

The Effect of Forgiveness on Happiness in Adolescents after Broken Love in Palembang City

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Abstract

Adolescents who have ended their romantic relationship experience negative emotions such as sadness and charging. However, this must be followed up so they can focus on happiness. Therefore, this study aimed to determine how the effect of forgiveness on the happiness of adolescents after broken love in Palembang City. This study used a quantitative research design with non-experimental. The sampling technique was purposive sampling (n equals 360) in Palembang City. The research instrument uses The Heartland Forgiveness Scale and The Oxford Happiness Questionnaire. The research procedure uses two methods, namely Google Forms and paper. The data analysis method used in this study was a simple linear regression technique assisted by using IBM SPSS 26 for Windows. The results of this study indicate that forgiveness has a significantly positive effect on happiness in broken-up adolescents by 0.05, which means that adolescents who have high forgiveness have a good effect on happiness. These findings enable further research to offer interventions for forgiveness to increase happiness in adolescents after a breakup.

Abstrak

Remaja yang putus cinta mengalami emosi negatif, seperti sedih dan kecewa. Akan tetapi, hal ini harus ditindaklanjuti agar mereka dapat melepaskan emosi negatif tersebut. Oleh karena itu, mereka sebaiknya fokus pada *happiness*. Dengan demikian, penelitian ini bertujuan untuk mengetahui pengaruh *forgiveness* terhadap *happiness* pada remaja putus cinta di Kota Palembang. Penelitian ini menggunakan metode kuantitatif dengan desain penelitian non-eksperimental. Teknik pengambilan sampel menggunakan *purposive sampling* (n sama dengan 360) di Kota Palembang. Instrumen penelitian yang digunakan adalah *Heartland Forgiveness Scale* dan *The Oxford Happiness Questionnaire*. Prosedur penelitian ini menggunakan dua cara, yaitu Google Form dan kertas. Metode analisis data yang digunakan pada penelitian ini yaitu linear regresi sederhana yang dibantu dengan menggunakan IBM SPSS 26 for Windows. Hasil penelitian ini menunjukkan bahwa *forgiveness* berpengaruh positif secara signifikan dalam memengaruhi *happiness* pada remaja putus cinta sebesar 0,05, yang berarti remaja yang memiliki *forgiveness* tinggi berpengaruh baik terhadap *happiness*. Temuan ini memungkinkan peneliti selanjutnya untuk memberikan intervensi terkait *forgiveness* guna meningkatkan *happiness* pada remaja setelah putus cinta.



INTRODUCTION

Adolescence is often considered an irregular period. At that time, individuals will face emotional instability and are easily influenced by others, including peers. Oktavia et al. (2021) said middle adolescents are between 15 and 18. Adolescence is a phase of physical change, i.e., the maturity of the reproductive organs and emotional changes related to behavioral, mindset, and social changes.

The psychological need of adolescents is to love and be loved. Adolescents begin to try new things, such as wanting to have a romantic relationship or be close to the opposite gender. This process enables adolescents to find close friends through communication, develop emotional connection, and search for their identities.

Kuswatun & Maemonah (2021) explained that in a relationship with the opposite gender, the relationships that form do not always run smoothly without any obstacles. There are problems in a relationship that cannot be denied, so this impacts the end of a relationship.

A breakup ends a love relationship forged with a partner (Purba & Kusumiati, 2019). A breakup is a readiness between a man and a woman to end a romantic relationship that has existed for some time, resulting in sadness when the relationship ends (Pramudianti, 2020).

Data from the Indonesian Child Protection Commission (Indonesian: *Komisi Perlindungan Anak Indonesia*) for 2022 where around 80% of suicide victims in Indonesia are adolescents. One of the factors that causes the highest suicide among adolescents is broken love. As was the case, an adolescent boy in Palembang attempted suicide at the Ampera Bridge because he was allegedly frustrated from a breakup (Budi, 2018).

Pramudianti (2020) explained that when a relationship that has been forged ends, it is natural for someone to feel sad. However, excessive sadness will have a destructive impact. Proper emotional handling is essential to foster happiness and a positive mood.

Here is an interview conducted with C. She is an adolescent girl at a senior high school in Palembang City. The interview is as follows.

“That incident was quite difficult because (I) have been in a relationship with him for a long time. At first, when we broke up, I felt unfortunate. Until now, I have not been able to forget him, but time has passed, so we chose to be friends, right, exes don't have to be enemies because it is not his fault” (C, personal communication, September 27, 2022).

Apart from feeling sad after breaking up, they also find it difficult to forget their exes, as stated by R, an adolescent boy at a school in Palembang City. The interview is as follows.

“I have not been able to forget her. At first, I was sad and disappointed after breaking up. I have been unable to move on even though her already has a girlfriend again, but I have made peace, and I am just trying to be normal” (R, personal communication, September 27, 2022).

Based on interviews conducted with adolescents with broken love at a school, they said that after a broken love, they felt sad and disappointed. When their relationship ended, they had not moved on, but over time they were able to make peace and feel happy.

This condition is supported by (Sugiarto & Soetjningsih, 2021), who stated the impact felt after a broken love that are sadness, emptiness, feelings of failure and loss of self-confidence, and difficulty concentrating, to the point where thoughts of suicide arise. In this case, they need quite a long time to recover and be happy again to overcome discomfort. Therefore, adolescents who have broken love need to pay attention to their happiness so they do not sink into negative emotions (Pramudianti, 2020).

Hills & Argyle (2002) argued that happiness is a matter in which individuals often feel positive emotions related to happiness and feel satisfied with themselves and their lives. According to Hills & Argyle (2002), there are seven aspects of happiness, i.e., feeling satisfied with the life lived, a friendly attitude, a positive mindset, cheerful, cheerful, positive self-esteem, empathy, and well-being.

Based on the previous study conducted by Rienneke & Setianingrum (2018), there is a significant relationship between forgiveness and happiness. Forgiveness can help someone live better. Another study by Amalia (2022) found a significant effect of forgiveness on happiness. People who can forgive those who hurt them will achieve happiness (Nihayah et al., 2021). Therefore they can feel satisfied in living their life (Rienneke & Setianingrum, 2018).

Forgiveness is a response process related to things that hurt the individual so that negative responses can change to positive ones. The more individuals hate it, the more emotionally attached they will be, and the pain still attached to the individual will unknowingly impact their mental and physical health (Thompson et al., 2005). Adolescents need to heal their broken hearts by forgiving people who hurt them to create a sense of peace and happiness (Purba & Kusumiati, 2019).

Thompson et al. (2005) explained that forgiveness has three aspects: forgiveness of self, the forgiveness of others, and situations. These three aspects are forgiving oneself, being able to take lessons, and learning from the mistakes one has made. When forgiving others, one will have good prejudices and stop negatively judging those who have made mistakes against oneself, and when faced with complex conditions, one remains upbeat and optimistic.

Nihayah et al. (2021) said that forgiving could reduce negative actions related to feelings of anger, hatred, disappointment, and revenge. Forgiveness is forgetting the mistakes of others in order to heal wounds and grudges (Afriyenti,

2022). One of the solutions to solving forgiveness problems will positively impact human life (Fitriani & Agung, 2018).

Rienneke & Setianingrum (2018) stated that easily forgiving teenagers could lower their blood pressure, heart rate, and stress. Individuals who forgive are happier, less worried, and think more positively than people who are not forgiving. Supported by the research of Karduz & Saricam (2018), if individuals can forgive, it will lead to the beginning of a positive relationship. However, apologies in a relationship can increase the happiness of both parties.

Seligman (2002) said that the factors that influence happiness are external factors originating from the environment (e.g., money, marriage, social life, positive emotions, age, religion, health, education, climate, race, and gender) and internal factors (i.e., the past, optimism future, and present happiness). Meanwhile, forgiveness is an internal factor of past satisfaction. Therefore, adolescents should be happy so they can control their negative emotions during a breakup (Pramudianti, 2020). Thus, this study aimed to determine forgiveness' effect on adolescents' happiness after broken love in Palembang City.

METHODS

Participants

The research data came from five senior high schools or vocational schools in Palembang City. In detail, it was found that 360 adolescents consisted of 68.3% girls and 32.7% boys.

This study used a purposive sampling technique to find out if there is an influence on forgiveness and happiness. Purposive sampling is a technique that is carried out by considering specific criteria based on predetermined characteristics (Saleh, 2017). The characteristics of the respondent in this study were: (1) adolescents aged 15-18 years; (2) have experienced a breakup; and (3) domiciled in the city of Palembang.

Design

This study design is quantitative non-experimental. According to Gravetter & Forzano

(2018), the purpose of this study was to determine the relationship between variables, however there was no manipulation. The independent variable is forgiveness, while the dependent variable is happiness among adolescents in Palembang City after a breakup.

Instrument

This study used a Likert scale to collect data. Data were collected using two measurement tools, the Heartland Forgiveness Scale (HFS) and The Oxford Happiness Questionnaire (TOHQ).

The Heartland Forgiveness Scale (HFS) was developed by Thompson et al. (2005) and modified by Permana (2018). The HFS contains forgiveness of self, the forgiveness of others and forgiveness of situations (Thompson et al., 2005). An originary example of Indonesian HFS is, “even though at first, I felt a little shaky when I was doing the work, I was able to calm down and be myself as I was working through the day”. Afterward, modified to, “initially, due to a mistake that caused me to lose my love, I was feeling down, but after a little period of time, I managed to gather myself”. The HFS consists of 18 items, with a Likert scale of four points (one for strongly disagree; four for strongly agree). Based on the HFS tryout results, 16 items were valid, and two were eliminated. The result of instrument validity is 0.20 to 0.93. An item is said to be valid if the corrected-item total correlation is ≥ 0.2 Sufren & Natanael (2013), and an item is said to be reliable if the reliability coefficient is ≥ 0.7 (Anastasi & Urbina, 1997). This instrument has Cronbach’s alpha (α) coefficient of 0.811.

To measure happiness, it used The Oxford Happiness Questionnaire (TOHQ) developed by Hills & Argyle (2002), which was later adapted by Darmayanti et al. (2022) serving to measure aspects of feeling satisfied with life, a friendly attitude, having a positive mindset, being cheerful, having positive self-esteem, empathy, and well-being (Hills & Argyle, 2002). An originary example of Indonesian TOHQ is, “I received a lot

of benefits from this way of life”. Afterward, modified to, “I believe that life is really beneficial”. TOHQ consists of 29 items, with a Likert scale of six points (one for strongly disagree, six for strongly agree). Based on the tryout, there were 24 valid items, with five eliminated. The result of instrument validity is 0.20 to 0.60. This instrument has Cronbach’s alpha (α) coefficient of 0.805.

Procedure

First, we prepared HFS and TOHQ. Afterward, we asked permission from the senior high school and vocational school in Palembang City. Once the school granted permission, we took questionnaires with the Likert scale model to adolescents who had experienced a breakup.

Research data is retrieved using online questionnaires through Google Forms and paper-based distributed directly to respondents. Before filling out the research questionnaire, respondents were first asked to fill out the informed consent sheet at the beginning of the form. Respondents who agreed then filled out the questionnaire that the researcher had distributed.

Research questionnaire consisting of demographic aspects (e.g., gender, age, parental income, father’s education, and mother’s education). HFS and TOHQ were distributed to senior high schools or vocational schools students from grades X, XI, and XII.

Data Analysis

This research used a simple linear regression analysis to carry out the HFS and TOHQ regression on adolescents to test the research hypothesis. A normality test was conducted to determine if the data was generally distributed between the dependent variable (forgiveness) and the independent variable (happiness). This research also used descriptive statistical techniques to analyze and provide an overview of the variables. All three analyzes were performed using IBM SPSS 26 for Windows.

RESULTS

The summary of the results of this study is contained in five tables. Table 1 contains details of

the demographic of respondents, Table 2 contains a description of forgiveness, Table 3 contains a description of happiness, Table 4 contains the correlation between variables, and Table 5 shows the results of the simple linear regression between variables.

Table 1 contains a descriptive analysis in the form of respondent characteristics based on levels, such as school origin, gender, age, parental income, father's education, and mother's education. Respondents (N = 360) came from senior high schools or vocational high schools in Palembang City.

Table 1.
Characteristics of Respondents

	f	%
Origin of School		
SMAN 10 Palembang	40	11.1
SMAN 2 Palembang	49	13.6
SMK Bina Jaya Palembang	152	42.2
SMK Sjakhyakirti Palembang	45	12.5
SMA Muhammadiyah 1 Palembang	75	20.6
Gender		
Girls	246	68.3
Boys	114	32.7
Age		
15 years old	165	45.8
16 years old	93	25.8
17 years old	88	24.4
18 years old	14	3.9
Parents Income		
< IDR 500,000	76	21.1
IDR 500,000–IDR 1,000,000	86	23.9
IDR 1,000,000–IDR 2,000,000	63	17.5
> IDR 2,000,000	135	37.5
Father's Education		
Elementary school	58	16.1
Junior high school	57	15.8
Senior high school	179	49.7
Diploma	8	2.2
Bachelor	48	13.3
Master	10	2.8
Mother's Education		
Elementary school	69	19.2
Junior high school	75	20.8
Senior high school	142	39.4
Diploma	23	6.4
Bachelor	42	11.7
Master	9	2.5

Variable Overview

To describe the variables in this study, researchers categorize them based on three cate-

gorization levels according to Azwar (2018): below ($X < \mu - 0.75\sigma$), average ($\mu - 0.75\sigma \leq X < \mu + 0.75\sigma$), and above ($\mu + 0.75\sigma \leq X$).

Table 2.
Description of Forgiveness

Category	Criteria	Frequency (n)	Percentage (%)
Below	< 39	127	35
Average	39–51	208	58
Above	> 51	25	7

Based on the results of the categorization of the forgiveness variable data in Table 2, it is known that the “below” category has a frequency of 127 with a percentage of 35%, the “aver-

age” category has a frequency of 208 with a percentage of 58%, and the “above” category has a frequency of 25 with a percentage of 7%.

Table 3.
Description of Happiness

Category	Criteria	Frequency (n)	Percentage (%)
Below	< 100	234	65
Average	100–107	58	16
Above	> 107	68	19

Based on the results of the categorization of the happiness variable data in Table 3, it is known that the “below” category has a frequency of 234 with a percentage of 65%, the “average” category has a frequency of 58 with a percentage of 16%, and the “above” category has a frequency of 68 with a percentage of 19%.

Before conducting a correlation analysis between variables and simple linear regression, we performed a normality test. The normality test using the Kolmogrov-Smirnov shows an absolute value of 0.73 for HFS and 0.56 for TOHQ. From the normality test, it is known that the data is normally distributed.

Pearson’s correlation identified a significant relationship between forgiveness and happiness ($r = 0.104$; $p\text{-value} = 0.05$), as shown in Table 4. The higher the forgiveness, the higher the happiness. This means that adolescents with high forgiveness will also have high happiness.

In addition, simple linear regression analysis results identified that forgiveness significantly influences happiness in adolescents who have broken up with a love affair ($B = 0.182$, $p\text{-value} = 0.050$, with $F(1, 358) = 3.879$, $p\text{-value} = 0.050$). This study also found that forgiveness affects 1.1% of happiness in broken-up adolescents (Table 5).

Table 4.
Correlation Between Variables

	M	SD	Gender	Forgiveness	Happiness
Gender	1.317	0.465	-		
Forgiveness	2.885	0.403	-0.35	-	
Happiness	4.085	0.708	0.011	0.104*	-
*) $p < 0.05$					

Table 5.
Simple Regression Analysis

	B	SE	β	t	p
Constant	3.561	0.269	-	13.244	0.000
Forgiveness	0.182	0.92	0.104	0.1944	0.050
	$F(1, 358) = 3.879$	$p\text{-value} = 0.050$	$R = 0.104$	$R^2 = 0.011$	$\Delta R^2 = 0.008$

DISCUSSION

Based on the explanation above, it is known that the level of forgiveness positively and significantly influences the happiness of broken-love adolescents in Palembang City. This result identifies that the increase in the score on forgiveness will affect the increase in the happiness score. If the individuals' forgiveness increases, it will affect their happiness. A study by Amalia (2022) found a positive and significant effect of forgiveness on happiness in the context of bullying victimization. In that study, Amalia (2022) argued that bullying victimization would find happiness by forgiving the perpetrator. Research by Jiang et al. (2014) said that forgiveness affects one's happiness, where people who forgive tend to be happier than people who do not forgive. Hills & Argyle (2002) argued that people with positive emotions feel satisfied with themselves and their lives. Thus forgiveness has a significant effect on happiness.

Adolescence is often faced with the problem of breaking up (Aziz et al., 2021). Broken love is the end of a love relationship established with a partner (Purba & Kusumiati, 2019). The research found that several factors cause adolescents to break up, i.e., keeping secrets, losing trust, family reasons, loving someone else, instant love, and long-distance relationships. Adolescents must often learn to make mature decisions (Rizkyta & Fardana, 2017). In this case, the forgiveness of adolescents who break up is that they can let go of painful past mistakes and no longer harbor anger, hatred, and the desire to hurt themselves or others (Afriyenti, 2022). Research by Rienneke & Setianingrum (2018) revealed that forgiveness contributes to happi-

ness in adolescents, so forgiveness is a predictor of an individual's happiness.

Thompson et al. (2005) said that people who forgive could change negative emotions from painful experiences or situations into positive emotions so they can bring happiness to their lives. Moreover, forgiving adolescents can lower their blood pressure, heart rate, and tense bodies. Individuals who forgive feel happier, less anxious, and more positive than people who do not (Rienneke & Setianingrum, 2018). Forgiveness significantly increases young people's happiness, so forgiveness determines a person's happiness.

Dewi (2016) stated that young people need to be happier in their life. According to Rina et al. (2022), when they have positive emotions, it will affect their cognition, and then, they can express themselves through positive activities. The consequences of this positive emotion, that is forgiveness, will increase the subject's subjective well-being and happiness (Russell, 2020). Happiness can make individuals live with optimism and positive thoughts to make better decisions. Proper emotional handling fosters happiness and a positive mood (Pramudianti, 2020). Daradjat (2005) stated that happiness affects mental health.

CONCLUSION

The results showed that forgiveness positively and significantly affects happiness in adolescents who have broken up in Palembang City. These findings have implications for further research to provide interventions for adolescents who have broken up with love. Interventions aimed at increasing happiness, as well as research findings suggesting that forgiveness significantly contributes to happiness, are the basis

for further research to consider that the aspects of forgiveness that have happiness in breakup adolescents will increase.

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