

Resilience in early adult victims of infidelity in dating

Ketahanan pada korban kecurangan diusia dewasa awal dalam hubungan percintaan

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ABSTRACT

Infidelity is a common phenomenon in dating relationships, potentially affecting both men and women. As a deeply painful experience, infidelity necessitates the capacity to endure and adapt to difficult circumstances, commonly referred to as resilience. This study aims to explore the resilience process and the factors influencing resilience among early adult victims of dating infidelity. Employing a qualitative methodology with a phenomenological approach, data were collected through interviews with early adults who have experienced infidelity in their relationships. The research was conducted in Palembang City. Based on the interview findings, it can be concluded that the subjects demonstrated an improved resilience process, enabling them to survive adverse conditions. Additionally, several factors, such as personality traits, were found to influence the subjects' resilience.

ABSTRACT

Perselingkuhan merupakan fenomena yang sangat sering terjadi dalam hubungan pacaran, baik perempuan maupun laki-laki semua bisa menjadi korban perselingkuhan. Perselingkuhan merupakan peristiwa yang menyakitkan, oleh karena itu diperlukan kemampuan untuk bertahan dalam kondisi sulit yaitu ketahanan. Penelitian ini dilakukan dengan tujuan untuk mengetahui proses resiliensi dan faktor-faktor yang mempengaruhi resiliensi pada dewasa awal korban perselingkuhan dalam pacaran. Metode penelitian ini menggunakan metode kualitatif dengan pendekatan fenomenologis. Pengumpulan data dilakukan dengan teknik wawancara dengan kriteria orang dewasa awal yang pernah menjadi korban perselingkuhan dalam suatu hubungan. Lokasi penelitian ini di kota Palembang. Berdasarkan hasil wawancara yang telah dilakukan, dapat dikatakan bahwa kedua subjek memiliki proses resiliensi yang lebih baik dengan adanya kemajuan yang dialami oleh subjek sehingga mampu bertahan dalam kondisi sulit serta ada beberapa faktor yang mempengaruhi proses resiliensi subjek seperti kepribadian subjek.

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1. INTRODUCTION

Human life is characterized by continuous growth and development. Every individual undergoes a series of life processes, which reflect personal development and adaptation necessary for continued existence. According to Hurlock (2009), early adulthood spans from approximately 18 to 40 years of age. Individuals who have completed their physical and psychological growth and are prepared to assume societal roles alongside other adults are considered to have entered adulthood (Hurlock, 2003). The term “adult” is derived from the Latin word *adultus*, meaning “fully grown” or “having attained full strength and size.”

According to Papalia et al. (2012), early adulthood marks the period when individuals begin to form intimate relationships with the opposite sex, which is a critical component of psychosocial development. Erikson (as cited in Anggrianti & Cahyono, 2019) emphasized the importance of developing intimacy during this stage. Similarly, Feist and Feist (as cited in Arini, 2021) identified the developmental tasks of early adulthood as forming intimate bonds, committing to relationships, and establishing a family. Romantic relationships, such as courtship, often emerge during this phase. These social interactions progress through various stages, including acquaintance, friendship, and eventually, more intimate bonds. At the friendship stage—whether with same-sex or opposite-sex peers—it is expected that a warm and meaningful connection may develop. Friendships with the opposite sex can sometimes evolve into romantic relationships through continued interaction and shared activities (Dharmawijati, 2015).

Iwan (2010) describes dating as a period of mutual exploration between individuals of the opposite sex, characterized by the exchange of personal traits, including strengths and weaknesses. According to Santrock (2007), the primary function of modern dating is to select a suitable partner. However, romantic relationships do not always proceed as intended, and conflicts—such as infidelity—often arise. The phenomenon of infidelity is not uncommon; it frequently receives media attention. For example, Detiknews reported on December 1, 2023, a case in East Jakarta involving a 21-year-old woman who died by suicide after discovering her partner’s infidelity during a discussion about marriage (Noviansyah, 2023). Moreover, a 2023 survey by JustDating, as cited in a *Kumparan* article, revealed that Indonesia ranks second in Asia for the highest rate of infidelity, with 40% of respondents reporting such behavior (Valencia, 2023).

Vossler (Shaleha & Kurniasih, 2021) defines infidelity as a violation committed by a person who already has a partner against the norms that regulate the level of emotional or physical intimacy with people outside of the relationship with the partner. (Cano & Leary, 2014) explains that infidelity can trigger symptoms of depression and anxiety disorders in individuals who are victims of infidelity. In the Early Adulthood period, there is one stage of socio-emotional development, namely, Intimacy Vs Isolation. Intimacy is a stage where individuals approach others, both in the form of friendships and in deeper relationships. In such a situation, they will lose their own destiny as well as find themselves in others. However,

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if the individual gets the opposite stage, namely isolation, then the individual will find it difficult or even unwilling to develop an intimate relationship with anyone else (Nurizki, 2015). Usually, individuals who are victims of infidelity will reject a new relationship because of a betrayal of what the individual previously gave. Individuals who experience unpleasant events such as being victims of infidelity are expected to have the ability to rise and become strong again in continuing life after experiencing failure. The ability to bounce back and recover from this failure is called resilience. Reivich & Shatte (Maulidya, 2015) put forward the definition of resilience as the ability to stay persistent and adjust when things are not going well. Siebert (2005) said that resilience is the ability to bounce back from a life development that is perceived to be down. When a resilient person has their life disrupted, they will deal with negative feelings in a healthy way.

The phenomenon of infidelity has gained increasing attention in recent years. Regardless of age, gender, or social status, infidelity remains a prevalent issue, and it has been the subject of extensive research. Victims of infidelity often experience a profound sense of betrayal, which can lead to significant psychological consequences. These individuals may suffer from negative emotional responses such as anger, sadness, shame, diminished self-esteem, or even emotional stagnation. Such experiences can negatively impact their ability to form healthy relationships in the future.

To overcome the trauma associated with infidelity, individuals require the capacity to recover and adapt, a psychological strength referred to as resilience. Strengthening resilience is essential, as it equips individuals with the ability to confront life's challenges and adversities. Resilient individuals are better able to develop crucial life skills such as effective communication, emotional regulation, realistic decision-making, and adaptive life planning. According to Rojas (2015), resilience enables individuals to transform stressful experiences into opportunities for personal growth.

This study aims to contribute to the body of knowledge regarding early adulthood—particularly among individuals dealing with the emotional aftermath of infidelity—by exploring how they build resilience in the face of adversity. While prior studies have investigated similar topics, the current research adopts a phenomenological approach to gain deeper insight into the lived experiences of early adult victims of dating infidelity. Therefore, the primary objective of this study is to explore the process of resilience development and to identify the factors that influence resilience among early adults who have experienced infidelity in romantic relationships.

2. METHOD

This study employs a qualitative research method. Qualitative research aims to describe and analyze phenomena, events, beliefs, attitudes, and social activities as experienced by individuals or groups (Sukmadinata & Nana, 2009). Accordingly, this research adopts a phenomenological approach. The phenomenological approach is a research strategy that

seeks to understand the meaning individuals assign to a particular phenomenon by exploring their lived experiences, typically through in-depth interviews (Tumangkeng & Maramis, 2022). In this context, the researcher collects data by examining the personal experiences of the participants, allowing for a deeper understanding of the phenomenon under study (Ulfiyatun & Lubabin, 2015).

In this study, the subject with the initials MP has the characteristics of an early adult who has been a victim of infidelity in a dating relationship and two informants known as friends of the subject for research validity. Data collection is carried out through semi-structured interviews where researchers have made interview guidelines containing questions that will be asked to the subject, but on the other hand researchers will develop other questions based on the subject's answers during the interview. The interview guidelines that have been made by researchers are arranged based on aspects and factors to answer research questions. The research data analysis technique carried out in this study uses the theory of Miles and Hoberman (Herdiansyah, 2015) proposing four stages of activities that must be carried out, data collection, data reduction, data display and drawing conclusions. The implementation of interviews with subjects and informants was carried out five times. The place and time in this research were conducted in Palembang city, South Sumatra on one early adult subject starting from June 5, 2024 to September 29, 2024.

3. RESULTS

The Table 1. Characteristics of Resource Persons

Name	Status	Gender	Age	The phenomenon
MP	College Student	Male	22 Years	Experiencing low self-confidence, social withdrawal, the belief that all women possess similar negative traits, emerging thoughts of same-sex attraction, and engaging in excessive gaming behavior – such as playing for up to twenty consecutive hours – are some of the psychological and behavioral impacts observed.

Table 1 presents the selected subjects, all of whom are young adults who have experienced infidelity in their romantic relationships. Furthermore, the table highlights several post-infidelity phenomena encountered by the subjects, which serve as the foundation for their resilience development.

Table 2 shows the aspects of resilience carried out by early adults, including emotion regulation, impulse control, optimism, analyzing the causes of problems, empathy, self-efficacy, and reaching out (Reivich & Shatte, 2002). And the factors that influence this resilience consist of risk factors which include personality factors, the influence of ex-lovers and peer pressure and protective factors which include friend support and self-confidence. New things were also found outside the research theory, namely for the resilience process, feelings of affection and debt of gratitude. Based on the interviews conducted, the research results are detailed as follows:

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The Table 2. Description of The Results of The Interview

Name	Resilience Process	Resilience Factors	Research Findings
MP	In managing his emotions, MP remained composed, despite feeling disappointed with his ex-girlfriend. He also expressed confusion about the status of their relationship, as he continued to maintain the relationship even after the infidelity was revealed.	MP was initially emotionally vulnerable and easily rekindled communication when his ex-partner reached out. However, upon learning that his ex-partner was planning to get engaged, MP responded with a more realistic perspective and chose to disengage from the relationship.	Feeling of Affection: MP demonstrated a strong emotional attachment to his partner, as evidenced by his willingness to do anything for her, including accepting repeated instances of infidelity. Despite being hurt multiple times, he continued to reconcile with his partner whenever she returned, driven by a deep fear of losing her.
	The subject generalized negative traits from his experience with his ex-lover to all women, resulting in difficulties accepting or forming new relationships with other women.	Encouragement from ex-lover to engage in sexual activity, gaslighting, playing the victim and an accident experienced by MP when he found out his ex-lover was getting married.	Debt of Gratitude: MP feels a sense of indebtedness to his ex-lover, who previously helped him disengage from a negative peer group during junior high school. At that time, MP was involved with a problematic social circle, and it was his ex-lover's influence that assisted him in leaving that environment. As a result, MP feels obligated not only to reciprocate her past support but also to help her overcome her own problematic behaviors, specifically engaging in premarital sexual activity.
	He refrains from seeking a new partner in order to prioritize self-improvement and personal development.	Due to his friend's encouragement, MP played games for 24 hours until he became an online game jockey.	
	He seeks to understand the reasons behind his partner's infidelity as well as the factors contributing to his own repeated acceptance of her behavior.	Following advice from his closest friends to end his unhealthy relationship, MP began to reconsider and develop new perspectives regarding his sexual orientation.	
	Stubborn when advised by close friends who give advice when the relationship is no longer healthy, and aware of the unhealthy relationship	Become confident and brave in making decisions, willing to learn new things and have boundaries for himself and know what he need.	
	Have self-confidence, dare to make decisions, feel free and want to learn new things		
MP has a limit for himself to not respond to his ex-lover anymore by blocking all communication access. He also views his problems as life lessons that he must continue to accept and continue to develop himself to be better for the future.			

Resilience Factors

Risk Factor: consisting of **Personality**. John Milton Yinger (Nugroho, 2013) said that personality is the whole of a person's behavior with a certain tendency system that interacts or relates to a series of situations. Personality is the overall way an individual reacts and interacts with other individuals and their environment which also affects how the subject behaves towards their partner. Based on the results of interviews with the subject, it is concluded that the subject has a personality that is very easy to melt with his partner even though he has been cheated on so that this affects the subject in carrying out resilience.

"Eumm dipengaruhi yaa... waktu pas lagi di VC dia tuh selalu kek ngajak VC ke arah yang sedikit dewasa gitu, terus dia tuh juga suka tiba-tiba ngechat soal masalah dia sama cowoknya itu. Saya ngerasa gak tenang itu..." (MP, 22)

MP revealed that he faced conflict within himself about how he should behave after the affair. The conflict that occurred to him finally subsided after his ex-girlfriend was repeatedly hurt and cheated on, until finally the subject knew his ex-girlfriend was getting married. The subject can still think long and unselfishly think of himself and slowly withdraw from his ex-girlfriend.

Influence of ex-lover: The resilience process of an individual can be influenced by environmental factors, one of which is the influence of an ex-lover. The factor of influence from a partner is one form of emotional dependence, namely when during their relationship, participants consider that their partner is the center of their life, nothing is more important than themselves and their partner. The results obtained from the subject were that he was influenced by his ex-lover when he wanted to recover from the problems he faced, this influence was like his ex-girlfriend always contacting him.

"Eumm dipengaruhi yaa... waktu pas lagi di VC dia tuh selalu kek ngajak VC ke arah yang sedikit dewasa gitu, terus dia tuh juga suka tiba-tiba ngechat soal masalah dia sama cowoknya itu. Saya ngerasa gak tenang itu..." (MP, 22)

Emotional dependence causes the individual to stop engaging in other activities so that the individual is only available to their partner. (Fredella & Sosialita, 2023).

Peer Encouragement: This peer encouragement is aimed at how the subject's environment, namely his peers, has a role for the subject to carry out negative activities such as excessive gaming. MP received encouragement from his friends to carry out these negative activities

"... kalo yang main game itu ada yang beberapa justru malah membantu saya untuk memanfaatkan hal tersebut seperti kayak yaa ikutin perlombaan di game daripada sekedar begadang..." (MP, 22)

Peers have influences that have positive and negative impacts Usman (2013). Likewise experienced by the subject, who can do negative activities such as playing excessive games.

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This happens because of the encouragement he receives from his friends who provide support. Even though it is seen in a negative direction if the individual is positively accepted and appreciated by whatever he does, the individual tends to develop a positive attitude towards himself and accept and appreciate himself more so that he is able to live independently in the midst of the wider community independently.

Protective Factors: consisting of **Friend Support** factors. Weiss (Sinaga & Kustanti, 2017) explained that social support is a form of support from other individuals who can understand all the complaints and problems faced by a person. According to (Santrock, 2007), peers are a group of individuals who have more or less the same age and maturity level as individuals of the same age. Faqih (Asrar & Taufani, 2022). Based on the results of the subject interview, it can be concluded that the subject received support from his friends to immediately forget the events that have passed. Friend support in this case concerns how the subject's closest friends provide support and attention to the events that have happened.

"... dia kayak mengingatkan saya harusnya keinginan saya ini gak usah dipikirin terlalu lanjut atau sampe dilakukan secara beneran harusnya, sekedar menasihati saya gitu dia karena menurut dia masih banyak tuh ee ceweknya yang diluar." (MP, 22)

Self-Confidence: Self-confidence is an individual's positive attitude towards his belief that he can do something or a feeling of pride accompanied by a sense of responsibility. Where in this case the researcher wants to see how the subject's self-confidence factor in overcoming problems and daring to make decisions. Where the subject has the confidence and confidence to be able to solve the problems that occur. Subject MP has an equally positive way to leave all shadows of his past behind.

"... saya merasa, oh ternyata akhirnya saya bisa melakukan kehidupan saya nih tanpa dia dengan kayak melakukan hal-hal kayak yang positif." (MP, 22)

According to Kartika (2019), when individuals receive positive acceptance and appreciation, they tend to develop a more favorable attitude toward themselves, leading to greater self-acceptance and self-appreciation. This concept aligns with the experiences of the subject, who began to gain confidence as a result of receiving positive support from his environment. Such support fostered the subject's self-assurance and encouraged him to recognize and pursue new opportunities.

Debt of Gratitude: Based on the research conducted on the subject of MP, new findings were obtained that were outside the theory used, where the findings showed that there was a factor of reciprocation that MP actually wanted to do to his ex-lover.

"Karena saya merasa dia yang pernah nyelamatin saya dari pergaulan saya yang sedikit nakal pas masa SMP jadi saya merasa berhutang budi gitu ke dia. Yaa mungkin itu karena dia itu bantu saya keluar dari lingkungan pertemanan saya yang sangat buruk waktu SMP." (MP.22)

MP reported that during junior high school, he was involved with a negative peer group, but his ex-lover played a crucial role in helping him distance himself from that environment. As a result, MP has since remained far removed from that detrimental social circle. He explained that this experience motivates him to try to help his ex-lover similarly, aiming to support her in leaving behind her own negative influences, just as she once helped him.

Resilience Process

Emotional Regulation: Emotion regulation is seen to determine how an individual manages emotions and the ability to remain calm in stressful situations as well as how to navigate interpersonal relationships.

“Kaget terus bertanya, bertanya kok selama gak pernah apa tau apa gimana gitu, kok baru sekarang si cowok itu ngehubungi saya. Padahal sudah berlangsung selama beberapa bulan” (MP, 22)

Based on the interview results, it can be concluded that the subject experienced a range of emotions, including confusion, sadness, and disappointment, following the discovery of his girlfriend’s infidelity. To cope with these feelings, the subject employed emotion regulation strategies such as engaging in gaming as a means of distraction.

Impulse Control: involves how individuals control themselves from difficult situations. Where subjects control their impulses when facing situations when they meet someone who is similar to their past, both in attitude and nature. Subjects were seen to show reactions where they tried to remain calm and not rash.

“Mungkin saat misal adaa temen cewek, yang terkadang tuh sifatnya tuh mengingatkan saya ke kekasih saya yang dulu. Nah itu saya sedikit apa itu... sedikit tidak suka aja ngeliatnya kadang.” (MP, 22)

Phillips (2019) states that impulsivity is a natural part of the process of growing up and learning from various situations. However, it becomes a problem when repeated consequences and the pressure the subject feels have an impact on his impulsive behavior on the surrounding environment, for example here is MP’s female friend.

Optimism: Optimism for this case is how the subject has a view of hope in the future for the belief to be able to get up and forget all the wounds left by the former lover. The subject has an optimistic attitude in seeing his future in establishing new relationships with other people even though he still has to improve himself first.

“Waktu itu saat bermain game, saya sempet kayak yaa punya banyak temen gitu. Nah kemudian saya bertemu dengan seseorang di dalam game tersebut, cewek.” (MP, 22)

A person’s optimistic attitude is influenced by several factors according to Seligman (2008), namely from the social support that individuals get either from family, friends or

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someone who can help them in convincing them to face a problem, this happened to the subject where he slowly received support from his friend and tried to foster an optimistic attitude where he dared to try to open his heart even though he failed again on the grounds that he still wanted to prepare himself.

Analysis of the cause of the problem: Analyzing the cause of the problem involves how the subject identifies or understands the problem at hand, for example when the subject understands what caused his lover to cheat on him. Based on the results of the interview with the subject, it was concluded that the subject understood the cause of the affair and also understood what was the problem that befell the subject after the incident.

“Yaa karena saya sangat, dulu tuh saya sangat sayang ke dia sih, jadi saya rela aja kek sekedar ibaratnya tuh kayak saling berbagi gitu sama pacar barunya itu.” (MP, 22)

Empathy: Empathy involves a complex response consisting of affective and cognitive components, the affective component is that a person can feel what other people feel while the cognitive component is that a person is able to understand what other people feel and why. Sarwono & Meinarno (2015).

“Saya waktu itu agak sedikit keras kepala sih kak. Karena saya masih sayang sama dia.” (MP, 22)

Subjects have a sense of empathy and are sensitive to what is happening in the environment around them, namely their friends who have provided support for the good of their relationship.

Self-Efficacy: This self-efficacy involves how the subject has confidence in overcoming his problems. According to Bandura (Prianto, 2010), the factors that influence self-efficacy are (1) the nature of the task at hand, (2) external incentives, (3) the status of the individual in the environment, (4) information about the abilities possessed. Based on the interviews that have been conducted, the subject admits that he became lonely because he was no longer “bothered” by his ex-lover, but because MP knew that his ex was getting married, he began to think realistically and believe in his decision, so he finally found freedom as long as he was separated from his ex. Here she has the confidence to be able to break away from the past and the problems she is facing in her own way.

“Yaa seperti sebelumnya, kayak mulai fokus sama diri saya olahraga, terus belajar, belajar-belajar ini kayak hal baru seperti filosofi gitu.” (MP, 22)

According to the theory according to the expert above, MP can do this with his ability to dare to make tough decisions to get used to not having contact with his ex-girlfriend anymore and start learning about many things for his own good in the future.

Reaching Out: This case is how the subject increases the positive by daring to overcome the problems that occur. Where based on MP’s confession, he said that he had ended all relations with his former lover, be it from communication or activities that his former lover

wanted. In addition, MP said he did not want to be close to women because he wanted to focus more on himself and learn more.

“Lebih ke arah jadi berpikir tenang aja kayak ada jalannya gitu dari semua masalah. Gak ada sih lebih ke arah tenang dan menikmati kehidupan sekarang nih.” (MP, 22)

After gaining deeper insights into philosophy and developing a better understanding of women, the subject reported a shift in his perspective, recognizing that not all women think or behave in the same way. Additionally, the subject now experiences greater emotional calmness and is able to enjoy life by continuing to pursue new knowledge. Fredrickson (2004) identifies resilience as the capacity to find positive meaning in current life circumstances, maintain optimism, enthusiasm, and passion, remain curious and open to new experiences, and exhibit strong positive emotional traits. Based on the subject’s narrative, it can be concluded that he has derived positive outcomes from his challenges, such as becoming more cautious, establishing personal boundaries to avoid being disturbed by his ex-lover, and using past difficulties as lessons for future growth.

Feeling of Affection: Based on the research conducted on the subject of MP, new findings were obtained that were outside the theory used, where it was found that there was a feeling of affection. Subject MP still had feelings of affection for his ex-lover even though he had been cheated on many times and was only used for the sexual needs of his ex-lover. Where even though he knew he was being cheated on, MP still accepted and did what his ex-lover wanted from her.

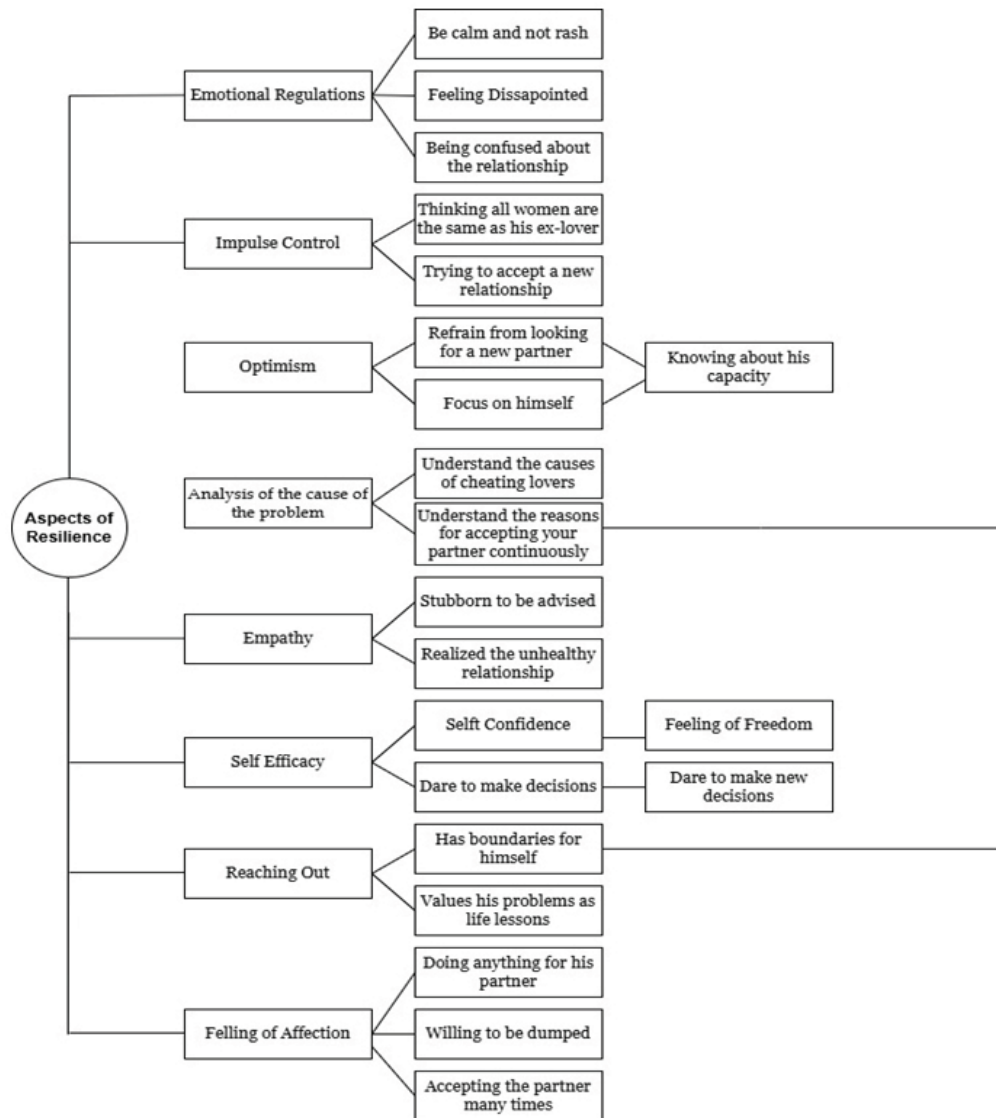
“Yaa saat itu saya masih benaran sayang dengan dia. Jadi yaa saya melakukan apapun yang dia mau, biar dia tetap dengan saya.” (MP, 22)

Affection or love is the most important part of a relationship. Every individual who is in a dating relationship will of course feel that affection in various ways with their love language, where according to Chapman (2017) the language of love is divided into five areas, namely: (1) individuals feel loved when they receive verbal support (words of affirmation); (2) spending time together (quality time); (3) receiving and giving help from a partner (acts of service); (4) receiving gifts (receiving gifts), and (5) being given physical touch by a partner (physical touch). Another expression of love shown by the subject for his partner is performing acts of service.

This act of service performed by the subject is a form of affection for his partner in the form of doing whatever his partner wants, not thinking about reciprocity, subject continues to provide ‘service’ for the woman he loves to prove his affection, even though he does not get reciprocity from what he does. This is in accordance with Chapman (2017) revealed that partners try to please their partners by serving them. MP experiences obstacles because of his feelings of affection which make him continuously tied to the shadows of his past without realizing that he has been hurt many times by his ex-lover. This aspect is found as a sign of the resilience process that the subject has done.

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The Photo 1. Resilience Aspect Scheme

4. DISCUSSION

This study focuses on the resilience processes undertaken by early adults and the factors influencing their resilience based on personal experiences. Analysis of interview data from subject MP, using established resilience frameworks, revealed an additional significant factor not typically addressed in existing theories: feelings of affection. Despite having been subjected to repeated infidelity and primarily being used to satisfy his ex-lover’s sexual needs, MP continues to harbor strong affectionate feelings toward her. Consequently, MP persists in accepting and complying with his ex-lover’s demands, even while aware of her unfaithfulness. These feelings of affection create significant obstacles for MP, causing him to

remain emotionally tethered to the pain of his past experiences without fully recognizing the extent of harm inflicted upon him.

One of the love languages according to Chapman (2017) is receiving and giving help from a partner (act of service). The expression of love shown by the subject for his partner is by doing an act of service. The acts of service performed by subject MP represent a manifestation of his love for his partner, characterized by fulfilling her wishes without expectation of reciprocity. MP consistently provides such “service” to demonstrate his affection, despite receiving no tangible return for his efforts. This is in accordance with what Chapman (2017) expressed that couples try to please their partners by serving. Another new finding was found in the factors that influence subjects to show resilience, namely the debt of gratitude factor. The debt of gratitude factor that MP wanted to do to his ex-lover was because when he was still in junior high school, his friendship environment was quite bad and his ex-lover was the one who saved him at that time. Therefore, MP felt that he also had to help his ex-lover to get out of his bad habits just like when his ex-lover saved him at that time.

In this study, there are seven aspects of resilience based on (Reivich & Shatte, 2002). First, **Emotional regulation**, emotional regulation has a role for individuals to remain calm and focused even though the individual is under pressure (Desyana, 2022). Like how the subject’s calm and unruffled emotions knowing his lover’s infidelity, is an example of how the subject has tried to regulate his emotions. Edward F. Hudspeth (Phillips, 2019) states that **impulsivity** is a natural part of the process of growing and learning from various situations. However, it becomes a problem when the repeated consequences and pressures that the subject feels have an impact on his impulsive behavior to the surrounding environment. Like how MP sees her female friends as her ex-boyfriends due to similarities in nature, this makes MP try to restrain her impulses in thinking so. **Problem analysis ability** allows individuals to trace a problem according to the actual chronology so that individuals can create effective and efficient alternative solutions to problems. Similarly, (Papalia et al., 2012) stated that the thinking of individuals in adulthood tends to appear flexible, open, adaptive and individualistic, characterized by the ability to deal with uncertainty, inconsistency, and imperfection. The subject can analyze the reasons why his lover cheated on him, and also the reasons why he always accepted his lover. **Empathy** according to Davis (Ramadhani & Rifayanti, 2022) is a basic social skill that allows a person to predict, understand through previous events that have been experienced and feel what others are experiencing. The subject has an empathetic attitude and can feel what his friends feel when they see the unhealthy relationship that the subject is experiencing, even though at first the subject did not listen to his friends’ advice. Norwich (Merida et al., 2021) defines **self-efficacy** as identifying self-confidence as the main factor of interactivity between individuals and the environment. This perception factor itself will motivate individuals to try to be their best selves, especially if they have set goals to be achieved are clear goals. Like the subject who gained confidence through the events he went through yesterday by slowly making decisions for his own good such as

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building boundaries so that his ex-girlfriend would no longer contact him. **Optimism** is an important part of resilience, because someone who has a sense of optimism in themselves will be better able to see hope in life even though they are in a difficult situation. This aspect is quite prominent in the subject, especially seeing the optimistic attitude that the subject has in how he tries to believe that there will be a better life. According to Seligman (2008) optimism is how someone explains their views on their position in this world, a sign that they are less optimistic or very optimistic depends on whether they consider themselves valuable and acceptable or not after a negative event befalls them. One example of someone who already has resilience is the realization of positive values – having a sense of optimism, enthusiasm, and energy towards life and being open to new experiences, and having high positive emotional characteristics. This optimistic aspect can be found in the subject, seen from the subject who sees other hopes about his life, he is optimistic to focus on himself and delay looking for a new partner because he understands the capacity he has. **Reaching out** aspect is the most prominent aspect obtained from the subject. Where based on MP's confession, he said that he had ended all relationships with his ex-lover, both from communication or activities desired by his ex-lover. Fredrickson (2004). Achieving or increasing positive aspects is the ability of individuals to give meaning to every problem that exists and make it a strength in the future. Individuals who have this ability will be able to accept every problem that exists and always take wisdom and view problems from a positive perspective so that with this ability it can be a strength for individuals in facing their lives in the future. Likewise, what is felt by subjects who obtain positive aspects from the problems they face, feel calmer and can enjoy their lives by continuing to learn many new things.

The findings of this study indicate that the resilience process in early adulthood victims of infidelity encompasses three primary stages: first, the development of self-efficacy, whereby the subject gains confidence in managing the challenges faced; second, the emergence of an optimistic outlook, which fosters hope for improved future relationships and life circumstances; and third, the adoption of a reflective attitude, allowing the subject to extract positive lessons from their experiences for future growth. Additionally, the study identified the role of compassion as a significant component within the subject's resilience process. New factors were also found that influenced the subject in carrying out their resilience process, namely the factor of gratitude. The factors that most influence the subject in this resilience process are risk factors, namely the personality of the subject and the influence of an ex-lover who is the most prominent factor in influencing the process of the subject's resilience. The new findings in this study show differences with the results of the study (Juliadi Belva & Amigos, 2023) which emphasize that a person's resilience process can be influenced by many factors, including external support, personal strengths that develop in a person and social skills. This is also different from the research results (Widiyawati & Dewi, 2022) which show that the factors influencing resilience consist of internal factors such as self-efficacy and external factors such as social support provided by people closest to them such as parents and friends who are considered to be able to help.

This study also has limitations, namely this study needs to dig deeper into the experiences of the two subjects and experience difficulties because the subjects are quite embarrassed to tell their experiences because they will be used as research material. This study contributes to enhancing public understanding of the resilience processes and the factors influencing resilience among early adult victims of dating infidelity. The new findings offer insights into the underlying reasons why individuals may engage in behaviors that negatively impact themselves. Furthermore, the study highlights the role of the surrounding environment in fostering a supportive atmosphere conducive to recovery and healing. These findings also provide a foundation for future research aimed at exploring the resilience processes and influencing factors in early adulthood in greater depth. Consequently, the contributions of this study are relevant both theoretically and practically.

5. CONCLUSION

This study identified seven distinct resilience processes in early adulthood. Among these, three core aspects – reaching out, optimism, and self-efficacy – emerged as particularly influential in the subject’s resilience journey. Additionally, the study revealed a novel aspect not commonly addressed in existing theories: compassion as a component of the resilience process. Furthermore, five thematic factors influencing resilience in early adulthood were identified, including risk factors such as personality traits and the influence of former partners. A new factor beyond the theoretical framework, namely the sense of indebtedness or gratitude, was also discovered. It is recommended that individuals who have developed resilience continue to nurture and strengthen this capacity, enabling them to effectively address future challenges using similar adaptive strategies. For future research, it is suggested to expand upon these findings by employing diverse methodologies and approaches to deepen understanding and potentially uncover additional resilience factors.

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