```css
.nav-item {
    position: relative;
}

.nav-item::after {
    position: absolute;
    background-color: rgba(220, 57, 57, .5);
    width: 0;
    content: "";
    height: 20px;
    transition: width 0.3s;
}

.nav-item:hover:has(:not(.disabled))::after {
    width: 100%;
}
```