

ABSTRAK

Nama: Siti Muzdalifah, NIM: 161340061 judul skripsi: Pendekatan Teknik *Forgiveness Therapy* Untuk Mengatasi Rasa Dendam Narapidana studi di Lapas Klas II A Serang. Jurusan Bimbingan Konseling Islam, Fakultas Dakwah UIN Sultan Maulana Hasanuddin Banten 2020.

Narapidana mengalami banyak emosi negatif yang belum terselesaikan saat pengadilan seperti marah, perasaan tidak adil menerima hukuman, sakit hati, hingga dendam kepada pihak-pihak terkait. Sebagian narapidana memilih melupakan hal yang membangkitkan kemarahan dan menyakitkan hati. Namun sesungguhnya perilaku tersebut seperti menyimpan bara api, tidak berapi namun terus berasap dan suatu saat nanti dapat terbakar kembali melalui balas dendam.

Berdasarkan latar belakang diatas, rumusan masalah dalam penelitian ini yaitu: 1) bagaimana gambaran umum Lapas klas II A Serang 2) bagaimana kondisi responden di Lapas klas II A Serang? 3) bagaimana dampak penerapan teknik *forgiveness therapy* untuk mengatasi rasa dendam responden di Lapas klas II A Serang?

Penelitian ini bertujuan untuk: 1) mengetahui gambaran umum Lapas klas II A Serang 2) mengetahui kondisi responden di Lapas klas II A Serang 3) mengetahui dampak penerapan *forgiveness therapy* untuk mengatasi rasa dendam responden di Lapas klas II A Serang.

Kesimpulan yang didapat yaitu: 1) Kondisi pembinaan di Lapas Klas II A Serang sudah cukup baik namun perlu ditingkatkan karena beberapa responden masih terbayang masa lalu yang membangkitkan emosi negatif. 2). Kondisi permasalahan responden dari hasil assesmen, belum menerima dengan ikhlas vonis hukuman yang telah diberikan. Semakin lama menumpuk menjadi dendam. 3). Dampak penerapan *forgiveness therapy* yaitu adanya perubahan kearah yang lebih positif. Seperti mencoba ikhlas menerima keadaan, berkomitmen memperbaiki diri dan mencoba untuk memaafkan pihak-pihak terkait yang membuatnya sakit hati.

ABSTRACT

Name: Siti Muzdalifah NIM: 161340061 essay title: Forgiveness Therapy Techniques Approach to Overcome the Revenge of Prisoners: Study in Penitentiary class II A Serang. Departement of Islamic Guidance and Counseling, Faculty of Dakwah UIN Sultan Maulana Hasanuddin Banten 2020.

The prisoners experiences a lot of negative emotions. That have not been resolved when the court such as anger, feelings of unfairness receive punishment, hurt and even grudge against related parties. Some prisoners choose to forget things that arouse anger and hurt feelings. But continuing to smoke and someday can be burned back throught revenge.

Based on the background above, the formulation of the problems in this research is: 1) how the general description in Penitentiary class II A Serang? 2) how the condition of the respondents in Penitentiary class II A Serang? 3) how the impact of applying forgiveness therapy techniques to overcome the revenge of the respondents grudges in Penitentiary class II A Serang?

This study aims: 1) to find out is the general description in Penitentiary class II A Serang 2) to find out the condition of the respondents in Penitentiary class II A Serang 3) to find out the impact of applying forgiveness therapy techniques to overcome the revenge of the respondents grudges in Penitentiary class II A Serang.

The conclusion obtained is: 1) in Penitentiary class II A Serang good enough. But it needs to be improved because some respondents still imagine the past that avoked negative emotions. 2) The condition of the problems of the respondents from the results of the assessment have not yet received with sincerely that has been given. The longer it piles up into grudges. 3) the impact of applying forgiveness therapy is a changes towards a more positive direction. As respondents began to sincerely accept the situation, committed to improve them selves and try to forgive the relevant parties that caused them hurt.