

Forgiveness and Subjective Well Being Of Adolescent Divorced Parents

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ABSTRACT

The divorce rate in Indonesia shows an increasing number. Parental divorce has an impact on the lives of individuals who are in their teens. Teens with divorced parents are more prone to experiencing problems. This study aims to determine forgiveness and subjective well-being in adolescents with divorced parents and the benefits of this research to add new insights about adolescents with divorced parents so that they can understand the adolescent's situation. Research subjects are individuals who are in their adolescence aged 13-18 years and have divorced parents for more than 6-months. This study uses quantitative methods with incidental sampling techniques. The person correlation r score shows the number 0,666 with $p = 0,000$; because $p <$ which means level of correlation between the variable forgiveness and subjective well being.

Keywords : Subjective Well Being, Forgiveness

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INTRODUCTION

The family is the first and foremost educational institution for every individual. The family as the smallest community in society turns out to be vulnerable to a child if there is a conflict between parents. The fact is that the divorce rate in Indonesia shows an increasing number. Based on divorce data until April 3, 2019, 419,268 couples divorced throughout 2018 (detikNews, 2019). Adolescence is a period of transition from childhood to adulthood. Parents who are role models, role models and role models for development in adolescence.

Based on the results of an interview with a teenager with the initials H.Y. on July 20, 2020 stated that there was dissatisfaction with the condition of the family they owned. H.Y. always comparing the condition of his family with the condition of the family of others, so that there is an effort to avoid something that is not desirable with the emergence of wanting to leave home. Other interview results obtained from adolescents with the initials N.D. on July 22, 2020 stated that the attention given by others feels more valuable than that given by separated parents. The desire to always get attention from other people makes him tend to use various ways to attract that attention. The negative emotional reactions that arise in adolescents due to parental divorce indicate the low level of subjective well-being in these adolescents.

Diener & Biswas-Diener (2008) explained that subjective well-being is a predictor of an individual's quality of life because it affects individual success in various important life domains. Adolescents with divorced parents also certainly have the right to have a good life welfare, namely by interpreting life more positively, how adolescents can better evaluate and interpret everything that happens in their lives so that adolescents will have a good level of subjective welfare. Resolving

conflicts that occur as a result of divorce and rebuilding good relationships between the individuals involved are not easy things to do.

In the family, Forgiveness or forgiveness is an effective and important way to solve problems between individuals (Hargrave & Sells, 1997). Forgiveness is a great way to deal with the devastating effects of parental divorce. The process of forgiving someone for something that causes hurt feelings or an event that has a negative impact is not an easy process for some individuals. This requires assistance in the form of treatment that can help in the process of forgiveness. Worthington and Wade (1999) say that in a health sense, forgiveness provides psychological benefits and that forgiveness is an effective therapy that frees a person from anger and guilt.

METHOD

This study used quantitative methods, with the research variables being forgiveness as the independent variable and subjective well being as the dependent variable. The population in this study were adolescent divorced parents totaling 50 person. This type of research uses correlational research.

Participant

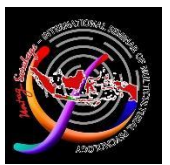
Table I. Subject Demographic Data

	Explanation	Quantity
Gender	Boy	22
	Girl	28

The data collection technique used an item instrument that measures subjective well being and forgiveness of adolescent divorced parents. The instruments that have been prepared are then validated by practitioners. Furthermore, valid instruments are used for data collection in the field. The data obtained in this study were then analyzed statistically with the product moment correlation method to test whether there was a relationship between forgiveness and subjective well being of adolescent divorced parents.

RESULT

This study used quantitative methods, with the research variables being forgiveness as the independent variable and subjective well being as the dependent variable. The population in this study were adolescent divorced parents totaling 50 person. This type of research uses correlational research. The data collection technique used an item instrument that measures subjective well being and forgiveness of adolescent divorced parents. The instruments that have been prepared are then validated by practitioners. Furthermore, valid instruments are used for data collection in the field. The data obtained in this study were then analyzed statistically with the product moment correlation method to test whether there was a relationship between forgiveness and subjective well being of adolescent divorced parents.



Tabel 2. Normality Test
One-Sample Kolmogorov-Smirnov Test

		SWB	Forgiveness
N		50	50
Normal Parameters ^{a,b}	Mean	106,1000	90,2200
	Std. Deviation	17,29250	18,65836
Most Extreme Differences	Absolute	,189	,146
	Positive	,075	,101
	Negative	-,189	-,146
Test Statistic		,189	,146
Asymp. Sig. (2-tailed)		,000 ^c	,010 ^c

a. Test distribution is Normal.

b. Calculated from data.

c. Lilliefors Significance Correction.

Further testing was conducted to determine whether there was a correlation between the two variables, namely forgiveness and subjective well being of adolescent divorced parents. The test results using SPSS are shown in Table 2 showing the results that there is a correlation between the two variables. The Person Correlation r score shows the number 0.666 with $p = 0.000$; because $p < 0.05$ which means the level of correlation between the variable forgiveness and subjective well being

Tabel 3. Correlations

		SWB	Forgiveness
SWB	Pearson Correlation	1	,666
	Sig. (2-tailed)		,000
	N	50	50
Forgiveness	Pearson Correlation	,666	1
	Sig. (2-tailed)	,000	
	N	50	50

DISCUSSION

The results of the Product moment correlation analysis state that the hypothesis proposed in this study is accepted. This means that forgiveness has a significant correlation with the subjective well-being of adolescent divorced parents. This means that the higher the forgiveness of adolescent divorced parents, the higher the subjective well-being adolescent divorced parents. Subjective well being of adolescent divorced parents can be increased by forgiveness which is the factor that has the contribution to subjective well being.

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Ethic Policies

The written source used in this research is listed in the bibliography and there is no conflict of research interest with any party.

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