

## Internal and External Factors Influencing Forgiveness Among Adolescents: A Literature Review

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### Abstrak

Pemaafan adalah komponen penting dalam perkembangan sosial dan emosional remaja karena berperan dalam membantu individu mengatasi konflik interpersonal, menjaga hubungan sosial, dan meningkatkan kesejahteraan psikologis. Tujuan penelitian ini adalah untuk menemukan dan menganalisis komponen internal dan eksternal yang memengaruhi pengampunan pada remaja. Metode kajian literatur (literature review), yang menggunakan sumber data dari basis data Garuda dan Google Scholar, digunakan dalam penelitian ini. Penelusuran literatur dilakukan menggunakan kata kunci yang berkaitan dengan pengampunan pada remaja dan faktor-faktor yang memengaruhinya. Artikel yang ditelaah merupakan publikasi tahun 2016-2026. Berdasarkan hasil pencarian awal diperoleh 30 artikel ditemukan kemudian, kriteria inklusi dan eksklusi sehingga diperoleh 14 artikel yang sesuai untuk dievaluasi. Faktor-faktor yang ditemukan dimasukkan ke dalam kategori faktor internal dan eksternal saat melakukan analisis data deskriptif-kualitatif. Hasil kajian menunjukkan bahwa komponen internal memengaruhi keinginan remaja untuk memaafkan meliputi empati, religiusitas, kematangan emosi, kerendahan hati, kepribadian, ego, perenungan, dan karakteristik personal individu. Sementara itu, faktor eksternal yang ditemukan meliputi dukungan sosial teman sebaya, komunikasi interpersonal, keterikatan, kualitas persahabatan, konflik keluarga, kedekatan hubungan, komitmen, kepuasan hubungan, serta permintaan maaf. Temuan penelitian menunjukkan bahwa empati dan religiusitas merupakan faktor internal yang paling dominan, sedangkan kualitas hubungan interpersonal menjadi faktor eksternal yang paling sering ditemukan. Hasil penelitian ini menunjukkan bahwa interaksi antara karakteristik individu dan lingkungan sosial mereka mempengaruhi sikap pemaafan remaja.

**Kata Kunci:** Remaja; Pemaafan; Faktor Internal; Faktor Eksternal; Tinjauan Literatur

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### Abstract

*Forgiveness is an important component of adolescents' social and emotional development, as it helps individuals cope with interpersonal conflicts, maintain social relationships, and enhance psychological well-being. This study aimed to identify and analyze the internal and external factors influencing forgiveness among adolescents. A literature review method was employed using data sources retrieved from the Garuda database and Google Scholar. The literature search was conducted using keywords related to adolescent forgiveness and its influencing factors. The reviewed studies consisted of articles published between 2016 and 2026. The initial search identified 30 articles, which were subsequently screened based on predetermined inclusion and exclusion criteria, resulting in 14 articles being selected for further analysis. The findings were analyzed using a descriptive qualitative approach and classified into internal and external factors. The review revealed that internal factors associated with adolescents' willingness to forgive included empathy, religiosity, emotional maturity, humility, personality, ego, rumination, and individual personal characteristics. Meanwhile, the identified external factors included peer social support, interpersonal communication, attachment, friendship quality, family conflict, relationship closeness, commitment, relationship satisfaction, and apology. The findings indicated that empathy and religiosity were the most frequently identified internal factors, whereas the quality of interpersonal relationships emerged as the most prominent external factor. Overall, the findings suggest that adolescent forgiveness is shaped by the interplay between individual characteristics and the surrounding social environment.*

**Keywords:** Adolescent Forgiveness; Psychological Factors; Social Factors; Interpersonal Relationships; Literature Review.



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## INTRODUCTION

Adolescence is a transitional period between childhood and adulthood characterized by physical, cognitive, social, and emotional changes. Mappiare (1982, as cited in Umar, 2023) classified adolescence as ranging from 12 to 21 years of age for females and from 13 to 22 years for males. Mappiare's classification remains widely used in studies of developmental psychology and guidance and counseling in Indonesia. During this period, adolescents begin to establish their identities, develop broader social relationships, and learn to cope with various conflicts and challenges that arise in everyday life (Tasya Alifia Izzani et al., 2024).

At this stage, adolescents undergo significant changes and are confronted with various developmental tasks, including identity formation, the establishment of social roles, and adjustment within family, school, and peer environments (Andriyani, 2020). These conditions make adolescence particularly vulnerable to a range of problems, especially those related to emotional and social functioning.

Throughout their development, adolescents often encounter various forms of conflict, including internal conflicts and interpersonal conflicts. Such conflicts may arise within family relationships, friendships, and broader social interactions, including virtual communities, where misunderstandings, differences in personal and social backgrounds, and phenomena such as cyberbullying may occur (Apriyeni et al., 2019). In addition, tensions between adolescents and their parents may emerge in everyday life, particularly in relation to household rules, time management, peer relationships, and other daily habits (Nanglu, 2014, as cited in Apriyeni et al., 2019). Conflicts within friendships are also difficult to avoid. For example, betrayal of trust may result in profound emotional distress (Shabrina et al., 2019).

The various conflicts experienced by adolescents may have significant psychological consequences, including anger, disappointment, low self-esteem, difficulties in establishing social relationships, and challenges related to receiving recognition for their academic achievements. These experiences may also negatively affect adolescents' mental well-being and their ability to cope with life problems (Santoso et al., 2025). In this context, a study by Julliyaningtyas and Khasan (2025) showed that adolescents who experienced family conflict, such as parental divorce, tended to retain negative emotions, including anger and disappointment, and develop a tendency to avoid individuals whom they perceived as potentially hurtful.

In dealing with emotionally distressing experiences, forgiveness can serve as a beneficial psychological process that supports adolescents' emotional recovery. Forgiveness does not merely involve forgetting a painful event; rather, it is a psychological process through which individuals reduce negative emotions and develop more constructive responses, such as empathy and acceptance. This perspective is supported by findings from psychoeducational activities indicating that forgiveness may increase adolescents' emotional awareness, help them express suppressed feelings, and encourage the development of healthier social relationships (Santoso et al., 2025). Thus, forgiveness is relevant not only to adolescents' intrapersonal functioning but also to the quality of their social relationships.

Although numerous studies have addressed the importance of forgiveness in adolescents' lives, much of the existing research has focused on only one or two specific factors, such as empathy, religiosity, or social support. Consequently, the findings remain fragmented and have not yet provided an integrated understanding of the factors associated with forgiveness among adolescents. In addition, relatively few studies have synthesized previous findings by categorizing these factors into internal and external dimensions. This gap limits a more comprehensive understanding of the dynamics of forgiveness during adolescence. Therefore, the present study aims to review previous research findings concerning the internal and external factors influencing forgiveness among adolescents. Through this literature review, the study seeks to provide a more

integrated understanding of the factors associated with adolescent forgiveness and to offer a foundation for the development of guidance and counseling services as well as future research.

## METHOD

This study employed a literature review method to identify, examine, and analyze previous research findings concerning the internal and external factors associated with forgiveness among adolescents. This method was selected because it enables researchers to obtain a comprehensive overview of published findings and to develop a more integrated understanding of the factors involved in the development of forgiveness among adolescents.

The research process consisted of determining the research topic and question, conducting the literature search, selecting studies according to predetermined inclusion and exclusion criteria, analyzing the data, and synthesizing the findings. The research question guiding this study was: “What factors are associated with forgiveness among adolescents?”

The data sources included scientific journal articles and undergraduate theses retrieved from Google Scholar and the Garuda database. These databases were selected because they provide access to a wide range of scientific publications relevant to the research topic, particularly studies conducted within the Indonesian context. Undergraduate theses were included because they contained empirical findings relevant to factors associated with forgiveness among adolescents and met the predetermined inclusion criteria.

The literature search was conducted using combinations of keywords and the Boolean operators AND and OR to identify studies relevant to the research focus. Examples of the search strings included “pemaafan” AND “remaja,” “forgiveness” AND “adolescent,” (“empati” OR “religiusitas”) AND “pemaafan,” “dukungan sosial” AND “pemaafan,” and “kualitas persahabatan” AND “pemaafan.”

The review included studies published between 2016 and 2026. The initial search identified 30 potentially relevant documents. These documents were subsequently screened according to the predefined inclusion and exclusion criteria, resulting in 14 studies being retained for analysis. The inclusion criteria comprised studies that addressed forgiveness among adolescents, were published between 2016 and 2026, involved adolescent participants, and examined internal and/or external factors associated with forgiveness. Studies that did not meet these criteria were excluded from the analysis.

Data were analyzed using a descriptive qualitative approach. The main findings of each study were identified and subsequently classified into two categories: internal factors and external factors. Findings across studies were then compared and synthesized to develop a more comprehensive understanding of the factors associated with forgiveness among adolescents.

**Table 1. Study Selection Criteria**

| No. | Inclusion Criteria                                                                                         | Exclusion Criteria                                                                            |
|-----|------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------|
| 1   | Scientific journal articles and undergraduate theses retrieved from Google Scholar and the Garuda database | Studies retrieved from sources other than Google Scholar and the Garuda database              |
| 2   | Scientific journal articles and undergraduate theses addressing forgiveness among adolescents              | Documents that did not address forgiveness among adolescents                                  |
| 3   | Studies examining factors associated with or influencing forgiveness                                       | Studies that did not examine forgiveness or factors related to it                             |
| 4   | Participants aged 12–21 years, including late adolescents enrolled as university students                  | Participants outside the adolescent age range, such as children or adults older than 21 years |
| 5   | Studies published between 2016 and 2026                                                                    | Studies published before 2016                                                                 |
| 6   | Studies available in full-text format                                                                      | Studies available only as abstracts or inaccessible in full text                              |

|   |                                          |                                                               |
|---|------------------------------------------|---------------------------------------------------------------|
| 7 | Studies written in Indonesian or English | Studies written in languages other than Indonesian or English |
|---|------------------------------------------|---------------------------------------------------------------|

The initial search using the predefined keywords yielded 30 documents that were considered potentially relevant to the research topic. Each document was subsequently screened based on the relevance of its title, abstract, and full-text content to the predetermined inclusion and exclusion criteria. This selection process resulted in 14 eligible documents, consisting of scientific journal articles and undergraduate theses, which were included in the final analysis.

Data analysis was conducted using a descriptive qualitative approach. The information extracted from each document included the research objectives, participant characteristics, factors associated with forgiveness, and the main findings of the study. These factors were then classified into two major categories: internal factors and external factors. Findings across the included studies were compared, analyzed, and synthesized to identify similarities, differences, and recurring patterns. This process was intended to provide a more comprehensive understanding of the factors associated with forgiveness among adolescents.

## RESULTS AND DISCUSSION

### Results

This literature review aimed to identify internal and external factors associated with forgiveness among adolescents. The studies included in the review were selected according to predetermined eligibility criteria. Eligible studies addressed forgiveness among adolescents, were published between 2016 and 2026, and were accessible through Google Scholar or the Garuda database. A total of 14 studies met the inclusion criteria and were included in the analysis. The reviewed studies employed both quantitative and qualitative designs and involved adolescents from diverse backgrounds and contexts, including family conflict, domestic violence, parental divorce, peer conflict, and school settings involving junior and senior high school students.

**Table 2. Characteristics and Main Findings of the Reviewed Studies**

| No. | Title                                                                                        | Author(s) and Year      | Research Design                 | Participants    | Main Findings                                                                                                                                                                                                                                                                                  | Category              |
|-----|----------------------------------------------------------------------------------------------|-------------------------|---------------------------------|-----------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------|
| 1   | Analysis of Factors Influencing Forgiveness Among Adolescents with Divorced Parents in Medan | Hasibuan (2023)         | Quantitative descriptive design | 36 adolescents  | Factors associated with forgiveness included empathy (31%), rumination and suppression (15%), relational closeness, commitment, and satisfaction (37%), and apology (17%). Relational closeness, commitment, and satisfaction accounted for the largest proportion among the factors examined. | Internal and External |
| 2   | Forgiveness in Relation to Religiosity Among Adolescents                                     | Supriyadi et al. (2021) | Survey study                    | 150 adolescents | Religiosity was associated with forgiveness among adolescents. Higher levels of religiosity were related to a                                                                                                                                                                                  | Internal              |

|   |                                                                                                                               |                             |                                                                    |                                                       |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                 |                       |
|---|-------------------------------------------------------------------------------------------------------------------------------|-----------------------------|--------------------------------------------------------------------|-------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------|
| 3 | The Relationship Between Empathy and Forgiveness Among Adolescents in Maumere City                                            | Helmut and Nancy (2021)     | Quantitative descriptive study                                     | 100 adolescents aged 13–19 years                      | greater tendency to forgive.<br>A significant positive relationship was found between empathy and forgiveness. Higher empathy was associated with higher forgiveness ( $r = .200$ , $p < .05$ ).<br>Empathy and interpersonal communication were jointly and significantly associated with forgiveness. Empathy accounted for 19% of the variance, whereas interpersonal communication accounted for 12.5%.<br>The study identified relationships between psychosocial characteristics and forgiveness, indicating that supportive interpersonal and emotional resources were associated with adolescents' capacity to forgive. | Internal              |
| 4 | The Relationship of Empathy and Interpersonal Communication with Forgiveness Among Adolescents Experiencing Parental Divorce  | Dea (2022)                  | Quantitative study using psychological scales                      | Adolescents aged 15–18 years                          | A significant positive relationship was found between religiosity and forgiveness ( $r = .756$ , $p < .01$ ).                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                   | Internal and External |
| 5 | The Influence of Peer Social Support and Emotional Maturity on Forgiving Attitudes Among Adolescents at SMA Negeri 2 Pasuruan | Khasanah (2017)             | Quantitative                                                       | 232 students                                          | Attachment and empathy jointly accounted for 19.4% of the variance in forgiveness among high school students. A significant relationship was found between family conflict and forgiveness ( $r = .547$ , $p < .05$ ), indicating an association between family conflict experiences and forgiveness among adolescents.                                                                                                                                                                                                                                                                                                         | Internal and External |
| 6 | Spiritual Harmony: The Dynamics of Religiosity and Forgiveness Among Adolescents Following Parental Divorce                   | Oktaviany (2024)            | Quantitative                                                       | 62 adolescents aged 18–22 years with divorced parents |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                 | Internal              |
| 7 | Attachment, Empathy, and Forgiveness Among High School Students in Yogyakarta                                                 | Khairani and Nashori (2024) | Quantitative correlational analysis and multiple linear regression | 260 students aged 14–19 years                         |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                 | Internal and External |
| 8 | Forgiveness and Family Conflict Among Late Adolescents                                                                        | Hidayat et al. (2025)       | Quantitative                                                       | 278 respondents                                       |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                 | External              |

|    |                                                                                                            |                           |                                                                |                                                      |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                        |                       |
|----|------------------------------------------------------------------------------------------------------------|---------------------------|----------------------------------------------------------------|------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------|
| 9  | The Role of Friendship Quality and Humility in Adolescent Forgiveness                                      | Munalisa and Agung (2023) | Quantitative study using proportional non-probability sampling | 352 participants aged 18–21 years                    | Friendship quality and humility were positively associated with forgiveness. Higher friendship quality and humility were related to greater forgiveness. Factors involved in forgiveness included religious commitment, empathy, rumination, and individual characteristics of the victims. Personal characteristics were identified as particularly important in the forgiveness process.                                                                                                                             | Internal and External |
| 10 | The Forgiveness Process Among Adolescents Exposed to Domestic Violence                                     | Sitinjak (2018)           | Qualitative                                                    | Two participants aged 20 years                       | Religiosity, personal motivation, peer support, and advice from friends were identified as factors facilitating forgiveness among adolescents. A significant positive relationship was found between friendship quality and forgiveness ( $r = .421, p < .01$ ). Better friendship quality was associated with greater forgiveness. Religiosity was positively associated with forgiveness, whereas ego was negatively associated with forgiveness. Adolescents with lower ego tendencies were more likely to forgive. | Internal              |
| 11 | An Exploration of Forgiving Behavior in Friendship Conflict                                                | Shabrina et al. (2019)    | Qualitative                                                    | Two late adolescents                                 | Differences in forgiveness were found according to personality type. Extroverted adolescents demonstrated higher levels of forgiveness than introverted adolescents.                                                                                                                                                                                                                                                                                                                                                   | Internal and External |
| 12 | The Relationship Between Friendship Quality and Forgiveness Among Late Adolescents                         | A'yun (2018)              | Quantitative                                                   | 50 university students aged 18–21 years              |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                        | External              |
| 13 | Forgiveness Among Adolescents: The Roles of Religiosity and Ego in Forgiveness                             | Agung and Fajar (2025)    | Quantitative study using convenience sampling                  | 305 adolescents, including 141 males and 164 females |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                        | Internal              |
| 14 | Differences in Forgiveness Based on Personality Type Among Adolescents at the Al-Hidayah Foundation, Medan | Fandini (2018)            | Quantitative                                                   | 60 Islamic senior high school students               |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                        | Internal              |

### Internal Factors Associated with Adolescent Forgiveness



The analysis of the 14 reviewed studies indicated that internal factors were frequently examined in studies of adolescent forgiveness. The identified internal factors included empathy, religiosity, emotional maturity, humility, ego, personality, rumination, and individual personal characteristics.

Empathy was one of the most frequently identified factors. Five studies—Helmut and Nancy (2021), Dea (2022), Khairani and Nashori (2024), Hasibuan (2023), and Sitinjak (2018)—identified empathy as positively associated with forgiveness. These findings suggest that the capacity to understand and respond to the emotional experiences of others may help adolescents reduce anger, resentment, and retaliatory tendencies, thereby facilitating forgiveness.

Religiosity was also frequently identified across the reviewed studies. Supriyadi et al. (2021), Oktaviani (2024), Agung and Fajar (2025), and Shabrina et al. (2019) reported a positive relationship between religiosity and forgiveness. Their findings indicate that adolescents with stronger religious orientations tend to demonstrate a greater willingness to forgive. Religious values may provide adolescents with frameworks for interpreting interpersonal offenses, regulating negative emotions, and reconsidering damaged relationships.

In addition to empathy and religiosity, several studies identified other internal factors. Khasanah (2017) examined emotional maturity in relation to adolescents' forgiving attitudes. Munalisa and Agung (2023) found that humility was positively associated with forgiveness, whereas Agung and Fajar (2025) reported that lower ego tendencies were associated with a greater tendency to forgive.

Fandini (2018) found differences in forgiveness according to personality type, with extroverted adolescents demonstrating higher forgiveness than introverted adolescents. Meanwhile, Hasibuan (2023) and Sitinjak (2018) identified rumination as relevant to the forgiveness process. Sitinjak (2018) additionally emphasized the role of individual personal characteristics among adolescents exposed to domestic violence.

Overall, the reviewed studies generally indicate that internal characteristics are associated with adolescent forgiveness. However, differences were observed in the relative importance of particular factors across studies. Such variation may be related to differences in participant characteristics, interpersonal contexts, types of offenses, and adolescents' life experiences. Therefore, the findings should not be interpreted as indicating that a single internal factor determines forgiveness across all adolescent populations.

### **External Factors Associated with Adolescent Forgiveness**

In addition to internal characteristics, the reviewed studies identified several external factors associated with adolescent forgiveness. These included peer social support, interpersonal communication, attachment, friendship quality, family conflict, relational closeness, commitment, relationship satisfaction, and apology. Across the reviewed studies, factors related to the quality of interpersonal relationships appeared repeatedly.

Dea (2022) reported that interpersonal communication accounted for 12.5% of the variance in forgiveness within the context studied. Similarly, A'yun (2018) and Munalisa and Agung (2023) found positive relationships between friendship quality and forgiveness. Khairani and Nashori (2024) further reported that attachment and empathy jointly accounted for 19.4% of the variance in forgiveness.

Hasibuan (2023) found that relational closeness, commitment, and relationship satisfaction accounted for 37% within the model examined among adolescents whose parents had divorced. Within that particular study, this group of relational factors represented the largest proportion

among the factors examined. Taken together, these findings indicate that supportive, secure, and meaningful interpersonal relationships may provide an important social context for adolescent forgiveness.

Peer social support was also identified as relevant to forgiveness. Khasanah (2017) examined peer social support in relation to forgiving attitudes, while Shabrina et al. (2019) found that encouragement, support, and advice from friends facilitated the forgiveness process. These findings suggest that peers may provide emotional support and alternative perspectives when adolescents encounter interpersonal conflicts.

Family factors were also represented in the reviewed literature, although the available evidence was more limited. Hidayat et al. (2025) identified a significant association between family conflict and forgiveness. This finding indicates that adolescents' experiences within family relationships may be relevant to the development and expression of forgiveness. Nevertheless, because family conflict was represented by a limited number of studies in the present review, conclusions regarding the nature and direction of this relationship should be interpreted cautiously.

Overall, the synthesis indicates considerable consistency in findings concerning the association between relational contexts and adolescent forgiveness, although the magnitude and characteristics of these relationships differed across studies. Interpersonal relationship quality received support from several studies, whereas factors such as peer social support and family conflict were examined less frequently. Consequently, the current evidence suggests the relevance of social and relational contexts while also indicating the need for further research across diverse adolescent populations and conflict situations.

## **Discussion**

### **Internal Factors as Psychological Foundations of Adolescent Forgiveness**

The review findings indicate that empathy and religiosity are among the most frequently identified internal factors associated with forgiveness among adolescents. The repeated identification of these factors suggests that forgiveness involves not only the experience of interpersonal conflict but also adolescents' capacities to understand others and interpret conflicts through personal values and belief systems.

These findings are consistent with Enright's conceptualization, as cited in Husni (2023), which describes forgiveness as involving changes in emotional, cognitive, and behavioral responses toward an offender. Within this process, empathy may enable adolescents to consider the perspectives, motivations, or circumstances of those who have harmed them. Such perspective-taking may contribute to reducing the persistence of anger and resentment.

Adolescents with greater empathy may be better able to interpret conflict from multiple perspectives rather than exclusively from the perspective of personal injury. This capacity may help them reconsider interpersonal offenses and become more open to forgiveness or relational repair. Accordingly, empathy may be considered an important psychological resource in adolescent forgiveness.

Notably, the reviewed studies generally reported positive associations between empathy and forgiveness. However, the magnitude of these relationships differed across studies. These differences may be related to participant characteristics, types of conflict, severity of interpersonal offenses, measurement instruments, and relationship contexts. Therefore, empathy should not be understood as operating independently but rather as a factor embedded within broader psychological and social conditions.



Religiosity was also consistently associated with forgiveness across several reviewed studies. This finding is consistent with the perspective attributed to McCullough, as cited in Qoiriyah (2025), that religious and spiritual values may contribute to an individual's motivation to forgive. Values emphasizing compassion, self-restraint, reconciliation, and acceptance may provide adolescents with cognitive and moral frameworks through which interpersonal conflict can be interpreted.

Nevertheless, the findings of the present review do not imply that religiosity alone determines forgiveness. The forgiveness process also appears to involve emotional regulation, empathy, personality characteristics, and other individual processes. Consequently, religiosity may function as one psychological and value-based resource among several factors contributing to forgiveness.

Other internal factors identified in the reviewed studies included emotional maturity, humility, personality, ego, and rumination. The diversity of these factors illustrates the psychological complexity of forgiveness. Adolescents who are more capable of regulating their emotions, demonstrating humility, and managing ego-related responses may be better positioned to process interpersonal offenses constructively.

Rumination deserves particular attention because repetitive thinking about painful experiences may maintain negative emotions and hinder changes in attitudes toward an offender. However, the precise role of rumination should be interpreted according to the operational definitions and findings of individual studies, particularly because the current review includes studies with different designs and participant contexts.

### **The Role of the Social Environment in Adolescent Forgiveness**

The findings also demonstrate the relevance of adolescents' social environments to forgiveness. Bronfenbrenner's ecological perspective (Bronfenbrenner, 1979) provides a useful framework for interpreting these findings because adolescent development takes place through continuing interactions within interconnected social contexts.

The external factors identified in this review included peer support, friendship quality, interpersonal communication, attachment, relational closeness, commitment, relationship satisfaction, family conflict, and apology. These findings collectively indicate that forgiveness occurs within relational contexts rather than solely as an intrapersonal process.

Several studies showed that interpersonal communication, friendship quality, attachment, and relational closeness were positively associated with forgiveness. These patterns suggest that adolescents may be more willing or able to forgive when relationships provide emotional security, trust, communication opportunities, and relational commitment.

In relationships perceived as valuable and emotionally meaningful, adolescents may have stronger motivation to reconsider interpersonal offenses and restore disrupted relationships. Conversely, relationships characterized by insecurity, poor communication, or low trust may make the forgiveness process more difficult. Nevertheless, the direction and mechanisms of these associations require further investigation because most of the reviewed evidence does not establish causality.

Peer social support also appears to play a role in helping adolescents manage interpersonal conflicts. Friends may provide emotional validation, advice, alternative interpretations of conflict, or encouragement to reconsider retaliatory responses. However, compared with relationship quality factors, peer support was examined in fewer studies. This indicates that the evidence base

remains relatively limited and should not be interpreted as demonstrating that social support alone produces forgiveness.

Family relationships also appear relevant. One reviewed study reported an association between family conflict and forgiveness. This finding should be interpreted cautiously. A positive correlation between family conflict and forgiveness does not necessarily mean that family conflict itself promotes forgiveness. Several explanations may be possible: adolescents exposed to recurring conflict may have more opportunities to engage in reconciliation processes; adolescents with greater forgiveness may respond differently to conflict; or other relational and developmental factors may explain the association. Further research is therefore necessary to clarify the mechanisms underlying this relationship.

### **Integrating Internal and External Factors in Adolescent Forgiveness**

The overall synthesis indicates that adolescent forgiveness can be understood as involving an interplay between internal characteristics and external relational contexts. Internal factors, such as empathy, religiosity, emotional maturity, humility, ego, and personality, may shape adolescents' psychological readiness to interpret interpersonal offenses, regulate negative emotions, and reconsider their responses toward offenders.

At the same time, external factors, including social support, friendship quality, interpersonal communication, attachment, and family relationships, provide social contexts that may facilitate or constrain the forgiveness process. Adolescents do not develop forgiveness independently of their relationships; rather, forgiveness is expressed and negotiated through interactions with family members, peers, friends, and other significant individuals.

The interaction between these two groups of factors suggests that adolescent forgiveness is a dynamic and context-dependent psychological process. For example, empathy may help an adolescent understand the perspective of an offender, but whether forgiveness develops may also depend on the quality of the relationship, the presence of communication, the significance of the offense, and the social support available to the adolescent. Similarly, religious values may provide motivation to forgive, whereas emotional maturity and supportive relationships may influence how such motivation is translated into responses to interpersonal conflict.

Accordingly, efforts to support forgiveness among adolescents may require a comprehensive approach. Programs aimed at strengthening empathy, emotional maturity, reflective capacities, and constructive value orientation may be complemented by efforts to create supportive relational environments within families, schools, and peer groups.

For guidance and counseling practice, these findings suggest the potential value of interventions that address both individual competencies and interpersonal contexts. Counseling programs related to forgiveness may incorporate perspective-taking, emotional awareness and regulation, constructive communication, conflict resolution, and reflection on personal values. At the same time, attention should be given to the relational environments in which adolescents experience and respond to interpersonal offenses.

Overall, the findings of this review suggest that forgiveness among adolescents develops through the interplay of individual psychological characteristics and social experiences. Understanding this interaction may provide a more comprehensive foundation for future research and for the development of guidance and counseling interventions that are responsive to the emotional and relational needs of adolescents.

## **CONCLUSION**

Based on the review of 14 studies, adolescent forgiveness appears to be associated with a combination of internal and external factors. Among the internal factors, empathy and religiosity were the most frequently identified across the reviewed studies, whereas the quality of interpersonal relationships emerged as the most consistently represented external factor. These findings suggest that forgiveness among adolescents develops through the interplay between individual psychological characteristics and supportive social environments.

The findings may provide a conceptual basis for the development of guidance and counseling services aimed at strengthening empathy, value-based reflection, social-emotional competencies, and the quality of adolescents' interpersonal relationships. Such services may be designed to address not only individual psychological capacities but also the relational contexts in which adolescents experience and manage interpersonal conflict.

This review has several limitations. The literature search was restricted to Google Scholar and the Garuda database, and the number of included studies was relatively limited. Future research should therefore broaden the literature search to include a wider range of scientific databases and examine additional factors, such as social media use, cultural context, and parenting practices. Expanding these areas of investigation may contribute to a more comprehensive understanding of forgiveness among adolescents.

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