

ABSTRAK

Penelitian ini berjudul “Representasi Manipulasi Emosional dalam *Toxic Relationship* pada Buku “*Memoar Broken Strings*” Karya Aurélie Moeremans, mempunyai latar belakang tentang maraknya fenomena *Toxic Relationship* yang ditandai dengan manipulasi emosional, kontrol berlebihan, dan ketidakseimbangan kekuasaan, yang sering kali tidak disadari korban karena dibungkus dalam pola komunikasi yang tampak normal dan penuh perhatian. Fenomena tersebut tergambar dalam buku *memoar Broken Strings* karya Aurélie Moeremans, yang menceritakan pengalaman tokoh utama dalam hubungan yang diwarnai berbagai bentuk manipulasi emosional. Penelitian ini bertujuan untuk mengidentifikasi dan mendeskripsikan bentuk-bentuk manipulasi emosional serta menganalisis representasi relasi kuasa yang direpresentasikan dalam buku *memoar* tersebut. Peneliti menggunakan metode penelitian kualitatif deskriptif dengan cara merepresentasikan tanda-tanda yang terdapat dalam teks *memoar Broken Strings* dan menggunakan teori representasi yang dikemukakan oleh Stuart Hall, yang meliputi pendekatan reflektif, intensional, dan konstruksionis. Teknik pengumpulan data menggunakan teknik dokumentasi melalui pembacaan mendalam (*close reading*) terhadap seluruh narasi, dialog, dan monolog yang mengandung manipulasi emosional dalam buku *memoar Broken Strings*. Hasil penelitian menemukan 40 data manipulasi emosional yang terbagi ke dalam lima kategori, yaitu *Emotional blackmail* sebanyak 12 data, *Gaslighting* sebanyak 10 data, *Playing Victim* sebanyak 8 data, *Guilt-Tripping* sebanyak 6 data, dan *Silent Treatment* sebanyak 4 data. Dan relasi kuasa sebanyak 10 data. Hasil penelitian menunjukkan bahwa manipulasi emosional dalam *memoar* tersebut tidak berdiri sendiri, melainkan dibangun secara berlapis di atas fondasi relasi kuasa yang timpang, sehingga membentuk pola kekerasan psikologis yang berlangsung secara bertahap dan sulit dikenali dibandingkan kekerasan fisik.

Kata Kunci: Representasi, Representasi Stuart Hall, Manipulasi Emosional, *Toxic Relationship*, buku *Memoar Broken Strings*

ABSTRACT

This research is entitled “The Representation of Emotional Manipulation in Toxic Relationships in the Memoir Broken Strings by Aurélie Moeremans.” The background of this study is the increasing prevalence of Toxic Relationships characterized by emotional manipulation, excessive control, and power imbalances, which are often not recognized by victims because they are disguised within communication patterns that appear normal and caring. This phenomenon is portrayed in Aurélie Moeremans’ memoir Broken Strings, which recounts the main character’s experiences in a relationship characterized by various forms of emotional manipulation. This study aims to identify and describe the forms of emotional manipulation and analyze the representation of power relations depicted in the memoir. This research employs a descriptive qualitative method by examining the signs contained in the text of the memoir Broken Strings and applying Stuart Hall’s theory of representation, which encompasses the reflective, intentional, and constructionist approaches. Data were collected through documentation techniques and in-depth reading (close reading) of the narratives, dialogues, and monologues containing emotional manipulation throughout the memoir Broken Strings. The findings reveal 40 instances of emotional manipulation divided into five categories: Emotional blackmail with 12 instances, gaslighting with 10 instances, Playing Victim with 8 instances, Guilt-Tripping with 6 instances, and Silent Treatment with 4 instances, as well as 10 instances of power relations. The results indicate that emotional manipulation in the memoir does not occur independently but is constructed through layers of unequal power relations, thereby forming a pattern of psychological violence that develops gradually and is more difficult to recognize than physical violence.

Keywords: Representation, Stuart Hall's Representation, Emotional Manipulation, Toxic Relationship, the memoir Broken Strings