

HUBUNGAN ANTARA *FORGIVENESS* DENGAN *PSYCHOLOGICAL WELL BEING* PADA WARGA BINAAN PEREMPUAN DI LEMBAGA PEMASYARAKATAN

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INTISARI

Perempuan yang menjalani masa pidana menghadapi berbagai tantangan psikologis, seperti kehilangan kebebasan, keterpisahan dari keluarga, stigma sosial, dan perasaan bersalah yang dapat memengaruhi *psychological well-being*. Salah satu faktor yang diperkirakan berkaitan dengan *psychological well-being* adalah *forgiveness*. Penelitian ini bertujuan untuk mengetahui hubungan antara *forgiveness* dan *psychological well-being* pada warga binaan perempuan di lembaga pemasyarakatan. Penelitian menggunakan pendekatan kuantitatif dengan metode korelasional. Sampel terdiri atas 68 warga binaan perempuan yang dipilih melalui teknik *total sampling*. Data dikumpulkan menggunakan *Heartland Forgiveness Scale* (HFS) ($\alpha = 0,891$) dan *Psychological Well-Being Scale* (PWBS) ($\alpha = 0,906$), kemudian dianalisis menggunakan korelasi *Pearson Product Moment* dengan bantuan Jamovi 2.6. Hasil penelitian menunjukkan adanya hubungan positif dan signifikan antara *forgiveness* dan *psychological well-being* ($r = 0,635$; $p < 0,001$), yang berarti semakin tinggi *forgiveness*, semakin tinggi pula *psychological well-being*. Secara deskriptif, aspek *positive relations with others* memiliki persentase kategori tinggi tertinggi pada *psychological well-being* (70,6%), sedangkan *forgiveness of situations* merupakan aspek *forgiveness* dengan persentase kategori tinggi tertinggi (57,4%). Temuan ini menunjukkan pentingnya *forgiveness* dalam mendukung kesejahteraan psikologis warga binaan dan dapat menjadi pertimbangan dalam pengembangan program pembinaan yang mendukung penerimaan diri, pengelolaan emosi, dan hubungan sosial.

Kata Kunci: *Forgiveness*, *Psychological Well-Being*, Warga Binaan Perempuan

1. Peneliti
2. Dosen Pembimbing 1
3. Dosen Pembimbing 2

**THE RELATIONSHIP BETWEEN FORGIVENESS AND
PSYCHOLOGICAL WELL-BEING AMONG FEMALE INMATES AT
LEMBAGA PEMASYARAKATAN**

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ABSTRACT

Women serving prison sentences face various psychological challenges, including loss of freedom, separation from family, social stigma, and feelings of guilt that may affect their psychological well-being. One factor considered to be associated with psychological well-being is forgiveness. This study aimed to examine the relationship between forgiveness and psychological well-being among female inmates in correctional facilities. A quantitative correlational approach was employed. The sample consisted of 68 female inmates selected using total sampling. Data were collected using the Heartland Forgiveness Scale (HFS) ($\alpha = 0.891$) and the Psychological Well-Being Scale (PWBS) ($\alpha = 0.906$), and analyzed using the Pearson Product Moment correlation with Jamovi version 2.6. The results showed a positive and significant relationship between forgiveness and psychological well-being ($r = 0.635$; $p < 0.001$), indicating that higher levels of forgiveness were associated with higher levels of psychological well-being. Descriptively, the positive relations with others dimension had the highest percentage of participants in the high category for psychological well-being (70.6%), while forgiveness of situations had the highest percentage in the high category for forgiveness (57.4%). These findings highlight the importance of forgiveness in supporting the psychological well-being of female inmates and suggest that correctional programs may incorporate activities that promote self-acceptance, emotional management, and positive social relationships.

Keywords: Female Inmates, Forgiveness, Psychological Well-Being

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