

**PENGARUH *FORGIVENESS* DAN *GRATITUDE* TERHADAP
PSYCHOLOGICAL WELL-BEING PADA INDIVIDU DEWASA AWAL
PASCA *TOXIC RELATIONSHIP***

SKRIPSI



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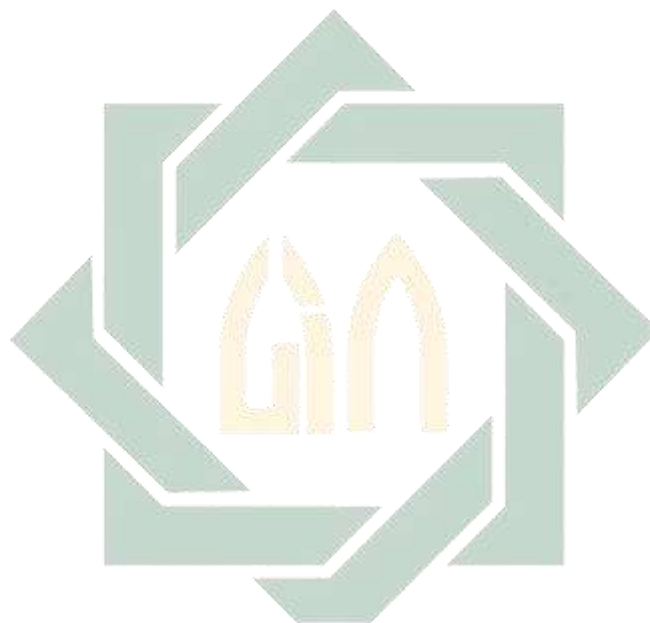
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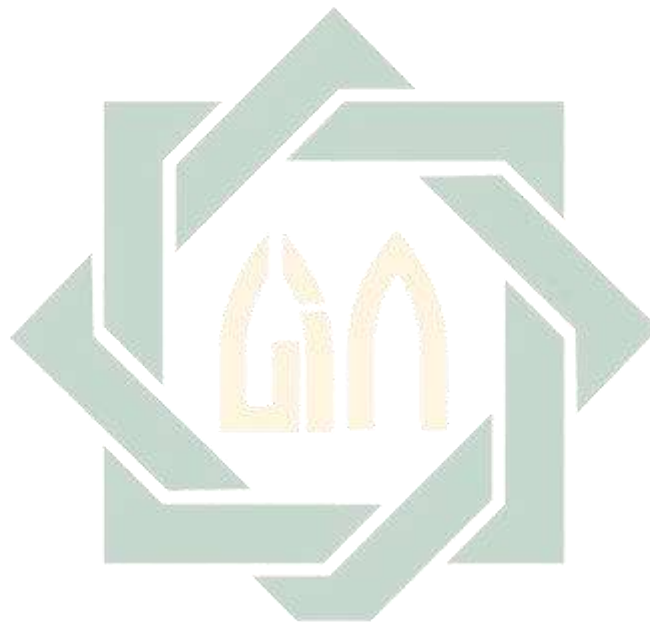
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INTISARI

Individu dewasa awal yang memiliki pengalaman berada dalam *toxic relationship* kerap mengalami kesulitan dalam mencapai kesejahteraan psikologis atau *psychological well-being* (PWB). Pengalaman relasi yang tidak sehat dapat meninggalkan dampak emosional berkepanjangan yang memengaruhi kemampuan individu dalam memaknai diri, hubungan sosial, serta tujuan hidup. Kondisi tersebut menunjukkan pentingnya faktor internal, seperti *forgiveness* dan *gratitude*, dalam proses pemulihan psikologis pasca *toxic relationship*. Penelitian ini bertujuan untuk mengetahui pengaruh *forgiveness* dan *gratitude* terhadap tingkat *psychological well-being* pada individu dewasa awal pasca *toxic relationship*. Subjek penelitian berjumlah 349 individu dengan teknik pengambilan sampel menggunakan *purposive sampling*. Metode penelitian yang digunakan adalah pendekatan kuantitatif korelasional dengan analisis regresi linier berganda. Instrumen penelitian yang digunakan terdiri dari *Psychological Well-Being Scale*, *Heartland Forgiveness Scale*, dan *Gratitude Scale*. Hasil penelitian menunjukkan bahwa *forgiveness* dan *gratitude* berpengaruh signifikan terhadap *psychological well-being* baik secara parsial maupun simultan. Kedua variabel tersebut memberikan kontribusi positif dalam meningkatkan kesejahteraan psikologis pada individu dewasa awal pasca *toxic relationship*. Namun demikian, penelitian ini memiliki keterbatasan pada karakteristik sampel yang belum sepenuhnya mewakili populasi individu dewasa awal secara umum, sehingga penelitian selanjutnya disarankan menggunakan cakupan sampel yang lebih luas agar hasil penelitian lebih representatif.

Kata kunci: *psychological well-being*, *forgiveness*, *gratitude*, *toxic relationship*

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ABSTRACT

Early adulthood individuals who have experienced toxic relationships often face difficulties in achieving psychological well-being (PWB). Exposure to unhealthy relational dynamics may result in prolonged emotional distress that affects individuals' self-acceptance, interpersonal relationships, and sense of purpose in life. This condition highlights the importance of internal psychological resources, such as forgiveness and gratitude, in the recovery process following toxic relationships. This study aims to examine the effect of forgiveness and gratitude on psychological well-being among early adulthood individuals after experiencing toxic relationships. The participants of this study consisted of 349 individuals selected using a purposive sampling technique. A quantitative correlational approach was employed, with multiple linear regression analysis used to examine the relationships among variables. The instruments utilized in this study were the Psychological Well-Being Scale, the Heartland Forgiveness Scale, and the Gratitude Scale. The results indicate that forgiveness and gratitude have a significant effect on psychological well-being, both partially and simultaneously. These findings suggest that forgiveness and gratitude contribute positively to enhancing psychological well-being among early adulthood individuals after toxic relationship experiences. However, this study has limitations related to the sample characteristics, which may not fully represent the broader population of early adulthood individuals, suggesting that future research should involve a wider and more diverse sample to improve the generalizability of the findings.

Keywords: *psychological well-being, forgiveness, gratitude, toxic relationship*

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المخلص

يواجه الأفراد في مرحلة الرشد المبكر الذين مرّوا بعلاقات سامة صعوبات في تحقيق الرفاه النفسي. إذ قد يؤدي التعرض لأنماط علاقات غير صحية إلى ضغوط انفعالية ممتدة تؤثر في تقبل الذات، والعلاقات البينشخصية، والشعور بمعنى الحياة. وتبرز هذه الحالة أهمية الموارد النفسية الداخلية، مثل التسامح والامتنان، في عملية التعافي بعد التعرض لعلاقات سامة. هدفت هذه الدراسة إلى فحص تأثير التسامح والامتنان في الرفاه النفسي لدى الأفراد في مرحلة الرشد المبكر بعد تجربة علاقات سامة. تكونت عينة الدراسة من 349 مشاركًا تم اختيارهم باستخدام أسلوب العينة القصدية. واعتمدت الدراسة المنهج الكمي الارتباطي، مع استخدام تحليل الانحدار الخطي المتعدد لاختبار العلاقات بين المتغيرات. وتمثلت أدوات البحث في مقياس الرفاه النفسي، ومقياس هارتلاند للتسامح، ومقياس الامتنان. وأظهرت النتائج أن التسامح والامتنان لهما تأثير دال إحصائيًا في الرفاه النفسي، سواء بشكل جزئي أو بشكل متزامن. وتشير هذه النتائج إلى أن التسامح والامتنان يساهمان بشكل إيجابي في تعزيز الرفاه النفسي لدى الأفراد في مرحلة الرشد المبكر بعد تجربة العلاقات السامة. ومع ذلك، تعاني هذه الدراسة من بعض القيود المتعلقة بخصائص العينة، والتي قد لا تمثل بشكل كامل مجتمع الرشد المبكر، مما يستدعي إجراء دراسات مستقبلية تشمل عينات أوسع وأكثر تنوعًا لتحسين قابلية تعميم النتائج.

الرفاه النفسي، التسامح، الامتنان، العلاقة السامة: الكلمات المفتاحية



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