

PENGARUH *FORGIVENESS* TERHADAP *PSYCHOLOGICAL WELL-BEING* PADA PEKERJA *EMERGING ADULTHOOD* DI KABUPATEN SLEMAN

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ABSTRAK

Gangguan psikis pekerja merupakan potensi bahaya yang sering terabaikan. Terjadinya konflik dalam diri, konflik antar tenaga kerja, tekanan dari atasan, dan lingkungan yang tidak mendukung menjadi penyebab timbulnya gangguan psikis. Penelitian ini bertujuan untuk mengetahui apakah forgiveness berpengaruh terhadap psychological well being pada pekerja emerging adulthood di Kabupaten Sleman. Penelitian ini menggunakan metode kuantitatif dengan bantuan SPSS (Statistic Package for The Social Sciences) 26 for Microsoft Windows, adapun alat pengumpul data yaitu skala forgiveness dari McCullough (1998) dan skala psychological well being dari Ryff (1989). Teknik analisis data yang digunakan adalah uji regresi linear sederhana. Subjek yang digunakan adalah pekerja emerging adulthood di Kabupaten Sleman dengan usia 18-25 tahun yang berjumlah 142 subjek. Teknik pengambilan data menggunakan cara non probability sampling dengan jenis purposive sampling. Dari hasil penelitian diketahui bahwa terdapat pengaruh antara forgiveness terhadap psychological well being sebesar 2,7% dengan nilai F hitung sebesar 3,936 dengan tingkat signifikansi $0,049 < 0,050$. Artinya forgiveness meningkatkan psychological well being dalam diri individu.

Kata Kunci: *Forgiveness, Pekerja emerging adulthood, Psychological well-being*

THE EFFECT OF FORGIVENESS ON PSYCHOLOGICAL WELL BEING IN EMERGING ADULTHOOD WORKERS IN SLEMAN DISTRICT

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ABSTRACT

Workers' psychological disorders are a potential danger that is often overlooked. The occurrence of internal conflicts, conflicts between workers, pressure from superiors, and an unsupportive environment are the causes of psychological disorders. This research aims to find out whether forgiveness has an effect on the psychological well-being of emerging adulthood workers in Sleman Regency. This research uses quantitative methods with the help of SPSS (Statistical Package for The Social Sciences) 26 for Microsoft Windows. The data collection tools are the forgiveness scale from McCullough (1998) and the psychological well being scale from Ryff (1989). The data analysis technique used is a simple linear regression test. The subjects used were emerging adulthood workers in Sleman Regency aged 18-25 years, totaling 142 subjects. The data collection technique uses non-probability sampling with purposive sampling type. From the research results, it is known that there is an influence between forgiveness and psychological well being of 2.7% with a calculated F value of 3.936 with a significance level of $0.049 < 0.050$. This means that forgiveness increases psychological well-being in individuals.

Keywords: *Emerging adulthood worker, Forgiveness, Psychological well-being*