



Hardiness as a Mediator of the Relationship Between Revenge Motivation of Forgiveness and Depression Among Emerging Adults

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Abstract

Depression, like other psychological disorders, is dynamic. To achieve complete level of healing is a challenge in itself for survivors. Guilty feeling, emotional exhaustion, unfinished conflict or problems with other people, and or even stressful events, can turn into depression. The aim of this research is to examine the role of hardiness as a mediator in the relationship between revenge motivation of forgiveness and depression in depth, in order to be able to overcome the problems that arise when an event threatens to occur. The participants in this research were 140 college students from campus X, the majority of whom were female. The sampling technique in this research uses incidental sampling. Hardiness and Forgiveness are variables that contribute to a person's level of depression. In this study, depression is the dependent variable, forgiveness is independent variable, and hardiness is intervening variable. The research measuring tools in this study used the Beck Depression Inventory test, the Resilience scale, and the Transgression-Related Interpersonal Motivations Inventory (TRIM R) scale. The data analysis techniques used in this research are Multiple Linear Regression and Path Analysis techniques. Based on the analysis data, hardiness plays a role in helping revenge motivation of forgiveness reduce depression, where the direct and indirect effect are significant. Amounting to 37.9 % contribution of the mediation model in this study to depression.

Keywords: *Depression, Forgiveness, Hardiness, Revenge Motivation Of Forgiveness, Emerging Adults*

INTRODUCTION

Depression is linked to suicide in emerging adults, (Cusack & Merchant, 2013; Shen et al., 2021; Varghese & Joseph, 2022), especially in women, (Rijavec et al., 2010; Gomes et al., 2019; Kerlin, 2020; Osmani, 2023; Alzueta et al., 2023). Emerging adults now show alarmingly high levels of acceptance and normalcy of suicide, feelings of loneliness and isolation, and a decreased propensity to see individuals who attempt/complete suicide as flawed and negative individuals, (Keating & Rudd-Arieta, 2021). These findings highlight the significance of investigating depression-reduction techniques, particularly for emerging adults. The purpose of this study is to investigate depression-related elements in greater detail in order to address issues that develop when an incident becomes likely.

Depression, like other psychological disorders, is dynamic. The suicide risk factors are family history of suicide, early onset of mood disorders, alcohol/substance abuse, adverse early life events, and specific personality traits, (Orsolini et al., 2020). For survivors, reaching complete healing is a challenge in and of itself; struggle with various obstacles that exist within themselves and from the surrounding environment. Forgiveness (Chung, 2016; Barcaccia et al., 2019; Mehta & Natraj, 2020; Kaleta & Mróz, 2020) improving relationships with oneself and others (forgiving, oneself for making mistakes in the past and others who have hurt them), and hardiness (Tadayon et al., 2018; Man Ng & Lee, 2020; and Thomassen et al., 2022) surviving even the most difficult

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events, contributes to a person's level of depression. On our previous research (Sundari & Susilarini, 2023), we found the influence of forgiveness and resilience to depression in emerging adults. In current research, we focus on the role of hardiness, one of dimension of resilience, as a mediator of the relationship between revenge motivation of forgiveness and depression in emerging adults.

LITERATURE REVIEW

Good self-esteem, self-efficacy, good problem-solving skills, willingness to seek help, positive coping skills, emotional stability, developed self-identity, and healthy lifestyle choices are symptoms protective risk of depression, (Orsolini et al., 2020). Emerging adults who experience depression report depressed mood, concerns about self-identifying as depressed, the complexity of seeking treatment often without insurance/financial support, isolation from peers and family, and feelings of failure to reach certain developmental milestones, (Kuwabara et al., 2007), where these things seem to interact with each other and exacerbate functional disorders.

Individual with hardiness has a highly effective attitude/worldview that enables to cope with stressful situations with resilience; consistently chooses the route of engagement and active involvement in the world over the relatively safe path of passive withdrawal and inaction. (Stein & Barton, 2020). A quality that support in overcoming the highs and lows of daily life, (Rutter, 2013), personality qualification that could mitigate negative effects of stress, (Kobasa, 1982), therefore, will either possess or acquire the tools required to deal with pressures, (Eschleman, 2010).

Adults who have forgiven others or themselves for their mistakes in the past will turn into peace-loving individuals. Forgiveness helps to maintain interpersonal connections by apologizing for the unavoidable hurts and transgressions that happen in social situations; it is a conceptual model of motivational prosocial change to avoid/seek revenge against the transgressor, the changing process are: 1). avoidance motivations, characterized by those who feel hurt or sense an attack, therefore keep a distance from the offender, personally and psychologically, 2). Revenge motivations, characterized by righteous anger which motivating factor to see the transgressor suffer harm, and 3). benevolence motivations, characterized by the urge to do good towards the transgressor, (McCullough, 2000).

RESEARCH METHODOLOGY

The participants in this research were 140 students from the psychology faculty at campus X, the majority of whom were female. The sampling technique in this research uses incidental sampling. In this study, depression is the dependent variable, forgiveness is independent variable, and hardiness is intervening variable. The tools in this study used Beck Depression Inventory test (21 items) to measure depression, Transgression-Related Interpersonal Motivations Inventory (TRIM-18) scale (18 items, $\alpha=0.915$) to measure forgiveness, and Resilience scale based on the theory of Campbell-Sills and Stein (2007) (12 items, $\alpha=0.897$) to measure hardiness. The dimension of resilience we use to measure hardiness contained (a) ability to cope with change, such as unexpected events, stress, illness/hardship, pressure, negative outcomes, and unpleasant feelings; (b) general personal, such as toughness and ability to use humor when faced with problems. The data analysis techniques used in this research are Multiple Linear Regression and Path Analysis techniques.

FINDINGS AND DISCUSSION

Participants in this study consisted of 140 college students, who were in the 20-27 years age, dominated by female. In this study, it was found that participants who had depression at mild, moderate and severe depression levels were 7%, 19.7% and 9.9% respectively. Participants dominantly level of revenge motivation of forgiveness at a low level, and the majority of

participants, had a moderate level of hardiness. The results can be seen in Table 1.

Tabel 1. Descriptive Statistics

Data	Frequency	Percentage	M	SD
Sex	71	100		
Female	39	54.9		
Male	22	45.1		
Depresi	71	100	12.94	9.07
Normal	45	63.4	6.93	3.76
Mild	5	7	15.2	1.09
Moderate	14	19.7	22.36	3.33
Severe	7	9.9	30.42	2.07
RMF	71	100	51.14	7.28
Low	45	63.4	9.38	2.30
Moderate	8	11.3	14.5	0.76
High	18	25.3	20.33	2.47
Hardiness	71	100	27.65	4.83
Low	6	8.4	17.83	0.75
Moderate	59	83.2	27.73	3.01
High	6	8.4	36.67	2.66

RMF=Revenge Motivation of Forgiveness

In the study population, the dominant attitudes and symptoms of depression include feelings of guilt (82%), followed by feeling exhausted (58%), as stated in table 2.

Table 2. Attitudes and Symptoms of Depression

No	Characteristics	Frequency	Percentage
1	sad	27	38
2	pessimistic	39	55
3	feel like a failure	38	53
4	feel dissatisfied	30	42
5	feel guilty	58	82
6	feel punished	27	38
7	feelings of self-loathing	30	42
8	self blame	30	42
9	suicidal tendencies	26	37
10	can't cry even though she/he wants to cry	15	21
11	easily offended	32	45
12	withdraw from social relationships	29	41
13	unable to make a decision	29	41
14	feel physically unattractive	29	41
15	unable to carry out activities	37	52
16	have sleep disorders	29	41
17	feel exhausted	41	58
18	loss of appetite	20	28
19	weight loss	13	18
20	have anxiety about physical health	37	52
21	loss of sexual libido	13	18

The feeling of guilt felt by the majority of research respondents is expectedly caused by lack

of forgiveness they felt. We focuses on revenge motivation, aspect of forgiveness, that can reduce risk factors for depression. Based on Bowlby's attachment theory approach, depression occurs due to a bad relationship which is preceded by anger because of have been hurt and want to break off the relationship (Barcaccia et al., 2019). Anger, and ultimately depression, will subside by forgiving the person who hurt them, according to Akhtar and Barlow, (Barcaccia et al., 2019). Forgiveness contains hidden feelings of revenge and anger, (Salsabila et al., 2019). The severity of the transgression influenced the likelihood of seeking forgiveness, which mediated by guilt, (Riek, 2010; Riek et al., 2014).

The second majority of research respondents responses is feel exhausted. The exhaustion of available cognitive resources, appeared in terms of decreased speed as well as in terms of subjective feelings, mainly fatigue and sleepiness, (Gilsoul et al., 2020; Grossi et al., 2015; Ketvel et al., 2023). Also, burnout (Cuadrado et al., 2022; Libano et al 2021) and social media fatigue, (Nurhamidin & Huwae, 2024), which later result in elevated anxiety and depression, (Dhir et al., 2018). Exhaustion due to persistent non-traumatic stress reducing avoidance motivation, after certain kind of treatments, (Van de Leur et al., 2023).

The results of this research analysis showed that the positive correlation score between forgiveness and depression was 0.429 (p-value 0.000) and the negative correlation between hardiness and depression was -0.602 (p-value 0.000). To get more in-depth results, we then analyzed the correlation of each dimension of forgiveness with depression. A more complete explanation is listed in table 3.

Table 3. Correlations Among Variables

	Depression	Forgiveness	Hardiness	Avoidance	Revenge	Benevolence
Pearson Correlation	1	.429**	-.602**	.262*	.373**	-.090
Sig. (2-tailed)		.000	.000	.027	.001	.457
M	12.94	51.14	27.65	22.23	12.73	16.18
SD	9.069	7.275	4.826	6.008	5.226	4.428
N	71	71	71	71	71	71

The avoidance and revenge motivations are positively correlated with depression at 0.262 (p-value 0.027) and 0.373 (p-value 0.001), respectively. Both revenge and avoidance motivations were significant predictors of depression, (Rijavec, Jurčec and Mijočević, 2010). Although have recovered from depression, one with mental health symptoms still have a revenge motivations, (Kerlin, 2020). Benevolence motivations and depression had a negative correlation at -0.090 (p-value 0.457). Higher level of benevolence associated with lower of emotional exhaustion symptoms, (Andersson et al., 2021). Guilty feelings create a need for self-punishment, (Etxebarria, 2000), it's the role of transgressors' perceived psychological proximity to the victims, (Ghorbani et al., 2013). In certain extreme circumstances, self-punishment can lead to suicide itself, (Etxebarria, 2000). Higher levels of self-forgiveness (which proven, in this study, related to guilty feeling) predicted lower suicidality, (Nagra et al., 2016). Guilt is a self-conscious emotion, (Rebega, 2013) therefore it can be controlled, (Stewart, 2023). Our research emphasizes the importance of reducing feelings of guilt and feeling of exhaustion to reduce the risk of depression by implementing forgiveness, spesifically revenge motivation of forgiveness.

Our research found that hardiness partially connected between revenge motivation of forgiveness and depression, proven by the p value of direct effects at 0.044, significant. Forgiveness

had an effect to resilience, specially hardiness, (Jaufalaily & Himam, 2017) which expected to be negatively associated to regressive coping, (Kobasa, 1982) include cognitive and behavioral withdrawal and denial, such as blaming others, (Eslechman, 2010). Hardiness, proven significant in this study, plays a role in suppressing lack of forgiveness by the p value of indirect effects at 0.010. A more complete explanation is listed in Table 4.

Table 4. Summary of Mediational Analyses

	<i>Estimation</i>	<i>SE</i>	<i>z-value</i>	<i>p</i>	<i>CIL</i>	<i>CIU</i>
DE RMF » Hardiness	0.341	0.169	2.015	0.044	0.009	0.673
IDE RMF » Hardiness » Depression	0.305	0.118	2.579	0.010	0.073	0.537
TO RMF » Depression	0.646	0.191	3.382	< 0.001	0.271	1.021
Model summary	<i>R²</i>	<i>Adjusted R²</i>	<i>F</i>	<i>p</i>	<i>RMSE</i>	<i>R² Change</i>
	0.397	0.379	22.378	< 0.001	7.146	0.397

DE= Direct Effects; IDE=Indirect Effects; TO=Total Effects; RMF=Revenge Motivation of Forgiveness

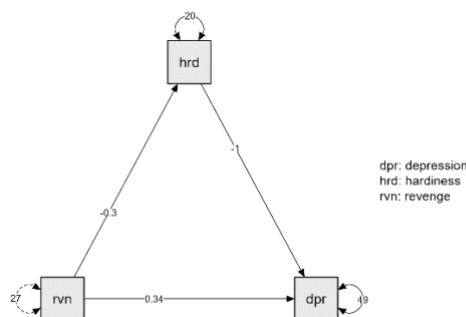


Figure 1. Framework

The R-Square (R^2) value in this study is 0.397, which means that together revenge motivation of forgiveness and hardiness contribute to explaining depression by 39.7%, while the remainder (60.3%) is explained by other factors not examined in this study, for example self-compassion (Chung, 2016), social support, attachment closeness and self-esteem, (Li et al., 2021; Reed-Fitzke et al., 2021).

CONCLUSIONS AND FURTHER RESEARCH

Based on the analysis of research data, it can be concluded that hardiness has a mediational role of the relationship between revenge motivation of forgiveness and depression on emerging adults in research population. The direct and indirect effects are significant, which mean that hardiness partially connected between revenge motivation of forgiveness and depression, and there are other factors that influence depression. For further research, we suggest to examine guilty feeling as a intervening variable to connected between revenge motivation of forgiveness and depression.

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