**Lampiran 1. Instrumen Resolusi Konflik**

Olson, D. H. & Larson, P. J. (2008). PREPARE/ENRICH: Customized version. Life Innovations, P.O. Box 190, Minneapolis, MN 55440.

|  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- |
| No | Aitem | Sangat Tidak Setuju | 1 | 2 | 3 | 4 | 5 | Sangat Setuju |
| 1R | Untuk mengakhiri perbedaan pendapat, saya cenderung mengalah terlalu cepat |  |  |  |  |  |  |  |
| 2R | Saya dan pasangan mempunyai pandangan yang berbeda tentang cara yang terbaik untuk mengatasi perbedaan pendapat kami. |  |  |  |  |  |  |  |
| 3 | Ketika kami mendiskusikan masalah, pasangan saya memahami pendapat dan ide saya. |  |  |  |  |  |  |  |
| 4 | Bahkan ketika kami berselisih pendapat, saya bisa berbagi perasaan dan ide dengan pasangan saya. |  |  |  |  |  |  |  |
| 5R | Kadang-kadang kami bertengkar hebat atas hal-hal yang sepele. |  |  |  |  |  |  |  |
| 6R | Saya sungguh-sungguh berjuang untuk dapat menghindari konflik dengan pasangan saya |  |  |  |  |  |  |  |
| 7R | Ada kalanya saya merasa bahwa beberapa perbedaan di antara kami tidak pernah terselesaikan. |  |  |  |  |  |  |  |
| 8R | Biasanya ketika kami bertengkar, saya pada akhirnya merasa bertanggung jawab atas permasalahan itu. |  |  |  |  |  |  |  |
| 9R | Dalam perbedaan pendapat, saya cenderung diam untuk menjaga perasaan pasangan saya. |  |  |  |  |  |  |  |
| 10R | Ada kalanya pasangan saya menganggap sepele perbedaan pendapat di antara kami. |  |  |  |  |  |  |  |

**Lampiran 2. InstrumenPemaafan**

Paleari, F. G., Regalia, C., & Fincham, F. D. (2009). Measuring offence-specific forgiveness in marriage: the Marital Offence-Specific Forgiveness Scale (MOFS). Psychological assessment, 21(2), 194.

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| --- | --- | --- | --- | --- | --- | --- | --- | --- |
| No | Aitem | Sangat Tidak Setuju | 1 | 2 | 3 | 4 | 5 | Sangat Setuju |
| 1R | Sejak pasangan saya berperilaku kurang menyenangkan, saya jadi tidak ingin berbicara dengannya. |  |  |  |  |  |  |  |
| 2 | Sekalipun pasangan saya melukai hati saya, saya mengabaikan hal itu, supaya relasi kami baik kembali. |  |  |  |  |  |  |  |
| 3R | Sejak pasangan saya berperilaku kurang menyenangkan, saya lebih mudah kesal dengannya. |  |  |  |  |  |  |  |
| 4R | Saya membuat pasangan saya merasa bersalah dengan apa yang telah terjadi. |  |  |  |  |  |  |  |
| 5 | Ketika pasangan saya melakukan hal yang tidak menyenangkan saya, saya berusaha sebaik mungkin untuk memperbaiki relasi dengannya. |  |  |  |  |  |  |  |
| 6R | Ketika pasangan saya berperilaku buruk, maka saya akan berperilaku buruk padanya juga. |  |  |  |  |  |  |  |
| 7R | Karena apa yang telah terjadi, saya merasa sulit untuk mencintai pasangan saya. |  |  |  |  |  |  |  |
| 8R | Saya masih memiliki dendam pada pasangan saya atas apa yang telah dia lakukan. |  |  |  |  |  |  |  |
| 9 | Saya memaafkan pasangan saya sepenuhnya, seluruhnya. |  |  |  |  |  |  |  |
| 10 | Ketika pasangan saya membuat kesalahan, saya langsung memaafkan pasangan saya. |  |  |  |  |  |  |  |

**Lampiran 3. Instrumen Kepuasan Pernikahan**

Schumm, W. A., Nichols, C. W., Schectman, K. L., & Grigsby, C. C. (1983).

Characteristics of responses to the Kansas Marital Satisfaction Scale by a sample

of 84 married mothers. Psychological Reports, 53, 567–572.

|  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- |
| No | Aitem | Sangat Tidak Setuju | 1 | 2 | 3 | 4 | 5 | Sangat Setuju |
| 1 | Seberapa puaskah Anda dengan pernikahan Anda? |  |  |  |  |  |  |  |
| 2 | Seberapa puaskah Anda dengan suami/istriAnda sebagai pasangan Anda? |  |  |  |  |  |  |  |
| 3 | Seberapa puaskah Anda terhadap hubungan Anda dengan suami/istri Anda? |  |  |  |  |  |  |  |

**Lampiran 4. Validitas dan Reliabilitas Skala Resolusi Konflik**

| **Scale Reliability Statistics** | | | | | | | | | | |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | | **mean** | | | **sd** | | **Cronbach's α** | | **Average interitem correlation** | |
| scale |  | | 2.467 |  | 0.249 |  | 0.823 |  | 0.366 |  |
|  | | | | | | | | | | |
| *Note.*  Of the observations, 139 were used, 1 were excluded listwise, and 140 were provided. | | | | | | | | | | |
| **Item Reliability Statistics** | | | | | | | | | |

| **Item Reliability Statistics** | | | | | | | |
| --- | --- | --- | --- | --- | --- | --- | --- |
|  | | | | | | **If item dropped** | |
|  | | **sd** | | **item-rest correlation** | | **Cronbach's α** | |
| CR1R |  | 1.043 |  | 0.500 |  | 0.809 |  |
| CR2R |  | 0.937 |  | 0.432 |  | 0.817 |  |
| CR5R |  | 1.168 |  | 0.486 |  | 0.811 |  |
| CR6R |  | 1.062 |  | 0.660 |  | 0.787 |  |
| CR7R |  | 1.304 |  | 0.674 |  | 0.783 |  |
| CR8R |  | 1.128 |  | 0.478 |  | 0.812 |  |
| CR9R |  | 1.112 |  | 0.592 |  | 0.796 |  |
| CR10R |  | 1.118 |  | 0.535 |  | 0.804 |  |
|  | | | | | | | |

**Lampiran 5. Validitas dan Reliabilitas Skala Pemaafan**

**Pemaafan (*Benevolence*)**

| **Scale Reliability Statistics** | | | | | | | | |
| --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **Cronbach's α** | | | | | **Average interitem correlation** | | | |
| 0.694 | | | |  | 0.531 | | | |
|  | | | | | | | | |
| *Note.*  Of the observations, 140 were used, 0 were excluded listwise, and 140 were provided. | | | | | | | | |
|  | | | | | | | | |
| **Item Reliability Statistics** | | | | | | | | |
|  | | | | | | | **If item dropped** | |
|  | | **sd** | | **item-rest correlation** | | | **Cronbach's α** | |
| F9 |  | 1.000 |  | 0.531 | |  | 0.282 |  |
| F10 |  | 0.963 |  | 0.531 | |  | 0.531 |  |
|  | | | | | | | | |

**Pemaafan (*Resentment-Avoidance*)**

| **Scale Reliability Statistics** | | | | | | | |
| --- | --- | --- | --- | --- | --- | --- | --- |
|  | | **mean** | | **sd** | | **Cronbach's α** | |
| scale |  | 3.431 |  | 0.194 |  | 0.915 |  |
|  | | | | | | | |
| *Note.*  Of the observations, 140 were used, 0 were excluded listwise, and 140 were provided. | | | | | | | |

| **Item Reliability Statistics** | | | | | | | |
| --- | --- | --- | --- | --- | --- | --- | --- |
|  | | | | | | **If item dropped** | |
|  | | **sd** | | **item-rest correlation** | | **Cronbach's α** | |
| F1R |  | 1.247 |  | 0.679 |  | 0.911 |  |
| F3R |  | 1.328 |  | 0.734 |  | 0.904 |  |
| F4R |  | 1.319 |  | 0.742 |  | 0.902 |  |
| F6R |  | 1.324 |  | 0.828 |  | 0.890 |  |
| F7R |  | 1.420 |  | 0.786 |  | 0.896 |  |
| F8R |  | 1.359 |  | 0.797 |  | 0.895 |  |
|  | | | | | | | |

**Lampiran 6. Validitas dan Reliabilitas Skala Kepuasan Pernikahan**

| **Scale Reliability Statistics** | | | | | | | | | |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | | **mean** | | **sd** | | **Cronbach's α** | | **Average interitem correlation** | |
| scale |  | 4.388 |  | 0.035 |  | 0.706 |  | 0.448 |  |
|  | | | | | | | | | |
| *Note.*  Of the observations, 140 were used, 0 were excluded listwise, and 140 were provided. | | | | | | | | | |

| **Item Reliability Statistics** | | | | | | | |
| --- | --- | --- | --- | --- | --- | --- | --- |
|  | | | | | | **If item dropped** | |
|  | | **sd** | | **item-rest correlation** | | **Cronbach's α** | |
| MS1 |  | 0.691 |  | 0.535 |  | 0.601 |  |
| MS2 |  | 0.604 |  | 0.508 |  | 0.641 |  |
| MS3 |  | 0.750 |  | 0.541 |  | 0.599 |  |
|  | | | | | | | |

**Lampiran 7. Hasil Deskriptif Perolehan Kepuasan Pernikahan, Resolusi Konflik dan Pemaafan**

| **Descriptive Statistics** | | | | | | | | | | | |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | | **Total MS** | | **Total CR** | | **Total F** | | **Total F (RA)** | | **Total F (B)** | |
| Valid |  | 140 |  | 140 |  | 140 |  | 140 |  | 140 |  |
| Missing |  | 0 |  | 0 |  | 0 |  | 0 |  | 0 |  |
| Mean |  | 13.164 |  | 19.721 |  | 28.471 |  | 20.586 |  | 7.886 |  |
| Std. Deviation |  | 1.630 |  | 5.934 |  | 6.760 |  | 6.706 |  | 1.718 |  |
| Minimum |  | 4.000 |  | 9.000 |  | 13.000 |  | 7.000 |  | 3.000 |  |
| Maximum |  | 15.000 |  | 35.000 |  | 40.000 |  | 30.000 |  | 10.000 |  |
|  | | | | | | | | | | | |

**Lampiran 8. Hasil Uji Hipotesis**

Linear Regression – Stepwise Method

| **Model Summary - Total MS** | | | | | | | | | |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **Model** | | **R** | | **R²** | | **Adjusted R²** | | **RMSE** | |
| 1 |  | 0.000 |  | 0.000 |  | 0.000 |  | 1.630 |  |
| 2 |  | 0.318 |  | 0.101 |  | 0.094 |  | 1.551 |  |
| 3 |  | 0.361 |  | 0.130 |  | 0.118 |  | 1.531 |  |
|  | | | | | | | | | |

| **ANOVA** | | | | | | | | | | | | | |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **Model** | |  | | **Sum of Squares** | | **df** | | **Mean Square** | | **F** | | **p** | |
| 2 |  | Regression |  | 37.263 |  | 1 |  | 37.263 |  | 15.491 |  | < .001 |  |
|  |  | Residual |  | 331.959 |  | 138 |  | 2.405 |  |  |  |  |  |
|  |  | Total |  | 369.221 |  | 139 |  |  |  |  |  |  |  |
| 3 |  | Regression |  | 48.165 |  | 2 |  | 24.083 |  | 10.276 |  | < .001 |  |
|  |  | Residual |  | 321.056 |  | 137 |  | 2.343 |  |  |  |  |  |
|  |  | Total |  | 369.221 |  | 139 |  |  |  |  |  |  |  |
|  | | | | | | | | | | | | | |
| *Note.*  The intercept model is omitted, as no meaningful information can be shown. | | | | | | | | | | | | | |

| **Coefficients** | | | | | | | | | | | | | |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **Model** | |  | | **Unstandardized** | | **Standard Error** | | **Standardized** | | **t** | | **p** | |
| 1 |  | (Intercept) |  | 13.164 |  | 0.138 |  |  |  | 95.571 |  | < .001 |  |
| 2 |  | (Intercept) |  | 10.787 |  | 0.618 |  |  |  | 17.457 |  | < .001 |  |
|  |  | Total F (B) |  | 0.301 |  | 0.077 |  | 0.318 |  | 3.936 |  | < .001 |  |
| 3 |  | (Intercept) |  | 9.800 |  | 0.763 |  |  |  | 12.849 |  | < .001 |  |
|  |  | Total F (B) |  | 0.317 |  | 0.076 |  | 0.334 |  | 4.176 |  | < .001 |  |
|  |  | Total F (RA) |  | 0.042 |  | 0.019 |  | 0.173 |  | 2.157 |  | 0.033 |  |
|  | | | | | | | | | | | | | |
| *Note.*  The following covariate was considered but not included: Total CR. | | | | | | | | | | | | | |