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Abstract

Mental health includes several components of living a healthy life such as one's ability to enjoy life and to cope with stresses. Forgiveness is also one path to mental health. Present study aimed to investigate the role of marital status in the impact of forgiveness on psychological resilience. 289 women (married=151, unmarried=138) aged between 21-40 participated in the study and provided data on Heartland Forgiveness Scale (Thompson et al., 2005) and The Brief Resilience Scale (Smith et. al., 2008). Results showed a significant positive impact of forgiveness on psychological resilience among women. Findings further revealed that marital status was the significant determinant of forgiveness and resilience among women. It was found that married women have significant effects on forgiveness and resilience. Study has the implication to enhance the mental health by learning forgiveness skills, because universal forgiveness exercises can help to find best strategies to deal with feeling of stress, hurt, pain, revenge, resentment and so on.

Keywords: Forgiveness, psychological resilience, marital status

1. Introduction

Forgiveness and psychological resilience are the individual ability to perform well in any area of life and are essential factors in individual mental health. Previously forgiveness was viewed to be associated with spirituality or perhaps religiosity. Research studies investigate that forgiveness offers more than a spiritual or religious gain; researchers are examining the likelihood that forgiveness has suggestions for emotional and mental well-being (Luskin, 2003). Enright and Fitzgibbons (2000) have demonstrated powerful evidence for that emotional health improvements involving utilizing a road to understand in order to forgiven individual who had previously been significantly unjust to the participant. Different researchers have additionally indicated positive relationships between forgiveness and well-being. (Toussaint & Jorgensen, 2008). For instance, Orcutt (2006) recommended that forgiveness can mitigate the negative feelings involved stress. Albeit's experimental examination has driven a few scientists to reason that forgiveness can be a vital element for alleviating the psychological suffering and therefore, far more investigation is necessary (Orcutt, 2006).

Forgiveness is not an adaptable attitude or feature; this can be any positive reactions towards an interpersonal damage as well as a positive approach to abandon anger and the idea of promoting revenge (Bono & McCullough, 2006). Current trends in the study of forgiveness support that forgiveness is dispositional in nature. Under this framework, forgiveness is seen as a process where an individual can be detached to negatives like requital and wrath. This happens when the apparent transgression is changed into another understanding or new knowledge on the association somewhere around oneself and the transgressor or transgressions (Thompson et al., 2005). Sato (2005) presented a hypothetical system termed 'internal conflict model' to demonstrate that absence of forgiveness prompts internal conflict. The model includes typical themes depicted through numerous psychodynamic, humanistic, and also psychoanalytical theories. The inner clash model coordinated absolution, adapting methods, personality amazing quality, and constructive and antagonistic excitement to encourage a comprehension of enthusiastic encounters in connection to the inside clash. The internal conflict model included forgiveness, problem management techniques ego transcendence, and also optimistic and also adverse arousal to be able to help a knowledge involving over emotional suffers from in terms of internal conflict. For instance, when the circumstances of life are in conformity with the individual wants, the individual is comfortable. Alternately, when a circumstance in life does not agree with the individual wishes, the individual will be restless. In addition, Sato believed that an individual can be free from the internal conflict by forgiving acts. So, when a

Psychological Resilience

The word resilience begins from the actual Latin verb *resilire*, or 'to jump back' and is particularly outlined in the Oxford Dictionary of English as being "ready to withstand or recoup rapidly from troublesome conditions" (Soanes & Persall, 2005). An idea is a dynamic thought that is gotten from a blend of individual instinct and predictable proof. In the perspective regarding psychological resilience, researchers have recently carried out analyses which are based on the concept of clarification of the background, the consequences and essential attributes of resilience (Windle, 2011).

As outlined in the earlier section, the principle forerunner of resilience is considered to be the hardship and the primary outcome is thought to be positive adaptation. A critical open deliberation to rise up out of the writing concerns the conceptualization of resilience as either an attribute or a procedure (Windle, 2011). At the point when resilience has been considered as a characteristic, it has been proposed that it speaks to a star grouping of qualities that empower people to adjust to the circumstances they experience (Connor & Davidson, 2003). This particular belief was initially insinuated by Block and Block (1980) who utilized the term 'ego resilience' to account the attributes that reflecting general genius, sign of the strength and flexibility of operation in response to an environmental requirements. People who have high numbers of ego resilience ended up characterized by high numbers of vitality, a feeling associated with expectations, attention, as well as the opportunity to repulse as well as conceptualize complications. Psychological

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resilience has assembled force in the course of recent decades. Because of the distinctions in how resilience has been characterized, conceptualized, and speculated, the requirement for clarity and specificity has been perceived (Davydov et al., 2010).

Psychological resilience has been conceptualized as one aspect of the personality; it has additionally been considered as a procedure that progresses after some time. Luthar et al. (2000) alluded to it as a “dynamic procedure including positive adjustment inside of the setting of noteworthy misfortune”. The process of resilience perceives that the outcomes on the protective as well as primitive components will differ contextually (from circumstance to circumstance) as well as temporally (throughout an issue as well as around an individual’s lifespan). Subsequently, despite the fact that an individual may respond positively to affliction at one point in his or her life, it doesn’t imply that the individual will respond in the same approach to stresses at different focuses in his or her life (Davydov et al., 2010).

2. Literature Review

A few studies have recommended that forgiveness is firmly associated with individual’s mental well-being and psychological resilience, by suggesting that forgiveness goes about as a wellspring of human qualities to help individuals to maintain their wellbeing (Karremans, Lange, Ouwerkerk, & Kluwer, 2003). In research by Thomson, et al. (2005) if the level of dispositional forgiveness is high, level of depression, anger and anxiety will be at a lower rate but life satisfaction will be high. Results showed that forgiveness seems to be an adapting strategy which permitted individual to manage unfavorable backgrounds and moved towards accomplishing higher satisfaction in life. This finding is in accordance with the investigation by Maltby, Day, and Barber (2005) which reported that forgiveness assumes a part as a defensive variable which cultivates individuals’ capacity to manage psychological stresses.

According to Anderson, 2006, resilience has significant positive relation to forgiveness. This means that the ability to apologize means understanding that something good can come out of the events. Anderson (2006) further proposes that resilience is not a static characteristic of an individual but rather a dynamic process that must be understood within the context of each individual’s stress producing experiences. Zechmeister and Romero’s (2002) found that, those who tend to forgive are being in a position to cut off the negative impact of their actions. This is clear in the identity of a resilient individual who is separated from the negative results of transgressions. However, the recent resilience research has brought more interest for the exploration of protecting factors, as it is useful for specific elements or conditions to promote the process of resilience. Among the multitude of protective factors which have been recognized acceptance, forgiveness, and gratitude by all accounts are the three individual attributes that have been discovered to be firmly identified with psychological well-being (McCullough, Emmons, & Tsang, 2002; Nakamura & Orth, 2005). In particular, various studies confirm the assumption that the forgiveness is associated with resilience (Broyles, 2005) in which the major role of forgiveness as an adaptation is to deal effectively with negative stress factors. Fenell (1993) found that, married couples have a high tendency of forgiveness. Married couples forgive partners to save their relationships. Fincham (2000) confirmed that forgiveness in married couples is high as compared to single individuals.

2.1. Rational of the Study

This research is a miniature effort to examine whether forgiveness is significant predictor of psychological resilience among women. In this present research, women have been identified as a population because they are facing many challenges and adversity in their life. Most of the women are not used to forgive and ignore their mental health that may impact on their well-being and decrease the level of psychological resilience. Beliefs like aggression, resentment, anger & unforgiving nature of individuals when neglected can silently affect the person’s mental health and also can damage the peace of society. A difference in marital status of woman is important in order to satisfy the urge of exploration and provide the basis for further studies in this area.

2.2. Objectives of the Study

1. To assess the impact of forgiveness on psychological resilience
2. To assess the differences in forgiveness and psychological resilience in terms of a women’s marital status.

3. Method

3.1. Participants

The participants in the present study were 160 women randomly selected as sample from SOS Multan. Out of the 160 participants, 63 were married and 97 were single. Participants’ age ranged from 21 to 40 years old. Only those participant were taken in the study who were willing to participate.

Instruments

Two Instruments are used in the research.

- Heartland Forgiveness Scale
- Brief Resilience Scale

3.2. Heartland Forgiveness Scale

To assess dispositional forgiveness, Heartland Forgiveness Scale was (Thompson et al. 2005) used in this study. The HFS is a self-report questionnaire with 18 items that assess dispositional forgiveness of one self (6-items), others (6- items), and situations (6-items) that contains 9 reverse items (2, 4, 6, 7, 9, 11, 13, 15, 17). After summarizing the scores of the 7-point Likert scales, where 1 almost always ‘false of me’ and 7 reflects almost always ‘true of me’, determined the perceived level of forgiveness of the respondents. The possible range for total score of HFS is 18-126. The range of alpha coefficient is .84 to .87 for the total HFS scores and test-retest reliability is .82 (Thompson, et al., 2005). Reliability of Heartland Forgiveness Scale for this study is (r = .85).

3.3. Brief Resilience Scale

The Brief Resilience Scale developed by (Smith et al., 2008) was used to assess resilience as the ability to bounce back from stress. There are three positively worded items and three negatively worded items in the scale. The items were scored on a five-point scale

from 1 'strongly disagree' to 5 'strongly agree.' Negatively worded item is scored by reverse scoring method. In the present study the reliability of brief resilience scale is obtained by reliability analysis ($r = .81$).

3.4. Procedure

Information has been accumulated by using survey questionnaire, given to help women. The questionnaire consisted of 2 variables-Heartland Forgiveness Scale and Brief Psychological Resilience in the booklet from along with consent form and demographic information. These folks were informed regarding the purpose of this research and have been directed how to populate this weighing scales. Participants have been advised to analyze all the items seriously and have been advice on which responses could stay anonymous. Participants have been likewise provided confidence on info that would be discreet. SPSS 20 version (Statistical Package for Social Sciences) has been used for the descriptive and inferential statistical analysis of the data.

4. Results

Table 1: Mean, Standard Deviation and Correlation between Forgiveness and Psychological Resilience

Variables	Cronbach's Alpha	M	SD	F	PR
Forgiveness	.781	56.82	11.891	1	.691**
Psychological Resilience	.832	59.19	17.560		1

Table 2: Regression Analysis showing the effect of Forgiveness on Psychological Resilience

Predictor	B	Std. Error	Beta	t-test	p-value
Constant	61.786	8.687		21.764	.000
Forgiveness	.572	.291	.691	17.762	.000

Adjusted R^2 .679, $p < 0.05$.

Table 3: Mean, Standard Deviation, t-value and scores of Forgiveness between married and unmarried Women

Variable	MS	N	M	SD	t-test	df	p-value
Forgiveness	Married	151	87.31	35.980	19.541	287	.000
	Unmarried	138	79.93	39.092			

Table 4: Mean, Standard Deviation, t-value and scores of Psychological Resilience between married and unmarried Women

Variable	MS	N	M	SD	t-test	df	p-value
Psychological Resilience	Married	151	63.81	61.128	17.021	287	.000
	Unmarried	138	52.52	49.091			

5. Discussion

Comparatively almost 50 several years associated with exploration about resilience, however the area associated with forgiveness exploration is actually fairly young. Forgiveness appears to be a necessity, not an alternative, if one is to advance in life free, weightless, and resilient. Forgiveness can be utilized as a feeling centered adapting procedure to decrease an upsetting response to something that is done to us. Present research is an attempt to investigate the predictive relationship of forgiveness with psychological resilience and to explore the role of marital status in dispositional forgiveness and psychological resilience among women. The results of the study confirm that forgiveness has positive relation with psychological resilience. Previous literature also supported, as outlined by Anderson (2006) forgiveness possesses significant constructive relation to resilience. This implies that the capacity to apologize means understanding that something great can leave the occasions. Findings also confirmed by the evidence of the results that forgiveness has impact on psychological resilience. In line with Maltby, Day, and Barber (2005) who reported that forgiveness accept a section as a protective variable which develops people's ability to oversee mental stressors. A couple of studies get recommended in which forgiveness will be strongly associated to individual's mental well-being along with psychological resilience, through advising forgiveness is going to be like a wellspring regarding human being attributes to assist men and women to keep up wellness (Karremans, Lange, Ouwerkerk, & Kluwer, 2003). Findings revealed that, the level of forgiveness and psychological resilience is high in married women. As reported by (Fenell, 1993) and Fincham (2000) married couple had high tendency of forgiveness and married women are more resilient.

6. Conclusion

Present research confirmed that there is a significant positive relationship between forgiveness and psychological resilience. Research findings also revealed that forgiveness has significant impact on psychological resilience. The findings depict that single and married women have significant differences on the level of forgiveness and psychological resilience. Findings of the research are in line with Broyles, 2005's resilience and forgiveness which significantly correlated with each other's forgiveness increased, resilience tended to increase somewhat. Various studies confirmed the assumption that forgiveness is associated with resilience (Broyles, 2005; Tugade & Fredrickson, 2004) in which major role of forgiveness as an adaptation to deal effectively with negative stress factors.

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