

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.

INTRODUCTION

Making positive life change is a multi-stage process that can be complex and challenging. The experience of the emotions of anger, hatred, and sadness that occurs in people who have experienced painful, slicing, and hurtful events is called unforgiveness. Someone who experiences unforgiveness should consider doing forgiveness as an effort to release unforgiveness and make peace with the person who has hurt him (Everett & Nathaniel, 1999).

Forgiveness is indeed very difficult to find in the human version of the dictionary of justice. Forgiveness is a long, painful, and at the same time liberating process because it involves the totality of oneself as a human being. Forgiveness starts with a decision not to take revenge. This psychological decision really feels heavy, especially if the victim is unable to forget the bitterness that happened. Life without forgiveness will result in prolonged psychological pain because it begins with an attitude of anger, hate, hostility and wanting to win alone. This attitude has unconsciously drained energy, emotions and thoughts which will forever feel hurt and trapped in a vortex of anger, depression and hatred (Lengkong, 2008).

Forgiveness takes a long time, slowly, gradually and little by little to be able to do it and each individual will experience a different process. Forgiveness begins with a decision to let go of the hatred that is in one's mind towards other people. Forgiveness can be done without the need

to run away from the problems you are experiencing. Forgiveness can also appear asked or without being asked by the person who made a mistake (Bourgeois, 2001).

Forgiveness can be an important provision for improving self-welfare, peace and improving relationships with others. Baumeister, Exline & Sommer (1998) identified that there are 2 (two) dimensions of forgiveness, namely the intrapsychic dimension and the interpersonal dimension. The intrapsychic dimension refers to what is happening in the mind and heart of the victim. This dimension is characterized by the person who was hurt stopping getting angry or hating the offender who hurt him and starting to understand the event from the perspective of the offender who hurt him. While in the interpersonal dimension, forgiveness is a social action because it involves other people. The person who was hurt will forgive the offender who hurt him not for his own sake but to help and assist the offender. It is hoped that the perpetrator will no longer be burdened by his past as an offender.

Forgiveness can also occur in conflicts that occur between husband and wife. If conflicts in the family can be resolved properly, then each of them will gain valuable experiences, be able to understand each other and ultimately create a happy family. However, if the conflict is resolved with a bad ending, such as excessive anger, inappropriate shouting and abuse, and even physical beatings, the relationship between the two will worsen, even extending to their children and the extended family of each party. For this reason, one of the efforts to overcome anger, hatred, revenge and feeling betrayed and lowered in self-esteem, as experienced by husbands whose wives are having an affair is to do forgiveness. Forgiveness is a process of healing wounds from within so that it can create a sense of peace and happiness. Forgiveness can be the first step to forgiving others and yourself. Forgiveness is considered a strong prosocial phenomenon, a strategy that can maintain and restore relationships between humans, and offer a new and better future, not returning to the past, but including awareness of what has happened (Scobie & Scobie, 1998).

According to Hodson (2014), women have always been conditioned to do forgiveness for their husband's infidelity, but men do not seem to tend to do the same to their wives, why husbands find it difficult to forgiveness to wives who commit adultery, for wives who are betrayed, partner's affair can offend his self-esteem, while for men who are betrayed, the partner's affair, in addition to severely offending his self-esteem, will also directly pierce the center of his identity as the head of the family, making it difficult to forgiveness for the wife who cheated on him. In contrast to this statement, there was also a husband who found that his wife had cheated on him with another man, but was able to do forgiveness to his wife through a long process for several reasons. Husbands as individuals who are hurt because of their wives' infidelity need forgiveness to make themselves feel good, comfortable and psychologically at ease in order to rebuild their relationship with their wives or ex-wives and more broadly so that their husbands are able to rearrange their future well.

Gordon, Baucom, and Snyder (2008) stated that when an affair is exposed, this painful experience can shift the basic positive assumptions that individuals believe about the marital relationship, themselves and their partners. These positive assumptions have shifted to doubts after the disclosure of the affair committed by their partner. For example, the assumption that the partner is a person who can be trusted, shifts into doubts about trusting the partner. In addition, the loss of trust in a cheating partner also makes individuals experience emotional insecurity in marriage. Ginanjar (2009) adds that after an affair is exposed, individuals who are betrayed generally experience a variety of intense emotions that are difficult to control. Some

of these intense emotions include sadness, obsessiveness, anger, jealousy and sensitivity. These intense emotions also tend to fluctuate.

Gordon, Baucom and Snyder (2008) state that individuals who are victims of infidelity tend to experience intense emotional roller coaster. For example, they feel various feelings of anger, sadness, depression, helplessness, feeling neglected. Then this feeling can turn into a feeling of emptiness or denial. Along with an intense emotional state, they often think or remember negative things, such as constantly remembering how they disclosed their affair or imagined the affair their partner had committed. In these circumstances, the behavior displayed by individuals is often negative, so that it has a negative influence in interacting with the cheating partner. For example, individuals who find out that their partner is cheating on them has difficulty sleeping, headaches and weakness. In this condition, it raises questions or statements, such as: "why did he have the heart to cheat on me?", "I don't accept what he did to me", or "I am really disappointed with what he did to me".

Infidelity arises in certain situations where there is a certain need for a person that he cannot fulfill together with his marriage partner, but has the opportunity to be fulfilled outside of his marital relationship (Satiadarma, 2001). About 25 percent of married men, especially those who live in big cities like Jakarta, have had extramarital relationships (infidelity) and 15 percent of women who cheat are those who have worked for more emotional reasons, such as love and care. Researchers say that some men engage in infidelity because they are afraid of getting too close emotionally to their wives. Also just to satisfy his ego. On the other hand, women who cheat are usually hungry for emotional closeness. Women do not avoid or run from the intimacy of feelings (Ratnasari, 2009).

There are many reasons why a husband cheats with other women, as well as many reasons why women cheat with other men. However, from many cases of infidelity, there are similarities in why they have an affair. Affair that has become commonplace in society certainly does not just happen, but there are complex and simple patterns that lead to infidelity (Bambang, 2004).

This study tries to explore how the husband feels after knowing that his wife is cheating on him. How does a husband do forgiveness sincerely, purely and authentically to an cheating wife, even though forgiveness is often a tough thing to do, especially when the losses suffered by the injured party are very painful, injure, slice, especially if the cheating wife does not acknowledge and changing his behavior, he doesn't even seem to give any appreciation for the forgiveness that the husband has done. From the aforementioned phenomena, it can be concluded that the main formulation that will be the basis of this research is; "Forgiveness of a husband to a wife who commits an affair".

FORGIVENESS

Enright (2001) states that forgiveness is a form of readiness to release one's rights to underestimate, blame and take revenge on perpetrators who have acted inappropriately against them, and at the same time develop love and generosity. McCullough, Bono & Root (2007), argues that forgiveness is a willingness to put off painful mistakes of the past, no longer look for values in anger and hatred, and ward off the desire to hurt others and yourself. Forgiveness is defined as an attitude to overcome negative things and judgment against the guilty person by not denying the pain itself but instead feeling pity, compassion and love for the hurt party.

Forgiveness is the process of healing from an injured memory, not erasing it. Forgiveness is defined as a way to deal with broken relationships on a prosocial basis (Soesilo, 2006).

According to Hadriani (2008), forgiveness is the willingness of an injured party to apologize or forgive those who have injured.

Forgiveness is the willingness to put off painful mistakes from the past, no longer looking for value in anger and hatred and warding off the desire to hurt others or yourself. Forgiveness refers to the release of a person from anger towards the five senses, as well as healing from heart wounds and no revenge. There is an element of releasing anger (affection) and re-creating relationships, which means that there is reconciliation with the emergence of trust, healing of wounds, and loss of motivation for revenge, which means forgiveness does not only occur at the affection stage, but also at the stage of behavior where the injured individual dares to rebuild relationship with positive situations.

Forgiveness is an integration of aspects of behavior, cognition and appreciation so that it is a process or the result of a process that involves changes in emotions and attitudes towards criminals. Forgiveness is done deliberately and voluntarily driven by satisfaction to forgive (Robert, 1989). Forgiveness can reduce the intention to take revenge and change negative emotions into positive attitudes. In every event, forgiveness occurs because the person who is hurt wants to be treated and feel a better and happier soul (Kaminer, Stein, Mganga & Zungu, 2000). DiBlasio (1998) defines forgiveness as decision making and a strong willingness to release jealousy and evil feelings towards criminals.

Ransley & Spy (2004), explains that forgiveness is an active action to repair and continue a harmonious relationship. For couples who experience infidelity in their household, forgiveness in the context of a husband-wife pair is said to be a process that includes the participation or roles of both parties. The guilty individual needs to express deep sorrow and regret for what he has done, and the individual who is hurt needs to open up by expressing his feelings in order to forgive and let go of resentment. In order to create a strong and lasting marriage, every mistake that has been made by one of his partners is expected to immediately improve his relationship by doing forgiveness in order to re-create a harmonious relationship. McCullough, Bono & Root (2007), assume that feelings of revenge are associated with anger, the relationship in a marriage if anger is created, the husband and wife do more avoidance in order to create a sense of security from their partner and revenge so that the partner who has hurt his heart felt what he had felt like.

Based on the various opinions above, it can be concluded that forgiveness is a process to reduce negative things towards a more positive one in order to reduce the intention of the injured individual to take revenge. For married couples, the act of revenge is an action that will lead to destruction in the marriage so that negative things (revenge) should be transferred to things that are more positive, namely by doing forgiveness.

Forgiveness Aspects

Forgiveness has several aspects contained in it. From the understanding of forgiveness put forward by McCollough (2002), these aspects include;

a. Avoidance Motivation

The lower the motivation to take revenge against a partner relationship, eliminating the desire to take revenge against the person who has hurt him.

b. Revenge Motivation

The more decreasing the motivation to avoid the perpetrator, eliminating the desire to maintain distance (distance) from the person who has hurt his feelings.

c. Benevolence Motivation

Increasingly motivated by goodwill and the desire to make peace with the offender even though his offense includes dangerous acts, the desire to make peace or see the well-being of the person who has hurt him.

Meanwhile, Baron & Byrne (2005) describe that the highest aspects of forgiveness are approval and emotional stability. Approval is the tendency to trust others and want to help, while emotional stability is showing an attitude that is not easily offended towards negative behavior that arises from other people.

Factors Affecting Individuals Doing Forgiveness

According to McCollough (2002), the factors that influence someone to do forgiveness are;

a. Empathy and Perspective Taking

Empathy and perspective taking make it easier for a person to behave in a prosocial manner such as a willingness to help others and forgiveness. Affective empathy for the offender appears to be a cognitive social determinant of one's forgiveness behavior. When the person who has hurt him apologizes for his mistake, the person who was hurt tends to feel emotional and so ends up forgiving even though it is not stated verbally. The ability to use other people's perspectives (perspective taking) also plays a role in building empathy, where the injured individual is invited to use the perspective of the person who has hurt by reminding the injured individual of the mistakes he has done.

b. Attribution of Perpetrators and Their Errors

Assessment will affect each individual. This means that every behavior has a cause and judgments can change individual behavior.

c. Level of Injury

Some people mistake the hurt they feel to admit it to be very painful. They feel afraid to admit their hurt feelings because it can cause them to hate those they love very much, even if it hurts. This often causes deep sorrow so forgiveness is either impossible or difficult to manifest.

d. Personality Characteristics

Certain personality traits such as extrovert describe several characters such as social, openness, expressiveness and assertiveness. Characters who are warm, cooperative, selfless, pleasant, honest, generous, polite and flexible also tend to be empathic and friendly.

e. Quality of Relationships

Someone who forgives others can be based on a high commitment to their relationships. There are 4 (four) reasons why the quality of the relationship affects forgiveness behavior in interpersonal relationships, namely; first, have high motivation to maintain relationships; second, there is a long-term orientation in building relationships; third, in a high quality relationship, each individual has one person's interest and a unified interest; fourth, the quality of the relationship has a collectivity orientation that wants the parties involved to behave in an advantageous way between them.

Individual Stages in Carrying out the Forgiveness

Enright (2001) states that doing forgiveness is considered a multidimensional building that combines cognitive, affective and behavioral aspects. These stages are not seen as a stratified and rigid sequence, but as a series of flexible and flexible processes with feedback loops and feed-forward loops accompanied by a change in attitude. So according to Enright, some of these stages can be passed by individuals in sequence, jumping irregularly, or even going back through the stages that have been experienced before. This can happen because of various ways and individual differences in doing forgiveness.

While Smedes (1991), describes 4 (four) individual stages in doing forgiveness, namely;

- 1) Treating Heartache
Left heartache means feeling pain without treating it, so that it will gradually erode happiness and peace.
- 2) Relieves Resentment
By trying to understand the reasons for others hurting or looking for excuses for them or introspection so that they can receive hurtful treatment, it will decrease or the hatred will disappear.
- 3) Self-Healing Efforts
If you can free others from their mistakes and see the perpetrator as a person who has shortcomings, it will make the victim see his future by releasing others from his past, the assumption is forgiveness is to let go of the guilty person to himself and make peace with himself.
- 4) Walk Together
Build better relationships and instill mutual trust that past mistakes will never happen again.

The Forgiveness process is a process that runs slowly and takes a long time. The more severe the hurt the individual hurts, the longer it will take to provide forgiveness. Sometimes the individual who is hurt takes it so slowly that it crosses the line without realizing that he has crossed it. The forgiveness process can also occur when the party being hurt tries to understand why it happened together with efforts to reduce anger (Smedes, 1991).

Individual Inhibiting Factors in Conducting Forgiveness

Exline, Yali & Lobel (1999), examines various things that hinder a person from doing forgiveness, namely;

- a. The low nature of the individual to want to do forgiveness.
- b. Individuals who have certain personality patterns, for example narcissistic behavior (people who can block forgiveness because they are accustomed to focusing on themselves, prioritizing self-esteem, and always calculating profit and loss) and those who have a pride personality (proud of themselves). Individuals who are hurt feel their self-esteem is low and stupid when they do forgiveness.
- c. Individuals who have certain cognitive patterns, the tendency to justify their own actions can reduce empathy for others.
- d. There is fear and worry if the perpetrator will repeat his crime again. This fear is experienced because victims find it difficult to trust others, especially those who have been repeatedly and deeply wounded and victimized.

McWilliams (1994) argues that losing the benefits of being an injured individual is used as a justification for demanding an apology and compensation, or even to punish the perpetrator. People who label themselves as victims or people who have been hurt can justify their angry attitudes and behavior, so that they can have power over others. And in the end those who are seen as victims or hurt people can also be an effective tool to generate support and sympathy from others. Because it is not surprising that some people will find it difficult to do forgiveness.

Types of Forgiveness

Zechmeister & Romero (2002), explaining 5 (five) types of forgiveness, are as follows;

- 1) Total Forgiveness
This type of forgiveness involves intrapsychic and interpersonal conditions. The individual who was hurt succeeded in eliminating his negative feelings as well as freeing the

perpetrator from feeling guilty by showing positive emotions, so that the possibility of interpersonal relationships was as it was before the error occurred.

2) True Forgiveness

A conscious choice whereby the individual frees himself from wanting to take revenge for a painful event and replaces it with reconciling responses.

3) Silent Forgiveness

This type of forgiveness, the individual who is hurt succeeds in reducing and even eliminating negative feelings towards the perpetrator, but does not express and express through actions. Thus, the injured individual leaves the perpetrator feeling guilty and the possibility of the injured individual's behavior still gives the impression that the perpetrator is on the guilty party. The individual who is hurt has not been able to show positive behavior.

4) Hollow Forgiveness

Forgiveness is aimed at behavior, but mentally not acknowledging. Individuals still have negative feelings because of the painful events they have experienced, making it difficult to release negative emotions. Forgiveness is motivated by the desire of the injured individual to fulfill his role in social life. And individuals who are hurt are willing to forgive in order to feel morally superior or to be able to control the party who made a mistake.

5) No Forgiveness

There is no forgiveness either interpersonal or intrapsychic. This condition is called the total grudge combination, which means the victim fails to forgive the perpetrator.

Forgiveness Benefits

Chronic anger and hostility are associated with decreased immune function, depression, substance abuse, poor health status (Zechmeister, 2002), high blood pressure and heart problems (Enright, 2001). Lucia (2005) also said that whenever someone feels unforgiving, he becomes more at risk for health problems.

On the other hand, forgiveness can reduce anxiety (anxiety) and depression, and is beneficial for physical health (Enright, 2001). Forgiveness can reduce the risk of heart problems and reduce the hostility and distress a person feels (Lucia, 2005). Forgiveness is also useful as a mechanism of healing and resilience to trauma, forgive people are more likely to have stable romantic and fraternal relationships than unforgive people (Worthington, 1999).

Worthington (2005), health forgiveness provides psychological benefits and is an effective therapy in interventions that free a person from anger and guilt. In addition, it can reduce feelings of anger, depression and anxiety. Fincham (2002), forgiveness in close interpersonal relationships has an influence on happiness and relationship satisfaction. Meanwhile, according to Enright (2001), forgiveness can affect physical and psychological health because with forgiveness a person can release feelings of anger, change destructive thoughts into better thoughts towards those who have hurt them.

Feelings of resentment and hurt feelings in intimate relationships or close relationships with other people can interfere with those relationships. Letting go of displeasure and trying to be forgive is an important thing to maintain closeness and intimate relationships with other people (Corey & Corey, 2006). Konstam (2000), having a healthy physical, emotional and social lead to a happier life, besides being able to improve interpersonal relationships, forgiveness can increase well-being. Based on this description, it can be concluded that the health benefits of forgiveness provide psychological benefits and is an effective therapy in interventions that free a person from anger and guilt. In addition, it can reduce feelings of anger, depression and anxiety.

AN AFFAIR

According to the Big Indonesian Dictionary of 1991, cheating is not straightforward; dishonest; likes to hide things for their own benefit; cheating; oblique. An affair in English is called an affair. In the Oxford Learner's Pocket Dictionary (2003), affair is defined as; Sexual relation between two people, when one of them is married to somebody else. In general, it can be translated that an affair is a sexual relationship between two people where one of them is married to another person.

An affair is a relationship between a married person and another person who is not a legal husband / wife. The relationship can be limited to very close emotional relationships or it can also involve sexual intercourse. Glass & Staeheli and Subotnik & Harris (in Ginanjar, 2009), suggest that there are three components of emotional infidelity, namely; emotional intimacy, secrecy, and sexual chemistry. So even though the relationship that exists is not colored by sexual relations, it still endangers the integrity of the marriage because this relationship can be more important than marriage itself.

Based on these definitions, it can be concluded that an affair is an emotional or sexual relationship between a person who is married to another person outside of their marriage, which is done secretly because it is an act that violates the commitment to their legal partner.

Individual Reasons for Committing an Affair

Ghozally (2005) explains that some people commit adultery to avoid failure, feel unappreciated by their legal partners, experience boredom in their marital life, have opportunities, because of grudge against their legal partners, or because of unsatisfactory sexual problems.

According to Satiadarma (2001), infidelity occurs for several reasons, including;

a. Psychophysical Reasons

Is a physical attachment that is inspiring to approach other people. Starting from the face, body shape, eye gaze, tone of speech, body movements to the way of dress and biological needs, namely always seeking fulfillment, such as eating, drinking, breathing and sex.

b. Social Reasons

It is a cultural problem, namely the influence of past traditions, such as women who give up their husbands to have sexual relations outside of marriage, regardless of their hurt feelings, the influence of differences in social class, religion and habits, economic pressure and the influence of friends.

c. Psychological Reasons

It is a personality problem such as certain urgent needs that cannot be met with a legal partner but have the opportunity to be met from outside the marriage relationship. There is a need for praise, affection, communication, family support, commitment to family togetherness, financial support, honesty and openness, physical appearance, togetherness, and sexual needs. Other psychological reasons are the pressure that inspires the emergence of a surface need, arouses someone to behave in a certain direction in a certain direction, there is a reduction in tension that occurs when someone needs something but it is not obtained. Tension can fade when something is obtained as needed. The psychological dynamics of tension arising from the impulse of the needs they have, play a major role in shaping behavior, so that if it is not met, there can be an effort to find fulfillment of needs elsewhere. And the moral aspect, its relative nature keeps the affair going. As happens in urban communities who view things with various judgments.

Staheli (in Satiadarma, 2001), put forward various reasons put forward by a number of women who cheat about the reasons for their infidelity, such as increased self-confidence when they

are noticed by men, the desire for a wider sexual experience that is not limited by just one partner, a desire to find the emotional closeness that they hope they can get from others, get rid of the loneliness they experience, the desire to get affection, and the excitement that results from an affair relationship that makes them feel younger, which is also an attempt to deny their aging process.

Psychological Impact of Affair

Spring (2006), explains that an affair that occurs will have a psychological impact on the partner who has been betrayed. The psychological impact is; loss of self-identity, loss of self-esteem, loss of self-respect for sacrificing believed values, loss of self-esteem because of failing to realize mistakes that have occurred, losing control over thoughts and feelings, losing feelings of security and justice, losing religious belief and God, lost his attachment to other people or people around him, and lost his purpose and will to live.

When a married couple experiences an affair, they are faced with 2 (two) choices, namely to separate or keep their marriage. Maintaining a marriage means a partner who has been betrayed is willing to do forgiveness and accept his legal partner back. Forgiveness is a process of emotional and cognitive processing of individuals who are hurt by the perpetrator who has committed an offense (in this case, an affair), so that the negative emotions that arise can be changed in the form of positive behavior, hatred and the desire to take revenge against the perpetrator is lost, as well as the desire to maintain a relationship with the person who has hurt him (Gani 2011).

CLOSING

a. Conclusion

According to Ransley & Spy (2004), forgiveness is an active action to repair and continue a harmonious relationship. For couples who experience infidelity in their household, forgiveness in the context of a husband-wife pair is said to be a process that includes the participation or roles of both parties. The guilty individual needs to express deep sorrow and regret for what he has done, and the individual who is hurt needs to open up by expressing his feelings in order to forgive and let go of resentment. This happened in subjects 1, 2, and 3, but their spouses who were having an affair did not show real remorse, they chose to leave their husbands and children.

According to Robert (1998), forgiveness is done deliberately and voluntarily which is driven by satisfaction to forgive. According to Kaminer, Stein, Mganga & Zungu (2000) forgiveness can reduce the intention to take revenge and change negative emotions into positive attitudes. In every event, forgiveness occurs because the person who is hurt wants to be treated and feel a better and happier soul. DiBlasio (1998) defines forgiveness as decision making and a strong willingness to release jealousy and evil feelings towards criminals. In the three research subjects, each of them had their own reasons for doing forgiveness, subject 1 did forgiveness to show their superiority as an individual. Subject 2 did forgiveness because of its commitment to religion which is believed to be an individual who must give forgiveness and in subject 3 the forgiveness that was done was to release jealousy and try to convert negative energy into positive energy.

According to Enright (2001), the stages of forgiveness for victims of betrayal because of infidelity can experience feedback loops and feed-forward loops, jump around irregularly, or even go back through previous stages accompanied by changes in attitude. Enright's opinion occurred in all three subjects, but there were several stages that the subjects did not go through.

The victim's motivation to forgive the perpetrator is based on the consideration of the benefits of forgiveness, namely learning to be sincere and able to accept oneself. The urge to forgive also arises on the basis of an understanding of the teachings of his religion. Forgiveness can improve a person's psychological health and well-being as well as improve interpersonal relationships, especially between victims and perpetrators after a painful event that has a traumatic impact. In this case, the husband as the victim needs to forgive to let go of his anger, hatred, resentment and deep hurt after experiencing a painful event for a long time. The victim's ability to forgive the offender can determine the improvement of health and psychological well-being and rebuild his relationship with the perpetrator in the future. By forgiving, it is hoped that the victim's life will be happier, wiser and wiser in responding to every problem and more able to maintain harmony in the future.

b. Suggestion

- 1) Suggestions for married couples who are victims of infidelity; Although forgiveness is not easy and takes a long time, still believe that forgiveness is the door to a greater power. Forgiveness is actually more beneficial for those who forgive than what is forgiven. Forgiveness is not for others but for the victims themselves.
- 2) Suggestions for the perpetrator who is having an affair;
The act of hurting a partner by betraying an affair will not only harm the partner and family but will also harm oneself. Hurry to apologize because the party who is the victim of the affair will also be reluctant to forgive if the perpetrator does not admit his mistake and changes his behavior. Apologizing reflects the greatness of a person's soul and brings happiness to both parties. Apologizing is not as hard as moving mountains.
- 3) Suggestions for case study research enthusiasts;
 - a) This research requires time to carry out the research so it requires tenacity and patience in conducting the analysis. Adequate or not the research method used depends on how skill level the researcher is in questioning respondents, the questions asked, and the ability to interpret.
 - b) It is necessary to continue the research process and do not let the researcher "lose ties" with the respondent. Meanwhile, from the respondent's point of view, they may no longer be interested in describing their experiences in a comprehensive manner due to the long time span of the study with the cases of infidelity that occurred.
 - c) This study uses respondents with an average age above 40 years and undergraduate educational background and the perpetrator of the affair is a career woman. It is recommended that the next researcher who is interested in the same case use respondents with diverse demographic characteristics.

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