

Abstrak

Perselingkuhan dalam hubungan romantis dapat menimbulkan dampak emosional yang berpotensi mengganggu *psychological well-being* pada mahasiswi sebagai korban. Meskipun penelitian sebelumnya menunjukkan adanya keterkaitan antara *forgiveness* dan *psychological well-being*, hasil penelitian masih belum konsisten, khususnya pada individu yang mengalami perselingkuhan dalam hubungan romantis. Penelitian ini bertujuan untuk mengetahui pengaruh *forgiveness* terhadap *psychological well-being* pada mahasiswi UIN Sunan Gunung Djati Bandung korban perselingkuhan dalam hubungan romantis. Metode yang digunakan adalah kuantitatif dengan desain korelasional dan pendekatan kausalitas pada 150 mahasiswi korban perselingkuhan. Instrumen yang digunakan meliputi *Transgression-Related Interpersonal Motivations Inventory* (TRIM-18) untuk mengukur *forgiveness* dan *Ryff's Psychological Well-Being Short Scale* untuk mengukur *psychological well-being*. Analisis data menggunakan regresi linear sederhana dengan bantuan IBM SPSS Statistics 27. Hasil penelitian menunjukkan bahwa *forgiveness* berpengaruh positif dan signifikan terhadap *psychological well-being* ($B = 0,122$; $t = 4,476$; $p < 0,001$), dengan kontribusi sebesar 11,9 %. Artinya, semakin tinggi *forgiveness*, semakin tinggi pula *psychological well-being* pada mahasiswi korban perselingkuhan.

Kata Kunci : *Forgiveness*, *psychological well-being*, perselingkuhan, mahasiswi



Abstract

Infidelity in romantic relationships may cause emotional distress that has the potential to impair the psychological well-being of female university students who become victims. Although previous studies have reported a relationship between forgiveness and psychological well-being, the findings remain inconsistent, particularly among individuals who have experienced infidelity in romantic relationships. Therefore, this study aimed to examine the effect of forgiveness on the psychological well-being of female students at UIN Sunan Gunung Djati Bandung who had experienced infidelity in a romantic relationship. This study employed a quantitative method with a correlational design and a causal approach involving 150 female students who were victims of infidelity. The instruments used were the Transgression-Related Interpersonal Motivations Inventory (TRIM-18) to measure forgiveness and Ryff's Psychological Well-Being Short Scale to measure psychological well-being. Data were analyzed using simple linear regression with IBM SPSS Statistics 27. The results showed that forgiveness had a positive and significant effect on psychological well-being ($B = 0.122$; $t = 4.476$; $p < 0.001$), accounting for 11.9% of the variance in psychological well-being. These findings indicate that higher levels of forgiveness are associated with higher levels of psychological well-being among female university students who have experienced infidelity in romantic relationships.

Keywords: *Forgiveness, psychological well-being, infidelity, female university students.*

