

Exploring The Psychological Impact, Decision-Making Process, Resilience, Emotional Recovery, and Forgiveness in Wives Affected by Husband's Infidelity

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Abstract: A husband's infidelity can precipitate significant psychological repercussions for the wife. These repercussions often manifest as anger, sadness, disappointment, feelings of worthlessness, betrayal, and hatred. Additionally, wives subjected to their husband's infidelity may exhibit symptoms of depression, stress, and anxiety disorders. Despite extensive research on the psychological dynamics of wives affected by infidelity, findings have been varied. Therefore, this article aims to synthesise and critically analyse existing research to provide a comprehensive understanding and inspire future studies. Employing a scoping review method, literature selection was guided by the Preferred Reporting Items for Systematic Reviews and Meta-Analyses (PRISMA) framework. The data were drawn from the literature on Google Scholar, covering publications from the last decade (2014-2024). Furthermore, the inclusion criteria included: empirical research, full-text available, wives as the research participants, and the result/discussion sections focus on psychological dynamics as the victims of the husband's infidelity. While literature research, books/e-books, book chapters, inaccessible full-texts, final assignment repositories, and working papers were excluded from the criteria. The screening resulted in the identification of 30 relevant articles. The analysis revealed several core themes: the psychological impact of infidelity, the decision-making processes of wives post-infidelity, resilience among wives experiencing infidelity, strategies for emotional recovery, and the role of forgiveness towards unfaithful husbands. These themes will be further explored in the discussion section

1 INTRODUCTION

Humans grow and develop over a long period. One of the crucial stages in human development when entering early adulthood is related to marriage, where individuals who have completed their growth phase are ready to take on roles in the social environment with other adults. Social development in early adulthood peaks, marked by transitioning from an egocentric view to a more empathetic attitude (Nugraha & Rahmi, 2021).

Marriage is an essential phase in a person's life journey, which is part of personal development

towards maturity or socio-emotional development in early adulthood. In marriage, a man and woman unite as husband and wife to form a peaceful and lasting family based on the values of the Almighty God. The importance of marriage lies not only in the physical or emotional dimensions but must include both aspects to form a healthy relationship with each other (Muhajarah, 2017).

In marriage, of course, it cannot be separated from the existence of conflict, and how a husband and wife deal with these conflicts will impact the happiness level in the marriage. Meanwhile, the lack of ability of couples to adapt and handle problems

more efficiently can lead to protracted conflicts. If the conflict cannot be resolved, the marriage built together may end and not be under the preparations made. Some disputes that often arise in marriage involve financial problems, children, and dishonesty between partners. One form of dishonesty in marriage is infidelity, which can damage the trust and loyalty between husband and wife (Nugraha & Rahmi, 2021).

In married life, one of the essential human needs is the desire to feel love and affection, which is expected to be fulfilled. Considering and applying this aspect in the context of family life is vital. The urge to receive and give affection is not only limited to childhood or adolescence but is also present in adulthood with the desire to fulfil these needs. Although the manifestations may be different, the essence remains the same. This point needs to be emphasised because it is possible that a long-standing relationship between couples can become strained due to a lack of understanding of each other regarding this need. Studies and research on infidelity are essential because they are related to the primary purpose of marriage, so if infidelity occurs, it certainly has the potential to damage the meaning of happiness in marriage (Muhajarah, 2017).

Psychological impacts cannot be separated if the family experiences a problem. Related to infidelity, especially by the husband, of course, it harms the wife in the form of psychological disorders. The implications of the Psychological Dynamics of Wives Who Are Victims of Husband's Infidelity have been found in many previous studies. Adam's research (2020), for example, found that the impact of a husband's infidelity causes the wife to experience health problems both physically and mentally. The loss of excessive self-confidence makes the wife

decide to vent her disappointment by doing things that are detrimental to the health of the wife as a victim of infidelity. Infidelity always has a negative impact because this action can affect all aspects of a woman's life as a wife. Various negative feelings often appear simultaneously. Anger and feelings of loss are frequently so intense in a short time that they can cause rapid mood swings. This can happen over a while, causing the wife to feel drained, which is not easy to go through.

Women who find out that their husbands are having an affair will face emotional turmoil that shakes their mental stability. This emotional turmoil usually occurs in stages. The first stage is shocking because it is difficult to believe the reality of what is happening. The second stage is a feeling of anger and disappointment, where women direct their rage at their cheating partners. The third stage is regret, where women begin to blame themselves, examine themselves, and realise their shortcomings as a wife. At this stage, prolonged depression occurs due to a loss of self-confidence. Women then face two choices, namely, to remain in the situation where their husbands are having an affair or to decide to leave their husbands by divorcing (Adam, 2020).

Research findings on the psychological dynamics of wives who are victims of husbands' infidelity show varying focuses and results without any literature presenting mapping and developments of research results. Based on these empirical findings, sub-themes can be categorised as impacts and factors or resilience and efforts as well as impacts and factors. However, this requires a more comprehensive literature review to obtain the development and mapping of the latest research themes. Until now, there has been no scoping review that

comprehensively examines the psychological dynamics of wives who are victims of their husband's infidelity. The limited literature in mapping the results of research on the psychological dynamics of wives who are victims of husbands' infidelity is a gap that this article aims to fill.

The purpose of this article, therefore, is to reduce the limitations of scoping reviews on the theme of the psychological dynamics of wives who are victims of husbands' infidelity. More specifically, the author hopes that this article can present a comprehensive landscape of findings from previous studies and become a "footing stone" for future research themes related to this topic. In addition to scientific objectives, this research is also expected to increase readers' knowledge regarding the psychology of wives who are victims of infidelity.

2 METHOD

The research method employed is a scoping review, a literature review approach aimed at mapping the development and findings of research within a specific theme. Data for this scoping review was sourced from credible and reliable journal articles. The steps of the scoping review were as follows: First, identifying the scoping review question. In this scoping review, the question format used is populations, exposure, outcome, and study design (PEOS). The research problem this study seeks to address is: "What are the psychological dynamics of wives who have been victims of their husbands' infidelity over the past ten years?"

Table 1: Framework PEOs

Population	Wives
Exposure	Research on the psychology of wives who have experienced infidelity in the last ten years

Outcome	The discussion focuses on the psychological impact on wives who experience infidelity.
Studi design	Various empirical research designs (qualitative and quantitative)

The second step is to identify relevant literature sources. The following inclusion and exclusion categories determine relevant literature:

Table 2: Inclusion and exclusion criteria

Inclusion	Exclusion
Published from 2018 – 2023 and accessible at scholar.google.co.id	Scientific articles with theoretical research methods and literature reviews.
Written in Indonesian or English.	E-book and book chapter.
The purpose and discussion of the article focus on the "psychological dynamics of wives who are victims of husbands' infidelity".	Scientific articles without full-text versions or the full versions were not successfully accessed.
The article's research population involves wives. The articles use the proper empirical research methodology.	Working paper without publication identity.

Step three: Literature Selection. Literature sources were collected through the scholar.google.co.id scientific article browser site. The researcher managed the literature files following the Preferred Reporting Items for Systematic Reviews (PRISM) guidelines in the following scoping review. Based on a search on the Google Scholar page (scholar.google.ac.id.), the keywords used were "psychological dynamics of wives who are victims of husband's infidelity. The search was limited to the last ten years (2014 to 2024). This search was conducted in July 2024. The search results showed 5,580 articles. The literature files were then filtered according to the criteria specified above.

The stages of filtering article files are as follows:

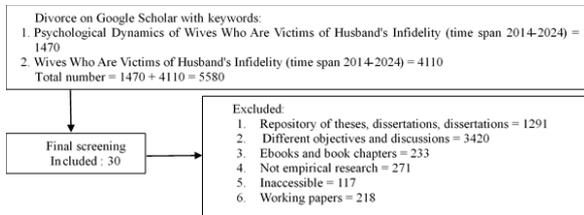


Figure 1. Screening processes

3 RESULT

Data charting was conducted based on the 30 selected articles to detail the data obtained from each article. The data has a title, method, and findings from the research. The search results can be detailed in the following table:

Table 3: Data Charting

No	Article title	Author(s)	Methods	Points of Result and Discussion
1	<i>Dampak Perselingkuhan Suami Terhadap Kesehatan Mental dan Fisik Istri</i> (The Impact of Husband's Infidelity on Wife's Mental and Physical Health)	(Adam, 2020)	Married women victims of adultery in Ternate City N = 3 (age 45-50 years)	The impact of a husband's affair causes the wife to experience health problems both physically and mentally. Loss of excessive self-confidence Makes the wife decide to vent her disappointment by doing things that are detrimental to the wife's health as a victim of infidelity
2	<i>Dinamika Resiliensi Pada Istri yang Menjadi Korban Perselingkuhan Suami</i> (Dynamics of Resilience in Wives Who Are Victims of Husband's Infidelity)	(Nugraha & Rahmi, 2021)	Case study. Wife victim of infidelity in the capital city of Jakarta. N = 2	Both respondents can overcome misfortune, rise from adversity, and find positives in their struggles, driven by a focus on their children's future. Their resilience stems from internal factors like love and character, as well as external support from family.
3	<i>Dinamika Self-Forgiveness dan Meaning In Life Pada Pelaku Perselingkuhan</i> (Dynamics of Self-Forgiveness and Meaning in Life in Infidelity Perpetrators)	(Wijaya & Shanti, 2020)	Wife victim of infidelity in Jabodetabek N = 27	Wives tend to choose to forgive their husbands and move on with their lives based on the purpose of marriage. Although respondents decided to return to their marriage, they did not retaliate by hurting their feelings or physically. Even the perpetrators of adultery realise that the adultery they do has an impact on the future of their children and family, as well as themselves.
4	<i>Forgiveness Pada Istri Korban Perselingkuhan Yang Mempertahankan Pernikahan</i> (Forgiveness Towards A Wife Who Survived An Affair Who Maintained Her Marriage)	(Anisa & Rahmasari, 2021)	Wife victim of infidelity in Lumajang Regency N = 2	Wives who experience infidelity often feel anger, disappointment, and heartache, which can lead to harmful actions such as rudeness, avoidance of their husbands, and neglect of their marital responsibilities. These negative behaviors can deteriorate the wife's physical and mental well-being, worsen household conditions, and disrupt harmony, particularly when children are neglected, work is overlooked, and family unity is lost.
5	<i>Gambaran Self-Disclosure pada Wanita Dewasa Awal Yang Pernah Diselingkuhi</i> (Self-Disclosure Profile in Early Adult Women Who Have Been Cheated On)	(Dariyo et al., 2019)	Adult women (20-40 years old) who are married and live in Jakarta City. N = 3	In the end, respondents self-disclosed, although initially, the subjects did not do so. Not all subjects immediately told the story when they found out about their husband's affair.

6	<i>Memaafkan dan Komitmen Pernikahan Pada Istri Setelah Diselingkuhi Oleh Suami</i> (Forgiveness and Marital Commitment to Wife After Being Cheated on by Husband)	(Rahayu, 2019)	Wife victim of infidelity N= 4	Three respondents have not been able to forgive their husbands, and one respondent can forgive her husband. One respondent who fully forgave her husband was influenced by her commitment to marriage. The three respondents cannot fully forgive their husbands because satisfaction and happiness are no longer felt in marriage.
7	<i>Mengatasi Stress Dengan Hipnoterapi Bagi Korban Perselingkuhan</i> (Overcoming Stress With Hypnotherapy For Victims Of Infidelity)	(Kurniawati et al., 2022)	Women who have been cheated On. Karanganyar regency N=3	The research found that Ztrongmind has a unique therapeutic intervention, the quantum technique. Meanwhile, clients who participated in the entire hypnotherapy session said they experienced decreased stress levels.
8	<i>Pemaafan (Forgiveness) oleh Istri terhadap Suami yang Berselingkuh untuk Mempertahankan Keutuhan Rumah Tangga</i> (Forgiveness by a Wife to a Cheating Husband to Maintain the Integrity of the Household)	(Yundari & Soetjningsih, 2018)	Women who Have Been Cheated On N=2	Both respondents were victims of infidelity. They have similarities in calming themselves down, namely by praying and surrendering to God. However, there are differences between one respondent and another. One respondent has done a more profound forgiveness so that he forgives and behaves well, but the other respondent has not been able to forgive, so he only behaves well entirely.
9	<i>The resilience of Women Experiencing Infidelity in Households in Sarirejo Lamongan</i>	(Muniroh & Hasanah, 2020)	Single parents are victims of infidelity in Sarirejo Lamongan N=4	The study's results showed that the analysis of the resilience picture showed that the four subjects had good resilience. Because these individuals can effectively regulate negative emotions due to betrayal, they do not linger in these emotions, can adapt to new circumstances, can survive under pressure, and can play a dual role, namely educating and earning a living.
10	<i>Perempuan Dan Keluarga (Studi Pada Perempuan Mempertahankan Keluarga Bermasalah di Kelurahan Maggemaci Kecamatan Mpunda Kota Bima)</i> (Women and Family (A Study on Women Maintaining Problematic Families in Maggemaci Village, Mpunda District, Bima City))	(Nurbayan, 2017)	Women who experience family problems in Bima City. N=7	This study shows that women in troubled families feel as though burning coals surround them but continue to maintain the household for their children, resist status changes, and misinterpret religion. These choices often harm children's psychological development, making household efforts seem futile, as its success depends on the children's attitudes and behavior.
11	<i>Gangguan Psikologis Pada Istri Yang Diselingkuhi Di Kabupaten Polewali Mandar</i> (Psychological Disorders in Cheated Wives in Polewali Mandar Regency)	(Relawati et al., 2021)	Wives in Polewali Mandar Regency N= 8	Women who are victims of infidelity have psychological disorders in the form of stress, anxiety, feelings of sadness, crying, emotion, anger, disappointment, choosing to isolate themselves, lack of self-confidence, feeling inferior and feeling ashamed.
12	<i>Strategi Koping dan Kesejahteraan Subjektif Pada Istri Korban Perselingkuhan</i> (Coping Strategies and Subjective Well-being of Wives Who Are Victims of Infidelity)	(Savitri, 2017)	Wives who have been the victim of infidelity N = 3	The results of the study showed that infidelity committed by a partner is a stressor that triggers the emergence of stress tendencies in the three subjects. The distress responses are in the form of emotions, thoughts, behaviours, and physical, which the three subjects feel in different periods. In dealing with the

				infidelity of their husbands, the three subjects used problem-focused coping and emotional-focused coping strategies.
13	<i>Praktek Perselingkuhan di Kecamatan Koja Jakarta Utara: Pencegahan dan Penyelesaiannya</i> (Infidelity Practices in Koja District, North Jakarta: Prevention and Resolution)	(Garfes, 2022)	Respondents (victims of infidelity) and informants (community leaders). N = 5	In practice, affairs in Koja District are carried out with close neighbours. Still, no preventive measures have been found that can be applied, even though residents feel uncomfortable with the existing phenomenon. On the other hand, community leaders have not taken strategic steps to overcome it.
14	<i>Perceraian Akibat Perselingkuhan Oleh Suami Dan Penanganannya (Studi Kasus di Kabupaten Pringsewu)</i> (Divorce Due to Infidelity by Husband and Its Handling (Case Study in Pringsewu Regency))	(Hasan et al., 2023)	Wives who are victims of infidelity in Pringsewu Regency N=3	The results of the discussion showed that the problem of infidelity in marriage is that infidelity can be a source of great stress. The inability of couples to adapt and resolve problems effectively can cause prolonged conflict. Efforts to overcome infidelity include good communication between couples, fulfilling each other's responsibilities, and supporting and caring for each other.
15	<i>Forgiveness pada Istri sebagai Upaya untuk Mengembalikan Keutuhan Rumah Tangga akibat Perselingkuhan Suami</i> (Forgiveness Towards Wife As An Effort To Restore Household Integrity Due To Husband's Infidelity)	(Sari, 2022)	The subjects in this study were two people who remained together after an affair in their marriage. N = 2	The study's results showed that both subjects were unable to forgive their husbands' affairs fully. This was due to rumination about transgression, which is the tendency of the subject to continuously remember the incident of the husband's affair, thus preventing him from forgiving.
16	<i>Pengambilan Keputusan Pada Wanita Korban Perselingkuhan di Sumbawa Besar</i> (Decision Making in Women Victims of Infidelity in Sumbawa Besar)	(Azmi et al., 2021)	Wives who are victims of the husband's infidelity N = 2	The research shows that decision-making among women affected by infidelity varies due to personal, psychological, social, and cultural factors. Personal factors include age, life stage, occupation, education, economic status, lifestyle, personality, and self-concept. Psychological factors involve motivation, perception, knowledge, beliefs, and attitudes. Social factors include family, reference groups, roles, and status, while cultural factors involve cultural roles, subcultures, and social classes.
17	<i>The Wives' Healing Process in the Aftermath of Infidelity</i>	(Ginanjari, 2009)	Wives who are the cheating victims of their husband N=3	This study highlights differences in the forms of husbands' affairs and the wives' healing processes. Two cases involve romantic affairs with emotional closeness, while one involves serial affairs with multiple short relationships. In romantic affairs, wives find it easier to gather evidence and confront their husbands, whereas in serial affairs, the lack of clear evidence allows husbands to deny their actions more easily.
18	<i>Keputusan Perempuan Memaafkan Ketidaksetiaan Pasangan</i> (A Woman's Decision to Forgive Her Partner's Infidelity)	(Safitri & Amirudin, 2021)	Wives who are the victims of their husband's infidelity N = 3	Forgiving, though difficult, is influenced by faith and personal reasons. Participant A forgives due to her Catholic beliefs, the prohibition of divorce, and the need for mutual forgiveness. Similarly, B forgives to protect her child from a broken home, avoid losing her husband's affection, and her own past experiences. C forgives to let go of

				negative emotions and the affair's impact.
19	<i>Pemaafan Pada Istri Dewasa Muda Yang Suaminya Pernah Berselingkuh</i> (Forgiveness for a Young Adult Wife Whose Husband Has Cheated on Her)	(Steven & Sukmaningrum, 2018)	Young adult wife whose husband had an affair N = 3	The study reveals that the three participants have not fully forgiven their husbands' affairs. Rumination is the main obstacle, while supportive factors include forgiveness considerations, sincere apologies, relationship quality, and a motivation to do good. Cultural and religious factors also play a decisive role in their forgiveness process.
20	<i>Psikologi Perempuan Dewasa Awal Pasca Perceraian</i> (Psychology of Early Adult Women After Divorce)	(Herlany, 2022)	Early adult women who experienced divorce due to infidelity N=10	Based on the study, young women who experienced divorce in Ngawi Regency bear a heavy burden from the pressure of early marriage and post-divorce. They experience psychosocial stressors and psychological disorders such as severe stress and trauma, although none of them are depressed. Psychosocial stressors are events that force a person to adjust to reduce mental stress.
21	<i>Pengalaman Seseorang Yang Bercerai Karena Perselingkuhan Di Kota Bandung: Fenomenologi</i> (The Experience of a Person Who Divorced Due to Infidelity in Bandung City: Phenomenology)	Pragholapati, A. (2020).	Phenomenological qualitative research by interviewing five wives who were victims of infidelity as respondents.	The psychological impact of divorce varies widely, influenced by its causes, social support, and future outlook. Victims may face depression, social shame, suicidal thoughts, or sadness but strive to accept their situation. Support from friends, family, and the community is crucial in helping them cope and focus on a better future.
22	<i>Keputusan Mengakhiri Relasi Suami-Istri: Sebuah Studi Fenomenologis.</i> (The Decision to End a Husband-Wife Relationship: A Phenomenological Study.)	Alfaruqy, M. Z., & Indrawati, E. S. (2021)	Qualitative psychological research involving four wives who were victims of infidelity as interview respondents.	Wives felt betrayal shattered trust, with repeated infidelity deepening psychological wounds and prompting divorce considerations. Key factors included the husband's refusal to change, family support easing widow stigma, and the belief that ending the marriage would aid healing despite the challenges of single parenting.
23	<i>Dampak Perselingkugan Terhadap Kesehatan Mental Wanita pada Pasien Rumah Singgah Gajah Mada</i> (The Impact of Infidelity on Women's Mental Health in Gajah Mada Shelter Patients)	Wardani, A. C. K., & Arianti, E. F. (2023)	Qualitative research with three research subjects aged 30-45 years as patients in the Gajah Mada shelter)	The women interviewed indicated that their husbands' infidelity had a devastating impact. The feelings they experienced ranged from deep disappointment, anxiety, trauma, and severe depression to functional decline. Their actions varied from trying to stay in the marriage despite high anxiety to choosing to divorce and facing significant psychological consequences.
24	Forgiveness of a husband to a wife who commits an affair.	Lasmiyatun, E., Firmanilah, F. F., & Putra, H. (2021).	Qualitative research using this case study approach discusses the forgiveness of husbands and wives who commit infidelity.	This study finds that forgiveness is a non-linear process, with individuals revisiting stages and shifting attitudes. Victims of infidelity forgive for inner peace and adherence to religious principles. Forgiveness enhances psychological health, well-being, and relationships, fostering a more fulfilling life.
25	Forgive, not forget: Exploring the influence of perception of dating infidelity to forgiveness behaviour in women.	Maharani, W., & Yudianto, D. (2024)	This study uses a quantitative design with a total of 77 women and using convenience sampling.	This study examines the link between perceptions of dating infidelity and forgiveness, finding that only 5.1% of forgiveness can be predicted by perceptions of infidelity, with factors like empathy, personality, and relationship quality being more influential. It highlights gender differences, showing that women struggle more to forgive emotional infidelity than physical infidelity. The study also finds no significant link between perceptions of explicit infidelity and forgiveness among

				women, likely due to complexities in emotional and decisional forgiveness.
26	<i>Gambaran proses pengampunan pada istri beragama Katolik yang pernah mengalami perselingkuhan</i> (An overview of the forgiveness process for a Catholic wife who has experienced infidelity)	Pradipta, P., & Shanti, T. I. (2023)	An in-depth interview was conducted with two Catholic women who had experienced infidelity and remained in their marriage.	Infidelity negatively impacted participants' mindset, emotions, and actions toward their partners. Despite experiencing pain, they forgave independently due to the lack of support from their partners. Through this process, they discovered personal strengths, became sources of support for others, and deepened their understanding of love, which helped in forgiveness. By staying in the marriage, they also adhered to Catholic marriage law.
27	Mindfulness-based schema therapy and forgiveness therapy among women affected by infidelity	Aliabadi, M. R. R., & Shareh, H. (2022).	Experimental research with a pretest-posttest and follow-up design. Eighty-one women affected by infidelity were randomly assigned to two experimental groups and one control group. The	Mindfulness-based schema therapy and forgiveness therapy can help reduce emotional responses to infidelity, communication problems, and cognitive distortions, while boosting self-compassion, making life with the spouse and children more bearable. Forgiveness therapy helps women realize that their anger and hatred toward the offender keep them emotionally trapped.
28	Marital infidelity: The experience of men and women.	Scheeren, P., de Apellániz, I. de A. M., & Wagner, A. (2018)	Participants of the study were 237 subjects, 106 men and 131 women, aged between 21 and 73 years ($M=38$; $SD=11.22$), who reported having been unfaithful to their current partner. Participants	Women experience intense emotional distress from infidelity, particularly when there's an emotional connection. They often feel jealous, inadequate, and blame their husbands for relationship dissatisfaction. Infidelity also violates social and cultural expectations of monogamy, leading to stigma, isolation, and increased emotional suffering.
29	Infidelity's Coexistence with Intimate Partner Violence: An Interpretive Description of Women Who Survived a Partner's Sexual Affair.	Utley, E. A. (2017)	This qualitative study of 65 women who survived a partner's sexual affair expands the literature on infidelity and hurt by exploring its coexistence with intimate partner violence (IPV).	The article highlights that wives suffer deeply from infidelity, feeling rejected and betrayed, which damages self-esteem and beliefs about love and security. Many also endure emotional, psychological, and physical abuse, worsened by social isolation and economic dependence, creating a profound emotional ordeal.
30	Advantage of empty-chair dialogue over emotion-focused couples therapy for a Japanese couple with marital infidelity	Yokotani, K. (2018)	The present case study utilised Emotion-Focused Couples Therapy (EFCT) and Empty-Chair Dialogue Intervention (ECDI) for a couple with marital infidelity. It aimed to show the advantages of ECDI over EFCT. Our case was a Japanese heterosexual couple with a husband's infidelity. The	Wives experiencing infidelity suffer emotional pain, damaged self-esteem, and trust issues, often leading to depression and anxiety. Social strain from judgment and isolation complicates their decision to stay or leave the marriage, influenced by cultural stigma, financial dependence, and family dynamics. This multifaceted suffering impacts their emotional, psychological, and social well-being.

Based on the review of each literature, the themes considered most relevant to the focus of the evaluation are in Table 4 below:

Table 4: Theme categorisation

Themes	Sub-themes and article numbers
The impact of the husbands' infidelity	Low self-confidence (1, 11, 29) Distress, depression, trauma (14, 20, 21, 23, 26, 27, 28, 29, 30)
Decision-making factors by the wife	Maintaining the family (16, 21, 22, 28) Psychological well-being (12, 22, 24, 29, 30)
Resilience of a wife who is a victim of infidelity and her efforts to recover	The ability to rise from adversity (2,5,9) Media to rise from adversity (7, 10, 12, 17) Society's attitude towards victims of infidelity (13, 21, 28, 30)
Forgiveness by the wife of the victim of infidelity	Tendency to forgive (3, 8, 18, 19, 24, 25, 26, 27) Resistance to Infidelity (4, 6, 15)

4 DISCUSSION

Based on the analysis of 30 previous empirical research results, themes can be grouped, such as the impact of infidelity, decision-making by wives after infidelity, resilience of wives who experience infidelity, efforts by wives to recover from sadness after infidelity and forgiveness given by wives to their husband's infidelity.

4.1 PSYCHOLOGICAL IMPACT OF HUSBAND'S INFIDELITY ON WIFE

The first theme from the article review is the impact of a husband's affair, divided into two sub-themes: loss of self-confidence and stress. Infidelity negatively affects wives, often accompanied by rude

behaviour from the husband. Wives frequently give in and conceal their husband's misconduct, leading to significant harm. A common impact is the loss of self-confidence, with some wives blaming themselves and feeling worthless, which affects their physical health, eating habits, and rest post-divorce (Adam, 2020).

Psychological disorders such as emotional disturbances, anxiety, sadness, anger, and disappointment also arise. Stress is a predominant outcome for wives, with infidelity being a complex issue requiring understanding and effort to address. Wives may work to prevent repeated infidelity by their husbands (Relawati et al., 2021; Hasan et al., 2023). Additionally, wives report trauma due to the extraordinary pain caused by infidelity, leading to disharmony and significant psychosocial stress requiring adjustment to manage mental pressure (Herlany, 2022).

4.2 POST-INFIDELITY DECISION-MAKING FACTORS

When the affair first occurs, the wife tends to experience conflict with herself between deciding to stay in the relationship because she still loves him or to stay because there are children who are not felt to be victims. It is undeniable that through an affair committed by a husband will end in divorce. However, in a household, divorce will not always end easily because many other reasons or considerations need to be considered in depth. A wife whom her husband cheats on will always be faced with the choice of staying or divorcing her husband, and this is purely a consideration of the wife's thoughts with all the risks involved. The results of the choice of alternatives by wives are influenced by several factors, such as the wife's internal personal factors

such as age, life cycle, education, work, economic situation, lifestyle, personality and self-concept. Then, the wife's psychological factors, namely motivation, perception, knowledge, beliefs and attitudes, and the last factor is the socio-cultural conditions around her, such as the role of culture and social class. (Azmi et al., 2021).

4.3 RESILIENCE AND EFFORTS TO RISE A WIFE AFTER AN AFFAIR

This second theme focuses on resilience and the wife's efforts to recover after an affair, including the ability to recover from adversity, the media's role in recovery, and society's attitude towards affairs. Infidelity, defined as the loss of loyalty in a partnership, often leaves wives as victims. Such actions harm household integrity, leading to a loss of trust and respect between spouses, and often causing psychological distress for the wife (Dariyo et al., 2019). Victims frequently file for divorce due to anger and disappointment (Nugraha & Rahmi, 2021). Even after divorce, wives may experience prolonged emotional struggles, including anger, sadness, and stress, requiring significant time and effort to heal (Muniroh & Hasanah, 2020).

One effective recovery method is hypnotherapy, which helps alleviate stress and improve emotional stability. Before therapy, individuals often show psychosomatic symptoms such as heightened emotions and pain. Post-therapy, stress levels typically decrease (Kurniawati et al., 2022). Additionally, therapy can restore trust between spouses if both participate, potentially preventing divorce (Nurbayan, 2017).

Coping strategies employed by wives often fall into two categories: problem-focused coping and emotion-focused coping. Problem-focused strategies include confronting the husband to verify the infidelity and addressing its causes. Emotion-focused coping may involve avoidance or wishful thinking, such as distracting oneself with activities or imagining a harmonious future (Savitri, 2017). Research by Ginanjar further supports this, highlighting that problem-focused coping leads to actions like confronting the husband, while emotion-focused coping involves emotional regulation or spiritual strengthening. (Ginanjar, 2009).

Preventative measures, such as public education on marital issues and fostering strong moral values against infidelity, can reduce its occurrence. Addressing infidelity cases through mediation, a form of restorative justice, is often effective but may sometimes fail, leading to divorce. (Garfes, 2022). Community leaders should implement rules and strategies to mitigate the impact of infidelity effectively.

4.4 FORGIVENESS GIVEN BY THE WIFE TO THE HUSBAND'S INFIDELITY

The next theme examines forgiveness granted by wives to unfaithful husbands, divided into the tendency to forgive and resistance to infidelity. Forgiveness involves a change in motivation and prosocial behaviour towards the perpetrator. Infidelity, a traumatic event, causes significant emotional harm to wives. Despite this, many wives attempt to repair their relationships. Studies indicate that forgiveness involves phases: uncovering, decision, work, and deepening. Not all wives succeed

in forgiving, as rumination may prolong the process. (Steven & Sukmaningrum, 2018). Infidelity often leads to emotional closeness or sexual relations. Research shows that 50% of men and 26% of women have had extramarital affairs, with men being the primary perpetrators (Yundari & Soetjningsih, 2018). Wives often experience intense feelings of anger, sadness, and betrayal but may strive to maintain family integrity for their children, requiring forgiveness to heal (Yundari & Soetjningsih, 2018). Self-forgiveness also plays a critical role, where individuals face their mistakes, overcome guilt and shame, and strive for improvement. This process helps reduce uncontrollable negative emotions (Agnes Christy Wijaya & Theresia Indira Shanti, 2020).

Forgiveness in relationships involves relational and moral factors, such as maintaining the marital bond and protecting children from a broken home. Many wives forgive to preserve their family or due to financial dependence on their husbands, even though the pain of infidelity remains. (Rahmasari, 2021). Children and family integrity are often the main reasons for forgiveness (Rahayu, 2019; Zulfa Safitri K & Amirudin Amirudin, 2021). Thus, forgiveness is essential in mitigating the negative effects of infidelity, often influenced by relational, moral, and practical considerations

5 CONCLUSIONS

Wives experiencing infidelity often suffer a loss of self-confidence, stress, and emotional turmoil, including disappointment, sadness, and anger. These emotions lead them to reconsider their relationship, influenced by both internal and external factors.

Despite the pain, many wives are inclined to forgive and take steps toward recovery, such as undergoing hypnotherapy to reduce stress and using problem- or emotion-focused coping strategies to manage their situation.

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