

Resilience of Wives Experienced Inaffair

Priscilia Elda¹, Endang Widyorini¹

¹Katolik Soegijapranata University, Jawa Tengah, Indonesia

Email: prisciliaelda@gmail.com

Abstract *The main problem that will cause the marriage rate to fall in 2024 is the factor of infidelity, and Indonesia is number two in cases of infidelity in Asia. There are two choices that a wife must make to her husband, namely whether the wife will accept him back or terminate her marriage or divorce. The process of a wife continuing to accept the situation and surviving her husband's affair is a process of resilience. The method used in this research is qualitative research using a phenomenological approach which conducted research on three wives who experienced infidelity, worked alone and still maintained their marriage. The results of the research show that the three subjects have good resilience, because they have reasons to remain resilient, there is a process for the subject to become resilient, forms of resilience and factors that influence them to have good resilience.*

Keywords: *Resilience, Infidelity, Wives in Marital Commitment*

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INTRODUCTION

From data from the Central Statistics Agency (BPS), the number of marriages in Indonesia in 2024 has decreased, where the number of marriages in 2023 is 1,577,255, a decrease of 128,093 compared to 2022, which is 1,705,348. The decline in the number of marriages has become a public concern, because marriage is a level in life that individuals must go through as one of the developmental tasks in early adulthood (Santrock, 2002). According to the Law of the Republic of Indonesia Number 1 of 1974, which is the law on marriage, it states that marriage is an innate bond between a man and a woman, as husband and wife with the aim of forming a happy and eternal household based on the One Godhead.

Marriage is not enough, only the two result in a good relationship (Ma'shum & TW, 2021). Getting married will give a new status to the couple and form an image, provide social support, avoid loneliness, because there is intimacy, affection and support for each other, there is mutual respect and mutual love (Azizy & Huda, 2015). According to Rahmawati & Hidayah, (2020) the factors causing the decline in the marriage rate are due to several factors, such as the existence of gender equality which makes great opportunities for women to go to school and work, so that women's dependence is decreasing, there are other factors such as men's conditions are financially unstable, difficulty finding a job, many cases of domestic violence (KDRT) and increasing cases Infidelity among artists and the media is also the cause of a number of people experiencing mental illness that is not ready to get married.

Strengthened by a survey from KBRN RRI which stated that Indonesia is ranked second in the country with the most cases of infidelity in Asia, by showing that 60% of infidelity is carried out in young adults. Infidelity itself is generally the presence of a third person in a romantic relationship between two people who are bound in marriage (Zainuddin & Wahid, 2022). Infidelity often presents negative opinions because it is considered a betrayal and dishonesty between couples (Oktafianti & Shofiyyuddin, 2024). Praghlapati, (2020) states that several

studies show that the tendency of men (husbands) to cheat is higher than that of women (wives). Statistics show that from 6 to 8 out of 10 married men have an affair with another woman who is not their wife (Purnawan & Kusumiati, 2021).

When a wife becomes a victim of infidelity, there are two choices that the wife must make to her husband, namely whether the wife will accept back or break off her marriage or divorce (Rahmasari, 2021). According to Hilmi, (2021) the wife will try and maintain the marriage relationship more than the husband, where the man will have the option to marry and find a replacement if they are in the position of being a victim of infidelity and the opposite of the woman (wife) will forgive and maintain the marriage relationship if she becomes a victim. Like the case that is currently viral and recent among artists, many wives sue their husbands who are having an affair, so that there are many divorces but not many still maintain their households, and in the researcher's work environment, there are also wives who experience similar things and still forgive and strain their marital relationships (Nikparvar et al., 2021).

Align with research from Putri & Aulia, (2021) the process of the wife still accepting the situation and surviving the infidelity carried out by the husband is a process of resilience or the ability from within the individual to survive, be able to adapt from the existing environmental pressure, and rise to solve problems from all the adversity that requires resilience from within the individual to survive on the problems of life, resilience is as the foundation of positive character in the individual, Resilient individuals will still feel negative emotions such as anxiety, worry, fear, sadness, but the individual has a way to recover his psychological state and then move to get back from all these downturns (Hendriani, 2022). In previous research conducted (Nelli, 2023) to see the resilience of working wives who experience domestic violence and divorce in the city of Pekanbaru, it was found that the four subjects have good resilience because according to Grotberg's theory, they have a resilience aspect, namely I have because the four subjects work and have economic independence, there is support from family and friends to divorce, the second aspect is I am, namely the confidence to be able to live as a single parent or alone without a husband and can think positively of the event, and the third aspect is I can, the four subjects have optimism in them to be able to solve problems and control all negative emotions in them.

More research from (Tyawardana & Syafiq, 2022) also examined the resilience and factors that affect women who are victims of infidelity and divorce by their partners in Lamongan, the results of the study show that they experience depression, negative emotions, and are able to survive because of children, and must continue to rise to educate and earn a living for children, as well as the support of parents who can encourage and motivate them to rise from individual adversity, able to survive because a mother must be an example for her child. Research conducted by (Khatib et al., 2023), which measures the resilience of wives to their partners, depression and worries about finances are negatively correlated with life outlook and problem-solving skills positively correlate with religion and a sense of coherence between partners.

Research from (Ginanjari, 2009) When the wife becomes a victim of infidelity, when knowing that the wife will be surprised, distrustful, experience negative emotions such as anger, disappointment, stress, depression, the next stage will be to talk about marriage problems with the husband, and will experience a unique healing process to be able to improve due to religious factors to maintain the marriage, emotional support from family and friends, other factors due to the characteristics of the wife's personality that can rise Of all the traumas, positive changes from the husband can be a supporting factor for the wife to experience resilience. The research from (Syarif, 2022) Seeing the psychological impact of divorced women due to husband's infidelity, where the impact is feelings of inferiority, worthlessness, fear, worry about the future, feelings of sadness, misery, regret, disappointment, because of a reality that is different from expectations. In this study, the researcher was interested in seeing the resilience of wives to survive in the household after being victims of infidelity.

METHODS

The type of research used in this study is qualitative with a phenomenological approach where researchers study and look for phenomena experienced by several individuals. The data sources used in this study are the results of observations and interviews with wives who have experienced infidelity. As a source of research support, qualitative research reference books and research design are used (Creswell & Creswell, 2021). The subjects were three people. Furthermore, data collection techniques use observation, interviews and data documentation. The study uses non-participant observations, the interviews used in this study are semi-structured interviews, where the researcher uses interview guidelines (guideline interviews) that are natural and do not rule out the possibility of other questions outside the predetermined questions, which aim to obtain more in-depth information. And the analysis carried out according to (Creswell & Creswell, 2021), first examines all available data from various sources, namely interviews and observations that have been written in field notes and personal documents of the subject, second, reducing the data carried out by making abstractions, third, compiling it in a unit and categorized in the next step, namely making coding, and fourthly checking the validity of the data, then continue by analyzing the data.

RESULTS AND DISCUSSION

This research began with the determination of the research scene or research location, where the research location in Semarang City aimed to examine the resilience of wives who were victims of infidelity who still maintained their marriage, and obtained research subjects of 3 wives who experienced infidelity from their husbands. The researcher's preparation before conducting the research is to see the problems that occur in the researcher's work environment and see the news about the cases of infidelity of the artists, then do the permission by asking the subject for permission to be willing to be an informant or subject in this research and willing to participate in the interview, by filling out the informed consent sheet provided by the researcher. Informed consent is used as evidence that the person concerned is willing to be the subject of this study.

During the interview, the researcher brought a device such as a recorder (mobile phone) used to record answers from the subject and a notebook as well as a bolpoint to record the results of observations. Before the interview is conducted, the researcher also first asks the subject for permission to record the results of the interview between the researcher and the subject, so that the subject remains comfortable during the interview process. The results of the interview will eventually be used as primary data in the research, while the observation results will be used as supporting data from the primary data. The following is information about the implementation of observations and interviews with research subjects:

Table 1. Description of the Implementation of Observations and Interviews

Subject	Day and Date	Time	Place
I	Friday, 4 October 2024	15:00 – 18:00	Tune In Coffee
II	Saturday, 12 October 2024	10:00 – 12:00	Subject House II
III	Monday, 14 October 2024	17:00 – 20:00	Rosti

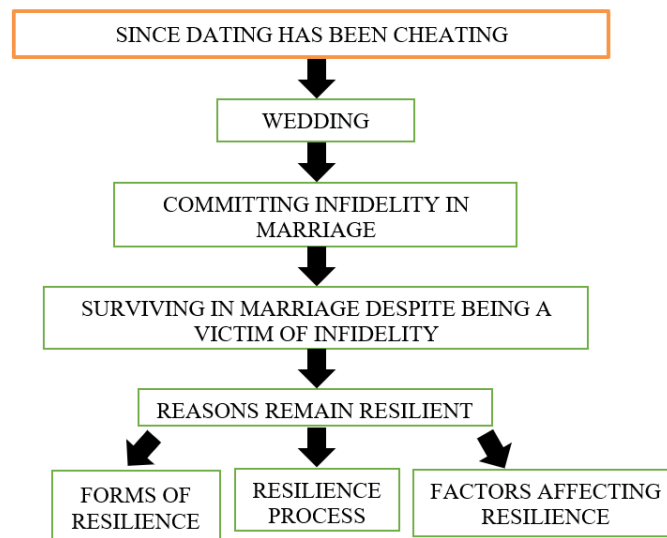


Diagram 1. Problem Scheme

Data Collection Results

Subject Identity I

Initial name : H.P
 Age : 36 Year
 Gender : Woman
 Status : Married
 Age of Marriage : 7 Year
 Education : D3 Marketing
 Work : Private Employees (Banking)

Interview Results

Subject I have been married since 2017, it has been almost 7 years of marriage, and when the researcher asked for the wedding date, the subject forgot and said he did not want to remember his wedding date. The reason for getting married at the beginning was because she was pregnant first and finally decided to get married even though there had been rejection from her husband's family from the beginning, such as from her husband's family asking the subject to do a DNA test to find out if the child, she was pregnant with was the child of the husband, but the husband still married the subject. Before getting married, the husband had cheated 1x, but the subject forgave and hoped that his girlfriend at that time (because he was not married) would change, because his partner also apologized, said he would change, khilaf and just a prank.

After the marriage everything went normally, there was a change when the child was almost 2 years old, the husband worked outside the city (only 1 month of work), and rarely came home, communication and communication remained the same, but when the subject followed her husband to Jakarta, the subject caught her husband cheating again, until he took the woman to the hotel, the psychological dynamics when the subject found out that her husband was having an affair for the 2nd time was the subject of scolding, shocked, heart palpitations, spoke rudely and even beat her husband, there was physical violence, so that the disappointment was brought to this day, the wife had a deep grudge against her husband, the wife said that her life was ruined and her husband had ruined her life until now.

But the wife cannot divorce because of the child, the subject wants her child to have a complete family, and successful, in that way she must survive for her child, because the child is closer to her husband than the subject, because the subject works all day, while the husband does

not work from the beginning of the marriage. Since then, there has been no openness on each cellphone, There is no financial openness either, never chatting, chatting is only limited to the subject telling her husband to do housework, taking the child, buying food and so on, the subject and her husband are also still living with the subject's parents, but the subject's family no one knows about her husband's infidelity, is still kept secret and still thinks that telling marriage problems to parents is a fight, But her husband's family already knew and was told by the subject, but the response from her husband's family only said that from the beginning my child was like that, bored, yes, accept the risk from the beginning, right, want to marry my child and if it's not strong, just get a divorce.

Align with research from Farmawati, (2020) when there are economic problems, her husband never helps anything, because only his wife works, the husband never changes and seems to have no fault. The psychological impact of infidelity is, the subject feels insecure, feels that he is very ugly, because he has been repeatedly cheated on by his husband, there is no desire to have marital relations, usually more than once every 3-6 months, even then it is always forced by his husband (Amirudin, 2021). The subject also felt the trauma of the marriage, so if there was a friend who confided in him about wanting to get married or told him about the wedding, he always responded with negativity and anger. Another effect is that the subject feels grumpier with something related to her husband, but persists because of the child and her family, and there is never any desire to repay the infidelity (Adam, 2020). The subject also said that he did not want to divorce because he did not want the woman who was used as his affair to win. Another impact was that the subject was stressed to the point of becoming depressed, had been admitted to the hospital and given anti-depressant drugs, the subject had also thought about suicide, but the subject remembered that he had also committed suicide until he was almost dead and very dark, so he abandoned his intention to commit suicide, and still remembered having to survive for his child.

For the parenting style of the subject's parents is that his father is very hard, and his mother is a person who is willing to accept all the ugliness and harsh nature of his father, so that the subject imitates his mother to remain in the commitment of marriage regardless of the condition, because for the child and the future of the child to be better than himself, because in the past the subject did not pass S1 only until D3, Because the subject had left home when his family's economy was down, the subject could not accept that, and left home, the subject worked in nightlife because that was the only thing that could make him earn money quickly, ranging from getting drunk, smoking, becoming a female driver for night workers, to becoming a drug dealer and user. Until finally the subject overdosed and decided to quit drugs and live life again. The subject must remain strong and survive in the household all because her child, even if her husband does not change is okay, she will still survive for the future of her child. The subject must also be an example for his child, a mother that his child can be proud of.

Observation Results

During the interview the subject cried, laughed and so repeatedly, the subject cried when asked about things related to his family and his child. And the tone will rise and become very emotional if asked about her husband and the initial treatment of the cheating.

Subject Identity II

Initial name	: P.T
Age	: 39 year
Gender	: Woman
Status	: Married
Age of Marriage	: 14 year
Education	: S1 Psychology
Work	: Company Owner

Interview Results

The subject of Married was 25 years old and her husband was 28 years old, they were 3 years apart in age, and the marriage had entered 14 years of marriage. At first, before married had been dating for 3 years, but there was no clarity in the marriage, but the father of the subject challenged his partner to be serious or not, if he was serious, please plan how to continue the marriage. When asked by the researcher if he had ever experienced infidelity, the subject replied that from before Married until this second, he always found chats with other women and always with the same person, had been having an affair from before Married until this second, he had been married for almost 14 years. Financially, the subject is working, because the company where he works belongs to his family, and her husband only helps in the company. Since the subject is the first child, the subject helps to take care of his sick mother, and his father has also passed away.

The subject has been trained to make decisions and is also carried over in his marriage, all decisions are on the subject, the husband is very passive. At the beginning of the marriage the subject also felt that he was too controlling for his husband, overprotective, because the husband had already had an affair, but the wife intoxicated herself, to improve herself for her husband to change, but it has not changed until now. At the beginning of the marriage, the subject had to wait 8 years to have children, because he had to have 2x miscarriages because of his very short cervix. In the process of marriage, the husband is always caught cheating repeatedly with the same person, and the subject does not tell anyone about it, and still forgives until this moment, and surrenders himself and his problems to God, the wife always holds fast to the commitment of marriage, the wife says it is okay to be difficult and hurt to atone for her sins.

All kinds of things the subject does to improve his household, self-introspection, change himself or upgrade himself to be more beautiful, exercise, the subject is also no longer organized and processive to her husband, the subject stays away from friendship to focus on her husband and family. There are many problems experienced by the subject ranging from waiting for a child for 8 years of marriage, the husband has an affair, and in June the mother has to be sick and her husband goes to prison for drugs, and has to go to prison for 3 days, and the wife struggles to get her husband out, forgive her husband every day, and still maintain her household because now she has a 3-year-old child. The subject did not tell anyone about the problems in his household. The husband also often rarely comes home, more often to the place of his affair, until he has 2 children from his affair, the subject often gives evidence of infidelity to his husband, but the husband is just silent, evasive, does not admit, never even apologizes, the subject has also visited the affair 3 times, and the husband is only silent, the subject until he grabs, hits his cheating until he embarrasses himself, But the husband was silent, did not admit and never apologized until this moment.

The subject will not get divorced, because the subject thinks that if he divorces, the value that the woman wants, and the subject must survive until any time. For communication, at home there is never communication, the husband always plays on the mobile phone, there is no openness of the mobile phone, a lot of privacy and there is no openness of financial problems or exchange of ideas like husband and wife, there is no desire for a husband-and-wife relationship. The subject survives because of his child, for the future of his child, so that when he grows up there are no shortcomings for his child's development, unlike the subject when he is a child experiencing bullying, so that the subject feels bad if he has a deficiency in himself, the subject also says that he must be able to be happy, make his own happiness without others. For the parenting style of his parents, his mother is hard and his father is very pampered with him, his family is very religious and religious.

The impact of the subject's infidelity is more handed over to God to be strengthened, for negative impacts, the subject minimizes because the subject has felt negative things while in college, the subject is very naughty, goes away from home to play with his friends, gets drunk, smokes, and even tattoos on his body even though his parents are very religious, so that motivates

the subject not to get to negative things. And one of the hopes of the subject, when his child grows up, her husband has changed, and can drink coffee together in the garden until he is old.

Observation Results

At the time of the interview, the subject always cried non-stop until the end of the interview, the subject loved his child, husband and family very much, the subject left everything to God and his tone was emotional if he talked about the woman cheating on her husband with full of pressure.

Subject Identity III

Initial name	: A.M
Age	: 29 year
Gender	: Woman
Status	: Married
Age of Marriage	: 1 year
Education	: S1 Agriculture
Work	: Private Employees (Banking)

Interview Results

When the researcher interviewed the subject, it entered October 2024, and it was only 1 year since the marriage of this III subject. At the beginning of the marriage, the subject and his partner were forced by the husband's family, even though the position was that the partner had just got a job, the economic condition was not stable and the husband had only been left by his mother for 6 months. But the big family on the husband's side is very compulsive, and the father of the husband is only silent, because the family customs are very thick and domineering. But after the marriage, it turned out that the husband's family did not provide any economic assistance, only arranged and coerced. So, it makes both of them regret, because Married is too fast, or if there is no financial support they are better off for Married normally.

The subject also said that at the beginning of the forced period, she only had less than 70% confidence in her husband, because she had previously been caught cheating, but the subject still decided to continue the marriage, because of their position they were engaged, and there were only a few weeks left to get married, and the subject thought of her parents as well, the subject was afraid of embarrassing her parents, because there had been an experience of the subject's sibling getting pregnant without getting married and making people Old Down, disappointed and had to be ostracized by the neighborhood and even the extended family of his parents. The subject did not want this to happen to the subject's parents, which was the reason why the subject continued to get married.

At the beginning of the marriage everything went normally, and the subject also immediately got pregnant after the wedding, there was a change when the husband had to move out of town, and had to undergo a long distance marriage (LDM), since March of this year, initially communication was good, but over time communication was also lacking because he was busy working, and every time the wife made a video call there was always the woman, and the husband reasoned because there was a work relationship. The subject asked the husband to stay away from the woman, but the husband refused for reasons of professionalism at Work, As for other changes, he often quarreled, the husband preferred anger or emotions, the husband rarely returned to Semarang, and when he came home the husband always played with his mobile phone, there was a lot of privacy and there was no openness, but because the position was still pregnant the wife remained patient and introspected herself to change so as not to affect the development of the baby.

The husband also often does body shaming to his pregnant wife so that he rarely has a conjugal relationship during pregnancy and until finally in May his wife wants to give birth, the husband is still busy with phone calls contacting his cheating woman, with the excuse of Work

and so on, until the incident that the child has to die one day after being born, making the subject very stressed, depressed, and destroyed, but there is no support from the husband, the husband is more focused on Work and does not want to take leave and so on, finally the subject sees a strange change in her husband, the subject goes to stay at her husband's boarding house, and receives evidence that the husband often lies about sleeping even though he goes with the woman, and the woman also often stays at her husband's boarding house, the psychological dynamics when the subject knows that, the subject cried, was disappointed, blamed God for taking his child and wanted to take his husband too, there was a feeling of wanting to catch up with only his dead child, because it was very weak, so it led to arguments, harsh words, and every fight always beat the husband repeatedly, until after the fight the subject's hands were always sick.

The subject couldn't control herself, her anger and resentment were very great, the trauma she experienced was still deep, finally asked her husband to quit Work, and currently only the subject is working. The subject is still sick when he hears the name of the woman who is cheating on him, and he is traumatized by his own name, because the name of the cheating is the same as his own name, until now he has tried to forgive her husband and her cheating, but the subject still persists in her marriage, because she remembers her marital commitment, and does not want if divorced the woman gets a husband, that is what the woman who cheated on her wants. The infidelity that her husband did opened up childhood trauma in her, her parents' situation used to be the same, her father was very hard and had an affair, making traumatic things from within her coupled with her mother who always bullied her, the first bully she received was from her mother, always compared to her brother or someone else, making the impact of this infidelity open up traumatic things from within her, lost faith in her husband, left her unconfident, hurt, traumatized, but she had to keep her household alive because of her promise to God and not want to disappoint her parents.

Observation Results

During the interview, the subject cried if asked about his parents and his deceased child, if asked about her husband, the subject felt emotional, especially when telling the process of her husband's infidelity with her infidelity, very emotional. The results of the study of the 3 subjects had good resilience, resilient women, persisted and accepted back the cheating husband, even though the 3 subjects were very independent because of the economic needs of the wife who bears and the 3 husbands do not work. Since the beginning of the 3rd date, the husband has had an affair, but the promise to change and the wife forgives. The reason for Married is also not because of confidence, in subject 1 Married with the reason that she was pregnant first, even though there is no support from the husband's family who asked to do a DNA test, in Subject II Married because the subject's father asked to proceed to a serious relationship, in Subject III Married because there was coercion from the husband's extended family.

At the time of Married the changes experienced, the husband at home was more busy playing on his mobile phone, there was no openness in the household, starting from the mobile phone, finances, and never chatting as husband and wife. When the husband cheats and finds out, the process of the wife meeting the cheating woman, some only chat or commit physical violence to the cheating woman, and the husband's position is just silent, some apologize, some do not apologize until this second, and feel that nothing happened. The psychological dynamics of the 3 subjects when they found out that their husbands were cheating, they were nervous, shocked, heart palpitations, emotions, some even committed physical violence to their husbands, disappointment, stress, and even some even became depressed and thought about ending their lives.

After that, the 3 subjects will try to get back from the problems they are facing, learn to trust their husbands back, get rid of grudges, and forgive until they will survive in the commitment of the marriage. They don't want to let go of their husbands because they don't want to lose to the woman who cheats on them, because that's what the woman who cheats on them

wants. The reason they are resilient in subjects I and II is because of the child factor, they want to see a bright future for the child by having a whole family, in subjects I, II, III the reason for resilience is because of the family, so that the family is not embarrassed, and the 3 subjects do not tell this to their families.

According to Ulfiah, (2021) the Education factor also affects their resilience, perspective and problem solving in dealing with problems are highly correlated with Education to 3 subjects. The effects of infidelity, a crisis of trust, they do not believe in themselves, some upgrade themselves, participate in sports, to be attractive to their husbands, husbands also sometimes do body shaming to their wives, to 3 subjects of self-introspection, improve themselves so that the husband changes, but the husband does not change, there is an impact there is no desire to have a relationship with husband and wife.

According to Putri & Khoirunnisa, (2022) their factors can be resilient because they have faced various traumas in the past, and they can rise for the future, such as subject I has a past of leaving home, working in the nightlife, getting drunk, smoking, drug dealers and even using drugs, and has committed suicide as well, in subject II he has also received bullying as a child, and delinquency during college, often leaving home, going dugem, smoking, to tattooing himself, in subject III since childhood received the first bullying from his mother who always compared him with his siblings or others, and the trauma of his father having an affair when he was a child, That's what makes them stay strong and have good resilience as adults. Parenting from parents also affects the resilience of the 3 subjects, one of the parents is harsh, and one of the parents accepts the condition of his partner, making the 3 subjects imitate the behavior of both parents. The 3 subjects had hopes, so that their husbands would change, and until they were old, they would stay together to raise their children well, being able to drink tea together in the front garden of the house until old age.

CONCLUSION

The study explores the resilience of wives who experience infidelity but choose to maintain their marital commitment. It highlights that resilience in these cases is influenced by personal, familial, and social factors. The findings reveal that the primary motivations for resilience include the well-being of children, the desire to preserve family integrity, and societal or familial expectations. These factors often outweigh personal grievances, leading wives to endure emotional and psychological challenges. The subjects demonstrated a capacity to adapt and recover from adversity through self-introspection, forgiveness, and prioritizing familial obligations. Despite initial emotional turmoil, including anger, disappointment, and depression, they gradually regained psychological stability. Resilient behaviors included maintaining household responsibilities, supporting children, and striving for self-improvement. In some cases, wives worked on enhancing their physical and emotional well-being as a coping mechanism. Resilience was shaped by past experiences, such as childhood trauma, educational background, and parental influence. Support systems, including faith, personal values, and the hope for positive changes in their partners, also played a significant role. Despite enduring emotional distress, the subjects chose to remain in their marriages, driven by a commitment to their children and the hope for a better future. This study underscores the complex interplay of individual, relational, and societal factors in fostering resilience among wives experiencing infidelity.

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