

## Forgiveness and Self Disclosure to Marital Satisfaction Working Husband and Wife

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**ABSTRACT:** Every married individual certainly wants to achieve happiness in their marriage, marriage will not be free from conflict or problems, the findings obtained are that the high rate of divorce is because husband and wife do not get satisfaction in their marriage, this is thought to be because husband and wife are not able to forgive their partner when they make a mistake. and tend to close themselves off or not open up to their partner. The aim of this research is to describe the conditions of forgiveness, self-disclosure and marital satisfaction in working husbands and wives. The research method is literature study, based on the results of previous research to clarify the conditions of forgiveness and self-disclosure of working husbands and wives. Based on the research results, it is hoped that in the future, the research results can be useful for married couples who work, so that they can maintain their feelings or emotions, such as being able to forgive their partner's mistakes more easily and finding solutions to every problem and being able to be open in conveying what they think or feel to their partner. either husband to wife or vice versa.

**Keywords:** Forgiveness, Self-Disclosure, Marital Satisfaction.



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## INTRODUCTION

Humans were created and live on earth by having their own partners. Living with a partner and having children is a happiness and dream that every human wants. This life as a couple is carried out through the marriage process. Marriages can go well or not, there are marriages that last until death separates them, there are also marriages that are forced to fail in the middle of their journey (Ardhianita & Andayani, 2005). Every individual who marries certainly wants to achieve happiness in marriage, having partners who complement each other, having offspring, the ability of each partner to fulfill each other's needs in marriage so that husband and wife are able to achieve satisfaction in marriage.

Burgess & Locke (in Ardhianita & Andayani, 2005) explain that the measure of marital success can be seen in terms of (a) length of marriage, (b) feeling of happiness between husband and wife, (c) marital satisfaction, (d) sexual ability, (f) pair unity. So it can be seen that when a husband and

wife get their satisfaction in marriage, it can be said that the marriage they are in is said to be successful. De Genova & Rice (in Mardiyani & Kustanti, 2017) explain that marital satisfaction can be said to be a condition felt by a husband and wife that they are sufficient and fulfilled in carrying out this relationship. This is in accordance with Hendrick's opinion (in Sukmawati, 2014) Marital satisfaction is an evaluation material in building a household, whether their marriage is going according to their expectations of marriage or vice versa. Marital satisfaction can be achieved when a husband and wife try each other so that their marriage achieves the goals they want. Every marriage will certainly have problems, so as husband and wife they must be able to resolve the problems that occur (Hurlock in Sukmawati, 2014).

Marriage will not be free from conflict or problems, various kinds of problems will arise for married couples, both material and non-material, in accordance with the previous discussion that marital satisfaction is a measure of the success of a marriage, when conflict occurs in a marriage Mathias, Amberg & Zimprich (in Herawati & Farradinna, 2017) explain that forgiveness is an important thing in marriage, when a conflict occurs, apart from finding a solution to resolve the conflict, an attitude of forgiveness is something that must exist within a married couple. Conflicts or problems will continue to exist in marriage, differences of opinion, inappropriate behavior, issues from society that can make a marriage relationship crack must be faced by married couples, when the conflict originates from one of the mistakes made by the married couple. , then forgiveness is the most important thing so that the problems that occur can be resolved. Herawati & Farradinna (2017) explained that when a husband and wife conflict occurs, forgiveness becomes something that can be done, because when there is conflict it is hoped that positive emotions can be present to overcome the conflict that occurs (Ayuba et al., 2015; Hancock & Page, 2013).

When you become a husband and wife in marriage, your life will change, previously all things were complaints, happiness and joy were only felt by yourself, after marriage these things must be shared with your life partner, the husband shares stories with the wife, as well as the wife shares stories with a husband, then being husband and wife requires mutual openness within themselves, when Husbands and wives can be open about various things, which will be an important aspect for husbands and wives to achieve satisfaction in their marriage. Husband and wife's openness to each other refers to their respective self-openness (Q. K. Rini & Retnaningsih, 2011).

Self-disclosure is the process of disclosing information about oneself to others in order to gain new understanding and information from each other (I. R. S. Rini, 2009) (Kvist Lindholm & Zetterqvist Nelson, 2015; Paterson & Weber, 2015). Self-disclosure for husband and wife is important to achieve marital satisfaction, openness to each other regarding information from both the husband and wife is important for living married life. Q. K. Rini & Retnaningsih (2011) explain self-disclosure to married couples, namely providing information about the partner in terms of feelings and thoughts, so that self-disclosure becomes the most important thing to achieve marital satisfaction.

Pearson (in Q. K. Rini & Retnaningsih, 2011) explains that when husband and wife can express themselves to each other or be open with their partner, it will be an advantage in marriage, the advantage is that as husband and wife it will be easier to understand and comprehend attitudes, feelings and thoughts, easily accept each other's strengths and weaknesses when husband and wife are open in conveying information about themselves, so that when a conflict occurs, because husband and wife are open and can understand their partner, resolving the conflict will feel easy. Research conducted by I. R. S. Rini (2009) entitled "The Relationship Between Self-Disclosure and Marital Adjustment in Married Couples Who Live Separately" revealed that husband and wife

couples who live separately have a strong correlation with marital adjustment, this is the basis for To get marital satisfaction, it is hoped that husband and wife can be open to each other.

Therefore, there is a need for Guidance and Counseling that can help working husbands and wives to organize good strategies and plans for their marriage so that both husband and wife both feel satisfaction in their marriage. As counselors who provide Guidance and Counseling services, of course counselors are equipped with family knowledge. that they have received in lectures on family counseling courses, this is where the role of Guidance and Counseling lies to be able to help resolve the problems felt, especially for working married couples (Syahri & Daharnis, 2020).

## **METHOD**

The research uses a literature study type of research, namely based on the results of previous research which aims to explain the state of forgiveness, self-disclosure and marital satisfaction in working husbands and wives, as well as examining the relationship between forgiveness and self-disclosure on marital satisfaction in working husbands and wives.

## **RESULT AND DISCUSSION**

Based on research conducted by Mardiyah (2018) entitled Differences in Marital Satisfaction of Working Husbands and Wives Based on Self-Disclosure Factors. The results of this research prove that there is a difference in marital satisfaction between working husbands and wives seen from the personal interest factor which shows a significance value of 0.840. This means that self-disclosure, the aspect of personal interests, does not really show marital satisfaction in terms of personal interests. Furthermore, the results of research by Veronika & Afdal (2021) entitled Analysis of Marital Satisfaction in Working Husband and Wife Couples, this research proves that the marital satisfaction of working husbands and wives is in the good category, however, marital satisfaction based on the communication aspect is still in the low category, and at any time marital satisfaction can change and needs to be followed up in more depth. This is also in line with Saputri's (2019) research entitled The Influence of Effective Communication and Forgiveness on Marital Satisfaction in Wives. The research results prove that there is a significant influence between forgiveness and marital satisfaction. A marriage will not always be in a happy state, there will be ups and downs, difficult times that a husband and wife will experience and go through, when there is conflict in the marriage, then the effort that will be made is to find a way to resolve the problem, when an argument occurs , it is hoped that both husband and wife can end the problem, not end the relationship that is already underway.

Being husband and wife is not an easy thing with the duties and responsibilities that are held, mistakes from partners can occur in marriage, therefore (Saputri, 2019.) revealed that one of the important things in marriage to achieve marital satisfaction is forgiveness), forgiveness is a situation where a victim who feels hurt is able to suppress negative emotions as a result of the incident he or she experienced, whether intentional or unintentional by the perpetrator. Forgiveness is one of the keys to achieving marital satisfaction, having forgiveness (forgiveness) or forgiving both husband and wife is a character that really helps resolve problems when they occur in marriage, especially with problems for husband and wife who work together, when the wife made the mistake of not having time to serve her husband at home because she spent most of her time working. Forgiveness is a tool that can be relied on to prevent ongoing problems.

Of course, as a husband and wife who work, there will be problems that come and go, the busyness of each person sometimes becomes a source of problems in the marriage, therefore we need something called openness, with a partner or self-disclosure towards a partner. Agustin & Ilyas (2019) explain that self-disclosure is an important thing in the household, with the aim of the couple opening themselves up, when a conflict occurs, the husband and wife can understand and understand easily what the husband and wife actually want to resolve the problem. Based on this, husband and wife can achieve self-disclosure in their marriage.

## CONCLUSION

Based on the discussion related to the research that is the reference for this article, it can be concluded that forgiveness and self-disclosure contribute to marital satisfaction in working husbands and wives. Being a working husband and wife certainly has heavier duties and responsibilities, you must be able to manage your time. and work between work at work and work at home, therefore when a problem occurs, being a partner who is forgiving and open to each other, can alleviate the problems being faced so that solutions to the problems can be found, of course as husband and wife it is not the one who a perfect partner, therefore, when you can accept your partner's shortcomings and mistakes by being a forgiving person and being open to your partner about the things you feel and think, then you will get marital satisfaction.

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