



ISSN: 0976-3031

Available Online at <http://www.recentscientific.com>

CODEN: IJRSFP (USA)

*International Journal of Recent Scientific Research*  
Vol. 9, Issue, 2(I), pp. 24437-24441, February, 2018

**International Journal of  
Recent Scientific  
Research**

DOI: 10.24327/IJRSR

## Research Article

### RESILIENCE, FORGIVENESS AND PERSONAL WELL-BEING AMONG ADULTS

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DOI: <http://dx.doi.org/10.24327/ijrsr.2018.0902.1661>

#### ARTICLE INFO

##### Article History:

Received 17<sup>th</sup> November, 2017

Received in revised form 21<sup>st</sup>

December, 2017

Accepted 05<sup>th</sup> January, 2018

Published online 28<sup>th</sup> February, 2018

##### Key Words:

Resilience, Forgiveness,  
Wellbeing, Adults

#### ABSTRACT

Good health is about more than just the absence of sickness. Wellbeing, forgiveness and resilience are important in preventing mental health problems. Wellbeing is the state in which an individual's ability to cope with stressful situation and realises one's own potential and capabilities. Forgiveness is a deliberate decision to vent out the feelings of resentment towards an individual or group who has harmed the individual, regardless of whether they deserve forgiveness or not. Resilience is the process of adjusting well in the face of struggle, trauma, stress, death of loved ones and financial crisis. The current investigation follows the exploratory research design to explore the association between resilience, forgiveness and wellbeing among adults. It is hypothesised that there will be a significant association between the variables. The study includes 202 adults consisting of both men and women. The samples are collected using simple random sampling technique. The tools used are Personal Wellbeing Index –Adult by Cummins *et al* (2013), Trait Forgivingness Scale by Berry *et al* (2005), Brief Resilience Scale (BRS) by Smith *et al* (2008). Product Moment method correlation is used to analyse the association and gender differences using independent sample 't' – test. The result indicates a positive relationship between resilience, forgiveness and personal well – being and significant gender differences in personal well-being.

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#### INTRODUCTION

Research shows that during adulthood maintaining wellbeing whilst facing adversity promote flexibility in thinking and problem solving. Personal wellbeing serves an important function in their ability to help an adult recover from stressful experiences and encounters. That being said, maintaining a positive emotionality aids in counteracting the physiological effects of negative emotions. It also facilitates adaptive coping, builds enduring social resources, and increases personal well-being. Evidence for the undoing effect of positive emotions suggests that adults might improve their psychological well-being, and perhaps also their physical health, by cultivating experiences of positive emotions at opportune moments to cope with negative emotions. Resilience, gratitude and forgiveness are some positive state of mind that is built by personal wellbeing.

##### Personal well-being

Personal well-being is also known by the scientific term of 'subjective well-being'. It is about people assessing their own lives. There are many ways in which this is looked at by researchers who study well-being. These include asking people to assess how satisfied they are with their life overall, asking

whether they feel they have meaning and purpose in their life, and asking about their emotions during a particular period. Choices and behaviours during adulthood can have huge impacts on people's wellbeing for the rest of their lives. Being in positive employment has an effect on health and wellbeing, and the public health challenges in adulthood include preventing chronic psychological and physical illness later in life. Personal well-being is a positive outcome that people perceive that their lives are going well. Good lifestyle (e.g., housing, work) are fundamental to well-being. Well-being includes the existence of positive emotions and feelings (e.g., contentment, happiness), the absence of negative emotions (e.g., depression, anxiety), satisfied with life, fulfilment and effective functioning. Personal well-being can be described as judging life positively and feeling great. Researchers from different disciplines have examined different aspects of well-being that include the following:

- Physical well-being.
- Life satisfaction.
- Economic well-being.
- Engaging activities and work
- Social well-being.
- Development and activity.

- Emotional well-being.
- Psychological well-being.
- Domain specific satisfaction.

Personal well-being has been examined as an indicator of successful adaptation during adult age. The subjective assessment of Personal well-being is the balance between positive and negative affect. The two factors of well-being may have different adaptive functions. Negative affect refers to a consequence of abnormal behaviour, whereas positive affect may be considered reinforcement for adaptive or appropriate behaviour

Carol Ryff indicated two things: Firstly, well-being should not be limited to medical or biological factors-instead it is a philosophical question about the importance of a healthy life. Secondly, current theories of well-being at that time lacked empirical rigor-they had not been and could not be tested.

### **Signs of Well-Being**

1. Liking and feeling good about oneself.
2. Flexible and able to adapt to all kinds of situations in life.
3. Appreciating the people and things in life.
4. Understanding and accepting every emotion (sad, happy, angry, etc.).
5. Treating others well and with respect.

### **Resilience**

"At the heart of resilience is a belief in oneself-yet also a belief in something larger than oneself". Resilience is the system of fixing nicely inside the face of trouble, distress, tragedy, fears, or maybe considerable sources of stress- inclusive of family and relationship issues, fitness issues, or workplace and financial stressors. It means "bouncing back" from difficult conditions. Resilient people do no longer let hardship outline them. They discover resilience by means of transferring towards a purpose past themselves, exceeding ache and grief by means of seeing bad times as a temporary situation. It is viable to reinforce ones inner self and notion in defining oneself as capable and equipped. It's feasible to strengthen one's psyche. It is possible to advance a feel of mastery."

Those who grasp resilience have a tendency to be skilful in getting ready for emotional crises and adept at accepting what comes at them with flexibility instead of firmness. The vintage metaphor applies: resilient people are like bamboo in a storm--they bend as opposed to damage. Or, even if they experience like they're broken for a time, there's still part of them deep inner that knows they won't be broken forever.

A resilient character prepares through demanding situations by means of the use of private resources, strengths and different positive abilities of psychological capital together with desire, optimism, and self-efficacy. Overcoming a disaster with the aid of resiliency is often described as "bouncing back" to a regular kingdom of functioning. Being resilient is also definitely associated with happiness.

Being resilient does now not imply that a person doesn't enjoy distress. Emotional misery and unhappiness are common in human beings who've gone through primary adversity or trauma in their lives. In truth, the street to resilience is in all likelihood to involve huge emotional distress. Resilience is not

a trait that people both have or do no longer have. It entails behaviours, thoughts, and moves that can be learned and advanced in all people.

### **Factors in Resilience**

A mixture of components contributes to resilience. Many studies illustrates that the primary element in resilience is having caring and supportive relationships inside and out of doors the own family. Relationships that create love and believe provide role models, and offer encouragement and reassurance assist bolster a person's resilience.

### **Numerous aspects are associated with resilience, inclusive of**

- The capacity to make realistic plans and take steps to hold them out
- A wonderful view of oneself and confidence in strengths and skills
- skills in verbal exchange and fixing problem
- The capability to manage robust emotions and impulses

All of these are elements that humans can broaden in them.

### **Strategies for constructing Resilience**

Growing resilience is an individual journey. People do now not all respond the identical to traumatic and disturbing existence events. An approach to developing resilience that works for one person might not work for another. Humans use various strategies. A few differences may additionally reflect cultural differences. Someone's lifestyle might have an influence on how she or he communicates emotions and deals with adversity -for example, whether and how a person connects with significant others, including extended family members and community resources. With growing cultural range, the public has greater access to a number of techniques to constructing resilience.

### **Forgiveness**

Forgiveness is a technique that includes a trade in feelings and mind set regarding a perpetrator. Maximum scholars view this intentional and voluntary system, driven with the aid of a deliberate selection to forgive. This technique effects in reduced motivation to retaliate or hold estrangement from a offender in spite of their movements, and calls for letting move of negative emotions closer to the offender. Theorists differ in the extent to which they agree with forgiveness additionally implies changing the negative emotions with positive attitudes which includes compassion and benevolence. In any event, forgiveness takes place with the victim's complete recognition that he or she deserved better treatment, one cause why Mahatma Gandhi contended that "the weak can in no way forgive. Forgiveness is an attribute of the sturdy"

Forgiveness may be taken into consideration each a trait and a state. The difference among the two being the superiority of forgiveness for a character over the years, even as state forgiveness may be short term or observe to at least one state of affairs, folks who own trait forgiveness can have a blanket technique in the direction of demanding or painful situations wherein forgiveness is greater effortlessly achieved.

A study conducted in Taiwan by way of Wang (2008) researched the connection among the Big 5 Personality tendencies and the tendency to forgive. The research

discovered that those folks who have been agreeable and emotionally stable found it simpler to forgive. This shows that through emotional stability and higher agreeableness are more likely to forgive those who have wronged one.

### **The Benefits of Forgiveness**

Forgiveness is a key part of many religions and civil codes (e.g. Restorative Justice) because it helps societies to heal and function. Numerous research have located that the consequences of forgiveness are for folks that forgive instead then people who are forgiven. One such study found that individuals who forgave had less anger, much less stress, much less rumination and reduced reactivity in comparison to those who held onto their anger and ache (Harris *et al.*, 2001).

### **Models of Forgiveness**

Worthington's five steps to become greater forgiving include:

1. Remember the hurt
2. Empathize with the one who harm
3. Offer an Altruistic gift of forgiveness
4. Make the dedication to forgive
5. Maintain on to the forgiveness

Enright's (2005) 8 Keys to Forgiveness echo a lot from Worthington, however adds know-how and what forgiveness is, forgiving ourselves and developing our "forgiveness muscular tissues" into the recipe. He also acknowledges how the use of our strengths can to assist us forgives easier. He recognizes that the search for that means in suffering allows with forgiving. He also stresses the want to renowned one's very own pain, without getting caught in the hurt.

### **His eight keys to forgiveness are**

1. Recognise what forgiveness is and why it subjects
2. Turn out to be "forgivingly suit"
3. Deal with internal pain
4. Expand a forgiving mind through empathy
5. Locate which means to one's struggling
6. While forgiveness is difficult, call upon other strengths
7. Forgive one self
8. Increase a forgiving heart

### **Need for Study**

The field of wellness including personal, cultural, and other dimensions of wellness—in emerging adulthood is an exciting area of research and offers great potential for understanding how and why some adolescents appear well-adjusted and deals positively using resilience and forgiveness whereas others do not. Study also focuses on understanding the development of wellbeing, resilience and forgiveness as well as how these determinants work together. This study was set out to explore the concept of Resilience, Forgiveness and Personal Well – Being. The study has been sorted to know whether Resilience, Forgiveness and Personal Well – Being have an association among adults.

## **REVIEW OF LITERATURE**

The article on Forgiveness as Human Strength: Theory, Measurement, and Links to Well-Being presented a conceptual model postulating that forgiveness is prosocial change in the

motivations to avoid or to seek revenge against a transgressor. Social-psychological factors that are correlates and determinants of forgiving were reviewed. They also reviewed the current measurement technology for assessing forgiveness constructs at the offense-specific level, the relationship-specific level, and the dispositional level. The links between forgiveness and human health and well-being are also explored. The article concludes that at every level forgiveness construct enhances the psychosocial factors and human strength (McCullough 2000).

The important aim of the present investigation was to examine the relationships association between resilience, optimism and psychological well-being. 414 medicine students which included 213 male and 191 female. They were collected using cluster sampling and were required to fill up the Ryff Scale of Psychological Well-Being (RSPWB), Connor-Davidson Resilience Scale (CD-RISC), and Scheier and Carver's Life Orientation Test (LOT). The results revealed that resilience was a predictor of psychological well-being. It also pointed that optimism played a minor mediation role in the association between resilience and psychological well-being. Also psychological well-being was influenced by personal characteristics such as resilience, and the individual's optimism regardless of the degree of resilience (Souri and Hasanirad 2011).

The main purpose of this study was to examine the relationships between the dimensions of psychological well-being and resilience. The samples consisted of 224 middle and late adolescents. The tools used were Psychological Well-Being Scales with 18 items grouped in six dimensions and the 10 item-version of Connor Resilience Scale. Results indicated positive relationships between Psychological Well - Being (environmental mastery, personal growth, and self-acceptance) and resilience. More the adolescents were able to select contexts suitable to their personal needs, to view themselves as growing, developing and expanding, and to perceive themselves as self-satisfied individuals, the more they were resilient. The results also concluded that boys expressed a greater wellbeing in environmental mastery and self-acceptance, than girls and late adolescents showed a greater well-being in growth and purpose in life, than middle ones (Sagone and Carolia 2014).

In a descriptive-correlational study by Saffarinia, Mohammadi and Afshar (2016), 218 patients with chronic pain from several medical centers affiliated to Isfahan University of Medical Sciences in 2014 were selected by convenience sampling. The research instruments used were: Interpersonal Forgiveness Inventory (IFI), Connor-Davidson Resilience Scale (CDRISC) and Multidimensional Pain Inventory (MPI). The data was analyzed using correlation and multiple regressions. The results showed that interpersonal forgiveness had a significant positive relationship with resilience in chronic pain patients.

The present study by Yao, Chen, Yu and Sang (2017), explored the effect of self-esteem on subjective well-being, with focus on interpersonal forgiveness and self-forgiveness among a sample of 475 college students. The participants were asked to fill up a questionnaire package that included Rosenberg Self-Esteem Scale, Heartland Forgiveness Scale, and Subjective Well-Being Scale. The results of the study revealed that self-

esteem, interpersonal forgiveness, and self-forgiveness all had a significant relationship with subjective well-being. Bootstrap results pin pointed both interpersonal forgiveness and self-forgiveness partially mediated self-esteem to subjective well-being. Even the analysis of Structural equation modelling revealed significant a pathway from self-esteem to subjective well-being through both interpersonal forgiveness and self-forgiveness.

## METHODOLOGY

### Objectives

- To measure Resilience, Forgiveness and Personal Well-being.
- To find the association between Resilience, Forgiveness and Personal Well-being.
- To identify the gender differences among Resilience, Forgiveness and Personal Well-being.

### Hypotheses

- There will be a significant relationship between Resilience, Forgiveness and Personal Well-being.
- There will be no significant gender differences in Resilience.
- There will be no significant gender differences in Forgiveness.
- There will be no significant gender difference in Personal Well-being.

### Research Design

Exploratory research design was used

### Sample

The sample constituted the adult population in the age range of 23 - 30 years and was collected using simple random sampling method. A total sample of 202 were selected includes youth both male and female.

### Tools

The Brief Resilience Sales (BRS) developed by Bruce W. Smith, Jeanne Dalen, Kathryn Wiggins, Erin Tooley, Paulette Christopher and Jennifer Bernard (2008) was used in this study. The BRS consists of six items; three negative items and three positive items. According to Smith *et al.*, items 1, 3 and 5 are positively worded and items 2, 4, and 6 are negatively worded. Respondents were asked to answer each question by indicating their agreement with each statement by using the following scale: 1 = strongly disagree, 2 = disagree, 3 = neutral, 4 = agree, and 5 = strongly agree. Smith, *et al.* (2008) also reported the reliability and validity of the instrument. The BRS demonstrated good internal constancy with the value of Cronbach's alpha ranging from .80-.91. Convergent validity and discriminant predictive validity were also reported by Smith *et al.* (2008) as part of the validation analysis.

Trait Forgiveness Scale (TFS) developed by Berry, J. W., Worthington, E. L., Jr., O'Connor, L., Parrott, L., III, & Wade, N. G. (2005). The TFS is a brief self-report measure of interpersonal dispositional forgiveness, which consists of 10 items with each statement by using the following scale: 1 = strongly disagree, 2 = disagree, 3 = neutral, 4 = agree, and 5 = strongly agree. Cronbach alpha coefficients were found to

range from .74 to .80 across the four studies. Test Re-test scores were stable over eight weeks,  $r = .78$ . Convergent validity, Construct Validity and predictive validity were reported.

Personal Wellbeing Index (PWI) was developed by the International Well Being Group (IWbG 2006).The PWI scale contains seven items of satisfaction, each one corresponding to a quality of life domain as: standard of living, health, achieving in life, relationships, safety, community-connectedness, and future security. These seven domains are theoretically embedded. It is a 10 point rating scale from "No Satisfaction at all" to "Completely Satisfied". Cronbach alpha lies between .70 and .85 in Australia and overseas. Inter-domain correlations are often moderate at round .30 to .55 and item-total correlations are at least .50. The index has also demonstrated good test-retest reliability across 1-2 week interval with an intra-class correlation coefficient of 0.84 (Lau and Cummins, 2005). Strong Construct Validity and Convergent Validity were found.

### Statistical Analysis

The data was analysed using SPSS 22.

- Coefficient of correlation - Pearson product Moment Correlation between Resilience, Forgiveness and Personal Well-being.
- Independent sample 't' test - males and females on Resilience, Forgiveness and Personal Well-being.

## RESULTS AND DISCUSSION

**Table 1** Correlation between Resilience, Forgiveness and Personal Wellbeing

Variables	Resilience	Forgiveness	Personal Well-Being
Resilience	1	0.490**	0.223**
Forgiveness		1	0.401**
Personal Well-Being			1

\*\*Significant at 0.01 level

From the table, it is evident that there is a significant relationship between Resilience, Forgiveness and Personal Well-being. There exists a positive correlation between the variables. This indicates that when Resilience, Forgiveness increases, Personal well-being also increases. The relationship is significant at 0.01 level.

Several research studies also support the results of the present study. Yao, Chen, Yu and Sang (2017), explored the effect of self-esteem on subjective well-being, with focus on interpersonal forgiveness and self-forgiveness, the results of the study revealed that self-esteem, interpersonal forgiveness, and self-forgiveness all had a significant relationship with subjective well-being. Bootstrap results pin pointed both interpersonal forgiveness and self-forgiveness partially mediated self-esteem to subjective well-being.

Souri and Hasanirad 2011 pointed that optimism played a minor mediation role in the association between resilience and psychological well-being. Also psychological well-being was influenced by personal characteristics such as resilience, and the individual's optimism regardless of the degree of resilience.

The reason may be due to the fact that, when we forgive others for their mistakes and flaws whether done intentionally or

unintentionally, we tend to feel peace within ourselves. An individual free from negative vibrations like jealous, vengeance and pessimism, are likely to have a good physical and mental health. It also makes us more resilient and optimistic about our future. The healing process after any trauma or loss is quicker. Good health would bring a positive environment around us and create happiness. Thus the personal, social, physical, psychological well - being is enhanced.

Therefore the hypothesis stating that "There will be a significant association between Resilience, Forgiveness and Personal Well-being" is accepted.

**Table 2** Mean scores and the level of significance of the variables

Variables	Gender	N	Mean	SD	t value
Resilience	Female	97	18.88	2.851	0.195 <sup>NS</sup>
	Male	105	18.97	3.938	
Forgiveness	Female	97	32.60	7.241	0.572 <sup>NS</sup>
	Male	105	32.00	7.592	
Personal Well-Being	Female	97	62.58	15.731	2.292*
	Male	105	57.30	16.876	

\*Significant at 0.05 level  
<sup>NS</sup> Not Significant

The table shows that there is no significant gender difference between Resilience and Forgiveness among the sample. Meanwhile there is a significant gender difference in personal well-being among the sample. The gender difference is significant at 0.05 levels.

Notably there are very little studies done on the normal population for resilience. On population like patients and victim of trauma in any kind there are studies. Those studies points out that male are more resilient than women when it comes to any trauma, accident and physical injury. Many research show that females are more empathetic than males. But still male and female are equal in forgiving. The results of the study indicated that females were more empathetic than males, but there was no apparent gender difference for forgiveness. However, the relationship between empathy and forgiveness differed by gender. And also empathy was related with forgiveness in male; but not in females (Toussaint and Webb 2005).

Graham and Chattopadhyay (2012) investigated that female had above average levels of well-being than male across the world. The standard deviation of well-being levels across women is also smaller than that of men. The current study also portrays that there is gender difference and supports the previous studies.

Thus the hypothesis stating "There will be no significant gender difference in Personal Well-being" is not accepted. And the hypotheses stating "There will be no significant gender differences in Resilience", "There will be no significant gender differences in Forgiveness" are accepted.

**Significance of the study**

It is very natural for a common man to commit mistakes, every one learn to grow from their mistakes. Many at time our intention is not to hurt others though our behaviours offend others. Several circumstances in life put us down and break us from our courage and that is how one matures. The heart to forgive oneself, others and learn from the mistakes is a part of

life which creates peace within oneself. Under critical situations and trauma, the ability to bounce back to normal is very important. When we learn to forgive and learn, we create a positive environment around us. This in turn will give us a sense of satisfaction and silence to our inner self. All these positive feelings towards other and ourselves creates happiness and enhances our well - being. Therefore it is very important to be resilient and forgive unconditionally.

**Limitations and Recommendations**

- For better reliability and generalization, study can be done on a larger sample size.
- The representation from different districts and states can be included in the study.
- Cross – sectional studies of different age groups can give a good picture of differences among the variables.

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