

**RESILIENCE AS A MEDIATOR OF THE RELATIONSHIP BETWEEN  
FORGIVENESS AND HAPPINESS AMONG COLLEGE STUDENTS**

Nahdhata Jaufalaily

Fathul Himam

**ABSTRACT**

The aim of this study was to examine the relationship between forgiveness and happiness among college students, with a particular focus on the role of resilience in mediating the forgiveness-happiness relationship. Participants consisted of 203 undergraduate students enrolled at a private university in Sleman Regency who completed the Subjective Happiness Scale (SHS), Heartland Forgiveness Scale (HFS), and Connor-Davidson Resilience Scale (CD-RISC). Results of mediational analysis confirmed the hypothesis, revealing that resilience partially mediated the relationship between forgiveness and happiness with the overall model explaining 27% of the variance in happiness. Limitations and practical implications of the study were discussed.

Keywords: forgiveness, happiness, positive psychology, resilience

***RESILIENSI SEBAGAI MEDIATOR DARI HUBUNGAN ANTARA  
PEMAAFAN DAN KEBAHAGIAAN PADA MAHASISWA***

Nahdhata Jaufalaily

Fathul Himam

***INTISARI***

*Penelitian ini bertujuan untuk meneliti hubungan antara pemaafan dan kebahagiaan pada mahasiswa, dengan memfokuskan peran resiliensi dalam memperantarai hubungan tersebut. Subjek terdiri dari 203 mahasiswa S1 di sebuah universitas swasta di Kabupaten Sleman. Alat ukur yang digunakan adalah Subjective Happiness Scale (SHS), Heartland Forgiveness Scale (HFS), dan Connor-Davidson Resilience Scale (CD-RISC). Hasil analisis mediasi mendukung hipotesis, menunjukkan bahwa resiliensi berfungsi sebagai mediator parsial dari hubungan antara pemaafan dan kebahagiaan dengan sumbangan efektif sebesar 27%. Keterbatasan dan implikasi praktis penelitian didiskusikan.*

*Kata Kunci: kebahagiaan, pemaafan, psikologi positif, resiliensi*