

A study on forgiveness and psychological well being among adolescents

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Received: January 28, 2019

Accepted: March 07, 2019

ABSTRACT: *The arena of positive psychology rests on the notion that certain psychological traits and processes are innately beneficial for wellbeing. Psychologists argue that forgiving is a cognitive process based on understanding, sympathy and affective reactions that decrease a person's negative judgment about a guilty person despite any negative feelings (Goodstein & Aquino, 2010). Psychological wellbeing is defined as people's evaluations of their own lives. It is a wide concept includes different aspects of everyday experience. The purpose of the present study was to examine the relationships between forgiveness and psychological wellbeing. A total 150 sample (male= 71 & female=79), were taken in the present study. The sample was administered Heartland Forgiveness Scale (2005) and Ryff's (1989) Psychological Wellbeing. Obtained data were subjected to correlation and enter multiple regression analysis. Findings indicate that all the three dimensions of forgiveness showed a positive correlation with all the six dimensions (Autonomy, Environmental Mastery, Personal Growth, Positive Relations with Others, Purpose in Life, Self-Acceptance) of Psychological Wellbeing. Further, the dimensions of forgiveness significantly predicted Psychological Wellbeing. The implications of the findings are also discussed in the light of empirical pieces of evidence.*

Key Words: *forgiveness, psychological wellbeing, stress, mental health*

Introduction

Over the last 20 years, literature on the psychology of forgiving has flourished. Primarily, the studies on forgiveness examined its role in coping, interpersonal relationships, the conditions in which forgiveness may occur in the context of counseling psychology (McCullough, Exline, & Baumeister, 1998). Even though, research on forgiveness has predominantly focused on deficient areas like the examination of religious samples being more forgiving religious and non-religious samples and the incorporation of forgiveness as a possible coping mechanism that helps to mediate the relationship between religion and psychological adjustment and wellbeing. This presents a gap in the research literature, as previous studies only go as far as to conclude that religious persons are more forgiving, forgiveness is motivated by religious beliefs or social expectations and forgiveness has been highly relevant to many health-related issues and medical conditions, but neglecting to examine the relation between forgiveness and psychological wellbeing. Although, few studies is related to this concern, but all of those is related with foreigner sample. So, the present study hunted to better understand the relationship forgiveness and psychological wellbeing in mainly Indian context.

Forgiveness:

In the modern era, the impact of forgiveness is persistent and inescapable. Psychological scientists offered various definitions of forgiveness in the last two decades. In recent years, researchers generally agree that forgiveness is distinct from other ways of dealing with personal insults or injury. Forgiveness is not disregarding, defending, exonerating, modifying, or remissive an offender (Enright, 2001; Worthington, Witvliet, Pietrini, & Miller, 2007). Neither is forgiveness the same as reconciling a damaged relationship or restoring offenders to their former status (Sutton, 2010). In the early days, the concept of forgiveness was seen by Hegel and Kant as a concept that damages justice and as an unethical human reaction|| encouraging wrong-doing or the guilty (Aquino, Grover, Goldman & Folger, 2003). Afterward, it was conversed on asingular level by psychologists.

Worthington (1998) defines forgiveness as a behavior of insisting on retaliation against a person who displayed anger, revenge and offending behaviors, and staying away from or avoiding the person who hurts. In further words, forgiveness is the act of declining the negative emotional state and disposition against the person who hurts or is guilty. Further, Bright (2005) defines forgiving the disappearance of rage, anger, revenge, harmful feelings and ideas in spite of negative experiences. Similarly, Some Psychologists argue that forgiving is a rational process based on understanding, sympathy and affective reactions that decrease a person's negative judgment about a guilty person despite any negative feelings (Goodstein &

Aquino, 2010). When offered, forgiveness can provide victims and offenders with many important benefits, including enhanced psychological wellbeing (Karremans, Van Lange, Ouwerkerk, & Kluwer, 2003; Orcutt, 2006; Toussaint & Webb, 2005) and greater physiological health (Harris & Thoresen, 2005; Lawler et al., 2003; Witvliet, Ludwig, & Vander Laan, 2001).

Psychological Wellbeing:

By proposing the term Psychological Wellbeing Carol Ryff define wellbeing as the development of a person's real potential (Ryff, 1989, 1995). In this mode, psychological wellbeing is not the main motivation of a person but rather the result of a well-lived life (Ryff & Keyes, 1995, Ryff & Singer, 1998).

In simple words, the term psychological wellbeing is defined as people's evaluations of their own lives. Such evaluations can be both cognitive judgments, for instance, life satisfaction, and there emotional responses to events, for example feeling affirmative emotions. It is an eclectic concept take account of different aspects of everyday experience. How people think, feel, behave, make decisions, etc.

Levi (1987) defined psychological Well-being as "a dynamic state characterized by a reasonable amount of harmony between individual's abilities, needs, and expectations, and environmental demands and opportunities".

Forgiveness and Psychological Wellbeing

The previous theoretical and empirical studies suggested the aids of forgiveness as improved wellbeing (Krause & Ellison, 2003; Orcutt, 2006; Toussaint & Jorgensen, 2008; Witvliet, Ludwig, & Bauer, 2002; Worthington, Berry, & Parrot, 2001).

Forgiveness has been vastly significant to many health-related issues and medical conditions, both direct and indirect effects are labeled when discussing the latent impact of forgiveness and unforgiveness on health [Worthington, et.al (2001); Worthington & Scherer, 2004; Worthington, Miller et.al (2007)].

An experimental study conducted by Karremans, Van Lange, Ouwerkerk, and Kluwer (2003) on adults where they manipulated forgiveness and measured its effects on wellbeing. The findings show that forgiveness displayed in marital relationships characterized by strong interpersonal commitment was connected with satisfaction with life, positive emotions, decreased negative emotions, and high self-esteem. The study further reveals that inability to forgive in such relationships leads to frustration and tension which may play mediating role between anger and forgiveness. Similarly, in other, cross-sectional and longitudinal studies, forgiveness has been linked with enhanced interactive relationships between the forgiver and the transgressor (Karremans & Van Lange, 2004; McCullough et al., 1998; Tsang, McCullough, & Fincham, 2006). In addition to its noticeable noteworthy aids, forgiveness is also positively associated with psychological wellbeing (Brown, 2003; Freedman & Enright, 1996; Karremans, Van Lange, Ouwerkerk, & Kluwer, 2003; Poloma & Gallup, 1991). The link of forgiveness to these two sets of consequences may be more than coincidental: Perhaps forgiveness obtains its association with psychological wellbeing precisely because forgiveness helps people maintain and restore close relationships (Karremans et al., 2003).

Forgiveness is also accompanying with better mental health functioning, both generally (Rippentrop, Altmaier, Chen, Found, & Keffala, 2005; Ryan & Kumar, 2005; Ysseldyk, Matheson, & Anisman, 2007; Webb et al., 2011) and in relation to specific symptoms such as depression (Toussaint, Williams, Musick, & Everson-Rose, 2008; Wohl, DeShea, & Wahkinney, 2008), diagnosed psychiatric conditions (Toussaint & Cheadle, 2009a), suicidal behavior (Hirsch, Webb, & Jeglic, 2011, 2012), and substance use (Lawler-Row et al., 2008; Walker, AINETTE, Wills, & Mendoza, 2007; Webb et al., 2011). Witvliet and McCullough (2007) and Witvliet (2009) et. al., addressed that potential pathways by which forgiveness may impact health in the emotion perspective. Forgiveness may influence health by assisting emotional regulation through relieving stress, decreasing negative coping responses, and accumulative affirmative emotional responses. They also reconnoitered the association and intervention-based research relating to forgiveness with health and relationship and manipulation-based studies concerning forgiveness to health and well-being outcomes. Forgiveness looks to result in better emotional functioning, as greater levels of forgiveness have been associated to less anger, hostility, and aggression (Carson et al., 2005; Hernandez et al., 2009; Lawler-Row et al., 2008; Webb, Dula, & Brewer), less negative affect (Lawler et al., 2005; Stoia-Caraballo et al., 2008), less mood disturbance (Friedman et al., 2007), and less rumination [McCullough, et.al., (2007); Stoia-Caraballo et al., 2008; Ysseldyk et al., (2007)]. To conclude, persons who are able to forgive seem to have better interactive operational (Burnette, Davis, Green, Worthington, & Bradfield, 2009; Lawler et al., 2005; Solomon, Dekel, & Zerach, 2009; Toussaint & Jorgensen, 2008; Webb et al., 2011), to be more indication greater satisfaction with life and psychological wellbeing [Bono; Lawler et al., (2005); Webb, Robinson, Brower, & Zucker, (2006); McCullough, & Root, (2008); Friedman et al., (2007); Lawler-Row, (2010); Toussaint & Friedman, (2009); Webb et al., (2011)]. A number of studies have studied the effect of forgiveness interventions on mental health variables which addressed that these

interferences perform to effectively rise forgiveness and diminish unforgiveness [Hansen, et al., (2009); Harris et al., (2006); Ingersoll-Dayton et al., (2009); Lin, et al., & Baskin, (2004); Reed & Enright, (2006); Wade & Meyer, (2009); Wade, Worthington, & Haake, (2009)] as well as improve mental health functioning and have led to in significant reductions in negative emotions, including feelings of depression (Ingersoll-Dayton et al.; Lin et al.; Reed & Enright), anxiety and stress [Freedman & Knupp, (2003); Harris et al., (2006); Lin et al.; Reed & Enright].

Objectives

Against this backdrop the present study proposes to examine the following research objectives.

1. To know the differences between high forgiveness and low forgiveness among different dimensions of psychological wellbeing
2. To explore the relationship between forgiveness and psychological wellbeing.
3. To examine the contribution of forgiveness in psychological wellbeing.

Hypotheses

1. Both groups will differ significantly on various dimensions of psychological wellbeing.
2. Forgiveness will show positive correlation with Autonomy, Environmental Mastery, Personal Growth, Positive Relations with Others, and Purpose in Life, while no relation with Self-Acceptance.
3. Different type of forgiveness: self, situational and others will significantly play a role in predicting different type of psychological wellbeing: Autonomy, Environmental Mastery, Personal Growth, Positive Relations with Others, Purpose in Life, and Self-Acceptance.

Methodology

Sample

A heterogeneous sample of 150 adolescents (boys= 71 & girls=79) of undergraduate and post graduate, studying in different departments of St. Andrews College, Gorakhpur took part in this study.

Measures

For measuring forgiveness and psychological wellbeing, Heartland Forgiveness Scale (2005) and Hindi Version of Psychological Wellbeing scale (Ryff 1989) are given as follows:

Heartland Forgiveness Scale (HFS): The scale is developed by Thompson, Snyder, Hoffman, Michael, Rasmussen and Billings (2005) to measure an individual's general tendency to be forgiving rather than forgiveness of a particular event or person. The 7- point Likert type scale consists of 18 items with three subscales (forgiveness of self, forgiveness of others, and forgiveness of situations) with six items each. The reliability analysis of the scale gives a Cronbach alpha level of .75, .78, .79, for each subscale respectively and it is reported as .86 for total score.

Psychological Wellbeing Scale: In the present study the Psychological Well-being scale (PWBS) (HINDI) adopted by S. N. Rai & Deepika Gupta Department of Psychology C.C.S University Meerut was used. The scale consists 54 items among 28 items are negative and 26 items are positive. The inventory consists of a series of statements reflecting the six areas of psychological wellbeing Autonomy, Environmental Mastery, Personal Growth, Positive Relations with Others, Purpose in Life, and Self-Acceptance. Respondent's rate statement on a scale of 1 to 6 with 1 indicates strong disagreement and 6 indicates strong agreements. Positive items are scored as 1, 2, 3, 4, 5, 6 and negative items are scores in reverse form therefore 6, 5, 4, 3, 2, 1 respectively. The reliability of the scale was checked by test-retest method and was found .77 and the validity was found .75.

Procedure

The above mentioned questionnaires were compiled in order as follows: Heartland Forgiveness Scale, Carver's cope scale and the personal data sheet and informed consent form' consisted of the demographic information about the participants followed by an informed consent. Participants were explained the purpose of the study, eligibility criteria, the voluntary nature of participation and the procedure participants would be involved in. After this information, the potential participants were asked to indicate whether they agree to participate in the study, individuals who did not want to participate in the study were thanked for their time.

The psychometric tests were administered to participants either individually or in small groups of 3 to 4 persons. Instructions related to each scale were clearly explained to each participant and their queries (if any) were attended appropriately. The obtained data were subjected to t-test, bivariate correlation and enter multiple regressions with the help of IBM SPSS 20 statistical package.

Results

Table 1- Mean, S. D. and t value of dimensions of Psychological Wellbeing in term of Forgiveness

| | Forgiveness | N | Mean | S. D. | t |
|-----------------------------|-------------|----|---------|----------|----------|
| AUTONOMY | High | 75 | 46.2933 | 81.59272 | 3.412** |
| | Low | 75 | 13.9467 | 9.21206 | |
| ENVIRONMENTAL MASTERY | High | 75 | 21.6800 | 8.15585 | 2.882* |
| | Low | 75 | 17.8133 | 8.27352 | |
| PERSONALGROWTH | High | 75 | 17.8800 | 8.14059 | 3.367** |
| | Low | 75 | 13.7467 | 6.83610 | |
| POSITIVE RELTION WITH OTHER | High | 75 | 15.2667 | 8.75235 | 4.032** |
| | Low | 75 | 8.6667 | 11.15291 | |
| PURPOSE IN LIFE | High | 75 | 9.7733 | 8.69230 | 4.497** |
| | Low | 75 | 3.5333 | 8.29903 | |
| SELF ACCEPTANCE | High | 75 | 7.6800 | 8.52209 | 1.182 |
| | Low | 75 | 6.2400 | 6.21863 | |
| PSW TOTAL | High | 75 | 94.2000 | 17.21957 | 13.160** |
| | Low | 75 | 47.0667 | 25.79877 | |

To know the mean differences between high forgiveness and low forgiveness among different dimensions of psychological wellbeing independent sample t- test was calculated.

Table-1 shows the mean comparison between high forgiveness and low forgiveness for different dimensions of psychological wellbeing. The t- test was found to be significant and mean shows that high forgiveness group scored higher for autonomy in comparison to low forgiveness group. Similarly, high forgiveness group, perceived more positive environmental mastery, personal growth, positive relation with other, purpose in life and self-acceptance and psychological wellbeing total in comparison to low forgiveness group. Finally, results revealed that, people who have assigned high forgiveness have better psychological wellbeing in comparison to that people which assigned low forgiveness. In other words we can say that the people who forgive frequently, shows better wellbeing in comparison to that people who forgive rarely.

To know the inter-relationships among various variables undertaken the present investigation (i.e. forgiveness and psychological wellbeing with its dimensions) the correlation analysis was computed. The result of correlation coefficient is presented in table-2.

Table 2-Coefficient of Correlation between Forgiveness & Psychological Wellbeing

| Forgiveness | Psychological Wellbeing | | | | | | |
|-------------------|-------------------------|-----------------------|-----------------|--------------------------------|-----------------|-----------------|-------------------------------|
| | Autonomy | Environmental Mastery | Personal Growth | Positive Relations With Others | Purpose in Life | Self-Acceptance | Total Psychological Wellbeing |
| Self | 282** | 150 | 252** | 281** | 246** | 114 | 694** |
| Others | 257** | 200* | 205* | 297** | 311** | 056 | 687** |
| Situational | 207* | 249** | 203* | 242** | 303** | 020 | 673** |
| Total Forgiveness | 222** | 207* | 203* | 308** | 283** | 011 | 681** |

Note- $p < 0.01$ ** $p < 0.05$ *

The result revealed that the Self, dimension of forgiveness positively and significantly correlated with Total Psychological Wellbeing ($r = 694$ **) and its dimensions i.e. Autonomy ($r = 282$ **), Personal Growth ($r = 252$ **), Positive Relation with others ($r = 281$ **), and Purpose in Life ($r = 246$ **). Others, second dimension of forgiveness positively and highly correlated with Total Psychological Wellbeing ($r = 687$ **) and its different dimensions i.e. Autonomy ($r = 257$ **), Positive Relations with others ($r = 297$ **), and Purpose in Life ($r = 311$ **). While low positively correlated with Environmental Mastery ($r = 200$ *), and Personal Growth ($r = 205$ *). Similarly, the third dimension of forgiveness- Situational, also positively and highly correlated with Total Psychological Wellbeing ($r = 673$ **) and its different dimensions i.e. Environmental Mastery ($r = 249$ **), Positive Relations with others ($r = 242$ **), and Purpose in Life ($r = 303$ **). While low positively correlated with Autonomy ($r = 207$ **), and Personal Growth ($r = 203$ *).

Further, Total Forgiveness also positively and highly correlated with Total Psychological wellbeing ($r = 681^{**}$) and its different dimensions i.e. Autonomy ($r = 222^{**}$), Positive Relation with others ($r = 308^{**}$), and Purpose in Life ($r = 283^{**}$). While low positively correlated with Environmental Mastery ($r = 207^*$), and Personal Growth ($r = 203^*$).

To examine the relative significance of forgiveness in predicting Psychological Wellbeing, and its different dimensions i.e. Autonomy, Environmental Mastery, Personal Growth, Positive Relation with Others, Purpose in Life and Self-Acceptance, a set of enter multiple regression analyses were performed using three dimensions of forgiveness- self, others and situations as predictor variables and Psychological Wellbeing, and its different dimensions as criterion variables. The results are presented in tables- 3.

Results of Enter Multiple Regression analyses using dimensions of forgiveness as predictors and psychological wellbeing, and its different dimensions as criterion variables

Table- 3.1: Criterion Variables: Autonomy

| Predictors | R | R ² | R ² change | Beta | t | F |
|------------|-------|----------------|-----------------------|--------|--------|---------|
| Self | 0.282 | 0.079 | 0.079 | 0.282 | 3.57** | 12.75** |
| Others | 0.287 | 0.082 | 0.003 | 0.091 | 0.706 | 6.60* |
| Situation | 0.295 | 0.087 | 0.005 | -0.129 | -0.860 | 4.64* |

Note- $p < 0.01^{**}$ $p < 0.05^*$

Table- 3.1 reveals that Autonomy were found to be predicted by all set of three variables i.e., forgiveness for self and forgiveness for situational and forgiveness for others; these three variables together explain 8.7 % variance. Forgiveness for self was found as the strongest predictors which independently explain 7.9 % variance followed by forgiveness for others which explained with 0.3 % variance in the criterion variable and forgiveness for situation which accounted 0.5% variance. The Beta value suggested that all of these above mentioned variables have positive correlation in the prediction of autonomy.

Table- 3.2: Criterion Variables: Personal Growth

| Predictors | R | R ² | R ² change | Beta | t | F |
|------------|-------|----------------|-----------------------|--------|--------|--------|
| Self | 0.252 | 0.064 | 0.064 | 0.252 | 3.174* | 10.07* |
| Others | 0.253 | 0.064 | 0.000 | 0.014 | 0.105 | 5.01 |
| Situation | 0.253 | 0.064 | 0.000 | -0.014 | -0.094 | 3.32 |

Note- $p < 0.01^{**}$ $p < 0.05^*$

Table-3.2 indicates that Personal Growth was found to be predicted by forgiveness for self; which explains 6.4 % variance. The Beta value suggested that forgiveness for self has positive correlation in the prediction of Personal Growth.

Table- 3.3: Criterion Variables: Positive Relations with Others

| Predictors | R | R ² | R ² change | Beta | t | F |
|------------|-------|----------------|-----------------------|--------|---------|---------|
| Self | 0.281 | 0.079 | 0.079 | 0.281 | 3.568** | 12.73** |
| Others | 0.307 | 0.094 | 0.015 | 0.200 | 1.562 | 7.65** |
| Situation | 0.309 | 0.095 | 0.001 | -0.062 | -0.417 | 5.13* |

Note- $p < 0.01^{**}$ $p < 0.05^*$

Table- 3.3 reveals that Positive Relation with Others was found to be predicted forgiveness for self which explain 7.9 % variance. The Beta value suggested forgiveness for self has positive correlation in the prediction of Positive Relation with Others.

Table- 3.4: Criterion Variables: Purpose in Life

| Predictors | R | R ² | R ² change | Beta | t | F |
|------------|-------|----------------|-----------------------|-------|--------|--------|
| Self | 0.246 | 0.060 | 0.60 | 0.246 | 3.082* | 9.50* |
| Others | 0.311 | 0.097 | 0.037 | 0.312 | 2.439 | 7.89** |
| Situation | 0.328 | 0.108 | 0.011 | 0.198 | 1.332 | 5.88** |

Note- $p < 0.01^{**}$ $p < 0.05^*$

Table- 3.4 reveals that Purpose in Life was found to be predicted forgiveness for self which explain 60.0 % variance. Forgiveness for self was found as the strongest predictors The Beta value suggested that forgiveness for self has positive correlation in the prediction of Purpose in Life.

Table- 3.5: Criterion Variables: Psychological Wellbeing Total

| Predictors | R | R ² | R ² change | Beta | t | F |
|------------|-------|----------------|-----------------------|-------|----------|----------|
| Self | 0.694 | 0.481 | 0.481 | 0.694 | 11.723** | 137.42** |
| Others | 0.730 | 0.533 | 0.051 | 0.369 | 4.009** | 83.74** |
| Situation | 0.737 | 0.543 | 0.010 | 0.190 | 1.791** | 57.74** |

Note- $p < 0.01$ ** $p < 0.05$ *

Table- 3.5 reveals that Psychological Wellbeing Total were found to be predicted by all set of three variables i.e., forgiveness for self and forgiveness for situational and forgiveness for others; these three variables together explain 54.2% variance. Forgiveness for self was found as the strongest predictors which independently explain 48.1 % variance followed by forgiveness for others which explained with 5.1 % variance in the criterion variable and forgiveness for situation which accounted 1.0% variance. The Beta value suggested that all of these above mentioned variables have positive correlation in the prediction of psychological wellbeing total.

Discussion

The aim of the present study was to explore the relationship between forgiveness and psychological wellbeing. Results revealed that people who have assigned high forgiveness have better psychological wellbeing in comparison to those people who assigned low forgiveness. In other words, we can say that the people who forgive frequently, shows better wellbeing in comparison to those people who forgive rarely. Worthington (2005) has suggested four potential benefits of forgiveness: physical, mental, relational, and spiritual health. These four areas of life contribute to entities' lives in some way. To be satisfied with interpersonal relationships and maintaining physical and psychological health are strongly related to happiness. If people feel satisfied with these aspects of their lives, they will likely be happier. In other words, corresponding to our findings, forgiving oneself, others or situations will increase adolescent's well-being. Additionally, in the existing literature, forgiveness has been found to be associated with well-being (McCullough 2000). Forgiveness in part can be abstracted as a pro social change in individuals' emotions, thoughts, or behaviors towards others (McCullough and Witvliet 2002). These changes might include awareness and acceptance of strong emotions such as anger, letting go of previously unsatisfied needs, modifying thoughts toward others, developing empathy toward others, and building a new story of the situation (Malcolm and Greenberg 2000). These positive changes might result in an increase in wellbeing. Lawler-Row and Piferi (2006), in an adult sample, found that more forgiving people have higher subjective wellbeing and psychological wellbeing. Finally, the results of the present study supported the findings of other experimental and intervention studies of the forgiveness and wellbeing relation as well (Karremans, Van Lange, Ouwerkerk, & Kluwer, 2003; Worthington, Witvliet, Pietrini, & Miller, 2007). Similarly, Allemand et al. (2012), and Chan (2013) found the same relationship between forgiveness and wellbeing. Further, Tse and Yip (2009) also indicate that forgiving others was positively related to interpersonal adjustment and psychological wellbeing. In that study, measuring psychological wellbeing consisted of six dimensions: environmental mastery, self-acceptance, purpose in life, autonomy, personal growth, and positive relations with others. In all of these six dimensions, it was found that more forgiving people have higher scores than others.

Conclusions and implications

In conclusion, we can say that the present study supported the findings of other experimental and intervention studies of the forgiveness and wellbeing. The study analyzes forgiveness as an essential skill practiced for a better mental health and wellbeing and forgiveness enhanced physical and psychological wellbeing. Therefore, the findings of the present study will be beneficial for religious leaders, teachers, parents, mental health professionals, and trainers. These findings could be useful in creating a positive environment, especially for adolescents in the course of their perilous period of personality development. And have contributed to the efforts to understand factors that are associated with well-being of college or university students. University counseling services should not ignore the mediating effects of forgiveness in the relationship between meaning in life and well-being. Subsequently, Psycho-educational programs can be provided for students within the choice of counseling services to enhance happiness. Further, Forgiveness enhances personal growth and reaps many positive benefits in terms of enhancing physical and psychological well-being and it's not only reduces the emotional distress accompanying with past hurts and offenses but enhanced more gratification and fulfillment in letting things go could be used to enhance optimal functioning in an individual. These findings also have significant implications as they help

one to have an understanding of the effects of forgiveness on mental health which could further be pragmatic toward the cultivation and practicing of forgiveness.

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