبَذِيءِ (It does not include the servants who believe, that is, those who always expose disgrace, laziness, bad temperament and like to hurt.) Sunan Tirmidzi-1900. (Tirmiziy, 1975)

عَلَامٌ يَضْرِبُ أَحَدَكُمْ امْرَأَتَهُ ضَرْبَ الْعَبْدِ ثُمَّ يُصَاجِعُهَا مِنْ آخِرِ اللَّيْلِ (On what basis did one of you beat his wife like a slave and then hung out with her at the end of the night) Musnad(Al-Syaibāniy, 2001) Ahmad-15632.

Verbal violence occurs in a variety of households ranging from inappropriate words to insults and curses, which are the cause of domestic relationships becoming unhealthy or toxic. This happens because they don't obey their partner. There is also a shortage of unaccepted partners. The impact that occurs on the victim of toxic relationship first: tend to lack confidence second: become closed and third: have

deep trauma to the partner. Fourth: the victim always feels that he is lacking in himself. The five victims experienced trouble sleeping.(Cera Keny, Febrian Syahputra, & Pratomo, 2023b) If there is toxicity in the household. Then there will be negative impacts that will emerge on toxic victims. Such as declining mental health which will have an impact on decreasing self-confidence. Feeling that he is meaningless, feeling that he has no one, feeling that no one cares. Social phobia, chronic stress, feeling isolated, even more extreme is suicide, and other mental disorders. Until it must lead to psychological treatment to improve mental health until it returns to normal.(Saepudin Kanda & Kivania, 2024)

2. Toxic impact on physical health

Here are some hadiths related to the impact of toxic on physical health:

وَلَا تَضْرِبْ الْوَجْهَ وَلَا تُفْسِحْ (Do not hit him in the face, do not vilify him (with words or insults). Sunan An-Nasa'i-3419.(Nassā'iy, 1986)

قَالَ أَمَا عَلِمْتُمْ أَنَّ عَبْدِي فُلَانًا مَرِضٌ فَلَمْ تَعُدُّهُ أَمَا عَلِمْتُمْ أَنَّكَ لَوْ عُدْتَهُ لَوَجَدْتَنِي (Do you not know that My servant the Fulan is sick, why do you not visit him? Do you not know that if you had visited him you would have found Me by his side?) Sahih Muslim-4661. (Ibn al-Ḥajjāj, 1955)

Physical violence is an act that leads to physical pain, or physical injury caused by the perpetrator of violence, while the impact of physical violence is: first: bruises, second: serious injuries so that it can require long-term medical care. Third: wounds, fourth: broken bones, fifth: chronic headaches, sixth: back pain Seventh: indigestion problems.(Saepudin Kanda & Kivania, 2024)

The following are the toxic impacts on physical health:

a. Physical injuries

The impact of toxic injuries in the form of physical injuries is injuries, bruises, fractures and neurological disorders and even disorders of women's reproductive health.

b. Declining Physical Health

The impact on physical health is injuries caused by violence such as beatings as well as declining physical health which results in frequent pain. The impact of toxic realization in the household requires a lot of handling, including medical, psychological, spiritual and legal treatment because the PKDRT Law states that acts

of domestic violence in the form of physical, psychological and sexual violence, are complaints that if left untreated will continue unhandled.(Amin et al., 2022)

C. Handling and Prevention of Toxic Realationship in the Household

1. Prevention of toxic realationship.

Here are some hadiths related to the prevention of toxic realationship:

لَيْسَ أَحَدٌ أَعْيَرَ مِنَ اللَّهِ لِذَلِكَ حَرَّمَ الْفَوَاحِشَ وَلَيْسَ أَحَدٌ أَحَبُّ إِلَيْهِ الْمَدْحُ مِنَ اللَّهِ ("There is nothing greater in jealousy than Allah, therefore Allah forbids heinous deeds, and there is nothing more pleasing to praise than Allah.") Sunan Ad-Darimi-2128.(Dārimiy, 2000).

فَاحِشًا وَلَا لَعَنًا وَلَا سَبَابًا كَانَ يَقُولُ عِنْدَ الْمُعْتَبَةِ مَا لَهُ تَرَبَّ جَبِينُهُ (never say vile, curse or reproach, when he wants to reproach, then he will say: "Why is his forehead dusty (with sarcasm) Sahih Bukhari-5586. (Bukhāriy, 1422).

إِنَّ الْعَبْدَ لَيَتَكَلَّمُ بِالْكَلِمَةِ مَا يَنْتَبِئُ فِيهَا يَرُلُ بِهَا فِي النَّارِ أَبْعَدَ مِمَّا بَيْنَ الْمَشْرِقِ ("Indeed, a servant utters a sentence without being examined, for which he is thrown into hell as far as the distance to the east.") Sahih Bukhari-5996. (Bukhāriy, 1422).

دُؤِنَ النِّسَاءُ عَلَى أَزْوَاجِهِنَّ فَرَحَّصَ فِي ضَرْبِهِنَّ فَأَطَافَ بِآلِ رَسُولِ اللَّهِ صَلَّى اللَّهُ عَلَيْهِ وَسَلَّمَ نِسَاءٌ كَثِيرٌ يَشْكُونَ أَزْوَاجَهُنَّ فَقَالَ النَّبِيُّ صَلَّى اللَّهُ عَلَيْهِ وَسَلَّمَ لَقَدْ طَافَ بِآلِ مُحَمَّدٍ نِسَاءٌ كَثِيرٌ يَشْكُونَ أَزْوَاجَهُنَّ لَيْسَ أَوْلَيْكَ بِخِيَارِكُمْ

(para women are brave to their husbands. Then he gave leniency to hit them. Then there were many women who surrounded the family of the Messenger of Allah (peace and blessings of Allaah be upon him), and they complained about their husbands. Then the Prophet (peace and blessings of Allaah be upon him) said: "There have been many women who surround the family of Muhammad and complain about their husbands. They are not the (best) choice among you.") Sunan Abu Dawud-1834.(Abū Dāwud, 1983)

Among the precautions that can be done to avoid toxic realities in the household are:

a. The importance of pre-marital knowledge

Premarital education is knowledge related to understanding. The methods and objectives of good household management so that they can achieve stability and understanding of household knowledge. The benefits of learning premarital science are: to make it easier to achieve a peaceful, peaceful and happy family, and to be able

to make the community filled with affection between members so that they can socialize well between communities. (Warda, Rusly, & Firdausiyah, 2024) With that, to realize a *kluarga* that is *Sakinah, Mawadah, Warahmah*, it is necessary to process education in accordance with the *shari'a* so that the behavior of the *kluarga* will be reflected in a good person according to what is *sharia* by religion. The specific benefits that will be obtained when learning *premariah* science are as follows: 1). Facilitate self-adjustment from single to married life. 2). Strengthen good communication skills between partners. 3). Increase commitment to relationships. 4). Improve problem-solving and decision-making skills. (Sulastri & Rizal, 2021)

b. Importance of Communication Science Education

Communication is the most important key in building a good relationship with each other, especially in a marriage relationship. Effective communication skills depend on the individual's skills in receiving and conveying messages. Effective communication is communication that is able to produce a change in the attitude of a person involved in the communication process. Effective communication is able to build trust between individuals or groups. By respecting each other's point of view. Effective communication is also able to create a harmonious atmosphere, especially in domestic relationships, each couple must master communication well so that each other's wishes are conveyed well. (Zahro & Yuliana, 2023)

c. Accuracy of choosing a partner

Choosing a life partner is the most important decision in life and must be done with great care and thoroughness so as not to regret it in the future. This will affect personal happiness, as well as overall quality of life, so it is very important to choose a partner wisely and consider a lot of various factors. The accuracy of choosing a partner includes:

1. Choosing a potential partner is seen from his physique
2. Choosing a prospective partner is seen from his wealth
3. Choosing prospective couples based on their offspring
4. Choosing a partner based on his morals or morals. (Najwah, 2016)

Toxic realizationship can be prevented from the beginning by studying premarital sciences, communication sciences and the science of choosing the right partner. These three things can minimize the occurrence of toxic realizationship in the

household so. If you decide to get married, you must be ready for all the complications that will occur in the future, but by studying premarital sciences, the incompatibility can be discussed properly with the couple.

2. Prevention Before the Occurrence of Toxic Relationships

Here are some hadiths related to prevention before toxic relation:

يَا رَسُولَ اللَّهِ مَا حَقُّ زَوْجَةٍ أَحَدِنَا عَلَيْهِ قَالَ أَنْ تُطْعَمَهَا إِذَا طَعِمْتَ وَتَكْسُوَهَا إِذَا اكْتَسَبْتَ أَوْ اكْتَسَبْتَ وَلَا تَضْرِبَ الْوَجْهَ وَلَا تُفَيِّحَ

(O Messenger of Allah, what is the right of the wife of one of us to him? He said: "You feed him when you eat, give him clothes when you are dressed, do not hit him in the face, do not speak ill of him with words or insults) Sunan Abu Dawud-1830.(Abū Dāwud, 2009)

إِنَّ لَكُمْ مِنْ نِسَائِكُمْ حَقًّا وَلِنِسَائِكُمْ عَلَيْكُمْ حَقًّا *(Truly, you have rights from your wives and your wives have from you) Sunan Tirmidzi-1888.(Tirmiziyy, 1975)*

نَفَقَةُ الرَّجُلِ عَلَى أَهْلِهِ صَدَقَةٌ *("The maintenance that a person gives to his family is worth alms.")*

Sunan Tirmidzi-1888.(Tirmiziyy, 1975)

وَاسْتَوْصُوا بِالنِّسَاءِ فَإِنَّ الْمَرْأَةَ خُلِقَتْ مِنْ ضِلَعٍ وَإِنَّ أَعْوَجَ شَيْءٍ فِي الضِّلَعِ أَعْلَاهُ إِنْ ذَهَبَتْ تُقِيمُهُ كَسَرْتَهُ وَإِنْ تَرَكْتَهُ لَمْ يَزَلْ أَعْوَجَ اسْتَوْصُوا بِالنِّسَاءِ خَيْرًا

(And bequeath to a woman of goodness, for she is made of ribs, and the most crooked part is the uppermost rib, if you try to straighten it, it will surely break, if you let it go, she will always be crooked, so bequeath to a woman of goodness.) Sahih Muslim-2671.(Ibn al-Hajjāj, 1955).

إِنَّ مِنْ أَكْمَلِ الْمُؤْمِنِينَ لِمَا نَا أَحْسَنَهُمْ خُلُقًا وَأَلَطَهُمْ بِأَهْلِهِ *("The believer whose faith is the most perfect is the one who has the best morals and the most meek with his wife.") Musnad Ahmad-23073.(Al-Syaibāniy, 2001)*

Harmony is the dream of every couple, sharing jokes, laughter, gathering together, and exchanging ideas. Getting married is easy, but maintaining a harmonious relationship is not easy. Building the integrity of the household requires maturity in various things, whether it is a way of thinking, or acting because this is very important to maintain the harmony of domestic relationships.(Hermanto & Saleh, 2022).

So many domestic disputes, if in building them alone are not presented the religious values that have been called how the relationship will get happiness and peace. In this case, the need for caution in choosing a partner is seen from how far

he practices his religious teachings in accordance with the shari'a. Islam itself pays great attention to how to build a harmonious society, so it creates rules and shari'a that are broad, fair, and wise. If this rule is carried out with honesty, sincerity and loyalty, there will be no disputes, then life will run peacefully and happily. The peace that is felt is not only felt by those who run it but the surrounding environment will also feel it, the harmony of the household in which a strong and obedient religious life is created, a warm family atmosphere while maintaining, respecting, understanding, and providing a sense of security and peace to each member. Other efforts or solutions to avoid toxic relationships include: 1). Maintain competence between couples 2) maintain positive communication between couples. 3). Instilling spiritual values between couples. 4). Avoid stigma. 5). Each person receives their own blessings 6). Able to control each other's emotions.(Fadhila Asy Samil, 2023).

Marriages that have taken place without premarital knowledge are more at risk of toxic relationship in the household because neither of the two has knowledge in the household so they are vulnerable to toxic relationship. However, it can be prevented by studying the sciences of marriage because it is never too late to learn. and both of them are willing to introspect themselves by respecting and respecting each other, giving full support to their partner, and understanding the language of love that their partner needs.

Conclusion

After the analysis that has been carried out above. Therefore, it can be concluded that the author found and calculated 26 hadith findings. The author makes the first three major themes, the Definition of Toxic and the pattern or sign of toxic occurring in relationships. Toxic is any relationship between people who do not support each other, do not respect each other, are not compact, knock each other down, and there is conflict in the relationship. It is characterized by violence, excessive jealousy, betrayal, poor communication, intimidation and psychological violence. Second, the impact of toxic. Among them is the impact on mental health as well as physical health. Third, Prevention and Handling of Toxic in Households in the Perspective of Hadith. Among them are deepening religious knowledge, especially the science of marriage, and finding the right partner to minimize the occurrence of toxic in domestic relationships as taught by the Prophet. There are many hadiths of the Prophet that provide an overview of bad things about the spouse so that the domestic relationship deteriorates or is often called toxic. There

are many hadiths of the Prophet that are relevant to this day related to the prohibition of all toxic acts, both in the form of physical violence and psychic violence. The Prophet always taught his people to glorify each other. Respect each other, and love each other, because husband and wife are like clothes, wives are husband's clothes and husbands are like clothes for their wives.

Choosing the right partner is a choice to avoid toxic relationships that can harm mentally and physically, so choose the right partner. Islam has taught to choose the right partner according to the Quran and Hadith which is the guideline for Muslims. so it is necessary to deepen a lot of pre-marriage sciences before the saying of *ijab qobul* to create a dream family that is *sakinah, mawadah, warahmah*.

The author is aware that there are still many shortcomings in this study, it is hoped that the next research can fill in the blank gaps in this study, such as criticizing hadiths related to toxic realationship. Or a more detailed discussion such as in a certain area by showing the graph table.

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