

## **EFEKTIVITAS TERAPI PEMAAFAN DALAM MENINGKATKAN KESEHATAN MENTAL**

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### **ABSTRAK**

Kesehatan mental adalah hal yang sangat penting bagi individu sama seperti kesehatan fisik pada umumnya. Namun permasalahan kesehatan mental masih banyak terjadi di berbagai negara termasuk Indonesia. Kesehatan mental yang terganggu dapat memberikan dampak negatif bagi individu yang mengalaminya. Penanganan yang dapat dilakukan dalam mengatasi permasalahan kesehatan mental serta meningkatkan kesehatan mental itu sendiri dapat dilakukan salah satunya melalui terapi pemaafan. Tujuan dari penelitian ini adalah memperoleh pengetahuan dan mengkaji terkait peran dari terapi pemaafan sebagai upaya dalam meningkatkan kesehatan mental. Metode yang digunakan dalam penelitian ini adalah *literature review* dengan membahas teori dan berbagai hasil penelitian sebelumnya mengenai terapi pemaafan dalam manfaatnya dalam meningkatkan kesehatan mental yang kemudian disimpulkan oleh peneliti. Pembahasan dalam penelitian ini mengenai urgensi dalam kesehatan mental, terapi pemaafan serta terapi pemaafan dengan pendekatan islam.

***Kata Kunci: Terapi Pemaafan, Kesehatan Mental, Literature Review***

### **ABSTRACT**

Mental health is as important to individuals as physical health in general. However, mental health problems still occur in many countries, including Indonesia. Impaired mental health can have a negative impact on individuals who experience it. Handling that can be done in overcoming mental health problems and improving mental health itself can be done one of them through forgiveness therapy. The purpose of this study was to gain knowledge and examine the role of forgiveness therapy as an effort to improve mental health. The method used in this study is a literature review by discussing the theory and various previous research results regarding forgiveness therapy in its benefits in improving mental health which the researchers then concluded. The discussion in this study is about the urgency in mental health, forgiveness therapy and forgiveness therapy with an Islamic approach.

***Keywords: Forgiveness Therapy, Mental Health, Literature Review***

Mental health is as important to individuals as physical health in general. When individuals have good mental health, other aspects of life within them will work more optimally. According to WHO (2022) mental health is a state of mental well-being that enables people to cope with the pressures of life, realize their abilities, study well and work well, and contribute to their communities. However, mental health problems still occur in many countries, including Indonesia. Disturbed mental health can have a negative impact on individuals who experience it, such as disruption of life functions, especially in an effort to adjust to the problems that arise. Putri, et al (2015) explained that an individual's inability to solve existing problems can cause excessive stress, making the Individual's mental health more vulnerable and eventually being diagnosed with a mental health disorder.

According to the records of Basic Health Research (Riskesdas) of the Ministry of Health of the Republic of Indonesia (2018), the prevalence of emotional disorders in people aged 15 years and over has increased from 6% in 2013 to 9.8% in 2018. Later reported on the kemenkes.co.id mental health is a state of mental well-being that enables people to overcome the pressures of life, realize their abilities, study well and work well, and contribute to their communities and drugs Dr. Celestinus Eigya Munthe Director of Prevention and Control of Mental Health Problems explained related to the problem is the high prevalence of people with mental disorders where currently Indonesia has a prevalence of people with mental disorders of around 1 in 5 of the population, meaning that around 20% of the population in Indonesia has the potential for mental disorders. According to the calculation of the disease burden in 2017, there are types of mental disorders that are predicted to be experienced by people in Indonesia including anxiety disorders, depression, bipolar, schizophrenia, autism, behavioral disorders, ADHD, and intellectual disabilities. in the past three decades (1990-2017) there has been a change in the pattern of mental illness where DALYs have increased such as bipolar, schizophrenia, autism and eating disorders. Depressive disorders have remained in first place in three decades (InfoDATIN, 2019).

Seeing the number of people with mental disorders, which are not small, especially in Indonesia, this should be a concern with the availability of appropriate treatment (Putri, et al, 2015). Handlers to deal with mental health problems can use various methods such as psychotherapy, psychoeducation, as well as certain training such as religious coping training to improve psychological well-being in patients with type 2 diabetes mellitus (Yuliasari, et al,2018). Yuliatun & Megawati (2021) explain that efforts made to improve individual mental health are often hindered by mistakes that have been made by themselves and others. these incidents can occur due to natural

disasters, experiencing illness, contracting sexually transmitted diseases, violent trauma, aggressiveness, cyberbullying, betrayal and many more.

Through various interventions, forgiveness is one of the interventions that can relieve feelings of guilt, revenge on oneself and others. According to McCullough & Fincham (2003) forgiveness is a form of attitude of someone who was hurt in their past with the aim of not retaliating against the perpetrator and instead wanting to gain peace in life and do good to the perpetrator, even though that person has hurt the individual. In research conducted by Yuliatun & Megawati (2021) it was concluded that forgiveness therapy is effective for dealing with various mental health problems, some of which are improving the psychological well-being of women victims of sexual harassment, reducing anxiety, depression and symptoms of post-traumatic stress in women after a partner's emotional abuse .

Based on the explanation above, the authors aim to conduct a literature review to gain knowledge and examine the role of forgiveness therapy as an effort to improve mental health, so that individuals can optimize and improve their own mental health.

### Methods

In this study the method used was literature review which is an explicit, systematic and reproducible method for identifying, evaluating and synthesizing research results and thoughts from researchers and practitioners. The journals used in the literature review were obtained from the database of journal providers, namely Proquest, ResearchGate. ScienceDirect, Google Scholar. The author uses the keywords "Forgiveness Therapy", "Mental Health" and "forgiveness therapy in Islam" in searching for appropriate journals. Then the author obtained 8 journals that were in accordance with the objectives of the discussion carried out by the author.

### Result

An explanation of some of the results of previous studies can be seen in the following table:

Author (year)	Title	Dependent Variable	Subject	Method	Result
<b>Forgiveness Therapy</b>					
Oktaviana, (2022)	Forgiveness Therapy for Losing	Anxiety	Adolescent Victims of Violence.	Quasi Experiment	The results of this study, among others, show that

	Anxiety Level of Adolescent Victims of Violence.				forgiveness therapy is effective in reducing anxiety in adolescent victims of violence
Praptomojati, A. (2022).	Increasing the Psychological Well-being of Female convicts through Forgiveness Therapy	Psychological Well-being	Female convicts	Quasi Experiment	The results of this study explain that forgiveness therapy can improve psychological well-being of female convicts.
Amiri, F., Moslemifar, M., Showani, E., & Panahi, A. (2020).	Effectiveness of Forgiveness Therapy in Treatment Of Symptoms Of Depression, Anxiety, and Anger Among Female Students With Love Trauma Syndrome	Depressive symptoms, anxiety and anger	Female Students With Love Trauma Syndrome	Quasi Experiment	The results of this study explain that forgiveness therapy can be an effective intervention for individuals struggling with negative outcomes from termination of romantic relationships and can be implemented in situations where the individual has feelings of injustice, anger, and unforgiveness
Zuanny, I., & Subandi (2016).	Forgiveness Therapy to Increase the Meaning of Life of Correctional	the meaning of life	Female convicts	Quasi Experiment	This research has results namely forgiveness therapy is effective for

	Families in Correctional Institutions				increasing the meaningfulness of life in female prisoners after being given therapy
Yuliatun, I., & Megawati, P. (2021).	Forgiveness Therapy To Improve Individual Mental Health: Literature Study	Mental Health -		Literature Review	This study concluded that forgiveness therapy is effective for dealing with various mental health problems.

**Forgiveness Therapy with an Islamic Approach**

Kiani, F., Mirmahale, S., Saberyan, E., Khodabakhs h, M. (2016).	Effectiveness of Forgiveness Therapy Based on Islamic ViewPoint on Marital Adjustment and Tendency to Forgive in Women Afflicted by Infidelity	Willingness to forgive and marital adjustment	Women victim of husband's affair	Quasi experiment with test-retest and group control	In this study, the results were obtained that forgiveness therapy with an Islamic approach had a significant effect on increasing the willingness to forgive and marital adjustment in women who experienced an affair.
Firmansyah, O., Bashori, K., Hayati, E. (2019).	the effect of forgiveness therapy with dhikr to increase self-acceptance in people with hiv/aids (odha)	Self-acceptance	People with hiv/aids (odha)	Pre-Eksperimen	The results of this study found that forgiveness therapy with dhikr is effective in increasing self-acceptance in people with HIV/AIDS.
Noviyanty, H., Ismail, Z., Hamjah S., & Mohammad,	Spiritual Psychotherapy and Mental Health: The Forgiveness	Spiritual Well-Being	Drug Addicts With Depression Disorders	Descriptive Qualitative	this descriptive study shows that forgiveness therapy has a

A. (2022)	Therapy in Achieving Spiritual Well-Being of Drug Addicts With Depression Disorders	positive value for improving the spiritual well-being of drug addicts who suffer from depression
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## Discussion

### Forgiveness Therapy

Forgiveness can be used as a way to improve mental health in individuals. According to Davis & Diener (2016) forgiveness is an altruistic decision that releases thoughts of revenge, avoidance, and guilt by replacing feelings of anger, betrayal, fear, and hurt with prosocial emotions. Thompson et al; Firmansyah, et al (2019) explained that forgiveness is significantly and positively associated with coping strategies of acceptance, positive reinterpretation, and this is significantly and negatively associated with coping strategies of denial and behavioral disengagement. This indicates that forgiveness can be a coping method that allows people to divert their attention from adverse life experiences and to aspects of their lives that are more satisfying. Forgiveness itself can affect individuals in their behavior so that later their hearts are open to doing good, love, and beauty (Satrio & Muhid, 2021). Nihayah, et al (2021) explain that according to psychologists, individual life will be happier and more meaningful when these individuals can develop their positive side to the fullest. The positive side is positive emotions and a wise personality and good at being grateful and forgiving.

In the results of previous research, namely by Oktaviana (2022) explained that forgiveness therapy is effective in reducing anxiety in young victims of violence with a very high effect size. McCullough & Fincham (2003) explained that forgiving makes a person motivated not to seek revenge and reduces the urge to maintain feelings of hatred for those who hurt. The feeling that arises because of the pain from perpetrator makes the individual feel like taking revenge, disappointed and does not want to forgive. However, after being given forgiveness therapy, the individual will understand more about the two points of view where then a feeling of self-worth begins to emerge which begins to foster a new positive spirit in the individual. This enthusiasm can reduce anxiety and reduce the desire for revenge (Oktaviana, 2022).

Then research by Prptomojati, et al (2022) concluded that forgiveness therapy can improve the psychological well-being of female convicts. Strelan and Covic (2006); Subandi (2022) explains

that forgiveness is an active coping strategy to be able to regulate emotions and cognition because stressful situations can be related to oneself, other people, or conditions that cannot be controlled. When there is an adaptive form of coping, it will be able to overcome the emotional problems that are felt and lead to a better state of psychological well-being. Menahem & Love (2013) explained that forgiveness will be able to facilitate the healing process of wounds through a process of reassessing experiences experienced so as to be able to provide peace to oneself or others. This means that individuals will not be trapped in the emotional wounds they experience, but can try to take an active part in achieving a more prosperous and healthy psychological state.

In research conducted by Amir, et al (2020) explained that forgiveness therapy is effective in reducing symptoms of anxiety, depression and anger for individuals who are struggling with the negative results of breaking a romantic relationship. Amir, et al (2020) explained that it can be said that people with love trauma are trapped in a state of unforgiveness. They experience anger, sadness, and disappointment and use defense mechanisms to endure the pain, avoid thoughts and events that remind the offender, and sometimes have a desire to retaliate out of rumination and anger. However, this strategy is not efficient enough to eliminate the pain and suffering caused by heartbreak. Forgiveness therapy is a specific type of therapy that has received considerable attention because of its promising effect in helping people overcome interpersonal anxiety, especially in reducing negative emotions, such as anger, anxiety, and guilt. In forgiveness therapy, the individual releases herself from the victimization trap through empathy and reframing strategies and, in the end, he achieves the creation of new meanings and identities in life.

In research conducted by Zuanny & Subandi (2016) the results showed that forgiveness therapy was effective for convicts in correctional institutions at WBP increasing the meaning of life. One of the discussions in this study explained that through forgiveness therapy, some respondents realized that the conditions that occurred were caused by negative emotions and thoughts that were pent up and could not be managed, so they wanted to minimize them so that the body's functioning would be optimal. Through forgiveness therapy, individuals, especially those who have problems in their lives, both in terms of emotions, thoughts and behavior as well as feelings of guilt to themselves and others, will be more able to forgive and be able to find meaning in their lives.

Furthermore, the research conducted by Yuliatun & Megawati (2021) concluded that forgiveness therapy is effective for dealing with various mental health problems. Similar to the literature review conducted by the author, Yuliatun & Megawati (2021) also discusses the various benefits of forgiveness therapy for individual mental health, some of which are useful for improving

the psychological well-being of women victims of sexual harassment, reducing anxiety, depression and symptoms post-traumatic stress in women after partner emotional abuse, can increase self-acceptance in breast cancer sufferers, increase self-esteem in drug addicts.

### **Forgiveness Therapy with an Islamic Approach**

There is research on forgiveness therapy with an Islamic approach that is used to improve mental health. Forgiveness is a peaceful experience in existing events (Rusdi & Subandi, 2019). Forgiveness itself in Islam comes from the word Al-afw which means leaving and seeking / demanding something. The word Al-'afw is repeated in the Al-Quran 34 times and 7 times it talks about forgiveness, this shows that the morality of forgiving each other is the most important thing in Muslim life. Forgiveness is one of the characteristics of an individual who fears Allah as explained in the Al-Quran letter Ali-Imran: 134 where the verse describes the attitude of a pious Muslim who will face someone who has wronged him in three ways, namely holding back anger, forgiving and doing good to anyone who wronged him (Khasan, 2017).

According to Powel, forgiveness in the Qur'an is divided into two categories, namely the nature of Allah SWT as the Most Forgiving One and at the same time an order for His servants to forgive one another, either for the good of humans or to obtain His mercy (Saputro & Nasori, 2017). In Uyun's research, et al (2019) explained that Islamic tradition states that maintaining healthy relationships with other people and God is the most important. In Islam, any conflict occurs between a person and God or a person and another person is sin. Committing such a sin triggers both harmful emotions and psychological distress. This has a number of adverse effects on a person's mental well-being. Islamic therapy has proven to be more effective for Muslim clients in treating grief, depression and anxiety, especially when paired with prayers and recitations.

Through research from Kiani, et al (2016) the results were obtained that forgiveness therapy from an Islamic perspective proved to have a significant effect on increasing the willingness to forgive and marital adjustment in women who experienced cheating on their husbands. In this study it was explained that couples who do not have sufficient skills to deal with and forgive conflicts may give up when faced with problems because they have an estimate if the results of their discussions will be negative. This will continue to reduce the compatibility of the pair. Forgiveness is a psychological structure and a therapeutic approach to dealing with communication problems and marital conflict. Couples who forgive each other's mistakes experience higher levels of commitment. Forgiving mistakes made by oneself and others reduces stress, hostility, and aggressive behavior in interpersonal relationships, making individuals have healthier relationships. McCullough et al.



(1998); Davis & Diener (2016) studied 116 intimate relationships and found that forgiveness is a catalyst for rebuilding commitment and closeness after an offense has occurred.

Then in research conducted by Firmansyah, et al (2019) obtained results that forgiveness therapy with dhikr was effective in increasing self-acceptance in people with HIV/AIDS. Forgiveness is a way that needs to be considered in overcoming negative emotions and fostering self-acceptance as a result of blaming oneself and others for their illness which can actually reduce the quality of the sufferer (Enright, 2001; Firmansyah,dk, 2019). This is the same as the explanation from Satrio & Muhid (2021) who explained that this forgiveness therapy has an effective impact as an individual intervention with cases that have a heavy burden such as HIV.

Furthermore, in research conducted by Noviyanty, et al (2022) explained that forgiveness therapy has a positive effect on increasing the spiritual well-being of drug addicts who suffer from depression. Forgiving behavior can help lighten everyone's burden, in this case drug addicts with depressive disorders. This therapy directs drug addicts to positive and easy behavior in undergoing healing to get spiritual well-being within themselves. Forgiveness is a psychological element of the Qur'an, a part of Sufi psychotherapy that affects the soul of every human being (Rohimin, 2019), including spiritual psychotherapy (Rusydi, 2015; Noviyanty, et al, 2022). Therefore, forgiveness has a strong influence on one's peace of mind in a better life.

This study has limitations, namely the lack of extensive databases used in searching for journal literature.

### **Conclusion**

Through the presentation of the background, results and discussion of previous studies, it can be seen that forgiveness therapy is effective in overcoming various mental problems and improving mental health itself, which includes overcoming anxiety in adolescent victims of violence, increasing psychological well-being in female convicts, reducing symptoms of anxiety, depression and anger in love trauma female students. increase the meaning of the life of WBP. Then there is also forgiveness therapy with an Islamic approach that increases self-acceptance in people with HIV/AIDS, increases the willingness to forgive and marital adjustments in women who are victims of their husband's infidelity and improves the spiritual well-being of depressed drug users.

### **Suggestion**

In future research, it is hoped that it can expand the search for references to international journal databases in order to obtain more diverse and useful information for readers.

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