

***FORGIVENESS PADA MAHASISWA *BROKEN HOME* DITINJAU
DENGAN *SELF-COMPASSION* DAN *EMOTIONAL INTELLIGENCE****

SKRIPSI



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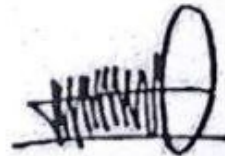
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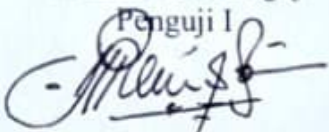
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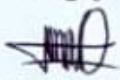
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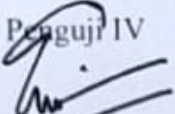
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ABSTRAK

Tingginya angka perceraian di Indonesia berdampak pada meningkatnya jumlah mahasiswa yang berasal dari keluarga *broken home*, yang berisiko mengalami permasalahan emosional dan psikologis. Kondisi tersebut menuntut adanya mekanisme *coping adaptif*, salah satunya melalui *Forgiveness* sebagai upaya untuk mengurangi beban emosional dan meningkatkan kesejahteraan psikologis. Namun, kemampuan *Forgiveness* pada mahasiswa *broken home* dipengaruhi oleh berbagai faktor psikologis internal, di antaranya *Self-Compassion* dan *Emotional Intelligence*. Penelitian ini bertujuan untuk mengetahui pengaruh *Self-Compassion* dan *Emotional Intelligence* terhadap *Forgiveness* pada mahasiswa dengan latar belakang keluarga *broken home*. Penelitian ini menggunakan pendekatan kuantitatif dengan desain korelasional. Subjek penelitian berjumlah 131 mahasiswa *broken home* yang diperoleh melalui teknik *purposive sampling* dan *snowball sampling*. Instrumen penelitian yang digunakan meliputi Transgression-Related Interpersonal Motivations Inventory (TRIM), *Self-Compassion Scale* (SCS), dan Wong and Law *Emotional Intelligence Scale* (WLEIS). Hasil penelitian menunjukkan bahwa *Self-Compassion* berpengaruh signifikan terhadap *Forgiveness* pada mahasiswa *broken home*. Selain itu, *Emotional Intelligence* juga berpengaruh signifikan terhadap *Forgiveness*. Secara simultan, *Self-Compassion* dan *Emotional Intelligence* memiliki pengaruh yang signifikan terhadap *Forgiveness*. Implikasi penelitian ini menunjukkan bahwa peningkatan *Self-Compassion* dan *Emotional Intelligence* dapat menjadi dasar dalam pengembangan program pendampingan psikologis dan intervensi untuk meningkatkan kemampuan *Forgiveness* serta kesejahteraan psikologis mahasiswa *broken home*.

Kata kunci: *Forgiveness*, *Self-Compassion*, *Emotional Intelligence*, mahasiswa *broken home*

ABSTRACT

The increasing divorce rate in Indonesia has contributed to a growing number of university students from broken home families who are vulnerable to emotional and psychological difficulties. This condition highlights the need for adaptive coping mechanisms, one of which is Forgiveness, to reduce emotional burdens and enhance psychological well-being. However, the ability to forgive among students from broken home backgrounds is influenced by internal psychological factors, particularly Self-Compassion and Emotional Intelligence. This study aimed to examine the effects of Self-Compassion and Emotional Intelligence on Forgiveness among university students from broken home families. A quantitative approach with a correlational design was employed. The participants consisted of 131 students from broken home backgrounds, selected using purposive sampling and snowball sampling techniques. The research instruments included the Transgression-Related Interpersonal Motivations Inventory (TRIM), the Self-Compassion Scale (SCS), and the Wong and Law Emotional Intelligence Scale (WLEIS). The results indicated that Self-Compassion had a significant effect on Forgiveness among students from broken home families. In addition, Emotional Intelligence also had a significant effect on Forgiveness. Simultaneously, Self-Compassion and Emotional Intelligence were found to have a significant influence on Forgiveness. The findings imply that enhancing Self-Compassion and Emotional Intelligence can serve as a foundation for developing psychological support programs and interventions aimed at improving Forgiveness and psychological well-being among students from broken home backgrounds.

Keywords: *Forgiveness, Self-Compassion, Emotional Intelligence, students from broken home families*

INTISARI

Penelitian ini bertujuan untuk mengetahui pengaruh *Self-Compassion* dan *Emotional Intelligence* terhadap *Forgiveness* pada mahasiswa dengan latar belakang keluarga *broken home*. Fenomena perceraian di Indonesia terus meningkat dengan angka mencapai 463.654 kasus pada tahun 2023, yang berdampak signifikan terhadap kesehatan mental anak termasuk mahasiswa. *Forgiveness* menjadi mekanisme *coping* yang penting bagi mahasiswa *broken home* untuk mengurangi beban emosional dan meningkatkan kesejahteraan psikologis. Penelitian menggunakan pendekatan kuantitatif dengan desain korelasional, melibatkan 131 mahasiswa *broken home* yang direkrut melalui *purposive sampling* dan *snowball sampling*. Instrumen yang digunakan adalah *Transgression-Related Interpersonal Motivations Inventory* (TRIM) untuk mengukur *Forgiveness*, *Self-Compassion Scale* (SCS) untuk mengukur *Self-Compassion*, dan *Wong and Law Emotional Intelligence Scale* (WLEIS) untuk mengukur *Emotional Intelligence*. Analisis data menggunakan regresi linear berganda dengan bantuan SPSS versi 25.

Kata Kunci: *Forgiveness*, *Self-Compassion*, *Emotional Intelligence*, mahasiswa *broken home*, regresi linear berganda

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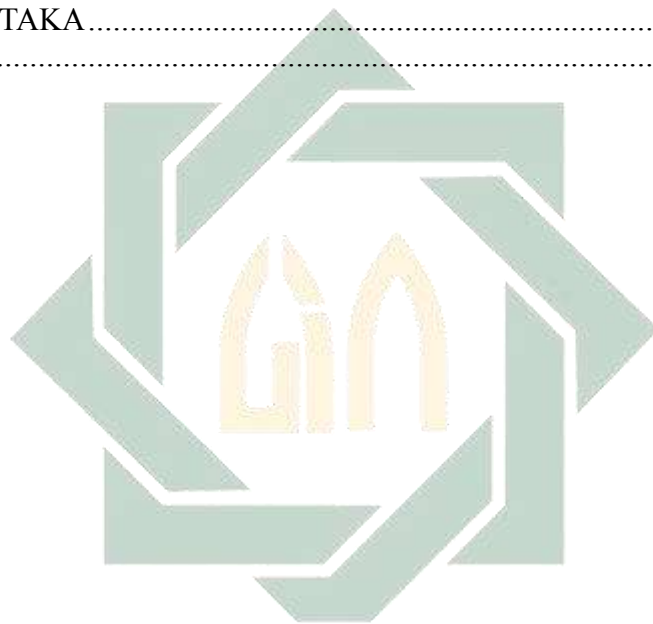
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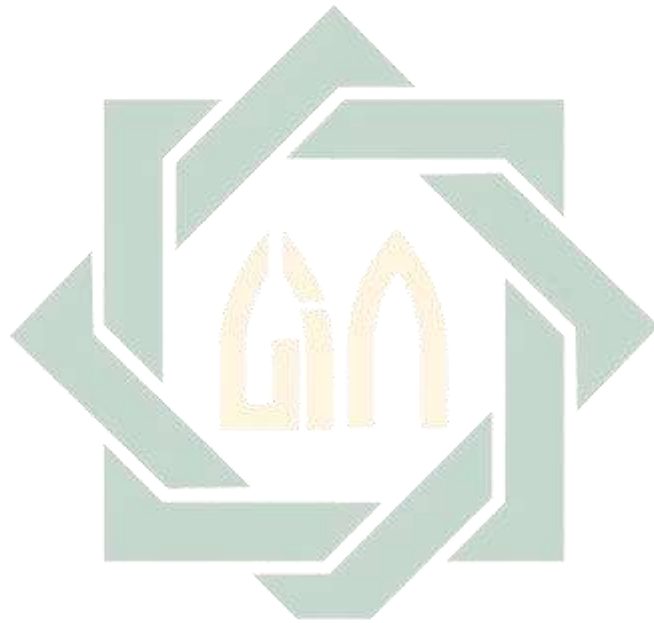
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