

ABSTRAK

Jihan Fauziah Fatwa. "Peran *Forgiveness* Dalam Memoderasi Pengaruh Antara *Father Involvement* Terhadap *Self Esteem* Pada Dewasa Awal" Skripsi. Psikologi. FPHIS, Universitas Muhammadiyah Purworejo. 2026

Ayah yang kurang berperan dalam menunaikan tanggung jawabnya sebagai ayah atau kepala keluarga menimbulkan berbagai dampak negatif terhadap anaknya, salah satunya rendahnya *self esteem* karena hilangnya peran *father involvement*. Penelitian ini bertujuan untuk menguji apakah terdapat peran *forgiveness* dalam memoderasi pengaruh antara *father involvement* terhadap *self esteem*, pada perempuan dewasa awal. Penelitian ini menggunakan metode kuantitatif dengan rancangan *hierarchical regression* dan *moderated regression analysis* (MRA). Sampel penelitian berjumlah 400 responden perempuan berusia 18-25 tahun yang berdomisili di Indonesia dan memiliki pengalaman *fatherless*, yang diperoleh melalui teknik *non-probability sampling* dengan metode *voluntary response sampling*. Penelitian ini menggunakan tiga instrument yaitu *Coopersmith Self esteem Inventory* (CSEI), *Father Involvement Scale* (FIS), dan *Heartland Forgiveness Scale* (HFS). Pengumpulan data dilakukan secara daring melalui kuesioner digital. Hasil penelitian menunjukkan bahwa *father involvement* tidak memiliki pengaruh yang secara langsung terhadap *self esteem* ($p = .150$), sehingga H1 tidak didukung oleh data. Namun demikian, *forgiveness* terbukti memoderasi secara signifikan pengaruh antara *father involvement* dan *self esteem* ($p < .001$), yang berarti H2 diterima. Selain itu, ditemukan pula bahwa *forgiveness* memiliki pengaruh langsung yang positif dan signifikan terhadap *self esteem* ($p < .001$), sehingga *forgiveness* berperan ganda, yaitu sebagai prediktor langsung sekaligus sebagai moderator. Temuan ini mengindikasikan bahwa peran *father involvement* terhadap *self esteem* bergantung pada situasi dan baru menjadi nyata ketika mempertimbangkan kapasitas individu dalam memaafkan.

Kata kunci: dewasa awal, *fatherless*, *forgiveness*, *father involvement*, *self esteem*

ABSTRACT

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A father who falls short in fulfilling his responsibilities as a father or head of the family causes various negative impacts on his child, one of which is low self-esteem due to the loss of father involvement. This study aims to examine whether forgiveness plays a role in moderating the effect of father involvement on self-esteem among young adult women. This study utilized a quantitative method with a hierarchical regression design and moderated regression analysis (MRA). The research sample consisted of 400 female respondents aged 18–25 years residing in Indonesia who experienced fatherlessness, obtained through a non-probability sampling technique with a voluntary response sampling method. This study utilized three instruments, namely the Coopersmith Self-Esteem Inventory (CSEI), Father Involvement Scale (FIS), and Heartland Forgiveness Scale (HFS). Data collection was conducted online via digital questionnaires. The results showed that father involvement did not have a direct relationship with self-esteem ($p = .150$), so H1 was not supported by the data. However, forgiveness was proven to significantly moderate the relationship between father involvement and self-esteem ($p < .001$), which means H2 was accepted. In addition, it was also found that forgiveness had a positive and significant direct relationship with self-esteem ($p < .001$), indicating that forgiveness plays a dual role, both as a direct predictor and as a moderator. These findings indicate that the role of father involvement on self-esteem depends on the situation and only becomes evident when considering an individual's capacity to forgive.

Keywords: *early adulthood, fatherless, forgiveness, father involvement, self esteem*