

Abstrak

Forgiveness pada korban pelecehan seksual merupakan proses psikologis yang berlangsung bertahap dan dipengaruhi oleh berbagai faktor internal serta dukungan eksternal. Pendekatan deskriptif kualitatif digunakan melalui metode studi kasus terhadap seorang perempuan berusia 20 tahun yang mengalami dua peristiwa pelecehan seksual. Data diperoleh melalui wawancara mendalam, observasi, dan triangulasi sumber. Hasil menunjukkan bahwa proses memaafkan berkembang melalui tiga dimensi, yaitu *avoidance motivation*, *revenge motivation*, dan *benevolence motivation*. Pada tahap awal, subjek menunjukkan respons penghindaran terhadap pelaku, kemudian dorongan untuk balas dendam mulai berkurang, hingga akhirnya muncul sikap memaafkan. Proses ini dipengaruhi oleh nilai religius dan dukungan emosional dari keluarga. *Forgiveness* tidak dimaknai sebagai bentuk pelupaan terhadap pengalaman traumatis, melainkan sebagai upaya pengelolaan emosi dan spiritualitas untuk mencapai ketenangan batin serta memperkuat hubungan sosial. Hasil ini menunjukkan bahwa proses *forgiveness* sangat dipengaruhi oleh kesiapan individu dan lingkungan yang mendukung.

Kata Kunci : *forgiveness, pelecehan seksual, studi kasus.*

Abstract

Forgiveness in victims of sexual harassment is a psychological process that takes place gradually and is influenced by various internal factors and external support. A descriptive qualitative approach was used through a case study method on a 20-year-old woman who experienced two incidents of sexual harassment. Data were obtained through in-depth interviews, observation, and source triangulation. The results show that the forgiveness process develops through three dimensions, namely avoidance motivation, revenge motivation, and benevolence motivation. In the early stages, the subject showed an avoidance response towards the perpetrator, then the urge for revenge began to decrease, until finally an attitude of forgiveness emerged. This process is influenced by religious values and emotional support from family. Forgiveness is not interpreted as a form of forgetting the traumatic experience, but rather as an effort to manage emotions and spirituality to achieve inner peace and strengthen social relationships. These results show that the forgiveness process is strongly influenced by individual readiness and a supportive environment.

Keywords: *forgiveness, sexual harassment, case study.*