

Forgiveness and Psychological Well-Being in Adolescent Victims of Domestic Violence

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ABSTRAK

Keluarga merupakan tempat teraman bagi anak, namun seringkali beberapa anak justru merasakan yang sebaliknya. Ironisnya, keluarga terkadang menjadi tempat terjadinya kekerasan yang seringkali dikenal dengan kekerasan dalam rumah tangga. Kekerasan ini tidak hanya terjadi pada istri melainkan dapat juga terjadi pada anak bahkan remaja baik itu laki-laki maupun perempuan. Remaja yang mengalami kekerasan pada lingkup keluarga akan membuat kesehatan fisik maupun psikisnya menjadi buruk, sehingga hal tersebut akan membuatnya sulit melupakan atau bahkan memaafkan peristiwa yang dialami. Penelitian ini bertujuan untuk mengetahui hubungan antara pemaafan dengan kesejahteraan psikologis terutama bagi remaja korban kekerasan dalam rumah tangga. Jenis penelitian yang digunakan ialah kuantitatif dengan desain korelasional. Sebanyak 42 remaja korban kekerasan dalam rumah tangga yang menjadi partisipan dengan menggunakan teknik purposive sampling. Alat ukur pada penelitian ini menggunakan Enright Forgiveness Inventory. Hasil penelitian menunjukkan bahwa terdapat korelasi positif signifikan antara forgiveness dengan kesejahteraan psikologis pada remaja korban kekerasan dalam rumah tangga. Hasil ini mengindikasikan bahwa forgiveness menjadi salah satu faktor yang memengaruhi kesejahteraan psikologis remaja korban kekerasan dalam rumah tangga. Artinya, ketika terjadi peningkatan forgiveness maka kesejahteraan psikologis akan mengalami peningkatan, dan begitu juga sebaliknya.

ABSTRACT

Family is the safest place for children, but often, some children feel the opposite. Ironically, the family is sometimes a place where violence occurs, which is often known as domestic violence. This violence does not only happen to wives but can also happen to children and even teenagers, both men and women. Adolescents who experience violence in the family will have poor physical and psychological health, making it difficult for them to forget or even forgive the events they experienced. This research aims to determine the relationship between forgiveness and psychological well-being, especially for adolescent victims of domestic violence. The type of research used is quantitative with a correlational design. A total of 42 teenage victims of domestic violence became participants using purposive sampling techniques. The measuring tool in this research is the Enright Forgiveness Inventory. The research results show that there is a significant positive correlation between forgiveness and psychological well-being in adolescent victims of domestic violence. These results indicate that forgiveness is one of the factors that influences the psychological well-being of adolescent victims of domestic violence. This means that when there is an increase in forgiveness, psychological well-being will increase, and vice versa.

1. INTRODUCTION

Family is the smallest unit of society consisting of the head of the family and several people who are gathered and live in one place under one roof in a state of interdependence (Andini, 2019; Hidayat & Rahma, 2021). Apart from that, family is also defined as a unity that includes visible interaction and communication and involves everyone in playing a role, whether as husband and wife, parents and children, or children and siblings (Maslahah & Khoirunnisa, 2020; Risma et al., 2019). In the process of child growth and development, the family is the main factor that influences this process compared to society in the wider environment (Pepah et al., 2023; Radhitya et al., 2020). This is because from birth

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until they grow into adults children will spend more time in the family, where each family has its own way of shaping a child's personality (Alimi & Nurwati, 2021; Irianti, 2020). Resilience and prosperity in a family can be realized if the family can carry out its functions well. Where the family functions to form quality human resources, provide comfortable and appropriate environmental conditions for each family member, and ensure that each family member receives equal treatment (Santoso, 2019; Wardhani, 2021). Education in the family will be said to be good if it is able to form a mature personality in the child, so that the child is able to become an individual who is free to express, recreate, achieve, and also actualize himself in the community environment (Septiani, 2021; Suteja & Muzaki, 2020).

However, the reality on the ground shows that there are still many children who experience violence in the family. Domestic violence, especially towards children, is any behavior given to the victim by people who are closely related, even blood related, with the aim of causing harm (Arliman et al., 2022; Fadel et al., 2023). Apart from that, domestic violence (KDRT) is also a hurtful behavior carried out consciously against family members who are related by blood so that it can cause physical and psychological injuries (Kadir & Handayaningsih, 2020; Setyaningrum & Arifin, 2019). Furthermore, the results of the Violence Against Children Survey (SKtA) noted that the impact of violence on children's health shows a paradigm that is more or less the same between the 18-24 year old group who experienced violence before the age of 18 years and the 13-17 year old group who experienced violence within 12 months. Final (Pardede, 2021; Officialni et al., 2019). Furthermore, the results of a survey on the life experiences of children and teenagers also found that 37 out of 100 teenage boys and 46 out of 100 teenage girls had experienced violence that originated, even ironically, the perpetrators of the violence were people closest to them (Harefa, 2020; Lilik, 2019; Solihah, 2019). The treatment that victims of violence often experience can be both physical and psychological. As a result, victims have serious physical injuries, stress and even trauma, drastically reduced self-confidence, a sense of worthlessness, as well as deep fear and other serious psychological pressure that ends in feelings of lack of well-being (Dewi & Listiowarni, 2019; Pepah et al., 2023).

Encountering the phenomenon of teenage victims of domestic violence, the researchers looked further by conducting initial interviews with 15 teenage victims of domestic violence so that initial data was obtained from these interviews, namely that several of the teenage victims of domestic violence experienced physical injuries due to violence experienced in the family. This can be proven from several scars on the body of the teenage victim of domestic violence. Apart from that, they also often have feelings of fear and anxiety every time they go home, traumatized and even deeply sad. These things are the result of domestic violence which is detrimental to the physical and psychological health of the victim. If this is allowed to continue, this will certainly have an impact on the decline in the victim's physical and psychological health. Physical and psychological health is very important for the well-being of teenagers, which is a period of searching for identity and will be faced with many difficult conditions. Unexpected conditions will certainly provide heavy pressure which will later affect psychological well-being.

Psychological well-being is full acceptance of an individual's ability to be independent, understand one's potential, control oneself over the environment, accept oneself, have a purpose in life, and be able to build positive relationships with one's environment (Abidin et al., 2020; Harjanti, 2021). An individual can be said to have good psychological well-being, namely when he is able to accept everything that happens in his life and views it positively and is able to make peace with himself, which individuals can achieve by forgiving (Pradana et al., 2022; Sopotan & Mulawarman, 2021). An individual's ability to forgive can make an individual have a positive attitude, which is characterized by full acceptance of all conditions that the individual experiences, which is one of the factors in achieving psychological well-being (Gracia & Heng, 2020; Hasanuddin & Khairuddin, 2021). Furthermore, it is explained that forgiveness is a form of coping strategy that helps individuals overcome the stress they experience, where coping strategies are one of the factors that influence a person's psychological well-being (Amalia & Rahmاتا, 2020; Indrawati, 2019). Every individual will go through a process of forgiveness, including changes in emotions, thoughts and behavior. When an individual decides to forgive, he will begin to let go of negative feelings towards someone who hurt him and he will even begin to accept that person back positively (Natasya & Susilawati, 2020; Saleleubaja et al., 2023).

Several previous studies have revealed that the higher the forgiveness and social support that survivors of dating violence have, the higher their psychological well-being (Pariartha et al., 2022). The results of other research reveal that self-forgiveness is one of the factors associated with increasing psychological well-being in Class 2A Ambarawa Correctional Institution inmates (Panggabean & Huwae, 2023). The results of further research revealed that there is a positive relationship between forgiveness and psychological well-being. The higher the forgiveness, the higher the psychological well-being, whereas conversely the lower the forgiveness, the lower the psychological well-being (Juwita & Kustanti, 2020). So based on several research results, it can be said that forgiveness and social support have a significant

influence on students' social conditions. It's just that in previous research, there have been no studies that specifically discuss forgiveness and psychological well-being in adolescent victims of domestic violence. So this research focuses on this study with the aim of finding out the relationship between forgiveness and psychological well-being, especially for adolescent victims of domestic violence.

2. METHOD

This research is a quantitative study using a correlational design to measure the relationship between forgiveness (X) and psychological well-being (Y), especially in adolescent victims of domestic violence. The participants involved in this research were 42 teenage victims of domestic violence using purposive sampling techniques. The criteria for participants in this research are teenagers aged 15-21 years who have experienced domestic violence and have gone through a mentoring process. Participant demographic data is presented in [Table 1](#).

Table 1. Research Participant Demographics

Participant Description	Information	Frequency	Percentage
Gender	Man	16	38.1
	Woman	26	61.9
Age	15 years	1	2,4
	16 years	1	2,4
	17 years	3	7.1
	18 years	6	14.3
	19 years old	11	26.2
	20 years	15	35.7
	21 years	5	11.9
Long Experienced Domestic Violence	<1 Year	6	14.3
	1-2 Years	6	14.3
	3-4 Years	8	19
	5-6 Years	7	16.7
	7-8 Years	5	11.9
	9-10 Years	5	11.9
	>10 Years	5	11.9
Forms of Assistance	Psychology	14	33.3
	Law	6	14.3
	Medical	6	14.3
	Pastoral	4	9.5
	Combined (Psychology, Law, Medical, and Pastoral)	12	28.6

Data collection was carried out online using a questionnaire created via Google Form. Before the questionnaire was distributed, the researcher first compiled a research blueprint for the two research variables according to the original scale and the adapted scale. The Forgiveness scale and psychological well-being scale were then readjusted by the researcher based on the participant's context, and content and construct validation was carried out by expert judgment. Once fulfilled, the research scale is distributed. Data collection carried out on 01 September - 01 October 2023.

Forgiveness measured using the Enright Forgiveness Inventory (EFI) from Enright (2015) which was adapted by Toussaint (2005) with a scale reliability test score of 0.97. The preparation of this scale was carried out based on dimensions from Enright (2001) which include the intrapsychic dimension, namely emotions and cognition, as well as the interpersonal dimension, namely behavior. This scale consists of 20 items consisting of favorable and unfavorable items. Response options use a Likert scale model consisting of 6, namely Very Unsuitable (STS) = 1, Not Appropriate (TS) = 2, Not Appropriate (KS) = 3, Quite Appropriate (CS) = 4, Suitable (S) = 5, Very Appropriate (SS) = 6. One example of an item on this scale is "I think parents deserve forgiveness." From the results of the item discrimination power test, 15 items were obtained that met the requirements or passed with a total item correlation value ranging from 0.400-0.887 and a Cronbach's Alpha value of 0.940.

Psychological well-being was measured using the Psychological Well-Being Scale (PWBS) from Ryff (2013) which was adapted by Ramadhani (2014) with a scale reliability test score of 0.92. The preparation of this scale was carried out based on the dimensions of Ryff (2013) which include, self-acceptance, life goals, positive relationships with other people, personal growth, environmental mastery,

and autonomy. This scale consists of 38 items consisting of favorable and unfavorable items. Response options use a Likert scale model consisting of 6, namely Very Unsuitable (STS) = 1, Not Appropriate (TS) = 2, Not Appropriate (KS) = 3, Quite Appropriate (CS) = 4, Suitable (S) = 5, Very Appropriate (SS) = 6. One example of an item on this scale is "I am not afraid to convey what I feel". From the results of the item discrimination power test, 32 items were obtained that met the requirements with a total item correlation value ranging from 0.309-0.682 and a Cronbach's Alpha value of 0.933.

Next Hypothesis testing in this research uses Karl Pearson's product moment correlation test. Before testing the hypothesis, the normality assumption and linearity test are first carried out as absolute requirements in a correlational study. In addition, descriptive analysis was carried out to see the categorization of each variable examined in this research.

3. RESULTS AND DISCUSSION

Result

The results of descriptive statistical data on forgiveness for 42 participants obtained scores ranging from 51 (minimum) to 89 (maximum) with a mean score of 68.62 and a standard deviation score of 13.902. Meanwhile, the acquisition of descriptive statistical data on psychological well-being for 42 participants included a minimum value of 100 and a maximum value of 191 with a mean of 155.79 and a standard deviation value of 21.515. After knowing the minimum, maximum, average and standard deviation values, the two research variables were categorized using 3 categories (high, medium and low). In more detail the results of the descriptive analysis can be seen in [Table 2](#).

Table 2. Descriptive Statistics

	N	Minimum	Maximum	Mean	Std. Deviation
Forgiveness	42	47	89	68.62	13.902
Psychological Wellbeing	42	100	191	155.79	21.515

The results of the categorization of the forgiveness variable showed that 10 participants were in the high category (23.8%), 23 participants were in the medium category (54.8%), and 9 participants were in the low category (21.4%). Based on the average value obtained, the majority of participants had a level of forgiveness that was in the medium category. In more detail the results of the forgiveness categorization can be seen in [Table 3](#).

Table 3. Categorization of Forgiveness

Intervals	Category	Frequency	Percentage
$82.522 \leq x \leq 89$	Tall	10	23.8
$54.718 \leq x \leq 82.522$	Currently	23	54.8
$47 \leq x \leq 54.718$	Low	9	21.4

Furthermore, the results of the categorization of psychological well-being variables showed that 7 participants were in the high category (16.7%), 28 participants were in the medium category (66.6%), and 7 participants were in the low category (16.7%). Based on the average value obtained, the majority of participants had a level of psychological well-being that was in the medium category. Further results of the psychological well-being categorization analysis can be seen in [Table 4](#).

Table 4. Categorization of Psychological Well-Being

Intervals	Category	Frequency	Percentage
$177.305 \leq y \leq 191$	Tall	7	16.7
$134.275 \leq y \leq 177.305$	Currently	28	66.6
$100 \leq y \leq 134.275$	Low	7	16.7

The next analysis is test the assumptions of normality and linearity. The results of the normality assumption test on the forgiveness variable obtained a Kolmogorov-Smirnov Z value of 0.127 with a significance of 0.087 ($p > 0.05$), which means the data is normally distributed. Then, the Kolmogorov-Smirnov Z value of the psychological well-being variable is 0.080 with a significance of 0.200 ($p > 0.05$), which means the data variable is normally distributed. Furthermore, the results of the linearity

assumption test obtained an F value of 9.330 with a significance of 0.009 ($p < 0.05$), which means that forgiveness and psychological well-being are linearly related.

The next test is the hypothesis test product moment from Karl Pearson, a correlation coefficient value of 0.504 was obtained with a significance value of 0.000 ($p < 0.01$) which shows that forgiveness and psychological well-being are significantly positively correlated, especially in adolescent victims of domestic violence. By paying attention to the results of the correlation test, the effective contribution of forgiveness to psychological well-being is 25% (r^2). Seeing the effective contribution provided, the results of this correlation test are able to show that forgiveness helps increase the level of psychological well-being, especially for young people who are victims of domestic violence.

Apart from that, the correlation test calculation between the forgiveness variable and each dimension of psychological well-being is as follows. The correlation coefficient value between forgiveness and the dimension of self-acceptance (Y_1) is 0.630 and significance as big as 0.000 ($p < 0.01$), which shows that there is a significant positive correlation. The correlation coefficient value between forgiveness and the dimension of goals in life (Y_2) is 0.384 and the significance is 0.000 ($p < 0.01$), which shows that there is a significant positive correlation. The correlation coefficient value between forgiveness and the dimension of positive relationships with other people (Y_3) is 0.525 and significance as big as 0.000 ($p < 0.01$), which shows that there is a significant positive correlation. The correlation coefficient value between forgiveness and the personal growth dimension (Y_4) is 0.259 and the significance is 0.009 ($p < 0.01$), which indicates that there is a significant positive correlation; The correlation coefficient value between forgiveness and the dimension of environmental mastery (Y_5) is 0.494 and significance as big as 0.000 ($p < 0.01$), which shows that there is a significant positive correlation; The correlation coefficient value between forgiveness and the autonomy dimension (Y_6) is 0.325 and the significance is 0.008 ($p < 0.01$), which shows that there is a significant positive correlation. Further, the results of the analysis of the correlation test of forgiveness with the dimensions of psychological well-being can be seen in [Table 5](#).

Table 5. Correlation Test of Forgiveness with Dimensions of Psychological Well-Being

		X	Y ₁	Y ₂	Y ₃	Y ₄	Y ₅	Y ₆
Forgiveness (X)	Pearson Correlation	1	0.630**	0.384**	0.525**	0.259**	0.494**	0.325**
	Sig. (1-tailed)		0.000	0.000	0.000	0.009	0.000	0.008
	N	42	42	42	42	42	42	42

***. Correlation is significant at the 0.01 level (1-tailed)*

**. Correlation is significant at the 0.05 levels (1-tailed)*

Discussion

Based on the research that has been carried out, it can be concluded that the research hypothesis is proven, namely that there is a significant positive correlation between forgiveness and psychological well-being ($r = 0.504$ and $\text{sig.} = 0.000$). These results show that the amount of forgiveness possessed is in line with increasing psychological well-being towards a better direction, especially for young people who are victims of domestic violence, so it can also be said that forgiveness plays a role in improving individual psychological well-being. Violence experienced by teenagers in the household can have both negative impacts in a short time until even for a long time, violence can also have a negative impact on the psychological well-being of teenagers ([Kadir & Handayaningsih, 2020](#); [Setyaningrum & Arifin, 2019](#)). One component that can influence psychological well-being is coping skills such as forgiveness. Forgiveness is a response from individual to individual to injustice which causes the offended party to relinquish the right to hate the perpetrator, which ultimately influences the development of affection, concern, even moral love towards others ([Pratama & Kristinawati, 2020](#); [Setyowati et al., 2022](#)). The findings of this research also reveal that adolescent victims of domestic violence who forgive for what happened to them will be able to achieve self-acceptance. Achieving self-acceptance enables individuals to be able to accept and forgive all aspects of their life, including even painful pasts ([Juwita & Kustanti, 2020](#); [Pratiwi, 2023](#)). Apart from that, the findings of this study also found that young victims of domestic violence who forgive have good life goals for the present and the future. This is because individuals who are able to forgive will be encouraged to improve their lives in a better direction, which is marked by the existence of a purpose in life, especially for the future ([Ramadhianty & Fikri, 2020](#); [Salsabila & Dwarawati, 2022](#)).

Teenagers who are victims of domestic violence who forgive will be able to build positive relationships with the people around them regardless of the events that happened to them. This then shows that individuals who experience violence will be able to open themselves up to build new relationships with their environment in a positive way if they have achieved forgiveness and acceptance of every aspect of themselves ([Abidin et al., 2020](#); [Harjanti, 2021](#)). Apart from that, individuals who forgive will have the desire to improve their self-quality through continuous personal growth, so that the

individual will be able to forgive the circumstances that befell him and be able enough to rise and carry out continuous self-improvement (Gracia & Heng, 2020; Hasanuddin & Khairuddin, 2021). Individuals who have achieved self-acceptance through forgiveness will be able to adapt and create a positive environment in accordance with certain goals (Natasya & Susilawati, 2020; Saleleubaja et al., 2023). Overall, this research found that adolescent victims of domestic violence who are able to forgive what happened to them have a good level of psychological well-being, this can be ensured through their ability to accept themselves, have goals in life, and are able to build positive relationships with people. Others, the ability to carry out personal growth, the ability to control the environment, and autonomous behavior (Pardede, 2021; Officialni et al., 2019).

The results obtained in this study are in line with the results of previous research which also revealed that the higher the forgiveness and social support that survivors of dating violence have, the higher their psychological well-being (Pariartha et al., 2022). The results of other research reveal that self-forgiveness is one of the factors associated with increasing psychological well-being in Class 2A Ambarawa Correctional Institution inmates (Panggabean & Huwae, 2023). The results of further research revealed that there is a positive relationship between forgiveness and psychological well-being. The higher the forgiveness, the higher the psychological well-being, whereas conversely the lower the forgiveness, the lower the psychological well-being (Juwita & Kustanti, 2020). So based on these results it can be said that the more the level of forgiveness which owned teenage victims of domestic violence, the more the good psychological well-being which he has. This means that adolescent victims of domestic violence who have a fairly good level of forgiveness in terms of emotions, cognition and behavior will be able to achieve a pretty good level of psychological well-being as well.

4. CONCLUSION

Based on the results of data analysis and discussion, it can be concluded that there is a positive correlation significant between forgiveness and psychological well-being in adolescent victims of domestic violence. More specifically, this research proves that forgiveness is correlated positive significant with each dimension of the psychological well-being of adolescent victims of domestic violence. Apart from that, this research reveals that forgiveness contributes to psychological well-being with an effective contribution value of 25%. Overall, forgiveness is one of the factors that supports the quality of psychological well-being, especially for adolescent victims of domestic violence.

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