



The Relationship between Social Support and Religious Involvement with Forgiveness in Adolescents Living in Orphanages

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Abstract

Adolescents living in orphanages will have different experiences, growth, problems and backgrounds compared to adolescents living at home with intact families, thus adolescents living in orphanages will have different forgiveness as well. Forgiveness is a state of being free from negative relationships with sources that oppose individuals, especially negative experiences. This study aims to look at the role of social support and adolescents' participation in religious activities or known as religious involvement on the forgiveness of adolescents living in orphanages. This research is quantitative research with 44 subjects. The results of multiple regression analysis with the help of spss 22.00 show a sig. value of 0.011 ($p < 0.05$) so that it can be said that the major hypothesis is accepted where there is a significant relationship between social support and religious involvement with forgiveness in adolescents in orphanages. The minor hypothesis test conducted between the social support variable and forgiveness shows a sig value of 0.033 ($p < 0.05$) which means that there is a significant influence between social support and forgiveness. While in the religious involvement variable on forgiveness there is no significant relationship with a sig value of 0.097 ($p > 0.05$).

Keywords: *Forgiveness; Social Support; Religious Involvement*

Introduction

The family is the first place that explains to the child whether he is loved or not loved, accepted or not accepted, someone who succeeds or someone who fails, who is valuable or not valuable, because before the child enters school, the family is the only context for the child's learning (Prime et al., 2020). In reality, not all children are lucky to live in an intact or ideal family. According to UNICEF data in 2022, there are 153 million orphans who continue to increase every year due to several factors such as war, accidents, natural disasters, or even because they were left behind or abandoned by their parents so that the lives of these children become neglected. These disadvantaged children will then be cared for by the government or private sector in an institution called an orphanage. Indonesia is also a country with a large number of orphans. Based on 2019 integrated social welfare data, there are 106,406 children living in 4,800 orphanages or children's social welfare institutions. Living in an orphanage will be very different from living in an intact family, although basically orphanages have a role as a substitute for family to meet the needs of children in their development process. The future of many children in their care is

entrusted to this institution. Orphanages are an alternative new family for children who have lost the love of their parents (Firghianti et al., 2019; Winarti & Astuti, 2022).

In particular, adolescents living in orphanages need social support that will foster good perceptions of others and themselves. Ifeoma et al., (2022), and Krishna Patel et al., (2022) emphasize that if the physical needs of orphans are not met, the children will suffer socially, cognitively and emotionally. One way to ensure they get the basics such as proper shelter, clothing, and basic education that is in line with religious and social norms. The background experienced by orphanage children is quite diverse, which can create wounds and also trauma so that it can affect the future development of orphans. So that researchers are interested in seeing whether the existence of social support and religious education through good religious involvement can make orphans able to forgive their past.

Forgiveness is a way to heal psychological problems, can reduce anger and hurt. Forgiveness can make individuals have hope, an improved quality of life and be willing to empathize with others. This includes forgiveness of oneself, forgiveness of others and forgiveness of God. Forgiveness is also said to be a decrease in negative thoughts, feelings and behaviors towards the offender and perhaps, over time, a gradual increase in more positive thoughts, feelings and sometimes even behaviors towards the offender may occur (Masaryková et al., 2022; Freedman & Enright, 2017).

There are many backgrounds that underlie children having to live in orphanages. As experienced by several children in X orphanage, they admitted that there were several children whose parents left them because they were unable to pay for the child's needs. This admission can indirectly make children's hearts feel sad and quite disappointed when they have to separate from their parents. Forgiveness in the process has several factors that influence it, as explained by Mullet (2005), namely situational factors, relational factors, personality factors, and cultural factors. These factors can be realized from how a person perceives himself, others and also the situation, so that a person feels supported by his social environment. Findings by Albana (2013) state that the presence of positive feelings and social support can affect a person's level of forgiveness towards others. Even many forgiveness therapies conducted by experts have helped victims such as victims of bullying and victims of violence (Bono et al., 2008; Freedman & Enright, 2017; Muvariz et al., 2020).

Many orphanages have scheduled religious activities. The orphans follow the religious schedule determined by the orphanage manager. According to Scott, dkk (2006) religious involvement is a person's participation in religious activities carried out both individually and in groups and a person's belief in God. Lim & Putnam (2010) also showed that religious people are more satisfied with their lives because they regularly attend religious activities and build social networks with others. Yoo, (2022) found that the results of previous research also show that involvement in religion can increase the level of well-being in at least four ways, namely through social integration and support, through the establishment of personal relationships with the divine, through the provision of meaning systems and existential coherence, and through the promotion of more specific patterns of religious organization and personal lifestyles. Through the results of this study, it is hoped that it can be an input to the orphanage to provide social support and religious involvement in increasing forgiveness in adolescents living in the orphanage.

Methods

This study uses a research design that is causal research. Causal research is research that aims to prove the causal relationship or the relationship of influencing and being influenced by the variables studied (Creswell, 2016). This research is classified as quantitative research based on the type of data and procedures for analyzing the data. Quantitative research is research that uses a research design based on statistical procedures or by other means of quantification to measure research variables. The independent

variables in this study are social support and religious involvement. While the dependent variable is forgiveness.

Participans

The subjects in this study were adolescents living in orphanages in Sleman Regency, D. I. Yogyakarta. The subjects in this study consisted of 44 people with characteristics: adolescents living in orphanages, and aged 12-15 years. Sampling in this study was conducted by purposive sampling, which is a method of sampling according to the required criteria. (Creswell, 2016).

Measurement Data

The scales used to collect data are: (1) The forgiveness scale adapted from the Heartland Forgiveness Scale, consists of 17 items including the dimensions of forgiveness from Edwards et al., (2002), namely forgiveness of self, forgiveness of others, and forgiveness of the situation, with a reliability of 0.73. (2) The social support scale adapted from Sepfitri, (2011) which consists of 24 items, with aspects from Sarafino, (2014) namely emotional support, esteem support, instrumental support, information support, social network support. The reliability of this scale is 0.89. (3) The religious involvement scale adapted from Cholish (2013) consists of 13 items with a reliability of 0.76. The aspects refer to the theory of Scott et al., (2006) including: a) Religious service attendance, b) Religious practice, c) Religious believe.

Data Analysis Technique

Hypothesis testing uses multiple regression analysis, which in the data analysis processing process the author uses the SPSS version 22.00 program. Multiple linear regression is a regression model that involves more than one independent variable. Multiple linear regression analysis is carried out to determine the direction and how much influence the independent variable has on the dependent variable (Ghozali, 2018).

Research Result

Based on the distribution of the scale on 44 subjects, the results of data analysis using SPSS 16 are obtained, as below :

Table 1 Regression Test Results

Model	Sum of Square	df	Mean Square	f	Sig. (p)
1 Regression	176,519	2	88,260	5,042	0,011
Residual	717,731	41	17,506		
Total	894.250	43			

- a. Dependent variable: Forgiveness
- b. Predictor: (Constant), Religious Involvement, Social Support

Table 1 of the multiple regression analysis results above shows a sig. value of 0.011 ($p < 0.05$) so it can be said that the major hypothesis is accepted where there is a significant relationship between social support and religious involvement with forgiveness.

Table 2. Multiple Regression Test Results

Model	Unstandardized Coefficients		Standardized Coefficients	T	Sig (p)
	B	Std.Error	Beta		
1 (Constant)	13,871	7,588		1,828	0.075
Social Support	0,178	0,081	0,317	2.202	0,033
Religious Involvement	0,203	0,119	0,245	1.698	0,097

a. Dependent variable: Forgiveness

Table 2 above shows that social support has a Beta value of 0.417 and a sig. value of 0.033 ($p < 0.05$) so that minor hypothesis A is accepted, that there is a positive relationship between social support and forgiveness. The table also shows that religious involvement has a Beta value of 0.245 and a sig. value of 0.097 ($p > 0.05$) so that minor hypothesis B is rejected, that there is no positive relationship between religious involvement and forgiveness.

Discussion

Forgiving the situation or environment is the broadest goal of treatment, teaching a person to realize the bitterness they feel about the bad events that have happened in their life so far. For some people, an important part of treatment is teaching them to stop thinking about negative events in their lives, so that they can live their next life (Freedman & Enright, 2017; Kravchuk, 2020; Wang et al., 2021).

Based on research conducted on 44 subjects with the criteria of adolescents aged 12 to 15 years who are orphans or orphans residing in X orphanage in Sleman, it shows that there is a significant relationship between social support and religious involvement with forgiveness. The higher the level of religious involvement and social support that occurs at the same time in the orphanage, it will increase adolescent forgiveness. Further analysis was carried out with the relationship between one variable and the forgiveness variable which turned out that not all variables could positively affect the level of forgiveness.

Religious involvement according to Idler et al., (2003) is part of religiousness or spirituality. Meanwhile, according to Scott et al., (2006) religious involvement is a person's participation in religious activities carried out both individually and in groups and one's belief in God. Minor Hypothesis B is rejected, namely that there is no positive relationship between forgiveness and religious involvement. So it can be concluded that the involvement of adolescents in orphanages in religious activities has no relationship with forgiveness. As there are several factors that affect forgiveness, namely, apologies, the severity of mistakes and generation. While the factors of forgiveness according to (Paz et al., 2008) are situational factors, relational factors and personality factors and cultural factors. The results of this study also strengthen the results of research from Diponegoro & Ru'iyah (2013) which show that there is no direct effect of religiosity on forgiveness. There is an indirect effect of religiosity on forgiveness. So that to increase forgiveness through religiosity must go through other variables that are also being improved. But one side found that religious involvement can easily understand their stress and can reduce excessive anxiety (Jankowski et al., 2020; Lee et al., 2015; Yoo, 2022).

Meanwhile, Minor hypothesis A shows that there is a positive relationship between social support and forgiveness. Forgiveness has the potential to reduce negative thoughts and emotions caused by interpersonal wounds (Álvaro Tala & Jonán Valenzuela, 2020; Wade et al., 2014). The social support that adolescents receive from the environment, in the form of encouragement, attention, appreciation, help and affection, makes adolescents think that they are loved, cared for, and valued by others. If an individual is positively accepted and valued, then the individual tends to develop a positive attitude towards himself

and accept and appreciate himself more. One of the positive feelings such as empathy can even make adolescents forgive their divorced parents (Ross, 2020; Umar et al., 2020). Ryff (2013) defines psychological well-being as the full realization and achievement of individual potential. Shourie & Kaur (2016), Long et al., (2020), Costa et al., (2021) in their research found that there is a positive relationship between forgiveness and psychological well-being in adolescents. Forgiveness can improve psychological well-being in adolescents, forgivees help adolescents in strengthening social relationships and emotional development among adolescents (Shourie & Kaur, 2016).

Like the research conducted by Utami (2015) the results of which show that there is a very significant positive relationship between interpersonal trust and forgiveness in friendly relationships in men and women, which means that the higher the interpersonal trust that exists in a friendly relationship, the higher the apology in the friendly relationship. Thus proving that social support has a relationship or effect on forgiveness. Bono et al., (2008), Dezutter et al., (2019), Mullen et al., (2023) in their research found that individuals who forgive have a low desire for revenge, and have no desire to avoid and have a desire to do good to the perpetrator, which indicates an effort to improve relations with others.

Conclusions

Based on the results of the study, it can be concluded that the major hypothesis is accepted, namely that there is a positive relationship between social support and religious involvement in adolescents living in orphanages. The higher the social support and religious involvement, the higher the forgiveness of adolescents living in orphanages. While the minor hypothesis B is rejected, there is no positive relationship between religious involvement and forgiveness in adolescents living in orphanages. For minor hypothesis A is accepted, namely the positive relationship between social support and forgiveness in adolescents living in orphanages.

Further research development can be carried out by involving more subjects and or with different subject categories. Research implications for subjects to be able to increase forgiving behavior by interpreting belief in forgiveness as a form of obligation from their religion by reading the book or participating in religious activities. For the orphanage as input to be able to create religious activities with the theme of forgiveness or by creating a mutually supportive social environment.

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