

Stockholm Syndrome: Self-Forgiveness' Dynamics in Victims of Dating Violence in Z Generation

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Abstract

This research aims to determine the relationship between Stockholm Syndrome and Self-forgiveness in victims of violence in Z Gen. The infinitive population with sample criteria are victims of violence in a boyfriend/girlfriend with an age range of 14-26 years using a nonprobability sampling technique. The total sample is 49 from various levels of education and ages of Z Gen. The instrument uses the Stockholm Syndrome Self-forgiveness Scale. The data analysis technique uses product-moment correlation. Self-forgiveness can improve interpersonal relationships in various problem situations, because it can free negative emotions such as anger, depression, and guilt, as well as give rise to a forgiving spirit within oneself, with Self-forgiveness individuals will love themselves and improve themselves in a better direction. Research results are obtained with a significance value of $0,024 < 0,05$ and a calculated r-value of $-0,323 > 0,2377$ (r table), meaning that there is a significant negative correlation between the two variables. With every change in the Self-forgiveness variable, the Stockholm Syndrome variable will decrease to around 0,323.

Keywords: Stockholm Syndrome, Self-Forgiveness, Dating Violence, Z Generation

Abstrak

Penelitian ini bertujuan untuk mengetahui hubungan *Stockholm Syndrome* dengan *Self-forgiveness* pada korban kekerasan pada Z Gen. Populasi infinitif dengan kriteria sampel adalah korban kekerasan pada pacar dengan rentang usia 14-26 tahun dengan menggunakan metode nonprobability sampling. teknik. Jumlah sampel sebanyak 49 orang dari berbagai tingkat pendidikan dan usia Z Gen. Instrumen yang digunakan adalah Skala *Stockholm Syndrome Self-forgiveness*. Teknik analisis data menggunakan korelasi *product moment*. *Self-forgiveness* dapat meningkatkan hubungan interpersonal dalam berbagai situasi permasalahan, karena dapat melepaskan emosi negatif seperti kemarahan, depresi, dan rasa bersalah, serta memunculkan semangat memaafkan dalam diri, dengan *Self-forgiveness* individu akan mencintai dirinya sendiri dan memperbaiki dirinya. ke arah yang lebih baik. Diperoleh hasil penelitian dengan nilai signifikansi sebesar $0,024 < 0,05$ dan nilai r hitung sebesar $-0,323 > 0,2377$ (r tabel), artinya terdapat korelasi negatif yang signifikan antara kedua variabel. Setiap terjadi perubahan pada variabel *Self-forgiveness* maka variabel Stockholm Syndrome akan mengalami penurunan menjadi sekitar 0,323.

Kata Kunci: *Stockholm Syndrome*, *Self-Forgiveness*, Kekerasan dalam berpacaran, Generasi Z

Introduction

Z Generation (Z Gen) is the post-millennial generation born between 1995 and 2012 and is the generation that dominates the population in Indonesia, namely around 74.93 people or 27.94% of the total population in Indonesia¹. Social media is a communication medium that is closely related to Z Gen's life², and begin to form an intimate relationship with their partner or what is usually called dating³. Many people think that dating will not cause violence because there is romance and affection⁴, even based on the results of tracing cases of violence handled by service institutions throughout 2022, among the 9,806 cases handled were violence in relationships, namely 3,528 cases, and violence from ex-girlfriends, 163 cases, while for data on complaints in the personal sphere, violence by ex-girlfriends was 713 cases and violence in dating 422 cases⁵.

Violence in a dating relationship can be the end of a dating relationship, but quite a few victims of violence choose to stay in the relationship for various reasons, even victims can also show psychological self-defense/denial of continuing in the relationship⁶. Types of violence are physical and psychological violence which will hurt the victim, both on the victim's physical and mental health, namely depression, anxiety, and psychosomatic⁷. Around 40% to 70% of women who are victims of dating violence choose to stay or return to the relationship⁸. Persisting in a violent relationship is commonly called Stockholm Syndrome.

Stockholm Syndrome is a very contradictory condition, namely the emergence of a strong bond between the victim and the perpetrator of violence, including the victim's love for the perpetrator, protecting the perpetrator who has committed violence, and even

¹ Hendra Lukito Lasti Yossi hastini, Rahmi Fahmi, "Apakah Pembelajaran Menggunakan Teknologi Dapat Meningkatkan Literasi Manusia Pada Generasi Z Di Indonesia?," *Jurnal Manajemen Informatika (JAMIKA)*, 2020, <https://ojs.unikom.ac.id/index.php/jamika/article/view/2678/1826>; Lintang Citra Christiani and Prinisia Nurul Ikasari, "Generasi Z Dan Pemeliharaan Relasi Antar Generasi Dalam Perspektif Budaya Jawa," *Jurnal Komunikasi Dan Kajian Media* 4, no. 2 (2020): 84–105; Ike Agustina, "Memahami Generasi Z Lebih Dekat," n.d.

² Lasti Yossi hastini, Rahmi Fahmi, "Apakah Pembelajaran Menggunakan Teknologi Dapat Meningkatkan Literasi Manusia Pada Generasi Z Di Indonesia?"; Andrias Pujiono, "Media Sosial Sebagai Media Pembelajaran Bagi Generasi Z," *Didache: Journal of Christian Education* 2, no. 1 (2021): 1, <https://doi.org/10.46445/djce.v2i1.396>.

³ Nicky Ali Jackson, *Domestic Violence* (New York: Routledge Taylo & Francis Group, 2007); Ayuning Atmasari and Dara Dwi April Liandani, "STOCKHOLM SYNDROME DAN PEMAAFAN (FORGIVENESS) PADA REMAJA PEREMPUAN YANG MENGALAMI KEKERASAN DALAM PACARAN (INTIMATE PATNER VIOLENCE)," *Jurnal PSIMAWA* 6, no. 2 (2023): 87–93.

⁴ Intan Permata Sari, "Dalam Relasi Pacaran. Perempuan Korban Cenderung Menjadi Makhluk Irasional Dengan Mempertahankan Relasi Pacarannya Dengan Pertimbangan Keuntungan Berupa Terhindar Dari," *Jurnal Dimensia* 7, no. 1 (2018): 64–85; Nurul Khairaat, Sitti Murdiana, and Haerani Nur, "Kecenderungan Stockholm Syndrome Pada Perempuan Korban Kekerasan Dalam Berpacaran Di Kota Makassar," *PESHUM: Jurnal Pendidikan, Sosial Dan Humaniora* 2, no. 3 (2023): 484–91, <https://doi.org/10.56799/peshum.v2i3.1510>.

⁵ Komnas Perempuan, "Lembar Fakta Catatan Tahunan Komnas Perempuan Tahun 2023 Kekerasan Terhadap Perempuan Di Ranah Publik Dan Negara: Minimnya Pelindungan Dan Pemulihan," in *National Commission On Violence Against Women* (Jakarta, 2023).

⁶ I Hasanah et al., "Hasanah et al. - 2021 - DENIAL SYNDROME DI MASA PANDEMI COVID-19 PADA MASY," *Edu Consilium: Jurnal Bimbingan Dan Konseling Pendidikan Islam* 2, no. 2 (2021): 35–52, <https://doi.org/10.1905/ec.v1i1.1808>.

⁷ Günnur Karakurt and Kristin E. Silver, "Emotional Abuse in Intimate Relationships: The Role of Gender and Age," *Violence and Victims* 28, no. 5 (2013): 804–21, <https://doi.org/10.1891/0886-6708.VV-D-12-00041>.

⁸ Anat Ben-Porat and Haya Itzhaky, "The Contribution of Training and Supervision to Perceived Role Competence, Secondary Traumatization, and Burnout among Domestic Violence Therapists," *Clinical Supervisor* 30, no. 1 (2011): 95–108, <https://doi.org/10.1080/07325223.2011.566089>; Susan H. Horwitz et al., "Relational Tools for Working With Mild-to-Moderate Couple Violence: Patterns of Unresolved Conflict and Pathways to Resolution," *Professional Psychology: Research and Practice* 40, no. 3 (2009): 249–56, <https://doi.org/10.1037/a0012992>.

a feeling of blaming oneself for being the cause of the violence⁹. Four conditions arise in victims of dating violence that develop Stockholm Syndrome, namely the threat to the victim's safety, both physically and psychologically, carried out by the perpetrator. The second condition is that there is a threat not to leave the perpetrator, this could also be because the victim does not need to worry about being terrorized when leaving their partner¹⁰. The third condition is that the perpetrator forbids the victim from having contact with other people around him, and the final condition is that the perpetrator shows kindness to the victim in any form¹¹. Meanwhile, according to Walker¹² The cycle of violence in dating includes three stages, namely the tension-building phase, acute battering episode, and the honeymoon phase. This is what can cause the victim to find it difficult to escape from the perpetrator and only see the good side of the perpetrator, and the perpetrator will create a romantic atmosphere as a form of regret.

The purpose of this research is to determine the relationship between Stockholm Syndrome and self-forgiveness in victims of violence in Z Gen. Women were chosen because based on data, women are more likely to be victims of violence in dating relationships than men. One of the characteristics that contribute to victims of violence with Stockholm Syndrome is related to the victim's ability to forgive themselves, to be assertive, and to get out of toxic and self-harming conditions. Self-forgiveness is an individual's ability to release oneself from feelings of guilt not by punishing oneself but by loving oneself after making a mistake¹³. Self-forgiveness can be explained as a change in the victim's behavior by reducing the motivation for revenge and avoiding the perpetrator¹⁴. Self-forgiveness occurs if an individual can realize that he has been hurt by someone else, then can accept and accept it, and then repair what has happened to him. Victims of violence have the right to have an ideal and harmonious life.

Methods

This research was using quantitative research methods. This research approach uses a correlation approach. Population is a set or collection of all objects/events to be studied¹⁵. The population with sample criteria is victims of dating violence with an age range of 14-26 years using non-probability sampling techniques. The total sample are 49 from various levels of education and ages of Z Gen. The instrument using the Stockholm Syndrome scale refers to the theory¹⁶ and the Self-forgiveness scale also refers to the theory¹⁷. The data analysis technique uses product-moment correlation to determine the relationship between two variables with the help of the SPSS 26 program.

⁹ D L Graham et al., "A Scale for Identifying 'Stockholm Syndrome' Reactions in Young Dating Women: Factor Structure, Reliability, and Validity.," *Violence and Victims* 10, no. 1 (1995): 3–22.

¹⁰ Pei Yu Lee and Bih O. Lee, "Lived Experiences of Domestic Violence in Women and Their Children: A Phenomenological Study," *Healthcare (Switzerland)* 10, no. 8 (2022): 1–11, <https://doi.org/10.3390/healthcare10081556>.

¹¹ Graham et al., "A Scale for Identifying 'Stockholm Syndrome' Reactions in Young Dating Women: Factor Structure, Reliability, and Validity."

¹² J. Sangeetha et al., "Strategic Analysis of Intimate Partner Violence (IPV) and Cycle of Violence in the Autobiographical Text –When I Hit You," *Heliyon* 8, no. 6 (2022): e09734, <https://doi.org/10.1016/j.heliyon.2022.e09734>.

¹³ Herlinda Manggaring Ramadhani, "Self-Forgiveness Pada Pria Yang Pasangannya Melakukan Aborsi Pranikah," *Jurnal Ilmiah Bimbingan Konseling Undiksha* 12, no. 3 (2021): 346–54, <https://doi.org/10.23887/jibk.v12i3.38610>.

¹⁴ Michael E. McCullough, "Forgiveness as Human Strength: Theory, Measurement, and Links to Well-Being," *Journal of Social and Clinical Psychology* 19, no. 1 (2000): 43–55, <https://doi.org/10.1521/jscp.2000.19.1.43>.

¹⁵ Sri Rizqi Wahyuningrum, *Statistika Pendidikan (Konsep Data Dan Peluang)* (Surabaya: Jakad Media Publishing, 2020).

¹⁶ Graham et al., "A Scale for Identifying 'Stockholm Syndrome' Reactions in Young Dating Women: Factor Structure, Reliability, and Validity."

¹⁷ McCullough, "Forgiveness as Human Strength: Theory, Measurement, and Links to Well-Being."

Results

The results of the classical assumption test using normality and linearity tests meet the requirements, namely for the One-Sample Kolmogorov-Smirnov normality test with a significance value of $0,2$ (2-tailed) $> 0,05$, it can be concluded that the data is normally distributed. The results of the linearity test have a significance value of $0,019 < 0,05$ and it can be concluded that the data is linear and meets the requirements for the Pearson product-moment correlation test.

Table 1. Correlation Analysis Results

| | Stockholm Syndrome | Self-forgiveness |
|--------------------|---------------------|------------------|
| Stockholm Syndrome | Pearson Correlation | 1 |
| | Sig. (2-tailed) | -0,323* |
| | N | 49 |
| Self-forgiveness | Pearson Correlation | -0,323* |
| | Sig. (2-tailed) | 0,024 |
| | N | 49 |

*. Correlation is significant at the 0.05 level (2-tailed).

Testing the hypothesis using the correlation between the variables Stockholm Syndrome and Self-forgiveness obtained a significance value of $0,024 < 0,05$ and a calculated r-value of $-0,323 > 0,2377$ (r-table), meaning that there is a significant negative correlation between the two variables. With every change in the Self-forgiveness variable, the Stockholm Syndrome variable will decrease, but only slightly, namely around $0,323$.

Discussion

Based on the research results, there is a significant relationship between Stockholm Syndrome and Self-forgiveness in Z Gen dating violence victims. Victims who have good Self-forgiveness abilities will not survive in dating relationships with Stockholm Syndrome. The higher the Self-forgiveness score, the lower the Stockholm Syndrome score. Vice versa, the lower Self-forgiveness, the higher the Stockholm Syndrome score in the victim.

Self-forgiveness can improve interpersonal relationships in various problem situations¹⁸, because it can free negative emotions such as anger, depression, and guilt, as well as give rise to a forgiving spirit within oneself, with Self-forgiveness individuals will love themselves and improve themselves in a better direction. Victims of dating violence in Z Gen with Stockholm Syndrome tend to forgive the perpetrator by being what the perpetrator expects and trying to give more love to the perpetrator in the hope that the perpetrator will change and not hurt him anymore, but in fact, this is a form of self-defense and denial behavior for the victim. Rationalization by providing reasons to manipulate facts and be socially accepted and trying to pretend that nothing happened is a form of self-defense mechanism¹⁹, Victims often blame themselves for the violence. Self-blaming

¹⁸ Elaine Walton, "Therapeutic Forgiveness: Developing a Model for Empowering Victims of Sexual Abuse," *Clinical Social Work Journal* 33, no. 2 (June 2005): 193–207, <https://doi.org/10.1007/S10615-005-3532-1/METRICS>.

¹⁹ Nurul Khairaat, Sitti Murdiana, and Haerani Nur, "Kecenderungan Stockholm Syndrome Pada Perempuan Korban Kekerasan Dalam Berpacaran Di Kota Makassar"; Iswatun Hasanah et al., "DENIAL SYNDROME DI MASA PANDEMI COVID-19 PADA MASYARAKAT KABUPATEN PAMEKASAN MADURA," *Edu Consilium: Jurnal Bimbingan Dan Konseling Pendidikan Islam* 2, no. 2 (October 1, 2021): 35–52, <https://doi.org/10.19105/EC.V2I2.4962>.

behavior is a cognitive distortion²⁰, and finally, staying in an unhealthy relationship will hurt the physical and psychological condition of the victim of violence²¹

Self-forgiveness is very important for every individual to improve their quality. When individuals can make peace with the violence they have experienced and realize that they have received violence, and then take corrective steps as a form of loving themselves, then the victim will easily get out of the Stockholm Syndrome condition they are experiencing. There are two main dimensions in Self-forgiveness, the first is admitting responsibility without releasing oneself from mistakes or blaming oneself for things beyond one's control, and the second is renewing self-esteem so that individuals will continue to restore their self-esteem²². Self-forgiveness does not mean surrendering and accepting the situation, but accepting, forgiving, and changing so as not to hurt yourself, because every individual is valuable and the love they have must be appreciated and respected. The feeling of having a meaningful life is important for individuals²³. Recent research has also found that self-forgiveness is positively related to improving individual psychological well-being, mental health, and life satisfaction in individuals²⁴.

Conclusion

The results of this study cannot be generalized but only illustrate that from 49 respondents who experienced violence in dating and experienced Stockholm Syndrome, there is a significant relationship between Stockholm Syndrome and Self-forgiveness in victims of violence in dating Z Gen. This research has not yet covered the steps. strategies that must be carried out to improve the quality of life of victims of dating violence and to get out of the Stockholm Syndrome condition.

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²⁰ Arlin Yuliani and Nurindah Fitria, "Peran Preoccupied Attachment Style Terhadap Kecenderungan Mengalami Stockholm Syndrome Pada Perempuan Dewasa Awal," *Psympathic : Jurnal Ilmiah Psikologi* 4, no. 2 (2017): 275–88, <https://doi.org/10.15575/psy.v4i2.1341>.

²¹ Atmasari and Liandani, "STOCKHOLM SYNDROME DAN PEMAAFAN (FORGIVENESS) PADA REMAJA PEREMPUAN YANG MENGALAMI KEKERASAN DALAM PACARAN (INTIMATE PATNER VIOLENCE)."

²² Loren L. Toussaint, Jon R. Webb, and Jameson K. Hirsch, *Self-Forgiveness and Health: A Stress-and-Coping Model, Handbook of the Psychology of Self-Forgiveness*, 2017, https://doi.org/10.1007/978-3-319-60573-9_7.

²³ P. Steger, M. F., Frazier and M Oishi, S., & Kaler, "Meaning in Life Questionnaire (MLQ)," *Journal of Counseling Psychology* 53 (2006): 80–93; Farra Anisa Rahmania et al., "The Effects of Forgiveness and Self-Acceptance on the Meaning of Life in Early Adult Individuals with Divorced Parents," *Proceeding of Inter-Islamic University Conference on Psychology* 1, no. 1 (February 19, 2021), <https://doi.org/10.21070/iiucp.v1i1.612>.

²⁴ Dyah Ayu Larasati and Tria Widyastuti, "Pengembangan Skala Pemaafan Diri," *Acta Psychologica* 2, no. 1 (2020): 80–90; Frank D. Fincham and Ross W. May, "Self-Forgiveness and Well-Being: Does Divine Forgiveness Matter?," *Journal of Positive Psychology* 14, no. 6 (2019): 854–59, <https://doi.org/10.1080/17439760.2019.1579361>; Lenka Tenklova and Alena Slezackova, "Differences between Self-Forgiveness and Interpersonal Forgiveness in Relation to Mental Health," *Journal of the Indian Academy of Applied Psychology* 42, no. 2 (2016): 282–90; Shuguang Yao et al., "Mediator Roles of Interpersonal Forgiveness and Self-Forgiveness between Self-Esteem and Subjective Well-Being," *Current Psychology* 36, no. 3 (September 1, 2017): 585–92, <https://doi.org/10.1007/S12144-016-9447-X/METRICS>; David W. Chan, "Subjective Well-Being of Hong Kong Chinese Teachers: The Contribution of Gratitude, Forgiveness, and the Orientations to Happiness," *Teaching and Teacher Education* 32 (May 2013): 22–30, <https://doi.org/10.1016/j.tate.2012.12.005>.

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