

## Forgiveness and Marital Satisfaction among Wives Caused by Infidelity in Marriage

Endah Puspita Sari<sup>1</sup>, Nur Faizah<sup>2</sup>

<sup>1,2</sup> Program Studi Psikologi, Universitas Islam Indonesia, Indonesia

**Abstract:** This study aims to examine the correlation between forgiveness and marital satisfaction among wives caused by infidelity in marriage less than 10 years. There were 52 female participants in this study with wife status and an experience of being cheated on by their husbands in less than 10 years of marriage. Forgiveness was measured using the Transgression Related Interpersonal Motivation 18-item (TRIM-18) scale, while marital satisfaction was measured using the Satisfaction with Married Life (SWML) scale, both adapted to the Indonesian language and culture. The results showed that 1) there was no correlation between revenge motivation and marital satisfaction ( $r = -0.095$ ;  $p = 0.501$ ), 2) there was a negative, significant correlation between avoidance motivation and marital satisfaction ( $r = -0.301$ ;  $p = 0.030$ ), and 3) there was a positive, significant correlation between benevolence motivation and marital satisfaction ( $r = 0.543$ ;  $p = 0.000$ ). The implication is that this study becomes the basis for the development of a forgiveness therapy module for wives as victims of infidelity.

**Keywords:** *forgiveness; infidelity victim wives; marital satisfaction; marital critical phase less than 10 years.*

**Abstrak:** Tujuan dilakukannya penelitian ini adalah untuk mengetahui hubungan antara pemaafan dan kepuasan pernikahan pada istri yang mengalami perselingkuhan di usia pernikahan kurang dari 10 tahun. Partisipan dalam penelitian ini berjumlah 52 responden dengan kriteria berjenis kelamin perempuan yang masih memiliki status sebagai istri dan memiliki pengalaman pernah diselingkuhi oleh suami ketika usia pernikahan kurang dari 10 tahun. Pemaafan diukur dengan menggunakan skala Transgression Related Interpersonal Motivation 18-item (TRIM-18) dan kepuasan pernikahan diukur dengan menggunakan skala Satisfaction with Married Life (SWML) yang keduanya sudah diadaptasi ke dalam bahasa dan budaya Indonesia. Hasil penelitian menunjukkan: 1) tidak ada hubungan antara revenge motivation dan kepuasan pernikahan ( $r = -0.095$ ;  $p = 0.501$ ), 2) ada hubungan negatif dan signifikan antara avoidance motivation dan kepuasan pernikahan ( $r = -0.301$ ;  $p = 0.030$ ), 3) ada hubungan positif dan signifikan antara benevolence motivation dan kepuasan pernikahan ( $r = 0.543$ ;  $p = 0.000$ ). Implikasi penelitian ini sebagai dasar pengembangan modul terapi pemaafan pada istri yang menjadi korban perselingkuhan.

**Kata kunci:** *pemaafan; istri korban perselingkuhan; kepuasan pernikahan; masa kritis pernikahan kurang dari 10 tahun*

corresponding author: Endah Puspita Sari. Program Studi Psikologi, Universitas Islam Indonesia, Indonesia.  
E-mail address: [endah\\_puspita\\_sari@uii.ac.id](mailto:endah_puspita_sari@uii.ac.id)

Submitted  
03-11-2024

Reviewed  
16-12-2024

Revised  
04-01-2025

Accepted  
13-01-2025

Published  
30-01-2025

## Introduction

Every married couple always hopes that their marriage will last and stay happy, but infidelity remains a popular phenomenon in society. According to Muhajarah (2016), infidelity can reduce the meaning of happiness in marriage. Infidelity is also an indicator of disharmony in a couple's relationship (Sa'adah et al., 2012). Infidelity can lead to a decision to divorce (Nugraha & Rahmi, 2021; Amato & Rogers, 1997).

Data from three districts/cities in three different provinces show that infidelity is a trigger for divorce. In January and February 2022, the Religious Court of Bojonegoro Regency administered 568 divorce cases, with 48% of them being caused by infidelity on social media. Looking further into the data, infidelity was experienced by the middle to upper class at 6 to 7 years of marriage, with each person being under 30 years old (Pengadilan Agama Bojonegoro Kelas 1, 2024). Meanwhile, throughout the year 2022, the Religious Court of Bekasi City recorded 5,921 cases of divorce lawsuits due to infidelity. Of this number, there were 3,000 divorce lawsuits filed by the wife on the background that the husband had an affair (Pratama, 2023). In Palembang City, from January to July 2023, there were 1,022 divorce cases due to disputes out of a total of 3,431 cases administered by the Religious Court of Palembang (Haloho & Pratama, 2023).

Hertlein et al. (2005) stated that historically, infidelity was viewed as the violation of a commitment to sexual exclusivity between two individuals who are in a romantic, marital, or committed partnership. However, the definition has broadened in recent times to encompass a variety

of actions. For some individuals, infidelity is defined as engaging in sexual intercourse with someone other than their partner. Others consider actions such as cybersex (or digital sexual exchanges through text), consumption of pornography, different levels of physical intimacy like kissing and holding hands, and even emotional connections with another person that undermine the primary relationship as forms of infidelity.

According to Ginanjar (2009), unpleasant marital conditions, such as communication problems and abundant unfulfilled expectations in marriage, can trigger infidelity. Furthermore, Ginanjar (2009) defines infidelity as a relationship between a married person and another person who is not the legal husband/wife. The relationship that occurs in infidelity can be limited to very close emotional relationships or up to sexual relationships.

Fincham and May (2017) summarize previous studies, stating that the impact of infidelity will be felt by the infidel husband/wife, the spouse, the established marital relationship, and the children. Fincham and May (2017) added that infidelity can lead to anxiety disorders, depressive disorders, and post-traumatic stress disorders. Infidelity can also lead to domestic violence. If the infidelity involves adultery, there is a possibility that the betrayed spouse will contract a sexually transmitted disease, such as HIV.

Based on gender, a study by Wiederman (1997) revealed that men reported being more involved in infidelity than women (22.7% and 11.6%,  $p < 0.00001$ ). From the same data, further calculations to examine gender differences in

infidelity conducted for the previous year showed that there was no difference in gender (4.1% vs 1.7%,  $p < 0.008$ ). However, based on the data previously presented (Pratama, 2023), the participants involved in this are the wives. This is further corroborated by previous studies which also involved wives as the research participants based on the field data (Ridwan et al., 2021; de Fretes et al., 2016; Sa'adah et al., 2012; Ginanjar, 2009).

Previous studies have not shown any specific time related to the time of infidelity. The authors found a related study from Schoebi et al. (2012) study indicate that commitment consistently appeared as a significant predictor of changes in marital satisfaction during the initial four years of marriage and, after controlling for marital satisfaction as a crucial antecedent to marital dissolution over the first 11 years of marriage.

The authors decided to limit it to infidelity that occurred at a marriage age of less than 10 years by referring to the opinion of Walgito (2004) who explains that the first 10 years of marriage (early years of marriage) are the first difficult years to go through because the couple has not been able to anticipate the tension or pressure arising from marriage. It is a period of introduction and adjustment for both sides, in which the married couple makes efforts to get to know each other, complete education or plan a career, plan their first child, and regulate their respective roles in the marital relationship. According to Sarafino (2006), couples who fail to adjust to each other and effectively solve problems will experience prolonged conflicts. Such marital disharmony can trigger infidelity (de Fretes et al., 2016).

Infidelity in a household can occur and is caused by diverse factors. Glass and Wright (1992) state that there are four reasons why somebody commits infidelity. First, sexual reasons, such as the need for sex variety and to feel different pleasures. Second, social contextual reasons, such as the presence of opportunities or separation in distance from the spouse. Third, marital contextual reasons, include boredom and violence against the spouse. Lastly, ego-bolstering reasons, such as feeling young, feeling confident, and having high self-esteem, and the need for recognition.

Any reasons underlying a husband's infidelity are certainly painful for the wife. Ginanjar (2009) summarizes previous studies, stating that infidelity committed by husbands causes psychological wounds to wives and has a long-term impact. Such negative feelings as anger, sadness, disappointment, worthlessness, hatred, and betrayal are deeply felt by the wife. Wives also become easily suspicious and curious about whatever their husbands do. It is common for wives to think about divorcing their husbands when they first find out about the infidelity.

Although feelings of hurt arise, previous qualitative studies have shown that there is forgiveness from the wives whose husbands have cheated, with various accompanying dynamics (Anisa & Rahmasari, 2021; de Fretes et al., 2016; Sa'adah et al., 2012). These findings are corroborated by Hertlein et al. (2005) as women have a greater tendency to enjoy interpersonal intimacy with their spouse. Even when faced with a stressful situation due to the husband's infidelity, the wife will seek and make any effort to maintain the marital relationship. Furthermore, Sa'adah et al.

(2012) as well as Steven and Sukmaningrum (2018) argue that forgiveness is one of the efforts made by wives to preserve their marriage.

According to McCullough et al. (1997), forgiveness is a motivational change; in which an individual replaces such negative responses as avoidance or revenge with constructive behavior. Other experts, Gordon and Baucom (1999), explain that, in the context of infidelity, forgiveness does not require the victim to understand or accept the infidelity committed by the spouse, and does not mean that the spouse must reconcile. The purpose of forgiveness for the victim is to have a more balanced view of the spouse and his behavior, thus decreasing negative affect towards the spouse and increasing such positive affect as empathy.

Previous studies have shown that there is a correlation between forgiveness and marital satisfaction (Orathinkal & Vansteenwegen, 2006; Paleari et al., 2005). The results of a study by Gordon et al. (2009) show that forgiveness is significantly correlated with marital satisfaction in marriages with betrayal. Stack and Eshleman (1998) emphasize the importance of investigating marital satisfaction since marital satisfaction is central to the well-being of individuals and families. A prosperous family will lead to a prosperous society.

Based on the explanation, this study aims to examine the correlation between forgiveness and marital satisfaction. The variables used in this study are the same as in Fincham and Beach's (2007). However, this study is different from Fincham and Beach's (2007) study in that this study is a longitudinal study with a 12-month interval between

the first and second data collection periods. Besides that, the scale used in Fincham and Beach's (2007) research was the Marital Adjustment Test to measure marital satisfaction and asked open questions to measure forgiveness. In Fincham and Beach's (2007) study, the forgiveness scores were obtained by summing the responses. In this study, marital satisfaction was measured using the Satisfaction with Married Life (SWML) Scale, while forgiveness was measured using Transgression Related Interpersonal Motivation (TRIM-18). TRIM-18 comprises three dimensions, namely revenge motivation, avoidance motivation, and benevolence motivation. In this study, each dimension will be measured separately to find out how forgiveness and unforgiveness (avoidance motivation and revenge motivation) relate to marital satisfaction.

This study involved wives who were victims of infidelity as the research participants. The topic of infidelity has been researched by using qualitative research methods with a limited number of participants (Anisa & Rahmasari, 2021; Steven & Sukmaningrum, 2018; de Fretes et al., 2016; Sa'adah et al., 2012; Ginanjar, 2009) while this study used a quantitative method.

## **Method**

The authors used quantitative research by involving marital satisfaction as a dependent variable and forgiveness as an independent variable. The data analysis was carried out with IBM SPSS Statistics for Windows.

### **Participants**

The criteria for the participants in this study were women who 1) still had wife status in a marital relationship and 2) had an experience of being

cheated on by the husband when the marriage age was less than 10 years. Determining when infidelity occurs less than 10 years of marriage is based on the findings of previous studies and expert opinion. Scheeren et al. (2018) from their study found that the participants' first infidelity mostly occurred in the first 5 years of marriage and decreased after 15 years of marriage. Schoebi et al. (2012) found that couples who were committed to maintaining the continuity of their marriage in the first 4 years were able to maintain their marriage for more than 11 years. Besides that, Walgito's (2004) opinion is that the first 10 years of marriage are a period of marital crisis and require adaptation from the couple to be able to get through these crises and maintain their marriage.

#### Measures

The marital satisfaction was measured using the Satisfaction with Married Life (SWML) scale from Ward et al. (2009). The SWML scale is a modification of the Satisfaction with Life Scale (SWLS) developed by Diener et al. (1985). Then, Surijah and Prakasa (2020) adapted this scale to the language and culture in Indonesia. Satisfaction with Married Life (SWML) is a unidimensional scale that measures only one construct: marital satisfaction. This scale consists of 5 items, all of which are favorable. In each statement, respondents are asked to give scores that range from 1 (Strongly Disagree) to 7 (Strongly Agree).

From the reliability testing, the Cronbach's alpha coefficient obtained was 0.958. The SWML Scale factor analysis yielded a single factor which could explain 86% of the variance on the scale. The factor loading ranged from 0.887 to 0.957 (Ward et al., 2009). Meanwhile, Surijah and Prakasa (2020), in their study, obtained a Cronbach's alpha

coefficient of 0.822 and a total item correlation between 0.520 and 0.785. The score of the SWML scale was obtained by totaling all the items, resulting in a marital satisfaction score ranging from 5 to 35. Participants with a high score indicate that they have greater marital satisfaction.

The forgiveness was measured using the 18-item Transgression Related Interpersonal Motivation (TRIM-18) scale from McCullough et al. (2006). Initially, the Transgression Related Interpersonal Motivation (TRIM) scale had 12 items, with 5 items in the revenge motivation dimension and 7 items in the avoidance motivation dimension (McCullough et al., 1998). McCullough et al. (2006) then added one dimension of motivation, namely benevolence motivation with 6 items, resulting in 18 items on the TRIM scale. TRIM-18 has been validated by Agung (2015). Therefore, the TRIM-18 adapted to the Indonesian language and culture has 17 items. The 17 items consist of 12 unfavorable items (7 items of avoidance motivation and 5 items of revenge motivation) and 5 favorable items (benevolence motivation). The reliability value per dimension is 0.81 (avoidance motivation), 0.72 (revenge motivation), and 0.79 (benevolence motivation).

Agung (2015) shows that the confirmatory factor analysis results in 3 factors. This indicates that the forgiveness construct is multidimensional. The score per dimension is obtained by totaling the scores obtained on each dimension. The score of the favorable items ranges from 1 (Strongly Disagree) to 5 (Strongly Agree). Meanwhile, the scoring for the unfavorable items is reversed.

## Results

The data collection was carried out online and offline. The online data collection used the snowball sampling method while the offline data collection was done by visiting the homes of prospective participants by the research criteria. 41 participants completed the online questionnaire, whereas the offline questionnaire was completed by

15 wives. From the data checks, it was found that 4 participants who filled out the offline questionnaire did not complete the identity data and did not answer one of the items on the scale. The total number of participants was 52 wives. The full description of the research participants is summarized in Table 1.

Table 1.  
Description of the research participants (n=52)

|                    | Category           | Frequency | Percentage (%) |
|--------------------|--------------------|-----------|----------------|
| Age                | 25 – 29 years old  | 26        | 50.0           |
|                    | 30 – 34 years old  | 21        | 40.38          |
|                    | 35 – 39 years old  | 4         | 7.69           |
|                    | 40 – 44 years old  | 1         | 1.92           |
| Education          | Junior High School | 12        | 23.08          |
|                    | Senior High School | 29        | 55.77          |
|                    | 1-3 year diploma   | 1         | 1.92           |
|                    | Undergraduate      | 10        | 19.23          |
| Number of children | Do not have yet    | 6         | 11.54          |
|                    | 1                  | 14        | 26.92          |
|                    | 2                  | 21        | 40.38          |
|                    | 3                  | 7         | 13.46          |
|                    | 4                  | 4         | 7.70           |

According to Table 1, 26 participants (50.0%) belong to the age range of 25 - 29 years. A total of 29 participants (55.77%) completed their senior high school/vocational education, and 21 participants (40.38%) had 2 children.

In addition, a categorization of the marital satisfaction variable was carried out, resulting in 9 participants being in the category of low marital satisfaction. There were 15 participants in the category of moderate marital satisfaction, and the remaining 28 participants belonged to the high marital satisfaction category. The results of this categorization show that more than half of the participants (53.8%) had high marital satisfaction.

The normality test was based on the Kolmogorov-Smirnov test. Data is normally distributed if the significance value is  $p > 0.05$ . The

results of the normality test for avoidance motivation ( $p = 0.200$ ), benevolence motivation ( $p = 0.128$ ), and marital satisfaction ( $p = 0.07$ ) are data normally distributed. Therefore data for revenge motivation indicated not normally distributed ( $p = 0.018$ ;  $p < 0.05$ ).

The linearity test was based on the value of significance deviation from linearity. If the value  $> 0.05$ , then it can be concluded that there is a linear relationship between the independent variable and the dependent variable. The linearity test results indicate that there was a non-linear correlation between avoidance motivation and marital satisfaction (significance deviation from linearity = 0.014;  $< 0.05$ ). However, the result of revenge motivation and marital satisfaction was linear (significance from linearity = 0.114;  $> 0.05$ )

as well as benevolence motivation and marital satisfaction was linear (significance from linearity = 0.980; > 0.05).

The correlation test conducted using Spearman's Rho found that 1) the correlation between revenge motivation and marital satisfaction was not significant ( $r = -0.095$ ;  $p = 0.501$ ), 2) there was a negative, significant correlation between avoidance motivation and marital satisfaction ( $r = -0.501$ ;  $p = 0.030$ ), and 3) there was a positive, significant correlation between benevolence motivation and marital satisfaction ( $r = 0.543$ ;  $p = 0.000$ ).

## Discussion

The results of this study align with the results obtained by Gordon et al. (2009). Gordon et al., (2009) study used a two-dimensional forgiveness instrument (positive and negative) developed by Gordon et al. (2009). The negative dimension of forgiveness measures anxiety about the relationship, emotional dysregulation, and desire to punish the infidel spouse. A high score in this dimension indicates a high desire for revenge as well as avoiding the infidel spouse. The results of the study by Gordon et al. (2009) show that the negative dimension of forgiveness is negatively and significantly correlated with marital satisfaction. The positive dimension of forgiveness measures the victim's understanding and the victim's lack of desire to blame the infidel spouse. A high score on the positive dimension indicates forgiveness and relational functioning. Gordon et al. (2009) found that the positive dimension of forgiveness is positively and significantly correlated with marital satisfaction.

According to Gordon et al. (2009), the dynamics that occur are that the negative dimension of forgiveness has an impact on marital satisfaction through marital conflict. The negative dimension in the form of negative emotions and negative perceptions of the spouse triggered by infidelity increases more significant conflicts in the marriage, thereby decreasing marital satisfaction.

The tendency of individuals to sustain negative emotions and perceptions toward their spouses affects their inaccurate assessment of the interactions they build with their spouses. In addition, negative perceptions of the spouse lead to a decline in dyadic trust, reducing marital satisfaction. Conversely, the increased desire to forgive enhances the likelihood of relational functioning as conflicts diminish and trust improves.

The findings of this study also align with those of the previous study of Deviana et al. (2021) which was conducted using a qualitative approach. Both participants experienced negative feelings such as disappointment, hurt, anger, and resentment towards their husbands. Negative cognition (labeling) also emerged, perceiving their husbands as irresponsible individuals. Finally, these feelings and cognition manifested in negative behaviors, including both verbal and nonverbal aggression directed at their husbands. Both participants sought out their husbands' affairs as a response to their disappointment and hurt towards their husbands. One of the participants even employed a spy to monitor her husband's affair, reflecting a lack of trust.

A study by Bono et al. (2008) reveals that avoidance motivation negatively and significantly correlates with well-being. Likewise, benevolence motivation is positively and significantly correlated with well-being. The well-being in the study was measured by using the Satisfaction with Life Scale (SWLS). SWLS is a cognitive measure of subjective well-being (Diener, 1994). In the context of marriage, Fowers and Owenz (2010) state that marital satisfaction is a measure of marriage in terms of well-being that is subjective.

## Conclusion

The results of data analysis in this study show that 1) there was no correlation between the revenge motivation dimension and marital satisfaction, 2) there was a negative, significant correlation between avoidance motivation and marital satisfaction, and 3) there was a positive, significant correlation between benevolence

motivation and marital satisfaction among the wives who became victims of infidelity in the first 10 years of marriage. This indicates that the higher the avoidance motivation from the wives who became victims of infidelity in the first 10 years of marriage, the lower the marital satisfaction, and vice versa. In addition, the more forgiveness from the wives who became victims of infidelity in the first 10 years of marriage, the higher the marital satisfaction they had, and vice versa.

The results of this study have implications for clinical psychology, both theoretically and practically. Theoretically, future researchers can improve the limitations in this study where there was one question missing about the demographic data of the participants, specifically a question about the marriage that the participants were currently having (the first marriage or not the first marriage/remarriage). Therefore, future research opportunities to avoid bias can be created, first, by limiting the research participants involved to those who are having their first marriage. Second, future researchers can opt to give freedom to the participants engaged while asking open-ended questions in the demographic information section. With information about the marriage that the participants are currently having, future researchers can compare forgiveness about marital satisfaction between the group of participants with the first marriage and that of the participants with remarriage. In addition, future researchers can increase the number of participants with more diverse demographic characteristics to obtain more generalized conclusions. Practically, the results of this study can be followed up by future researchers as they develop a forgiveness intervention module for wives who become victims of infidelity in the critical phase of marriage.

## References

- Agung, I. M. (2015). Pengembangan dan validasi pengukuran skala pemaafan TRIM-18. *Jurnal Psikologi*, 11(2), 79–87. <https://doi.org/http://dx.doi.org/10.24014/jp.v11i2.1558>
- Amato, P. R., & Rogers, S. J. (1997). A longitudinal study of marital problems and subsequent divorce. *Journal of Marriage and Family*, 59(3), 612–624.
- Anisa, A., & Rahmasari, D. (2021). Forgiveness pada istri korban perselingkuhan yang mempertahankan pernikahan. *Character: Jurnal Penelitian Psikologi*, 08(07), 180–193.
- Bono, G., McCullough, M. E., & Root, L. M. (2008). Forgiveness, feeling connected to others, and well-being: Two longitudinal studies. *Personality and Social Psychology Bulletin*, 34(2), 182–195. <https://doi.org/10.1177/0146167207310025>
- de Fretes, M., Nancy, M. N., & Anggraini, S. (2016). Wife's forgiveness for husband's affair's (Qualitative study of woman as victims of husband's affairs in Maumere). *Seminar Asean 2nd Psychology & Humanity, Psychology Forum UMM*, 592–599.
- Deviana, R., Yuliadi, I., & Agustina, L. S. S. (2021). Pemaafan pada perempuan korban perselingkuhan dalam hubungan perkawinan. *Jurnal Ilmiah Psikologi Candrajawa*, 6(2), 104–114. <https://doi.org/10.20961/jip.v6i2.55791>
- Diener, E. (1994). Assessing subjective well-being: Progress and opportunities. *Social Indicators Research*, 31, 103–157. <https://doi.org/10.1007/BF01207052>
- Diener, E., Emmons, R. A., Larsen, R. J., & Griffin, S. (1985). The Satisfaction With Life Scale. *Journal of Personality Assessment*, 49(1), 71–75. <https://doi.org/10.1093/brain/84.1.1>
- Fincham, F. D., & Beach, S. R. H. (2007). Forgiveness and marital quality: Precursor or consequence in well-established relationships? *Journal of Positive Psychology*, 2(4), 260–268. <https://doi.org/10.1080/17439760701552360>
- Fincham, F. D., & May, R. W. (2017). Infidelity in romantic relationships. *Current Opinion in Psychology*, 13, 70–74. <https://doi.org/10.1016/j.copsyc.2016.03.008>
- Fowers, B. J., & Owenz, M. B. (2010). A eudaimonic theory of marital quality. *Journal of Family Theory & Review*, 2, 334–352. <https://doi.org/10.1111/j.1756-2589.2010.00065.x>
- Ginanjar, A. S. (2009). The wives' healing process in the aftermath of infidelity. *Makara Human Behavior Studies in Asia*, 13(1), 66–76. <https://doi.org/10.7454/mssh.v13i1.221>
- Glass, S. P., & Wright, T. L. (1992). Justifications for extramarital relationships: The association between attitudes, behaviors, and gender. *The*

- Journal of Sex Research, 29(3), 361–387.  
<https://doi.org/10.1080/00224499209551654>
- Gordon, K. C., & Baucom, D. H. (1999). A multitheoretical intervention for promoting recovery from extramarital affairs. *Clinical Psychology: Science and Practice*, 6(4), 382–399.  
<https://doi.org/10.1093/clipsy.6.4.382>
- Gordon, K. C., Hughes, F. M., Tomcik, N. D., Dixon, L. J., & Litzinger, S. C. (2009). Widening spheres of impact: The role of forgiveness in marital and family functioning. *Journal of Family Psychology*, 23(1), 1–13. <https://doi.org/10.1037/a0014354>
- Hertlein, K. M., Wetchler, J. L., & Piercy, F. P. (2005). Infidelity: An overview. *Journal of Couple & Relationship Therapy: Innovations in Clinical and Educational Interventions*, 4(3), 5–16.  
[https://doi.org/http://dx.doi.org/10.1300/J398v04n02\\_02](https://doi.org/http://dx.doi.org/10.1300/J398v04n02_02)
- McCullough, M. E., Rachal, K. C., Sandage, S. J., Worthington, E. L., Brown, S. W., & Hight, T. L. (1998). Interpersonal forgiving in close relationships: II. Theoretical elaboration and measurement. *Journal of Personality and Social Psychology*, 75(6), 1586–1603.
- McCullough, M. E., Root, L. M., & Cohen, A. D. (2006). Writing about the benefits of an interpersonal transgression facilitates forgiveness. *Journal of Consulting and Clinical Psychology*, 74(5), 887–897. <https://doi.org/10.1037/0022-006X.74.5.887>
- McCullough, M. E., Worthington, E. L., & Rachal, K. C. (1997). Interpersonal forgiving in close relationship. *Journal of Personality and Social Psychology*, 73(2), 321–336.
- Muhajarah, K. (2016). Perselingkuhan suami terhadap istri dan upaya penanganannya. *Sawwa: Jurnal Studi Gender*, 12(1), 23–40.  
<https://doi.org/10.21580/sa.v12i1.1466>
- Nugraha, A. C. W., & Rahmi, H. (2021). Dinamika resiliensi pada istri yang menjadi korban perselingkuhan suami. *Jurnal Kajian Ilmiah*, 21(1), 85–100. <https://doi.org/10.31599/jki.v21i1.374>
- Orathinkal, J., & Vansteenwegen, A. (2006). The effect of forgiveness on marital satisfaction in relation to marital stability. *Contemporary Family Therapy*, 28, 251–260. <https://doi.org/10.1007/s10591-006-9006-y>
- Pratama (2023, January 11). Kasus perceraian awal tahun 2023 meningkat, banyak masalah perselingkuhan di Bekasi. GoBekasi.  
<https://gobekasi.id/2023/01/11/kasus-perceraian-awal-tahun-2023-meningkat-banyak-masalah-perselingkuhan-di-bekasi/>
- Paleari, F. G., Regalia, C., & Fincham, F. D. (2005). Marital quality, forgiveness, empathy, and rumination: A longitudinal analysis. *Personality and Social Psychology Bulletin*, 31(3), 368–378.  
<https://doi.org/10.1177/0146167204271597>
- Ridwan, I. A., Khumas, A., & Zainuddin, K. (2021). Ketidakpercayaan istri pasca perselingkuhan suami. *Pinisi: Journal of Art, Humanity, and Social Studies*, 1(4), 108–115.
- Sa'adah, E. M., Sakti, H., & Sakti, D. V. (2012). The wife's forgiveness toward husband's infidelity. *Jurnal Psikologi Empati*, 1(1), 106–119.
- Sarafino, E. P. (2006). *Health psychology: Biopsychosocial interactions* (5th ed.). John Wiley & Sons, Inc.
- Scheeren, P., de Apellániz, I. de A. M., & Wagner, A. (2018). Marital infidelity: The experience of men and women. *Trends in Psychology / Temas Em Psicología*, 26(1), 371–385.  
<https://doi.org/10.9788/TP2018.1-14En>
- Schoebi, D., Karney, B. R., & Bradbury, T. N. (2012). Stability and change in the first 10 years of marriage: Does commitment confer benefits beyond the effects of satisfaction? *Journal of Personality and Social Psychology*, 102(4), 729–742. <https://doi.org/10.1037/a0026290>
- Stack, S., & Eshleman, J. R. (1998). Marital status and happiness: A 17-nation study. *Journal of Marriage and Family*, 60(2), 527–536.  
<https://doi.org/10.2307/353867>
- Steven, Y., & Sukmaningrum, E. (2018). Pemaafan pada istri dewasa muda yang suaminya pernah berselingkuh. *Jurnal Psikologi Ulayat*, 5(1), 1–27.  
<https://doi.org/10.24854/jpu12018-72>
- Surijah, E. A., & Prakasa, D. Y. (2020). Kepuasan pernikahan dan bias harapan sosial (Marital satisfaction and social desirability bias). *Mind Set*, 11(1), 14–25.
- Walgito, B. (2004). *Bimbingan dan konseling perkawinan*. Andi Offset.
- Ward, P. J., Lundberg, N. R., Zabriskie, R. B., & Berrett, K. (2009). Measuring marital satisfaction: A comparison of the Revised Dyadic Adjustment Scale and the Satisfaction with Married Life Scale. *Marriage and Family Review*, 45(4), 412–429.  
<https://doi.org/10.1080/01494920902828219>

Wiederman, M. W. (1997). Extramarital sex: Prevalence and correlates in a national survey. *The Journal of Sex*

Research, 34(2), 167–174.  
<https://doi.org/10.1080/00224499709551881>