

FORGIVENESS OF A HUSBAND TO A WIFE WHO COMMITS AN AFFAIR

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ABSTRACT

Bad events that have happened in a person's life can become a black historical record. The psychological wounds sometimes hurt when they are re-exposed. However, forgiveness can be the key to happiness and peace. To give forgive can mean to close a wound. Forgiveness actually aims to heal yourself and provide opportunities for others to build relationships that are more beautiful, happier and more harmonious. On the other hand, unforgiveness can not only trigger endless anger, hatred and resentment, but also cause physical and mental pain. Qualitative research using this case study approach discusses the forgiveness of husbands and wives who commit adultery. The results of this study indicate that the stages in forgiveness can experience forward and backward turns, jump up and down irregularly, or even go back through the stages that have been experienced before which are accompanied by changes in attitude. Motivation for victims of infidelity to forgive is based on the benefits of forgiving itself, namely making peace with oneself. The urge to forgive also arises on the basis of an understanding of the religious teachings he believes in. Forgiveness can improve a person's psychological health and well-being and improve interpersonal relationships. Through forgiveness, it is hoped that his life will get better and happier in the future.

Keywords: Forgiveness, Infidelity.