

**HUBUNGAN ANTARA *FORGIVENESS* DENGAN *SUBJECTIVE WELL-BEING* PADA INDIVIDU DEWASA AWAL YANG MENGALAMI PERCERAIAN ORANG TUA**

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**ABSTRAK**

Perceraian orang tua merupakan pengalaman yang pahit dan menyakitkan bagi anak pada berbagai rentang usia termasuk dewasa awal, yang dapat mengganggu kesejahteraan subjektifnya. Untuk itu, diperlukan upaya untuk bisa memaafkan diri sendiri, orang lain maupun peristiwa pahit tersebut. Tujuan penelitian ini adalah untuk mengetahui hubungan antara *forgiveness* dengan *subjective well-being* pada individu dewasa awal yang mengalami perceraian orang tua. Metode penelitian yang digunakan adalah kuantitatif korelasional. Dengan teknik sampling *non probability sampling* menggunakan teknik *accidental sampling*, diperoleh sampel sebanyak 184 responden dengan kriteria individu dewasa awal yang mengalami perceraian orang tua yang tinggal di DKI Jakarta. Alat ukur yang digunakan untuk mengukur *subjective well-being* yaitu *Flourishing Scale* (FS) dan *Scale of Positive Affect and Negative Affect* (SPANE) dari Diener et al. (2009) dan *forgiveness* yaitu *The Heartland Forgiveness Scale* (HFS) dari Thompson et al. (2005) yang telah diadaptasi ke dalam bahasa Indonesia. *Flourishing Scale* (FS) terdiri dari 8 item, SPANE 11 item dan HFS 17 item yang valid dan reliabel (*Cronbach's Alpha* FS = 0.877, SPANE= 0.865, HFS = 0.898). Data dianalisis dengan teknik korelasi Spearman menggunakan aplikasi SPSS versi 26. Hasil penelitian membuktikan bahwa terdapat hubungan yang positif dan signifikan antara *forgiveness* dengan kedua dimensi *subjective well being*, yaitu *flourishing* ( $r = 0.355$ ,  $p=0.00$ ) dan pengalaman afektif ( $r = 0.205$ ,  $p=0.00$ ). Hal ini berarti semakin mampu individu memaafkan diri sendiri, orang lain dan situasi yang menyakitkan, semakin tinggi pula kesejahteraan subjektifnya. Usia subjek saat orang bercerai menjadi faktor yang membedakan tingkat *forgiveness* dan *subjective well-being* dewasa awal yang mengalami perceraian orang tua.

**Kata Kunci** : *Subjective well-being*, *forgiveness*, dewasa awal, perceraian orang tua

# THE RELATIONSHIP BETWEEN FORGIVENESS AND SUBJECTIVE WELL-BEING IN EARLY ADULT INDIVIDUALS EXPERIENCING PARENTAL DIVORCE

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## ABSTRACT

*Parental divorce is a bitter and painful experience for children in various age ranges including early adulthood, which can interfere with their subjective well-being. For this reason, it takes effort to be able to forgive yourself, others and the bitter event. The purpose of this study was to determine the relationship between forgiveness with subjective well-being in young adults who experience parental divorce. The research method used is correlational quantitative. With sampling techniques non probability sampling using accidental sampling techniques, a sample of 184 respondents was obtained with the criteria of early adult individuals who experienced divorce from their parents living in DKI Jakarta. Measuring tool used to measure subjective well-being that is Flourishing Scale (FS) and Scale of Positive Affect and Negative Affect (SPANE) from Diener et al. (2009) and forgiveness that is The Heartland Forgiveness Scale (HFS) from Thompson et al. (2005) which has been adapted into Indonesian. Flourishing Scale (FS) consists of 8 items, SPANE 11 items and HFS 17 items which are valid and reliable (Cronbach's Alpha FS = 0.877, SPANE = 0.865, HFS = 0.898). Data were analyzed using the Spearman correlation technique using the SPSS version 26 application. The results of the study proved that there was a positive and significant relationship between forgiveness with both dimensions of subjective well-being, that is flourishing ( $r = 0.355, p=0.00$ ) and affective experience ( $r = 0.205, p=0.00$ ). This means that the more individuals are able to forgive themselves, others and painful situations, the higher their subjective well-being. The subject's age when the person is divorced is a factor that differentiates the level of forgiveness and subjective well-being of young adults experiencing parental divorce.*

**Keywords:** *Subjective well-being, forgiveness, young adults who experience parental divorce.*