

EFFECT OF FORGIVENESS, EMPATHY, ATTACHMENT TO MARITAL SATISFACTION IN COUPLES WHO HAD BETRAYED

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ABSTRACT

Marital satisfaction generally occurs if the couple understand each other and the feeling of trust toward the couple. However, what if the couple feels betrayed by his own partner. This study aims to determine the effect between forgiveness, empathy, attachment to marital satisfaction in couples who had betrayed. Research participants were married and ever betrayed individuals (N = 36). Data were analyzed by multiple regression analysis. The results show that there is an influence between forgiveness, empathy, attachment to marital satisfaction which is very significant with a significant value of 0.000.

Keyword : Forgiveness, Emphaty, Attachment, Marital Satisfaction

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INTRODUCTION

A husband and wife who foster a family certainly strives for a family that they can run well. Conjugal adjustments are continually made as long as the couple is fostering the family. The value in marriage is one of the things that become an effort for the couple to adjust to the relationship of the couple towards the formation of a harmonious family. The value in marriage is something that is lived by the couple about what is good, valuable, liked, which should be pursued, worth fighting for and defending in marriage. Melville (1998) states the values in

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marriage are the parts embraced in married life. The value in marriage can be viewed differently by everyone.

Family harmony is the desire of every family. To realize a harmonious family as desired is a business that is not easy because the formation of the family is a long process and through complex adjustments. Various efforts are made by family members to achieve a harmonious family. Gunarsa & Gunarsa (2004), states that a family is called harmonic when all family members feel happy which is marked by reduced tension, disappointment, and satisfaction with all their circumstances and existence (self-existence or self-actualization) which includes physical, mental, emotional and social aspects all family members. Family harmony deals with the atmosphere of a happy and harmonious marriage relationship.

The satisfaction of marriage is related to the feeling of happiness felt by both individuals of the marriage being lived. Individuals who do not feel satisfaction in marriage will seek to find satisfaction outside of marriage. Liu (in Olson et al., 2002) suggests the results of research that have found that people with occupations who are outdoors, rarely attending activities in places of worship, as well as those with low marital satisfaction, are the ones who at risk for cheating.

Infidelity in the household has an impact on the household of the infidelity themselves. Impacts on households include lack of trust from family members to those who commit infidelity and loss of harmony. The loss of harmony in the household can ultimately result in divorce. Amato & Rogers (2009) say that infidelity is the most widely listed cause of divorce. Amato and Rogers's study of more than 2,000 married people in the United States to examine the effects of marriage problems on divorce, found that sexual relations outside marriage have an impact on divorce twice as large as other problems, (Olson et al. 2002)

Infidelity occurs due to various factors and these factors are different for each person. The impact of infidelity also differs from one person to another. Nilakusmawati & Srinadi (2007), in his research explained that infidelity also causes loss of peace in the household. The intended peace is the loss of harmony, lack of attention, and disruption of the child's mental development.

The phenomenon of infidelity has become increasingly widespread lately. Almost every day print and electronic media often display hot news about cases of infidelity. Infidelity in marriage is destructive and can cause negative consequences. Negative consequences can occur to infidelity and infidelity partners. Infidelity couples often feel betrayed and abandoned by couples who commit adultery. This perceived heartache arises due to injury experienced in the unity of the marriage institution or on the unity of interpersonal relationships which he has believed as a veil of security in life (Hedva in Satiadarma, 2001)

Purdiningsih (2008) conducted a study to find out the causes and effects of infidelity. In every household it is usually colored by problems between husband and wife due to the conflict between them. There is usually a conflict in the household that they can solve and some cannot be resolved. With the protracted conflict in the family, one party seeks a solution by finding a solution outside the home. Such as communicating with other parties outside the home to arrive at the act of infidelity.

Triggers from infidelity can arise from anywhere, one of which is a workplace. The workplace is a place where the seeds of infidelity breed fertile. Opportunity as the main factor in the occurrence of involvement outside of marriage (Glass & Staeheli, 2003). In addition to the workplace, of course, there are many possibilities for the three seeds of an affair will occur during the opportunity that arises.

Hargrave and sells (in Snyder and Lopez, 2003) define forgiveness as "an effort to restore love and trust in relationships so that victims and perpetrators can end destructive rights". They see forgiveness in the framework of an ongoing relationship with others. The topic of self-forgiveness and situation is not shown. There are four forgiveness posts in this model. Providing opportunities for compensation is defined as "the ability to engage in interactions and relationships with past actors in a way that is felt by the victim as a non-threatening and constructive emotional bond". Thus, reconciliation is included in their conceptualization. Forgiveness is defined as "the ability a person feels to discuss past relational damage with the offender and resolve the problem of certain

violation responsibilities to the point where the relationship can be safe and trustworthy".

Forgiveness is one solution to the logical risk between individuals. The inability to forgive or be forgiven will be the source of the destruction of a relationship, not apart from husband-wife relations which will certainly lead to family breakdown (Subiyanto, 2011). Forgiveness is a very complex journey including the ability to change our affective, cognitive and behavioral systems. Fincham & Beach (2000), noting that as a basic aspect of all types of relationships, forgiveness has the potential to facilitate more integrated knowledge in close relationships. Fincham & Beach (in Allemand, 2007) states that forgiveness is related to communication and conflict resolution.

There are several factors that influence a person's low level of empathy. one of them is the ability to understand and express individual feelings that have been honed since the child's development. boys in their development are educated to become individuals who can conceal their sadness. This situation makes the potential of men to empathize increasingly decreases, so that there is a theory that states that gender makes the factors that influence the high and low that someone has (Borba, 2008).

The marriage satisfaction of male employees who have a wife working in the company is mostly at a low level. Duvall and Miller (1985), revealed that there are several factors that influence marital satisfaction, including: the background or background characteristic factors and current state factors or current characteristic. Current state factors include: expressions of affection, trust, equality, sexual relations, communication, social life, economy, and place of residence.

This statement is supported by research that suggests that empathy has an influence on the control of individuals in their lives. When individuals have high empathy when conflicts occur, individuals will be able to determine patterns that are developed effectively to resolve conflicts within the household (Setyawan, 2011).

According to Hoffman (2000), defining empathy as an affective response is right to be used for the existence of others. The key to an empathy response is the involvement of a psychological process that can make a person have the same feelings for himself, the situation, and the conditions of others.

According to Safarzade, Esfahaniasl, and Bayat (2011), marital satisfaction will influence the assessment of individual happiness and is the main key in a marriage. Several studies that have been carried out find that forgiveness is an important symptom in marriage that explains how couples overcome conflicts between partners.

The pattern of attachment is safe to use in seeing how individuals will establish relationships with other people, such as family, friends, spouses and strangers (Baron & Bryne in Santrock, 2002). Seeing the impact of attachment in individual relationships with others, so that relations in the household will be better. When individuals increase their secure attachment because individuals who have a safe attachment tend to have a positive outlook on themselves, others and the relationships that are being lived (Bartholomew & Horowitz, 1991).

Therefore, safe attachment is included in internal factors that can improve the quality of relationships where one of them is marital satisfaction so that secure attachment is important to be noticed and realized. Based on the facts put forward by Brennan and Shaver (in Hollist and Miller, 2005) it is known that couples who have a safe attachment style are better able to avoid divorce, because people who have a safe attachment can share feelings that are being experienced and are able to control emotions so as to cause excitement and satisfaction in close relationship. In relating as a married couple, individuals need to be aware of the benefits and importance of the safe attachment they have. Attachment is one part of an individual personality that plays a role in individual satisfaction with a partner (Collin & Read in Banse, 2004).

Good communication can be used as a solution in every conflict faced by a partner. Individual awareness to communicate is one of the factors to keep a relationship alive and satisfied with its marriage life, Donan & Jhonson (in Olson, 2011).

Research conducted by Chung, (2014), revealed that marital satisfaction can be determined by the adult attachment that is owned by each individual. Adult attachment is influenced by empathy, because in empathy there is a psychological process that can make someone have the same feelings about the situation and conditions of other individuals. Marriage relationships that have empathy will be a motivating partner to change a rigid mindset to be flexible and a selfish mindset to be tolerant (Hoffman, 2000).

This study aims to see how much the effect of forgiveness, empathy, attachment to marital satisfaction in couples who cheated. The hypothesis proposed is: there is the effect of forgiveness, empathy, attachment to marital satisfaction in couples who had betrayed.

RESEARCH METHODS

The method used in this study is to use a survey method using a questionnaire. The study participants were 36 couples who had been screened through identity including: age, occupation, gender, length of marriage, length of time being betrayed on.

Researchers used four scales, on the DFS forgiveness scale (Anderson, 2006). Furthermore, the questionnaire consists of 8 items using a Likert scale that is strongly disagree, disagree, disagree, slightly agree, agree, strongly agree. Reliability and discrimination test items get the Cronbach's Alfa value is 0.781. With a validity range of 0.393 - 0.693.

Attachment style scale attachment (Steinberg, 2002) questionnaire consists of 36 items using a Likert scale that is strongly disagree, disagree, disagree, agree slightly, agree, strongly agree. Reliability and discrimination test items get Cronbach's Alfa value is 0.932. With a validity range of 0.323 - 0.846.

The empathy scale of interpersonal reactivity Index (Davis, 1996) questionnaire consists of 11 items using a Likert scale that is strongly disagree, disagree, disagree, agree slightly, agree, strongly agree. Reliability and discrimination test items get the Cronbach's Alfa value is 0.781. With a validity range of 0.362-0.746.

Scale of marital enrichment scale (Olson & Fower, 1993) questionnaire consists of 19 items using a Likert scale that is very dissatisfied, dissatisfied, less satisfied, somewhat satisfied, satisfied, very satisfied. Reliability and discrimination test items get Cronbach's Alfa value is 0.749. With a validity range of 0.333-0.756. Data analysis in this study uses multiple regression analysis using SPSS statistical program for Windows version 21.

RESULTS AND DISCUSSION

The results of this study were obtained based on data collection of couples who had been betrayed using a questionnaire. The results of the study are as follows :

Table 1 Demographic Data of Couples Who Have Been Betrayed

No	Demographic data	F	%
1	Age :		
	20-30 years	7	19.4
	31-40 years	11	30.6
	41-50 years	18	50
2	Occupation :		
	Entrepreneur	8	22.2
	Housewife	17	47.2
	Private employees	5	13.9
	Unemployment	2	5.6
	Others	4	11.1
3	Long Married :		
	1-5 years	8	22.2
	6-10 years	13	36.1
	11-15 years	15	41.7
4	Long affected :		
	1-2 years	16	44.4
	3-4 years	14	38.9
	5-6 years	6	16.7
5	Gender :		
	Man	2	5.6
	Woman	34	94.4

Table 2 Effective Contributions to Dependent Variables

Independent Variable	Dependent Variables	Determination Coefficient (R^2)	Effective contribution (%)
Forgiveness	Marital satisfaction	0.74	74%
Empathy		0.81	81%
Attachment		0.008	0.8%

This shows that there is a significant influence of forgiveness, empathy, attachment to marital satisfaction in couples who affected on.

The results of this study are in line with Sari (2012) which explains that the effect of forgiveness on marital satisfaction is caused by several factors. For example, their partners will tend to forgive their partner's behavior if there is satisfaction in marriage, closeness between each other, mutual support, mutual respect and love, and a strong commitment.

One of the problems in the family is the affair. According to research conducted by Eaves & Robertson-Smith (in Ginanjar, 2009) states that not achieving expectations in marriage and apparently obtained from a cheating partner, feelings of loneliness, husband or wife have ideas about marriage and love that are not realistic. When marriages start to get into trouble, the couple considers that their love has gone out, great need for attention, the opening of opportunities to commit adultery, namely the ease of meeting with the opposite sex at work, the availability of hotels and apartments to hold secret meetings, and various means of communication that support infidelity. Sexual needs that are not fulfilled in marriage. Infidelity carried out by one husband and wife will cause negative effects such as anger, sadness, disappointment, worthlessness, betrayal and hatred. Where couples who initially believe in loyalty then turn into someone who is very suspicious, trying to find out every step of their partner every day.

Forgiveness factors also become one of the causes of increased marital satisfaction. Overall, the forgiveness factor is mostly responded to in the moderate stage, which

indicates that forgiving your partner or family member is important when facing various problems. Forgiveness is one of the best ways to resolve marital conflicts. The results of this study are also in line with the research of Kumala and Trihadayani (2015) which states that forgiveness affects mental health and is a natural way to increase social support and maintain the quality of marital relationships.

Research conducted by Mirzadeh and Fallahchai (2012) states that forgiveness has a positive influence on marital satisfaction where the higher forgiveness of food will be significantly related to marital satisfaction.

When viewed there is an influence between empathy and marital satisfaction where this is in line with the research conducted by Sari and Fauziah (2016) which states that there is a significant positive correlation between empathy and marital satisfaction where the higher the empathy, the higher the level of marriage satisfaction. A study reveals that empathy with affective and cognitive aspects can reduce conflict, and increase individual awareness to solve a problem. This situation is very useful when there is a conflict in marriage to a partner, awareness of problem solving on both sides will arise because the couple have empathy, in other words the presence of empathy can reduce the problem and help resolve the problem. Minimizing the occurrence of events that can make both parties regret being affected by emotion for a moment (Lissa et al, 2016).

While the results obtained in this study there is no effect between attachment to marital satisfaction. Bowlby and Ainsworth add attachments as continuous affective ties characterized by a tendency to seek and maintain closeness to special figures, especially when under pressure (Colin, 1996). When you find out your partner is having an affair, someone will experience an insecure attachment in a situation where it seems impulsive. A person will act on the urge to satisfy himself without using a ratio. Individuals who feel this type of attachment become less control, and express negative emotions with excessive reactions.

Infidelity is a very painful thing for a partner. The breakup of infidelity does not necessarily remove wounds and restore relationships in the initial conditions. Spring, in the book *After The Affair* in 1996 explains some of the effects of infidelity, including lost self-identity, loss of special feelings, loss of self-esteem, loss of control of the mind and body, loss of peace and feeling the world is unfair to him. Other psychological conditions that can arise are loss of purpose and willingness to live (Wisnuwardhani & Mashoedi, 2012). Marriage dissatisfaction with the tendency of infidelity is based on several studies according to the level of quality of relationships in marriage. Glass (in Buss & Shackelford, 1997).

CONCLUSION

Based on the results that have been obtained it can be concluded that there is a significant effect between forgiveness, empathy and attachment to marital satisfaction in couples who had betrayed.

SUGGESTION

For respondents based on research results, the subject is expected to maintain and maintain the quality of marriage so that no betrayal will occur.

For further researchers there are still many limitations in this study. Therefore, the next researcher is expected to make a better research. The data collection process that researchers did was still not maximized due to time constraints. For the next researcher, who wants to examine the same variables and the same participants may be able to conduct more in-depth research by conducting interviews.

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