

# The Relationship of Self-Compassion with Forgiveness in Teenage Victims of Divorce in Indramayu

Maulidia Fatimah Latifannisa<sup>1</sup>, Mirna Wahyu Agustina<sup>1</sup>

<sup>1</sup>Universitas Islam Negeri Sayyid Ali Rahmatullah Tulungagung  
mlatifannisa@gmail.com, mirna.wahyu@uinsatu.ac.id

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**ABSTRACT**

Forgiveness is turning negative things into positive ones for someone who has caused pain to themselves. Forgiveness can be applied to improve the quality of life and maintain psychological well-being by avoiding harbouring excessive anger and disappointment. Based on previous research, it is stated that forgiveness can make individuals feel well-being in their lives, away from feelings of revenge and disappointment. In contrast, one of the factors that can influence forgiveness is self-compassion. This research was conducted to scientifically examine the relationship between self-compassion and forgiveness in teenage victims of divorce in Indramayu. The sample used was 350 teenagers with divorced parents and was taken using a purposive sampling technique. The instruments for collecting data in this research used self-compassion and forgiveness scales. Data analysis uses Pearson product moment correlation analysis. The results of data analysis show a correlation coefficient of 0.511 with a value of  $p = 0.000$  ( $p < 0.05$ ), which shows a significant relationship between self-compassion and forgiveness in teenage divorce victims in Indramayu and has a positive relationship direction.

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**Corresponding Author:**

Maulidia Fatimah Latifannisa  
Universitas Islam Negeri Sayyid Ali Rahmatullah Tulungagung  
Email: mlatifannisa@gmail.com

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## **1. INTRODUCTION**

Divorce means breaking up or ending the relationship between husband and wife, where in the process, usually divorce is a condition where harmony is no longer found in the relationship between husband and wife in marriage [1]. Divorce refers to a legal, formal separation between a wife and husband, namely when both of them decide not to continue their duties and responsibilities as life partners [2]. After divorcing, they no longer live together and have no obligations as husband and wife [3]. For couples who divorce without children, this divorce may not cause psychological impacts on their children. However, for couples who have children, divorce can create traumatic problems for their children [4].

Divorce cases in Indramayu Regency are ranked first in 2023 based on data in the Directory of Decisions of the Supreme Court of the Republic of Indonesia, with the exact number from the beginning of the year to August ranging from 5,821 divorce cases [5]. The top factors that cause divorce include family finances, a partner leaving the other partner, being in prison, disputes and quarrels, domestic violence, gambling, and polygamy [6]. Divorce has become a regular thing because it happens a lot in every family community. However, many parents are too focused on the relationship problems between husband and wife, thereby ignoring the relationship quality between parents and their children, who also feel the effects of the divorce [7].

The way parents and children view divorce is undoubtedly very different [8]. Parents may have specific reasons and goals behind the divorce [9]. Parents view that divorce is the best for both of them, but what is often forgotten is the child's feelings as a divorce victim who feels stressed and burdened [10]. Apart from that, there will be feelings of hurt, loss of trust, lingering feelings of sadness, feeling like their world has been destroyed, and not having a sense of security are often experienced by children who are victims of divorce [11]. This is because divorce is a new and foreign situation for children; even with a family structure that cannot be found in one house, children are very vulnerable to experiencing loneliness and disappointment [12].

Teenagers who experience their parents' divorce often feel confused about making decisions, such as choosing to live with their father or mother [13]. They tend to experience frustration because their basic needs, such as the desire to feel loved, protected, safe, and appreciated, have been reduced by the events of their parents' divorce [14]. A family that is far from harmonious, unstable, or problematic can determine a child's unhealthy personality development [15]. Some of the

consequences of divorce felt by children include children being vulnerable to experiencing feelings of insecurity, deep sadness, loneliness, preferring to be alone, being disappointed, and even hating their parents [16]. These feelings are increasingly accumulating and cannot be fulfilled due to minimal interaction with parents, making children look for their needs to be met outside the home. Fulfilling children's needs for attention, affection, and trust continues to be sought in the world other than home. Still, because their thinking processes are immature, children who lack attention from their parents at home usually project their attention-seeking activities by doing instant things that attract attention. Many people like to disturb their study friends, do strange things, and the like to get attention [17].

Divorce has a heavy psychological impact on each partner, especially on the children of the divorce victims [18]. Based on a developmental review, the psychological aspect of children as victims of divorce is at the most significant risk of being affected by events that destroy the integrity of their family. This is usually projected on social behavior such as social behavior, lack of self-confidence, blaming oneself for the divorce of one's parents, despair, and even revenge and hating one's parents [19]. The impact of divorce does not only attack children's behaviour but also disturbs children's emotions with feelings of sadness, disappointment, loss, guilt, uselessness, and worthlessness, as well as feelings of destruction and hurt when they see their family is no longer whole [20]. Referring to data sourced from the Directory of Decisions of the Supreme Court of the Republic of Indonesia regarding divorce decisions up to August 2023 regarding divorce, there are 306,417 divorce cases in Indonesia, where the number one ranking for most divorce cases is occupied by Indramayu district with 5,821 cases, followed by Soreang district. Which amounted to 5,070 divorce cases. The high divorce rate in Indramayu is caused by financial factors in the family and the violence that often occurs within them. As reported on the Republika online page, in the previous year, 2022, 7,771 new widows were officially divorced in Indramayu. Likewise, in the Kompas Daily News, there were 10,318 divorce applications received by the Indramayu religious court throughout 2022 [5].

Researchers carried out a preliminary study to see the facts that occurred in the field, where researchers distributed online questionnaires to 28 subjects consisting of 8 male teenagers and 20 female teenage victims of divorce aged 12-15 years. Judging from the time the respondents' parents were divorced, there were 57.1% (16 respondents) whose parents divorced 1-5 years ago, and the remaining

42.9% (12 respondents) experienced their parents' divorce 6-10 years ago. Currently, 64.3% (18 respondents) still feel upset about their parents' divorce, and 35.7% (10 respondents) feel normal and no longer upset about their parents' divorce. Even though they felt annoyed, 85.7% (24 respondents) no longer had a grudge against their parents, and 14.3% (4 respondents) still felt a grudge against their parents due to the divorce. As many as 64.3% (18 respondents) have also forgiven their parents regarding their divorce, and 35.7% (10 respondents) are still trying to achieve that forgiveness. This is proven by 92.9% (26 respondents) who wanted to understand and comprehend their parents' decision to divorce. In comparison, 7.1% (2 respondents) did not want to understand the causes of their parents' decision to divorce. In this case, 78.6% (22 respondents) no longer blame themselves, and 21.4% (6 respondents) still blame themselves for their parents' divorce.

Even though feelings of disappointment and resentment arise as a result of divorce, children's forgiveness of their parent's decision to divorce is not impossible; based on the findings of Ramadhani and Rifayanti (2022), some children support their parents' decision by forgiving their parents' divorce. , this is based on the child's sense of understanding that he cannot bear to see one of his parents continue to suffer if they are in that marriage [15]. This is also supported by Pratiwi (2019). Although it requires a process that is not easy, the sadness and hurt feelings experienced by children due to the divorce of their parents can be alleviated by the child's forgiveness [21].

These feelings are at risk of causing changes in the child's personality; even previous research by MC Dermott et al. (2009) stated that children or adolescents who experience their parents' divorce tend to show disobedient behaviour, experience depression, are actively involved in illicit sexual relations, and tend to use illegal drugs [15]. The significant impact on children will make it difficult for them to survive, especially if the child has just entered adolescence. Several studies on teenagers state that during this period, individuals are filled with emotional turmoil and pressure; this can become greater due to immature emotional development [22]. At that time, too, teenagers have a strong urge for curiosity, passionate feelings, and drastic physical and mental changes. This risks encouraging feelings of disappointment, feelings of anger that want to be vented for revenge, or behaviour of isolating oneself because of the meaninglessness they experienced after their parents' divorce. This behaviour can negatively impact teenagers' psychological development, but this can be minimised by having forgiveness in the teenager.

Forgiveness is the process of changing negative feelings that were previously directed at either the perpetrator, the situation, or oneself for the feelings of disappointment experienced and processing them to create feelings of acceptance and positive feelings [23]. Forgiveness is also defined as an individual's willingness to let go of mistakes or events from the painful past, to stop looking for reasons to strengthen anger and hatred, and to try to ignore the desire for revenge or to hurt the person concerned, including oneself [24]. *Forgiveness* bermakna menciptakan sebuah keseimbangan perasaan [25]. Thus, the meaning of forgiveness can be interpreted as a way to restore disturbed relationships based on prosocial principles [26]. Individuals who have forgiveness can reduce the desire to avoid, reduce the desire to avenge their anger and increase their motivation to do good to anyone who has hurt them [27].

Forgiveness is not an easy thing to do, but in any case, forgiveness is worth trying because, with forgiveness, individuals can be free from painful feelings. Forgiveness can be easily achieved if individuals can fulfil the aspects of forgiveness; one way is by having self-compassion or self-compassion [28]. Self-compassion is a concern for oneself when experiencing suffering, where this concern for oneself can increase self-regulation abilities, which will affect the physical and psychological well-being of the individual who has it [29]. Self-compassion is a treatment that contains kindness and attention that we show for ourselves when we experience various problems or disappointments, including when responding to our shortcomings because feeling disappointed and lacking is a natural thing that occurs in human life [22]. Self-compassion can help individuals increase their motivation to do good due to the individual's open mind, which allows them to think objectively and try to understand why something happens [30]. Good behaviour, such as caring, understanding, and feeling love for yourself even in difficult situations and suffering, is a projection of self-compassion, including accepting shortcomings and understanding that life's challenges are not the end but part of the life lessons of all humans. So, it can be concluded that by having self-compassion, individuals are also open to opportunities for forgiveness within themselves [31].

Previous research conducted by Wibowo and Naini (2021) found that self-compassion has three positive aspects related to forgiveness and has a positive direction, and differences in levels of self-compassion and forgiveness were found based on gender. Another research on forgiveness was conducted by Kuswoyo et al. (2023), which shows no relationship between social support and forgiveness. However, forgiveness has a close relationship with self-compassion because self-

compassion has a vital role as a predictor of forgiveness at a low level. Self-compassion helps survivors rationally consider unpleasant events, which can result in positive behaviour such as forgiveness. Furthermore, other research conducted by Nabila & Herani (2021) explains that Forgiveness can be achieved by having an open perspective, good emotional regulation, and a sense of humanity where these things are included in the value of self-compassion. Research conducted by Pandaleke and Tondok (2023) further strengthens that self-compassion in an individual provides a more significant opportunity for forgiveness for the individual's emotional distress.

Based on the presentation of previous research results, it can be concluded that self-compassion can influence a person's level of forgiveness; this is because the essential attitude of seeking forgiveness is found in the values of self-compassion, so the relationship is strong and has a positive direction between self-compassion and forgiveness are often found in previous research results. Based on a collection of results from previous research, this research brings a new theme related to the relationship between self-compassion and forgiveness. This research scientifically examined the relationship between self-compassion and forgiveness among adolescent divorce victims in Indramayu.

## **2. METHOD**

The approach used in this research is quantitative, which uses statistical methods to reveal the data processing results and presents the data analysis results using numbers. This quantitative research is often used to research subjects on a large scale [32]. Using a correlational type, this research aims to determine whether there is a correlation and how strong the relationship is between the two variables studied. The data collection process in this research uses a survey method, where questionnaires are distributed at a particular time. Meanwhile, in terms of location, research is carried out directly on subjects in the field, so this kind of research is usually called field research [33]. The population in this study is all male and female teenagers who live in Indramayu.

A non-random method, or what is usually called non-probability sampling, is used as a sampling technique in this research, meaning that there is not an equal opportunity for each element in the population to be selected as a sample. In detail, this research applies a purposive sampling technique when selecting research samples. This sample selection was carried out by applying criteria determined by the researcher [33]. This research sample includes male or female teenagers who experienced their parents' divorce and live in the Indramayu Regency. Applying the

purposive sampling method is expected to produce significant data instantly because the participants have unique skills and are appropriate to the research context. Determining the sample size in this study followed the method proposed by Isaac and Michael (1981) with an unknown total population and a significance level of 5%, resulting in a sample size of 349 people and meeting the criteria for male and female teenagers with divorced parents and domiciled in Indramayu.

The research instrument used was Mc's 18-item TRIM-18 (Transgression Related Interpersonal Scale) scale. Cullough et al. The SCS (Self-Compassion Scale) by Dr. Kristin Neff totalled 26 items. The instrument testing process consists of Aikens V with expert judgment of three people and trials of 30 samples with Cronbach's alpha reliability. For data analysis, a classical assumption test was carried out using the Kolmogorov-Smirnov normality test and linearity; then, a hypothesis test was carried out by looking for correlations using the Pearson product-moment formula.

### **3. RESULTS AND DISCUSSION**

There was something unique during the data collection process: most young teenagers still in junior high school were unfamiliar with the term domicile, which was one of the screening questions at the beginning of the questionnaire. Instead of answering where they lived, several respondents wrote their feelings in the domicile column, including: "Because there were problems in my family, this caused my parents to separate" by D. 14 year old girl.

Not only that, but another respondent also said, "Very disappointed, feeling instantly devastated because you don't have a perfect family, there are no children who want their parents to separate when friends tell them about the beauty of their family." I'm just listening because I don't understand. I'm not jealous, but I just want to know what it's like waiting for them to come home from work; my parents are no longer whole, but I'm still tough. Even though I grew up with wounds from my parents, I will try to make them proud; believe me, you will not understand what it's like to have a father and mother but different roofs behind the separation, which leaves scars; there must be a silver lining even though father and mother are no longer together, still be the best mother for me who gives abundant love when you want to give up, remember how long you fought, endured, and went through everything, teach me how to accept circumstances without hating life" by R. 14 years old, boy.

The subjects required in this research are all phases of adolescence, according to Santrock (2003), who are aged 12 to 21 years. After tabulating the data, it was discovered that the data distribution of respondents in terms of gender included 125 men (36%) and 225 women (64%). Judging from the demographic data, the distribution of respondents based on age was 134 people (38%) between the ages of 12-15 years, 150 people (43%) between the ages of 16-18 years, and 66 people (19%) between the ages of 19-21 years. Meanwhile, based on the length of time the respondent's parents divorced, 200 people (57%) experienced it for less than five years, 50 people (14.3%) experienced it between 5-10 years, and 100 people (28.6%) experienced it for more than ten years.

**Table 1.** The Relationship Between Self-Comparison and Forgiveness  
**Correlations**

		<i>self-compassion</i>	<i>forgiveness</i>
self-compassion	Pearson Correlation	1	,511**
	Sig. (2-tailed)		,000
	N	350	350
forgiveness	Pearson Correlation	,511**	1
	Sig. (2-tailed)	,000	
	N	350	350

\*\* . Correlation is significant at the 0.01 level (2-tailed).

Referring to Table 1, it can be found that Sig. both variables are 0.000. Where a result of 0.000, which is less than 0.05, means that there is a relationship between self-compassion and forgiveness. Then, the level of relationship can be seen from the Pearson Correlation value, which is 0.511, which means it has a moderate level of relationship or correlation. These two variables also have a positive relationship, as seen from the absence of a (-) sign in the Pearson Correlation results. The positive relationship between these two variables also means that the higher the self-compassion in an individual, the higher the forgiveness in that individual. There is a significant relationship between self-compassion and forgiveness in adolescent divorce victims in Indramayu, which is the hypothesis formulated in this research. Therefore, based on the interpretation guidelines, the relationship between these two variables is found, and both have a moderate relationship and a positive direction.



#### 4. CONCLUSION

The level of self-compassion among teenage divorce victims in Indramayu is relatively high, as proven by 350 research samples, 297 subjects of which were in the high self-compassion category and 53 other subjects in the medium category. Meanwhile, the level of forgiveness among teenage divorce victims in Indramayu is 255 subjects in the high category and 95 other subjects in the medium category; this shows that of the total number of samples studied, none showed a level of self-compassion or a level of forgiveness. The low one.

According to the results of this research, there is a relationship between self-compassion and forgiveness among adolescent divorce victims in Indramayu. The relationship between the two variables of self-compassion and forgiveness has a positive direction, meaning that the greater the value of self-compassion in a person, the greater the value of forgiveness in him. Meanwhile, the relationship between these two variables has a correlation value of 0.511, meaning that the variables self-compassion and forgiveness have a moderate level of correlation. The conclusion that can be drawn from the presentation of the research results discussed is that the hypothesis in this research is accepted.

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