

Forgiveness Predicting Prosocial Behavior In Sundanese Emerging Adults

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ABSTRACT

Prosocial behavior plays an important role in maintaining social harmony, particularly in collectivistic cultures such as the Sundanese population. One psychological factor associated with prosocial behavior is forgiveness. This study aims to examine the relationship between forgiveness and prosocial behavior among emerging adults of Sundanese ethnicity. A quantitative correlational design was employed involving 250 participants. Forgiveness was measured using the Forgiveness Scale developed by Nashori, while prosocial behavior was assessed using the Prosocial Behavior Scale by Sefianmi et al. Data were analyzed using Pearson's product-moment correlation. The results indicated a positive but weak and statistically significant relationship between forgiveness and prosocial behavior ($r = 0.196$, $p = 0.002$). These findings suggest that higher levels of forgiveness are associated with higher levels of prosocial behavior. Additionally, forgiveness contributed only 3.86% to the variance in prosocial behavior, indicating that other factors may play a more substantial role in shaping prosocial behavior.

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1. INTRODUCTION

Prosocial behavior is an important foundation for maintaining social harmony, particularly in societies that uphold collectivistic cultural values, such as the Sundanese population in West Java. In Sundanese culture, values such as *silih asah*, *silih asih*, and *silih asuh* have historically shaped individuals' tendencies to help, respect, and maintain relationships with others (Mulyani et al., 2024). Nevertheless, research by (Hadini, 2023) indicates that the majority of Generation Z of Sundanese ethnicity still exhibit relatively low levels of prosocial behavior. Furthermore, according to (Prayitno, 2017) and (Rahman, 2018, 2018) Although Sundanese culture highly values helping behavior and mutual cooperation, Sundanese individuals tend to excel in indicators such as politeness and treating others well, while overall prosocial behavior still ranges from low to moderate levels.

These findings are reinforced by the study of (Iswanto et al., 2022), which showed that prosocial behavior falls within the moderate-to-low category, accounting for 85.57% of participants. In addition, (Tsalitsah et al., 2022) reported that 51% of university students demonstrated relatively low prosocial behavior. Moreover, (Zai, 2022) found that most members of a student association exhibited low levels of prosocial behavior, with a percentage of 43.3%. Previous studies have shown that low prosocial behavior is associated with increased conflict, communication barriers, reduced well-being, and weakened social solidarity at both individual and societal levels (Aknin, 2020; Martela & Ryan, 2016; Reimann, 2025; Widyastuti & Alfian, 2020). Therefore, further research on prosocial behavior remains necessary.

Prosocial behavior is understood as voluntary actions intended to help, care for, support, or comfort others (Caprara et al., 2005). In the Indonesian context, Sefianmi et al. identified the core dimensions of prosocial behavior, including helping tendencies, emotional empathy, sensitivity to social needs, and readiness to provide support. (Kartikaningsih et al., 2017) suggested that one factor supporting the emergence of prosocial behavior is forgiveness. This is because the ability to release resentment, reduce motivations for revenge, and regulate negative emotions

enables individuals to develop greater empathy, concern, and willingness to help others. (García-Vázquez et al., 2020) also identified forgiveness as an important factor contributing to the development of prosocial behavior. Forgiveness is defined as the tendency to respond to transgressions with benevolence and efforts to restore damaged relationships, a process that not only reduces aggressive impulses but also enhances positive attitudes and openness toward others.

According to Nashori (2011) Forgiveness can be understood as an individual's willingness to let go of unpleasant experiences arising from unfair treatment or offenses committed by others. In this process, individuals gradually reduce tendencies to avoid, ignore, or seek revenge against the offender. (Nashori & Saputro, 2023) explained that forgiveness is a psychological construct consisting of three main aspects: emotional, cognitive, and interpersonal dimensions. The Qur'an extensively discusses forgiveness as a highly encouraged attitude for Muslims. One example is Surah An-Nur verse 22, which encourages those who possess means and virtue to remain generous and forgiving.

وَلْيَغْفُوا وَلْيَصْفَحُوا أَلَا تُحِبُّونَ أَنْ يَغْفِرَ اللَّهُ لَكُمْ وَاللَّهُ عَفُورٌ رَّحِيمٌ ٢٢ ○

"And let them pardon and overlook. Would you not love for Allah to forgive you? And Allah is All-Forgiving, Most Merciful" (Q.S. An-Nur: 22).

According to Ibn Kathir's interpretation of Surah An-Nur verse 22, Allah commands believers who possess virtue and abundance to continue doing good to their relatives and fellow Muslims, even when they have committed hurtful mistakes. This verse was revealed in relation to Abu Bakr As-Siddiq, who had temporarily stopped providing financial support to Mistah bin Uthathah after his involvement in the slander against Aisha. However, Allah instructed Abu Bakr to forgive and overlook the offense, accompanied by a profound spiritual motivation: *"Would you not love for Allah to forgive you?"* From this interpretation, Ibn Kathir explained that forgiveness is a noble moral virtue that not only removes resentment but also serves as a means of attaining

Allah's forgiveness. Therefore, believers are encouraged to prioritize forgiveness even when they have strong reasons to feel angry or seek retaliation (Ibn Kathir, 2004)

The relationship between forgiveness and prosocial behavior can be explained through the Moral Affect Theory proposed by McCullough (2000), which conceptualizes forgiveness as a transformation of motivation from negative orientations toward prosocial orientations. Forgiveness represents a prosocial psychological change because it shares characteristics with empathy, self-sacrifice, and accommodation within interpersonal relationships. Individuals who are able to forgive tend to suppress desires to avoid or retaliate against offenders and instead develop motivations to maintain positive relationships. Furthermore, (Kartikaningsih et al., 2017) explained that forgiveness and prosociality are socio-emotional competencies that can develop consistently over time. This argument is supported by (García-Vázquez et al., 2020), who demonstrated that forgiveness plays a significant role in fostering prosocial behavior among individuals.

Based on previous studies, forgiveness and prosocial behavior have been shown to play important roles in social interactions and individuals' moral development. However, most existing research has examined forgiveness and prosocial behavior separately and has rarely investigated the direct relationship between these two variables, particularly within the context of Sundanese emerging adults. Furthermore, no previous studies have been identified that specifically examine the relationship between forgiveness and prosocial behavior among Sundanese emerging adults. This gap highlights the need for research exploring how forgiveness contributes to the emergence of prosocial behavior within this cultural context. Therefore, the present study aims to examine the positive relationship between forgiveness and prosocial behavior among Sundanese emerging adults.

2. METHOD

2.1. Research Design

This study employed a quantitative approach with a correlational design. Damanik et al. (2025) stated that quantitative research is a research approach that uses numerical data as the

basis for answering research problems. This method emphasizes objectivity in measurement, consistency in data collection, and the use of statistical analysis techniques to test hypotheses or understand the phenomena being studied. In this study, the approach was used to examine the relationship between forgiveness and prosocial behavior, while the correlational design was chosen to identify and test the strength of the relationship between the two variables.

2.2. Research Participants

The participants in this study consisted of 250 Sundanese emerging adults. Participant selection was carried out using clearly defined inclusion criteria. The criteria included: (1) male or female, (2) between 18 and 29 years old, (3) having a Sundanese ethnic identity, and (4) residing in the West Java region during the research process. In this study, researchers conducted a screening process by providing options for the father's and mother's ethnic backgrounds in the demographic section. In addition, the researchers included a statement field regarding participants' region of origin. Therefore, it could be ensured that the respondents in this study belonged to the Sundanese population. Furthermore, the researchers added one verification question to validate the research data. Thus, the data in this study were collected seriously and attentively by the participants. The screening results are presented as follows:

Table 1. Screening Process

Data	Total Participants
Before Screening	324
After Screening	250

2.3. Measurement

In this study, prosocial behavior was measured based on the concept of prosocialness developed by Caprara et al. (Prosocial behavior is understood as an individual's tendency to help, share, care for, and empathize with others. The measurement of prosocial behavior used the Indonesian version of the Prosocialness for Adult Scale (PSA), which consists of 16 items and includes four

dimensions: sharing, helping, care taking, and empathy. The PSA scale uses a five-point Likert scale ranging from never to always. The adaptation results indicated that the Indonesian version of the PSA scale possesses good psychometric properties. Reliability testing showed a Cronbach's Alpha value of 0.879, indicating very good internal reliability. In addition, all items had item-total correlation coefficient values above 0.30, indicating that the scale is valid for use in research (Sefianmi et al., 2023).

Furthermore, forgiveness was measured based on the concept of forgiveness proposed by (Nashori, 2011) who viewed forgiveness as a multidimensional psychological process involving changes in affective, cognitive, and interpersonal aspects toward the offender who has caused harm. Forgiveness was measured using the Forgiveness Scale developed by (Nashori, 2016) which consists of three aspects: affective (letting go of feelings of anger, hatred, and hurt), cognitive (changing negative judgments and developing rational understanding toward the offender), and interpersonal (abandoning revengeful behavior and increasing reconciliation efforts in relationships). This scale consists of 14 items used as the measurement instrument in the data collection process. The forgiveness scale uses a five-point Likert scale, with response options ranging from very rarely occurs to very often occurs. The reliability test results showed that this scale has a Cronbach's Alpha coefficient of 0.935, indicating very good internal reliability. In addition, all item-total correlation coefficients ranged from 0.304 to 0.742, indicating that the scale is valid for use in research (Nashori, 2011).

2.4. Data Collection Procedure

The data collection technique in this study used a closed questionnaire, which is an instrument that provides answer choices for participants using a Likert scale. The questionnaire was distributed online through Google Forms and disseminated via various social media platforms such as WhatsApp, TikTok, and Instagram, accompanied by written informed consent. The data collected from participants included demographic information (name, age, gender, religion, ethnic background, and domicile) as well as research data in the form of the forgiveness scale and prosocial behavior scale.

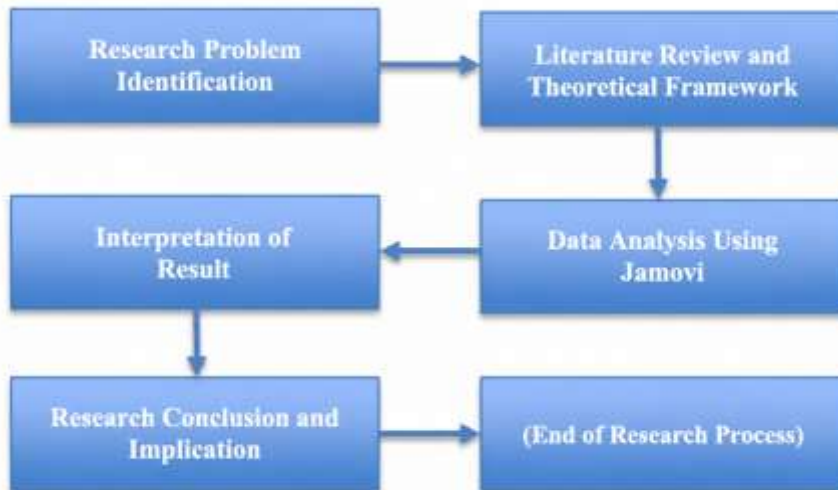


Figure 1. Research Flow Chart

3. RESULT

3.1. Research Data Description

The researchers conducted descriptive statistical tests to determine the number of respondents (N), mean, standard deviation (SD), minimum value (Min), and maximum value (Max). These values can be seen in the following table:

Table 2. Hypothetical Statistical Description

Variable	N	Min	Max	Mean	SD
Forgiveness	250	14	70	42	9.3
Prosocial Behavior	250	16	80	48	10.6

Based on the study that had been conducted, the total number of participants obtained was 250. The forgiveness variable obtained a mean score of 42 with a standard deviation of 9.3, a minimum value of 14, and a maximum value of 70. Furthermore, the prosocial behavior variable obtained a mean score of 48 with a standard deviation of 10.6, a minimum value of 16, and a maximum value of 80.

The next step was data analysis to determine the categorization based on the condition of respondents for each

variable. In this analysis, hierarchical (ordinal) categorization with three categories could be identified.

Table 3. Forgiveness Categorization

Categorization	Score	Total	Percentage
Low	$14 \leq X \leq 32$	28	11.2%
Moderate	$33 \leq X \leq 51$	199	79.6%
High	$52 \leq X \leq 70$	23	9.2%
	Total	250	100%

Based on the table above, it can be seen that there were 28 respondents (11.2%) with low levels of forgiveness, 199 respondents (79.6%) with moderate levels of forgiveness, and 23 respondents (9.2%) with high levels of forgiveness. Based on these data, it can be concluded that out of the 250 respondents involved in this study, the majority were in the moderate forgiveness category, totaling 199 respondents.

Table 4. Prosocial Behavior Categorization

Categorization	Score	Total	Percentage
Low	$16 \leq X \leq 37$	0	0%
Moderate	$38 \leq X \leq 59$	47	18.8%
High	$60 \leq X \leq 80$	203	81.2%
	Total	250	100%

Based on the table above, it can be seen that there were no respondents with low levels of prosocial behavior (0%), 47 respondents with moderate levels of prosocial behavior, and 203 respondents with high levels of prosocial behavior. Based on these data, it can be concluded that out of the 250 respondents involved in this study, the majority were in the high prosocial behavior category, totaling 203 participants.

3.2. Assumption Tests

Assumption testing is one of the initial requirements for conducting hypothesis testing in a study. The assumption tests in this study consisted of normality, linearity, and homogeneity tests, in which the researchers used Jamovi version 2.4 software.

3.2.1. Normality Test

A normality test in statistical research is conducted to determine whether the data in a study are normally distributed or not. In this study, the normality test used was the Kolmogorov-Smirnov normality test. The results of the normality test in this study can be seen in the following table:

Table 5. Kolmogorov-Smirnov Normality Test

Variable	<i>p</i>	Description
Forgiveness	0.056	Normal
Prosocial Behavior	0.500	Normal

Based on the Kolmogorov-Smirnov normality test, a *p-value* of 0.056 was obtained for the forgiveness variable and a *p-value* of 0.500 for the prosocial behavior variable. Based on these values, it can be concluded that both the forgiveness and prosocial behavior variables were normally distributed.

3.2.2. Linearity Test

The linearity test is a statistical procedure used to determine whether the variables in a quantitative study have a linear or non-linear relationship. The results of the linearity test between forgiveness and prosocial behavior are presented in the following table:

Table 6. Linearity Test

Variable	Linearity		Description
	F	<i>p</i>	
Forgiveness*	10.397	< 0.001	Linear
Prosocial Behavior			

Based on the results of the linearity analysis, the linearity coefficient (F) was 10.397 with a significance value of $p < 0.001$. These findings indicate that the relationship between the variables is linear, as the significance value met the criterion of $p < 0.05$.

3.3. Hypothesis test

Hypothesis testing in statistical research is conducted to determine and prove the hypotheses proposed in a study. In this study, hypothesis testing was conducted using parametric analysis techniques with Pearson's Product-Moment method. The results of the hypothesis test in this study can be seen in the following table:

Table 7. Pearson's Product-Moment Hypothesis Test

Variable	<i>r</i>	<i>R</i>²	<i>p</i>	Description
Forgiveness * Prosocial Behavior	0.196	0.0386	0.002	Significant

Based on the results of the hypothesis testing using Pearson's product-moment correlation, the *p-value* was found to be $p < 0.002$, indicating that forgiveness and prosocial behavior had a significant relationship, as the significance value met the criterion of $p < 0.05$. Furthermore, the correlation coefficient (*r*) of 0.196 indicated a weak positive relationship between forgiveness and prosocial behavior. The coefficient of determination (*R*²) was 0.0386, suggesting that forgiveness statistically contributed only 3.86% to the variance in prosocial behavior among Sundanese emerging adults.

4. DISCUSSION

Based on the results of a study involving 250 Sundanese emerging adults, a significant positive relationship was found between forgiveness and prosocial behavior ($r = 0.196$; $p = 0.002$). These findings indicate that the higher an individual's level of forgiveness, the greater their tendency to exhibit prosocial behavior. Conversely, individuals with lower levels of forgiveness tend to demonstrate lower levels of prosocial behavior. Although the strength of the relationship was categorized as weak, the findings nevertheless suggest that forgiveness is one of the psychological factors contributing to the emergence of prosocial behavior among Sundanese emerging adults. The coefficient of determination ($R^2 = 0.0386$) indicates that forgiveness accounts for 3.86% of the variance in prosocial behavior, while the remaining variance is explained by other factors not examined in the present study.

The findings of this study support previous research showing that forgiveness and prosocial behavior are positively correlated, although the relationship tends to be weak. (García-Vázquez et al., 2020) found a significant positive correlation between forgiveness and prosocial behavior ($r = 0.18$; $p < 0.001$) among early and middle adolescents. Similarly, Karremans reported a significant positive relationship between forgiveness and prosocial orientation ($r = 0.25$; $p < 0.05$). The consistency of these findings suggests that forgiveness is a psychological factor associated with prosocial behavior. Although the magnitude of the relationship is relatively modest, the evidence indicates that forgiveness plays a role in fostering prosocial behavior across different age groups and individual backgrounds.

The result also found that forgiveness contributed only 3.86% to prosocial behavior. This finding suggests that prosocial behavior is a complex construct influenced by various psychological factors. Previous studies have identified empathy as an important predictor associated with both forgiveness and prosocial behavior, as the ability to understand and share the emotional experiences of others may increase an individual's tendency to forgive and help others (Ma & Jiang, 2020). In addition, gratitude and empathy have been identified as strong predictors of prosocial behavior (Pang et al., 2022). Furthermore, (Zhang, 2022) found that individuals with higher levels of gratitude and a stronger sense of meaning in life tend to exhibit higher levels of prosocial behavior, including helping, sharing, cooperating, and showing concern for others.

The categorization results revealed that the majority of respondents demonstrated high levels of prosocial behavior. This finding indicates that Sundanese emerging adults in this study generally possess a strong willingness to help, support, and care for the well-being of others. In addition, the categorization of forgiveness showed that most respondents fell within the moderate category. This suggests that the majority of Sundanese emerging adults have developed a reasonably good capacity to reduce motivations for avoidance and revenge toward those who have

wronged them; however, this capacity has not yet reached its optimal level.

Overall, the findings suggest that forgiveness may be considered a psychological resource that supports the development of prosocial behavior. Nevertheless, this study has several limitations, including the unequal distribution of male and female participants, the use of a two-variable correlational design that limited deeper exploration of the phenomenon, and the uneven distribution of prosocial behavior levels among respondents in the field.

5. CONCLUSION

This study aimed to examine the relationship between forgiveness and prosocial behavior among Sundanese emerging adults. Consistent with the research objective, the findings revealed a significant positive relationship between forgiveness and prosocial behavior. These results indicate that individuals with higher levels of forgiveness tend to demonstrate higher levels of prosocial behavior. Conversely, individuals with lower levels of forgiveness are more likely to exhibit lower levels of prosocial behavior. Although the strength of the relationship was relatively weak, the findings suggest that forgiveness is one of the psychological factors associated with the development of prosocial behavior among Sundanese emerging adults. Furthermore, forgiveness accounts for 3.86% of the variance in prosocial behavior, while the remaining 96.14% is explained by other factors not examined in the present study.

For future research, it is important to examine additional variables that may contribute to prosocial behavior, such as empathy, gratitude, meaning in life, social support, and personality characteristics. Furthermore, future studies may benefit from employing longitudinal, qualitative, or mixed-method approaches to explore how forgiveness develops over time and influences prosocial behavior across different social and cultural contexts.

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