

ABSTRACT

DINA KUSTIANA ARUM SARI (705080158)

Forgiveness in Young Adults who experienced loss of love due to Infidelity in long distance relationship; (Meiske Yunitree Suparman, M.Psi). Psychology studies program, undergraduate degree in Psychology Program, Tarumanagara University. (i-ix, 130 pages, P1-P4, L1-L45)

In a relationship, infidelity is a painful event that creates a feeling of disappointment in pairs and can decrease quality of life. The purpose of this study was to see the description of forgiveness in Young Adults who experienced loss of love due to Infidelity in long distance relationship. Forgiveness is the process of releasing all the negative emotions of a painful event and an effort in making changes or new measures to the healing process. Retrieval of data in studies using mixed methods research design to acquire four of 30 participants who had high scores of forgiveness. Then the researchers included those four people over a span of four months. The results showed that young adults gradually build up the characteristics of forgiveness to face the problems of infidelity in their long distance relationship life after they broke up.

Keywords: Forgiveness, Long distance relationship, Infidelity