

Korelasi antara Forgiveness dan Psychological Well-Being pada Individu yang Menikah = The Correlation between Forgiveness and Psychological Well-Being in Married Individuals

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Abstrak

Penelitian ini dilakukan untuk melihat hubungan antara forgiveness dan psychological well-being pada individu yang menikah. Pengukuran forgiveness menggunakan alat ukur transgression-related interpersonal motivation 12-scale form (McCullough, et al, 1998) dan pengukuran psychological well-being menggunakan alat ukur Ryff's psychological well-being scale (Ryff, 1995). Partisipan berjumlah 74 individu yang memiliki karakteristik sebagai seseorang yang terikat dalam hubungan pernikahan. Hasil penelitian ini menunjukkan bahwa terdapat hubungan positif yang signifikan antara forgiveness dengan psychological well-being pada pasangan yang menikah ($r = 0.318$; $p = 0.006$, signifikan pada L.o.S. 0.01). Artinya, semakin tinggi skor forgiveness yang dimiliki seseorang, maka semakin tinggi ia menampilkan kesejahteraan secara psikologis. Berdasarkan hasil tersebut, perlu diadakan intervensi untuk meningkatkan forgiveness sebagai salah satu faktor dibalik bertambahnya psychological well-being.

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This research was conducted to find the correlation between forgiveness and psychological well-being in married couples. Forgiveness was measured by using an instrument called transgression-related interpersonal motivation 12-scale form (McCullough, et al, 1998) and psychological well-being was measured by using an instrument called Ryff's psychological well-being scale (Ryff, 1995). The participants of this research were 74 individuals with a characteristic of currently being married.

The main result of this research showed that forgiveness is positively and significantly correlated with psychological well-being ($r = 0.318$; $p = 0.006$, significant at L.o.S. 0.01). That is, the higher the level of forgiveness in ones own nature, the higher that person shows psychological well-being inside oneself. Based on such results, there needs to be an intervention to increase forgiveness as one of the factors in increasing psychological well-being.