

# Hubungan forgiveness dan psychological well-being pada perempuan dari kelompok minoritas seksual = The Relationship between forgiveness and psychological well being in females from sexual minority groups / Zivana Sabili

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Abstrak

**ABSTRAK**

Di Asia, di mana budaya patriarki masih kuat, peran utama perempuan adalah sebagai istri sekaligus ibu dalam hubungan pernikahan heteroseksual. Mereka yang tidak melaksanakannya mendapat stigma dan didiskriminasi. Salah satunya ialah perempuan dari kelompok minoritas seksual, yakni lesbian dan biseksual. Emosi marah, sedih, dan kecewa sering muncul sebagai respon dari perlakuan buruk yang diterima oleh perempuan dari kelompok minoritas seksual. Ada yang marah pada diri sendiri, ada pula yang menyalahkan orang yang tidak paham mengenai orientasi seksual, serta situasi yang tidak ideal. Perempuan dari kelompok minoritas seksual menjadi rentan depresi, gangguan cemas, serta kecenderungan bunuh diri. Seluruhnya merupakan indikator psychological well-being (PWB) yang rendah. Penelitian ini bertujuan untuk mencari tahu hubungan antara forgiveness dengan PWB pada perempuan dari kelompok minoritas seksual di Indonesia. Sebanyak 94 perempuan lesbian dan biseksual diminta mengisi kuesioner Heartland Forgiveness Scale (HFS) yang terdiri dari Forgiveness of Self, Forgiveness of Others, dan Forgiveness of Situation; serta Ryff's Psychological Well-Being Scale (RPWB) yang terdiri dari dimensi Autonomy, Environmental Mastery, Positive Relations with Others, Personal Growth, Purpose in Life, dan Self Acceptance. Terdapat korelasi signifikan antara forgiveness dan PWB pada perempuan dari kelompok minoritas seksual. Hubungan di tingkat subskala lebih kompleks, di mana terdapat subskala yang berkorelasi dan tidak berkorelasi.

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**ABSTRACT**

In Asia, where patriarchy is still a problem, a woman's main role is to be a devoted wife and mother, usually within a heterosexual marriage. Those who do not follow the common ways are stigmatized and discriminated. One of them are females from sexual minority group, namely lesbians and bisexuals. Anger, sadness, and disappointment often become the natural responses of those discrimination. Some females from sexual minority group blame themselves for all the difficulties that came with their sexual orientation. Others blame people who do not understand about human sexuality. The rest blame the horrible situation which put them in an uncomfortable position. Females from sexual minority group are more prone to depression, anxiety, and suicidal tendencies, which are all the indicators of low psychological well-being (PWB).

This research was conducted to find out the relationship between forgiveness and PWB in females from sexual minority groups in Indonesia. As much as 94 female participants from sexual minority groups have filled out the Heartland Forgiveness Scale (HFS), consisting of several subscales: Forgiveness of Self, Forgiveness of Others, and Forgiveness of Situation; as well as Ryff's Psychological Well-Being Scale (RPWB) consisting of six distinct dimensions, namely Autonomy, Environmental Mastery, Positive

Relations with Others, Personal Growth, Purpose in Life, and Self-Acceptance. Results showed that there's a significant correlation between forgiveness and PWB on females from sexual minority groups in Indonesia. In the subscale level, however, not all measures were related to one another.