

DAMPAK *FORGIVENESS* PADA DEWASA AWAL KORBAN PERCERAIAN

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INTISARI

Perceraian sering kali meninggalkan luka atau trauma mendalam yang mempengaruhi perkembangan emosional dan hubungan sosial anak hingga dewasa. Luka tersebut bisa menimbulkan sakit hati atau dendam yang mempengaruhi psikologis korban dari perceraian. Penelitian ini bertujuan untuk meneliti tentang dampak *forgiveness* dari perceraian orang tua pada dewasa awal. Metode penelitian yang digunakan adalah kualitatif dengan pendekatan studi kasus melalui wawancara mendalam terhadap empat responden perempuan berusia 20–24 tahun yang mengalami perceraian orang tua di masa kecil. Hasil penelitian menemukan bahwa penyebab perceraian oleh KDRT, perselingkuhan, dan komunikasi yang buruk. Dampak psikologis berupa trauma, ketidakpercayaan diri, kehilangan sosok ayah, kekerasan verbal dan fisik, kesulitan menjalin hubungan sosial dan lawan jenis serta kesulitan ekonomi. Dua responden mengalami kekerasan verbal karena wajahnya mirip dengan ayahnya dengan pelaku kekerasan yang berbeda yaitu ibu dan neneknya. Penelitian ini juga menemukan bahwa keempat responden mampu mencapai *forgiveness* melalui empat fase utama yaitu fase pengungkapan (*uncovering*), fase keputusan (*decision*), fase tindakan (*work*), dan fase pendalaman (*deepening*). Satu responden mengalami dua kali fase *uncovering* karena perceraian dan kematian ayahnya. Dua dari responden mencapai *forgiveness* karena pengaruh religius, dan lainnya karena konsultasi dengan psikolog dan psikiater, serta dukungan dari pihak teman, keluarga ayah dan ibunya.

Kata Kunci: Perceraian, *Forgiveness*, Dewasa Awal

THE IMPACT OF FORGIVENESS ON EARLY ADULT DIVORCE VICTIMS

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ABSTRACT

Divorce often leaves wounds or deep trauma that affects the emotional development and social relationships of children into adulthood. These wounds can cause heartache or resentment which can affect the psychology of the victim of divorce. This research aims to investigate the impact of forgiveness from parental divorce on early adults. The research method used is qualitative with a case study approach through in-depth interviews with four female respondents aged 20–24 who experienced parental divorce in childhood. The results of the study found that the causes of divorce were domestic violence, infidelity, and poor communication. The psychological impacts included trauma, lack of self-confidence, loss of a father figure, verbal and physical violence, difficulties in establishing social and romantic relationships, and economic difficulties. Two respondents experienced verbal violence because their faces resembled their father's, with different perpetrators of violence being their mother and grandmother. This study also found that respondents were able to achieve forgiveness through four main phases: the uncovering phase, the decision phase, the work phase, and the deepening phase. One respondent experienced the uncovering phase twice due to divorce and the death of her father. Two of the respondents achieved forgiveness due to religious influence, while others did so through consultation with psychologists and psychiatrists, as well as support from friends, and the families of both their father and mother.

Keywords: Divorce, Forgiveness, Early Adults