

# The influence of social support on psychological well-being in early adult women after experiencing a breakup in Semarang City

## Pengaruh dukungan sosial terhadap kesejahteraan psikologis pada wanita dewasa awal setelah mengalami putus cinta di Kota Semarang

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### ABSTRACT

*This study aims to analyze the effect of social support and forgiveness on psychological well-being in early adult women after experiencing a breakup. This type of research is quantitative cross-sectional using purposive sampling technique. The sample characteristics in this study are adult women aged 18-40 years who have experienced a breakup for at least one year. The number of respondents was 542 participants. This research instrument uses a social support scale, based on the theory of Zimet, dkk. (1998) with a reliability result of 0.904. The pemaafan scale is based on McCullough's (2000) theory with a reliability result of 0.928. The data analysis technique uses multiple linear regression analysis method by showing that there is a simultaneous influence between social support and pemaafan. The amount of social support and pemaafan variables can affect psychological well-being in adult women by 47.8% with the remaining 52.2% influenced by other factors.*

### ABSTRACT

Studi yang dilaksanakan mempunyai tujuan dalam melakukan analisis dampak dukungan sosial dan pemaafan terhadap kesejahteraan psikologis pada wanita dewasa awal setelah mengalami putus cinta. Jenis penelitian ini kuantitatif cross-sectional menggunakan teknik purposive sampling. Karakteristik sampel pada studi yang dilaksanakan yaitu wanita dewasa usia 18-40 tahun telah mengalami putus cinta minimal selama satu tahun. Adapun jumlah responden 542 partisipan. Instrumen penelitian ini menggunakan skala dukungan sosial, didasarkan pada teori Zimet, dkk. (1998) dengan hasil reliabilitas 0,904. Skala pemaafan didasarkan pada teori McCullough (2000) dengan hasil reliabilitas 0,928. Teknik analisis data menggunakan metode analisis regresi linear berganda dengan mengindikasikan bahwa ditemukan dampak simultan antara dukungan sosial dengan pemaafan. Adapun besar variabel dukungan sosial dan pemaafan dapat mempengaruhi kesejahteraan psikologis pada wanita dewasa sebesar 47,8% dengan sisa 52,2% ditentukan oleh faktor lain.

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## **1. INTRODUCTION**

During early adulthood, typically between the ages of 18 and 25, psychological well-being becomes a vital component of individual development, as this period marks a critical transition from adolescence to independence and involves increasingly complex social interactions. National data indicate that individuals in this age range face substantial mental health challenges. The prevalence of emotional and mental disorders in the Indonesian population increased from 6% in 2013 to 9.8% in 2018. Furthermore, the prevalence of depression among adolescents and young adults was recorded at 5.1% and 5.6%, respectively (Risksedas, 2018). A study conducted by Aulia (2023) involving 100 early adults in Semarang who had experienced a romantic breakup found that 68% of participants demonstrated an adequate level of psychological well-being. However, approximately 32% had not yet achieved optimal psychological well-being, suggesting the presence of significant psychological challenges within this group. Data from the National Commission on Violence Against Women also revealed 2,527 reports related to violence arising from personal conflicts, with 813 cases, or about 32.2%, involving violence perpetrated against former partners (Dihni, 2022). Psychological well-being refers to a state in which individuals are capable of self-acceptance, personal growth, emotion regulation, the development of positive relationships, behavioral control, and sound decision-making in their lives (Ryff, 1989).

Based on an interview with a female respondent, identified as NA (27 years old), she stated that “after engaging in sexual intercourse, he wanted to end the relationship. As a result, I lost my appetite, felt almost depressed, demanded accountability, experienced loneliness, and felt that I had lost my dignity as a woman.” This statement indicates that the respondent experienced low self-acceptance as part of her psychological well-being issues. Such a condition emerged due to factors including verbal abuse, infidelity, differences in values and social status, as well as the loss of a male or father figure in her life. However, over time, individuals in similar situations tend to recover through self-reflection, social support, and participation in positive activities. Although the experience is painful, it often serves as a turning point for greater personal growth and the development of healthier perspectives on relationships. This finding is also consistent with data from Riskesdas (2018), which reported an increase in the prevalence of emotional disorders from 6% in 2013 to 9.8% in 2018, with the rate of depression among young adults reaching approximately 5.6%.

Low levels of psychological well-being are also influenced by an individual’s limited capacity for forgiveness. Theofani and Herdiana (2020) stated that individuals who are able to face stressful situations in life tend to cope by adopting forgiveness as a coping strategy. Similarly, McCullough et al. (1997) defined forgiveness as a motivational process that enables individuals to refrain from acts of revenge and to reduce feelings of resentment toward those who have caused them harm. This is consistent with findings by Tacasily (2021), who reported a positive correlation between forgiveness and psychological well-being among college students who had experienced romantic breakups. In other words, the higher the level of forgiveness, the

greater the individual's psychological well-being. Pareek et al. (2016) further emphasized that forgiveness plays a crucial role in fostering psychological well-being by helping individuals overcome feelings of guilt, injustice, sadness, and loss. Conversely, Akthar (2017) found that individuals with low levels of forgiveness tend to experience emptiness and difficulties in managing their lives. If psychological well-being problems among young adult women are not properly addressed, the consequences can be severe, extending to individual, social, and economic domains. National data show that the prevalence of emotional mental disorders in Indonesia increased sharply from 6% to 9.8% between 2013 and 2018, affecting approximately 19 million adults, with more than 90% not receiving adequate medical treatment (Risikesdas, 2018). This reflects a substantial treatment gap, which, if it occurs among vulnerable groups such as young adult women, particularly after romantic breakups, can further worsen their psychological condition. Without appropriate intervention, mental health disorders can lead to decreased productivity, loss of healthy life years, and a considerable economic burden.

Several factors influence psychological well-being, as stated by Rahmawati (2017), including age, gender, socioeconomic status, social support, self-control, forgiveness, religiosity, optimism, emotional regulation, attachment and warm relationships, as well as the achievement of life goals. In this study, the researcher focused on two main factors contributing to low psychological well-being, namely social support and forgiveness. One of the key factors underlying low psychological well-being is the lack of social support. According to Sarafino (1997), social support refers to the comfort, attention, appreciation, and assistance provided by individuals or groups, which may come from family, friends, communities, or organizations. This is consistent with findings from several studies (Putri, 2018; Sari & Eva, 2021; Sugiarto & Soetjningsih, 2021; Streiner & Streiner, 2016; Eva et al., 2020), which demonstrate that social support has a significant positive impact on an individual's psychological well-being. In contrast, a study by Jean (2020) found that social support does not have a significant effect on psychological well-being.

Low psychological well-being is also influenced by a lack of forgiveness. Theofani and Herdiana (2020) stated that individuals who are able to face stressful situations in their lives tend to cope by adopting forgiveness as a coping strategy. Similarly, McCullough et al. (1997) described forgiveness as a motivational process that encourages individuals to refrain from acts of revenge and to reduce feelings of resentment toward those who have caused them harm. This aligns with the findings of Tacasily (2021), who reported a positive correlation between forgiveness and psychological well-being among college students who had experienced romantic breakups. In other words, the higher an individual's capacity for forgiveness, the greater their level of psychological well-being. Pareek et al. (2016) also emphasized that forgiveness plays a crucial role in enhancing psychological well-being by helping individuals overcome feelings of guilt, injustice, sadness, and loss. Conversely, Akthar (2017) found that individuals with lower levels of forgiveness tend to experience feelings of emptiness and difficulties in managing their daily lives.

Individuals who experience a romantic breakup may exhibit a wide range of emotional reactions. Some are able to regulate their emotions effectively, while others struggle to do so. Sugiarto and Soetjningsih (2021) explained that individuals who experience a breakup may suffer from various negative effects such as sadness, emptiness, feelings of failure or anxiety, loss of self-confidence, difficulty concentrating, and even suicidal thoughts. Similarly, Norona et al. (2017) found that people who go through a breakup often experience difficulty controlling negative emotions, which can lead to adverse psychological consequences such as sadness, loss of interest or motivation, sleep disturbances, loss of appetite, feelings of guilt, difficulty concentrating, persistent pessimism, indecisiveness, and a bleak outlook on the future.

Previous studies have explored the relationship between social support or forgiveness and psychological well-being among young adults, although few have specifically examined these two variables together in early adult women who have experienced romantic breakups in the city of Semarang. The influence of social support as a factor contributing to psychological well-being among young adult women is supported by the findings of Sugiarto and Soetjningsih (2021), who investigated the relationship between parental social support and psychological well-being among early adults (aged 18–40 years) who had experienced a breakup within the past year. Their study revealed that 68.75% of participants reported high levels of social support, and 81.25% exhibited high psychological well-being, with a significant positive correlation ( $r = 0.611$ ;  $p < 0.05$ ). Furthermore, the role of forgiveness is reinforced by the findings of Pariartha et al. (2022), who reported that forgiveness and social support both have a significant influence on psychological well-being, both individually and simultaneously, contributing 17.6% and 49% respectively. When combined, forgiveness and social support accounted for 24.1% of the variance in psychological well-being, while the remaining 75.9% was influenced by other factors. These findings indicate that the higher the level of forgiveness and social support possessed by individuals who have experienced dating violence, the greater their psychological well-being.

This study aims to analyze the influence of social support and forgiveness on the psychological well-being of young adult women in Semarang City, both simultaneously and partially. This objective is supported by previous research. Utami (2018) found that social support significantly affects the psychological well-being of prisoners. Similarly, Pariartha et al. (2022) demonstrated that forgiveness and social support play an influential role in enhancing the psychological well-being of female survivors of dating violence. Juwita and Kustanti (2018) also identified a relationship between forgiveness and the psychological well-being of individuals who had experienced conflict or negotiation-related distress. Furthermore, several studies have consistently reported a significant positive relationship between social support and psychological well-being (Riani, 2017; Dinova, 2016; Sugiarto & Soetjningsih, 2021; Ardha, 2018; Eva et al., 2020). In contrast, Jean (2020) reported that social support did not have a significant effect on psychological well-being.

This study focuses on three primary objectives. First, it aims to examine and analyze the simultaneous relationship between social support and forgiveness with psychological well-being. Second, it seeks to investigate the positive influence of social support on the psychological well-being of early adult women in Semarang City. Third, it explores the positive relationship between forgiveness and psychological well-being within the same population. Overall, this research intends to provide a comprehensive understanding of how these two key factors, both individually and collectively, affect the psychological condition of young adult women. Based on the literature review and the developed conceptual framework, this study proposes three main hypotheses. The first hypotheses (H1) posits that there is a simultaneous relationship between social support and forgiveness in influencing psychological well-being. The second hypotheses (H2) suggests that social support has a positive effect on psychological well-being, indicating that higher levels of social support are associated with greater psychological well-being. The third hypotheses (H3) proposes that forgiveness positively influences psychological well-being, suggesting that the capacity to forgive contributes to a healthier mental state.

## **2. METHODS**

### **Design**

This study employed a quantitative approach using a non-experimental design with a cross-sectional method (Gravetter et al., 2018). Data were collected through questionnaires, and the developed hypotheses were subsequently tested using quantitative or statistical analysis.

### **Procedure**

This study employed a purposive sampling technique, a deliberate method of selecting participants based on specific criteria relevant to the research objectives. The inclusion criteria required participants to be women aged 18–40 years who resided in Semarang and had experienced a romantic breakup at least one year prior to the study. This criterion was chosen to ensure that participants had passed the initial emotional adjustment phase and were able to reflect on their experiences in a more psychologically stable state. The study involved a total of 542 respondents. Data were collected online using Google Forms, with participants taking approximately five minutes to complete the research questionnaire. Data collection was conducted from March 28 to April 12, 2025. Prior to participation, all respondents were informed about the purpose of the study and provided informed consent before completing the questionnaire.

### **Research Instruments**

The social support variable was measured using the *Massively Parallel Signature Sequencing* (MPSS) scale, which had been translated and tested for validity and reliability by

Sulistiani et al. (2022). Analysis of the 12-item MPSS scale demonstrated excellent internal consistency, with a person-item interaction index of 0.85, and met all requirements of the Rasch model. No item misfit was detected within the MNSQ range ( $0.5 < \text{MNSQ} < 1.5$ ). Additionally, no gender bias was observed on the scale ( $0.0949-0.9687 > 0.5$ ). The instrument was developed based on the theory proposed by Zimet et al. (1988) and comprises 12 items assessing three dimensions: family support, friend support, and significant others support.

Forgiveness was measured using a Likert-type scale based on McCullough's (2000) forgiveness theory, which encompasses three motivational dimensions: avoidance, revenge, and benevolence. This study utilized the *Transgression-Related Interpersonal Motivation* (TRIM-18) scale developed by Agung (2015), which had been modified and translated into Indonesian. Confirmatory analysis results indicated a good model fit, with  $X^2 = 58.3$ ,  $p = 0.006$ , RMSEA = 0.06, GFI = 0.095, AGFI = 0.092, CFI = 0.095, RMR = 0.03, and CMIN/df = 1.7, confirming the instrument's validity and suitability for use.

The psychological well-being variable was measured based on Ryff's (1995) theoretical framework, which includes six dimensions: self-acceptance, positive relations with others, autonomy, environmental mastery, purpose in life, and personal growth. The researcher constructed an 18-item scale to measure psychological well-being. Item validity ranged from 0.469 to 0.720, and all items were deemed valid and appropriate for use. The reliability coefficient, calculated using Cronbach's alpha, was 0.922. Since this value exceeded 0.70, the psychological well-being scale was considered highly reliable.

### Participant

The study involved 542 women aged 18-40. Respondent characteristics based on age can be seen in Table 1.

**Table 1.** Respondent Characteristics Based on Age

No	Age	Frequency	Percentage
1	18	21	3.9%
2	19	34	6.3%
3	20	72	13.3%
4	21	77	14.2%
5	22	111	20.5%
6	23	47	8.7%
7	24	29	5.4%
8	25	72	13.3%
9	26	6	1.1%
10	27	16	3.0%
11	28	11	2.0%
12	30	10	1.8%
13	31	10	1.8%
14	32	10	1.8%
15	33	5	0.9%
16	34	1	0.2%
17	39	9	1.7%
18	40	1	0.2%
<b>Total</b>		<b>542</b>	<b>100%</b>

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Table 1 presents the distribution of participants by age, indicating that the dominant age group was 22 years (20.5%), while the youngest participants were 18 years old (3.9%) and the oldest were 40 years old (0.2%). The second characteristic, the duration since the breakup, is presented in Table 2.

**Table 2.** Respondent Characteristics Based on Length of Time After Breakup

No	Months of Breakup	Frequency	Percentage
1	0-4	90	16.6%
2	5-8	144	26.6%
3	9-12	308	56.8%
<b>Total</b>		<b>542</b>	<b>100%</b>

Table 2 indicates that the majority of respondents experienced a breakup duration of 9–12 months (56.8%), followed by those who had been separated for 5–8 months (26.6%) and 0–4 months (16.6%).

### 3. RESULTS

#### Descriptive Analysis

#### Hypotheses testing

Based on the analysis results, the total F-value obtained was 246.892 with a significance level of 0.000 ( $p < 0.01$ ), indicating that the model significantly predicts the influence of the independent variables on the dependent variable. This finding supports the acceptance of H1, confirming that social support and forgiveness have a significant combined effect on psychological well-being. The model's overall effective contribution was 47.8%, as presented in Table 3.

**Table 3.** Linear Regression Test Results

Variable	Coefficient of Determination	$r_{xy}$	$R^2$	F	Sig
Social Support (X1)	34.56	0.671**	47.8%	246.892	0.000
Forgiveness (X2)	13.26	0.579**			

Description:

\*\* = Signification

Table 3 demonstrates that social support and forgiveness, both simultaneously and partially, have a significant effect on psychological well-being. Therefore, all hypotheses proposed in this study are accepted.

### Variable categorization

The empirical and hypothetical mean scores indicating the classification levels of each variable, social support, forgiveness, and psychological well-being, are relatively high, as presented in Table 4.

**Table 4.** Variable Categorization

Aspect	Empirical Data				Hypothetic Data				Description
	Min	Max	Mean	SD	Min	Max	Mean	SD	
Psychological Well-Being (Y)	18	72	58.44	9.11	18	72	45	9	High
Social Support (X1)	12	48	38.20	6.77	12	48	30	6	High
Forgiveness (X2)	17	68	52.50	10.70	17	68	42.5	8.5	High

The variables in this study were all categorized as high. Psychological well-being was predominantly in the high category (82.7%), followed by moderate (11.1%) and low (6.3%) levels. Social support was also high (78.8%), with moderate (15.1%) and low (6.1%) levels. Similarly, forgiveness was mostly in the high category (72.1%), followed by moderate (18.3%) and low (9.6%) levels.

## 4. DISCUSSION

This study aimed to examine the influence of social support and forgiveness on the psychological well-being of early adult women who had experienced a breakup in Semarang City. Based on the hypotheses testing results, a significant simultaneous effect was found between social support and forgiveness on psychological well-being. Therefore, the first hypotheses (H1) was accepted. The coefficient of determination results indicated that social support contributed more significantly to psychological well-being compared to forgiveness.

The positive relationship found in this study indicates that the higher an individual's level of social support and forgiveness, the higher their level of psychological well-being. Theoretically, social support provides a sense of security, enhances self-worth, and helps individuals reduce the risk of psychological distress after relationship failure (Zimet et al., 1988). Thus, social support fosters a stronger sense of self, which in turn encourages forgiveness and positively influences psychological well-being among early adult women who have experienced breakups. Meanwhile, forgiveness allows individuals to release negative emotions such as anger, resentment, and disappointment, replacing them with self-acceptance and empathy (McCullough, 2000). This mechanism plays a crucial role in helping early adult women recover from emotional distress, process traumatic experiences adaptively, and move forward with a more positive outlook on life.

Based on the categorization results, the study data revealed that most participants exhibited high levels of psychological well-being, social support, and forgiveness. These findings suggest that despite the painful emotional experience of a breakup, most participants

were able to maintain psychological stability through self-acceptance, environmental support, and the ability to forgive. This is further supported by empirical data showing that the mean scores for psychological well-being were above the hypothetical mean values. A similar pattern was observed for social support and forgiveness, where the empirical means exceeded the hypothetical means, confirming the participants' positive perceptions of their post-breakup condition.

The results of this study are consistent with previous findings by Adela (2024), Friska (2023), Hanani et al. (2022), Prabowo (2016), and Yuliana (2019), which demonstrated a positive relationship between social support and forgiveness with psychological well-being. Social support has been identified as a dominant factor in enhancing psychological well-being, aligning with research conducted by Ardha (2018), Dinova (2016), Eva et al. (2020), Laimeheriwa (2017), Rani (2015), Rima (2022), Setiawan et al. (2020), and Soegiarto and Soetjningsih (2021). Meanwhile, the findings related to forgiveness are consistent with studies by Tacasily and Soetjningsih (2021), Pareek et al. (2016), Akthar (2017), and Sukarndar (2018), which highlight the role of forgiveness in reducing emotional burdens and improving psychological well-being.

This study provides a noteworthy contribution by addressing a gap in prior research. While previous studies have examined the influence of either social support or forgiveness on psychological well-being among young adults, none have specifically combined these two variables in the context of young adult women experiencing a breakup in Semarang. Earlier studies were often narrower in focus, for instance, Sugiarto and Soetjningsih (2021) explored parental social support, while Pariartha et al. (2022) examined survivors of dating violence. Therefore, this research offers novelty by presenting empirical evidence on how social support and forgiveness collectively affect the psychological well-being of young adult women following a breakup in this specific setting.

Nevertheless, this study has several limitations that should be acknowledged. The sampling was restricted to Semarang City, which limits the generalizability of the findings to young adult women in other regions. Future studies employing longitudinal or experimental designs and larger, more diverse samples are recommended to strengthen and extend these results.

## **5. CONCLUSION AND RECOMMENDATIONS**

The results of this study indicate that social support and forgiveness have a positive and significant effect on the psychological well-being of young adult women who have experienced a breakup in Semarang City. This finding suggests that the presence of emotional support from family, friends, and the surrounding environment, as well as the ability to forgive past experiences, plays an essential role in helping young adult women maintain and enhance their psychological well-being after a breakup. The implication of this result is that strengthening social relationships and fostering forgiveness can serve as key strategies to accelerate emotional recovery and prevent the decline of mental health within this population.

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