

## ABSTRAK

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### **PENGARUH *FORGIVENESS* TERHADAP DIMENSI *SUBJECTIVE WELL-BEING* REMAJA YANG MENGALAMI PERCERAIAN ORANG TUA**

(XII + 38 halaman: 1 gambar, 15 tabel dan 22 lampiran)

Perceraian orang tua menimbulkan banyak tekanan bagi remaja, salah satunya terhadap *subjective well-being* mereka. *Subjective well-being* terdiri dari *life satisfaction*, *positive affect* dan *negative affect*. *Subjective well-being* dipengaruhi oleh berbagai faktor, salah satunya adalah *forgiveness*. Penelitian ini bertujuan untuk melihat pengaruh *forgiveness* terhadap *subjective well-being* pada remaja yang mengalami perceraian orang tua. Penelitian ini menggunakan instrumen penelitian *The Heartland Forgiveness Scale* (HFS), *Satisfaction With Life Scale* (SWLS) dan *Scale of Positive and Negative Experience* (SPANE). Hasil yang ada, membuktikan *forgiveness* memiliki pengaruh positif yang signifikan terhadap *life satisfaction* ( $R^2=.220$ ,  $p<.001$ ). *Forgiveness* juga memiliki pengaruh positif yang signifikan terhadap *positive affect* ( $R^2=.243$ ,  $p<.001$ ). Terdapat pula pengaruh negatif yang signifikan dari *forgiveness* terhadap *negative affect* ( $R^2=.413$ ,  $p<.001$ ). Artinya, terdapat pengaruh yang signifikan dari *forgiveness* terhadap masing-masing dimensi dari *subjective well-being*, yakni *life satisfaction*, *positive affect*, dan *negative affect*. Penelitian selanjutnya dapat menggunakan pendekatan kualitatif untuk dapat melihat dinamika *forgiveness* terhadap dimensi *subjective well-being* secara lebih mendalam.

**Kata Kunci:** Kesejahteraan subjektif; pemaafan; perceraian orang tua; remaja.

**Referensi:** 35 (1985 – 2021)

*Parents' divorce creates a lot of pressure for adolescents, one of them is on their subjective well-being. Subjective well-being consists of life satisfaction, positive affect, and negative affect. Subjective well-being is influenced by various factors, one of them is forgiveness. This study aims to examine the effect of forgiveness on subjective well-being in adolescents who experience parental divorce. This study uses research instruments The Heartland Forgiveness Scale (HFS), Satisfaction With Life Scale (SWLS) and Scale of Positive and Negative Experience (SPANE). The results show that forgiveness has a significant positive effect on life satisfaction ( $R^2=.220$ ,  $p .001$ ). Forgiveness also has a significant positive effect on the positive affect ( $R^2=.243$ ,  $p<.001$ ). There is a significant negative effect of forgiveness on the negative affect ( $R^2=.413$ ,  $p<.001$ ). That is, there is a significant effect of forgiveness on each dimension of subjective well-being, namely life satisfaction, positive influence, and negative influence. Future research is expected to use qualitative approach to be able to see the dynamics of forgiveness on the dimensions of subjective well-being in more depth.*

**Keywords:** Adolescents; parents' divorce; forgiveness; subjective well-being.

**Reference:** 35 (1985 – 2021)