Research Paper

Relationship Between Forgiveness and Quality of Life

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ABSTRACT

This study aims to investigate the correlation between forgiveness (resentment feeling and complex psychological construct) and Quality of Life among college going students. The total 100 students participated in the study out of which 50 participants were males and 50 participants were females. The students from different private and Government universities from Delhi NCR participated in the study. The tools that were employed for the study were Heartland Forgiveness Scale (HFS) and WHOQOL-BREF. For the process of data collection Google forms were made and shared. The results reflected that there is statistically significant relationship among forgiveness and quality of life. The findings suggest that there is no statistically significant difference among males and females on these two parameters.

Keywords: *Forgiveness, Quality of Life, Psycho Social Construct*

A voluntary process which includes letting go feeling of anger or letting go resentment towards other individuals or group is termed as forgiveness. It is not mandatory that while forgiving the individual's emotional pain ends. It is seen as a choice to let go feelings or to hold them. There are three different approaches to forgiveness propounded by DeBlasio (1998) which includes decision-based forgiveness, cognitive forgiveness and emotional forgiveness. By emotional forgiveness we tend to understand that there is need to change the negative emotions (anger, resentment feeling) to positive emotions (such as empathy, compassion and altruistic love etc.). As per few psychologists there is a need to change the different aspects of forgiveness which are cognitive, affective, and behavioral. So, there is need to form emotional readiness before the person is likely to be receptive to forgiving. It can be in form of empathy or cultivating acceptance.

The concept of forgiveness is complex in nature. According to the study by Annals of Behavioral Medicine (2017) it was seen that forgiveness is good for the heart. It helps to cope up with the stress and leads to better mental health conditions. So, increase in level of forgiveness will lead to less stress and decrease in mental health problems but it does not include physical heath symptoms. There were other few researches which results have been found that forgiveness will lead to reduction of negative emotions (anger), affect and will help individuals feel positive emotions, share positive relationship with others. Identifying meaning and purpose in their lives is also important along with the sense based on

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empowerment. Practicing forgiveness remain good for human body and the relationship people share in the world.

There are five different psychological stages of forgiveness (1) to define or identify what the person needs to forgive. It is vital to understand and identify the specific behaviors that has negatively impacted the mental health (physically or emotionally). Note or write down the positive as well as the negative behaviors associated the individual and try to understand the situation as it will help to become clear, objective as well as help to feel compassionate about the other individual. (2) let the feelings be felt: release out the toxins or negativity by communicating either directly or indirectly. Empty chair technique, imaginary technique and professional help can be utilized. (3) understand why forgiveness is good for "you". (4) have clear boundaries with the perpetrator and (5) remember that it requires a lot of courage to be able to forgive.

Forgiveness is an internal feeling rather not a certain behavior. It should be authentic, real and cannot imitated or copied by others. Broadly there are three different types of forgiveness studied in psychology. The three types are: exoneration (it means forgive or forget), forbearance (it's a kind of partial apology) and release (lowest level of forgiveness where the individual who hurt has never apologized).

The conception about Quality of life represents the way an individual perceives life which includes the cultural values system in regard with the aspirations or goals. The impact of quality of life is on various areas such as on (1) individual's physical health, (2) psychological state, (3) personal beliefs or opinions, (4) social relationships, and (5) their relationship with the environment. Research has emphasized on the basic standards of human beings which focuses on the value of growth. It is also investigated that financial status is important to an extend but has bounded impact on the feelings of happiness. The benchmark for establishing Quality of life may relate to adaptive mechanisms one employs in everyday life. The factors that contribute to the Quality of life which incorporate empathy, optimism, and wisdom.

The factors that exert influence on the individual's quality of life comprises (1) physical factors: it means the suitable environment such as maintaining comfort by allowing proper sleep, comfortable chairs etc. (2) Intellectual factors: this refers to get engaged in certain activities and keep an active mind and prevention of boredom. The stimulation helps human beings find an interesting life and stay motivated. It can be done through engaging in hobbies or voluntary works. Few activities benefit in providing opportunities for social interactions. (3) emotional factors incorporate the psychological security, privacy and autonomy. (4) social factors build in social support or social contact. In the absence of social contact an individual may turn isolated and it can provide the route to mental health problems such as depression. Individuals sustain social support from people they trust, generally family or friends. The diverse domains of the quality of life are: (a) physical, (b) psychological, (c) social, (d) family, and (e) environmental. The classification of the domains displays the in general impressions of ailment on life of patients. The quality of life varies from individual to individual and it is considered or seen as the multi- dimensional approach which encompasses emotional, physical, material, and social well-being.

Importance of the present study
The objective of this study was to examine the association between forgiveness and the Quality of Life and to find out significant difference among girls and boys on these two

parameters. Existing research on forgiveness has linked the three types of forgiveness to outcomes relevant to well-being. Research on situational forgiveness is limited. Thus, forgiveness of situations (as well as forgiveness of self and others) appears to play a meaningful role in therapy and therefore understanding the role of forgiveness requires further research. The demerit of these research studies is that they largely are correlational in nature. This study will help to establish the significant association of forgiveness and Quality of life and will help to know the future interventions that can help to enhance forgiveness and quality of life. There is need to understand the need of college students in terms of their tendency to forgive and the impact of quality of life. Self -forgiveness have role in shaping the nature and the extent of quality of life. The forgiveness either can lead to satisfied life or dissatisfaction in one's life. Thus, this study suggested that there is need to adopt few psychological interventions plans and practices that can help to enhance forgiveness and life satisfaction among employees. While the people who have the tendency to forgive may have better or good quality of life as it has been seen that people who forgive easily have pleasure and better quality of life. Otherwise, dissatisfaction will lead to psychological problems such as depression, anxiety, issues in social life, it will also have impact on relationship with family or other members in society.

REVIEW OF LITERATURE

Weinberg M., Gueta N. et al. (2021) did a study in which there were 209 individuals where 105 were Jewish people and 104 were people from Arab. The study investigated the relation of parental stress, forgiveness, mastery and social support with the parents whose children were suffering from autism. There was no difference found among the groups related to mastery, social support, or the forgiveness. But in regard with age there was a significant difference during diagnoses period and the stress of parents. There was significant variance showed by hierarchical multiple regression which explained the parental stress which include the sample age, education, financial situation etc. There is need to be known about the differences and similarities of factors which predicts parental stress.

Krok D., and Zarzycka B. (2021) did a study on 205 older adults to examine interpersonal forgiveness along with meaning in life. The tools used in this research were (a) Transgression-Related Interpersonal Motivations Scale, (b) the Meaning in Life Questionnaire, and (3) the Religious Meaning System Questionnaire. Negative link was found with presence and whereas positive correlation was seen with benevolence. Though, but not with meaning in life.

Gallo K., Prieto M., et al. (2021) did a study to measure forgiveness using Heartland Forgiveness Scale. The study was conducted on 512 Spanish students. It was found that for assessing the forgiveness for self, others, and situations in Spanish adults the HFS which is 8 item version is valid and reliable.

Dahiya R., and Rangnekar S. (2020) conducted a study to find out relationship between forgiveness at work setting and life satisfaction. the research was conducted on employee of Indian manufacturing organization. 352 employees were part pf the study. It was found that factors related to forgiveness have influenced life satisfaction. Age was another factor that older employees scored high on forgiveness and life satisfaction than younger employees. Thus, this study suggested that there is need to adopt few psychological interventions plans and practices that can help to enhance forgiveness and life satisfaction among employees.

Eid R. (2019) did research to find out the link of subjective well-being and marital satisfaction. Role of forgiveness was also studied. 165 married women participated in the study. Tools used were Forgiveness scale, subjective well-being scale and marital satisfaction scale. In between subjective well-being and marital satisfaction positive relationship was identified.

A study by Yansheng Y., et al. (2019) demonstrated the impact of forgiveness with empathy and quality of life (health related) within Hemodialysis Patients. Sample of 457 patients participated in this study. These patients were from 5 different hospitals. SPSS along with structural equation modelling were done. It was found that the empathy had direct as well as indirect impact on the health-related Quality of life. It is required as nurses that they should practice empathy so that they can build forgiveness strategies for such patients.

Kalera K., and Mroz J. (2018) conducted study between propensity to forgive and life satisfaction. Heartland Forgiveness Scale was used as a questionnaire. 436 people were part of this research from age group between 19-67. The factors of this scale were measured in respect with different age groups. It was found that there was link between various facets of nature to forgive and life satisfaction. Positive correlations among both the positive and negative facets of forgiveness and life satisfaction were also seen.

Dahiya R., and Rangnekar S. (2018) did a study to examine forgiveness. It was studied in context of Indian organization. The tool used was Heartland Forgiveness Scale. This study also inspected the properties of this tool. 398 employees who worked full time in the organization participated in the study. The employees were from manufacturing organization which is situated in North India. A three-factor model was demonstrated for forgiveness scale. Furthermore, the tool was used to assess the level of forgiveness in employees.

While Sharif S., and Ong F. (2018) examined the linking of spirituality along with quality of life. The importance of education was also analyzed in the study. 145 Malay breast cancer patients participated in the study. Education as a mediating role weakened the correlation between spirituality, quality of life and stress. Spiritual people responded to high on quality of life whereas low level of stress.

Soni P., and Gawali G. (2017) did a study on narcissism and forgiveness among one hundred three college going students. Results revealed that people with narcissistic personality tend to easily forgive their own selves rather than others. Survey method was used in the study. HFS tool was used to measure forgiveness and Narcissistic Personality Inventory was utilized to study the narcissistic personality. Low correlation was seen between narcissism and forgiveness.

Mudgal S., and Tiwari G. (2017) did a study to assess impact of self-forgiveness among 507 participants. 239 females and 268 males of age group 20-35 years participated in the study. The questionnaire used were self-forgiveness scale and quality of life inventory. The results showed that self-forgiveness have role in shaping the nature and the extent of quality of life. Yao S and Sang J. (2017) studied the interpersonal forgiveness and self-forgiveness among the (1) self-esteem and (2) subjective wellbeing. The sample included 475 college going students. Results revealed that the self-esteem and subjective well-being was mediated by the interpersonal forgiveness and self-forgiveness.

Aricioglu A. (2016) did a study to observe the impact of gratitude in link between forgiveness and life satisfaction. 396 participants were part of the study out of which 234 were female students and 162 were male students from Turkey. The age range of these students were 18 to 27 years. The assessment tools used in the study were the Gratitude Questionnaire, Heartland Forgiveness Scale, and life satisfaction scale. The connection between forgiveness and life satisfaction was found in relation with the gratitude.

Choi J., et al. (2016) investigated the relationship of anger, forgiveness, and the Quality of life among nurses within the clinical settings. 205 clinical nurses were part of this study. These nurses were part of 4 hospitals which were located at Busan. Structured questionnaire was used. The scales used were Anger in Scale, Forgiveness Scale, of Life Scale. The result showed significant correlations between anger, forgiveness and quality of life and differences were also observed according to job satisfaction of nurse. It was found that reduction of anger level and enhancement of forgiveness would enhance quality of life among clinical nurses.

Rey L., and Extremera N. (2016) investigated the link or correlation between the forgiveness and health related quality of life in the group of old individuals. Sample taken for this study was 350 Spanish people. The age group was from 55 years and older. It was also seen that positive refocusing and positive reappraisal strategies also mediated in link between forgiveness and mental health. The results showed that there are few strategies and intervention plan that can help older population so that their quality of life can be enhanced.
Yalçın I., and Malkoç A. (2015) did a study to analyze the two mediators which are hope and forgiveness. The objective of this study was to find out the relationship between meaning in life and subjective well-being. 482 college students participated in the study. Results revealed that have contributed to the efforts to recognize elements related to subjective well-being of college going students.

Eldeleklioglu J. (2015) conducted a study to understand the effects of subjective happiness, forgiveness, and its contemplation on life satisfaction. Sample for this study was 380 Turkish students of age group between 18-25 years. Outcomes for this study were that the positive link between forgiveness and subjective happiness was see. Also, negative correlation with life satisfaction was found in Turkish students.

Tonggeren D., et al. (2015) did a study to understand role of forgiveness in increasing the meaning in life. Sample of study was taken based on 2 studies. So, in first study 491 individuals participated and for second study 210 people took part. It was found that people who easily forgive their partners showed increased meaning in life. Thus, it was seen that forgiveness help people to recover lost meaning and reported frequent partner violence or offences with people who lost meaning in their life.

Kumar A., and Dixit V. (2014) inquired and narrated the link between forgiveness, resilience, and gratitude in Indian youngsters. The sample was taken from 50 students and the tools used were heartland forgiveness scale, gratitude questionnaire and brief resilience scale. The gender and cultural differences were not seen for forgiveness, gratitude, and resilience and statistically a low amount of positive link was found. It was showed that Indian youths have an optimum level of grant regarding positive result from another youth.

Ramirez E., et al. (2014) studied the quality-of-life satisfaction in individuals of more than 60 years old with the help of psychological interventions. 46 individuals of age group

between 60-93 were part of this research. Few variables that were used in this research were anxiety, depression, life satisfaction, memory etc. It was found that members who followed the program and were part of experimental group demonstrated a huge reduction in level of anxiety and depression along with increment in specific memories, life fulfilment and joy, as contrasted in people with placebo group. This research suggested few positive Intervention plans for older individuals that can help in increasing subjective well-being and quality of life. For a balanced lifestyle and becoming happy it is important to by enhance the personal and social resources.

Sandilya G., and Shahnawaz G. (2014) investigated to analyze forgiveness and willingness about marital relationship. The sample was 6 couples and 2 divorcees women from Delhi NCR region. The study included semi structured interviews. It was found that forgiveness was a very important predecessor for a happy and satisfied relationship.

Gull M., and Rana S. (2013) did a study on forgiveness, quality of life and subjective wellbeing. It was a pilot study that included semi structured questionnaire. The sample of 10 males and 10 females participated in this study. The results depicted few gender differences where male population ensures that practicing forgiveness ensures pleasure, satisfaction, and spirituality development. On the other hand, women showed increased tolerance level and there was reduction of negative thoughts. Thus, it was found that forgiveness plays vital role in daily life which basically results through satisfaction and subjective wellbeing that can further lead to enhanced quality of life.

METHODOLOGY

Participants
It is a primary research study conducted on 100 college students out of which 50 participants were males and 50 participants were females. The participants fall under age range of 18 years to 28 years. The students from different private and Government universities from Delhi NCR participated in the study. Participants gave their consent to be part of this study. The students completed two questionnaires through online mode by google forms. The tools used for the study were Heartland Forgiveness Scale and WHO Quality of life Scale. The data was analyzed using the SPSS version 21.

Aim
The aim of the study is to examine the relationship between forgiveness and quality of life among college going students.

Hypotheses
- There will be a significant relationship between forgiveness and quality of life.
- There will be significant difference among girls and boys on these two parameters.

Instruments
This study included two measures:
1. **Heartland Forgiveness Scale (HFS):** It is a self-report measure which has 18 items. This scale is developed by Thompson et al. in the year 2005. Person's dispositional forgiveness is assessed by using HFS. Person's dispositional forgiveness includes individuals' tendency to forgive oneself rather than others or any sought of event. Tendency to forgive others, situations which are not in control are also been assessed with the help HFS. IN total 4 scores are calculated for HFS which are (1) Total HFS score (score for each of the three HFS subscales) 2 (HFS Forgiveness of Self

subscale, (3) HFS Forgiveness of Others subscale, and (4) HFS Forgiveness of Situations). The total HFS range can be from eighteen (18) to one hundred and twenty-six (126). Also, the scores for 3 HFS subscales can range from six (6) to forty-two (42).

2. **WHO Quality of Life Scale:** It's a 26-item questionnaire which consists of 4 domains (1) physical health (it includes items that relates to day-to-day activities, pain, mobility etc.) wherein there are seven items, (2) psychological health (carries questions to positive and negative attitudes or thoughts, learning ability, mental status) which has six items, (3) social relationships (carries items related to social support, and sex life) which consists of three items, and (4) environmental health (involves items regarding the financial resource, health, knowledge, safety etc.) which contains eight items. This scale also includes the Quality of life and the general health items. This scale is developed by world health organization. The items are scored from one to five on a response scale. This is on a 5-point ordinal scale and further these scores are transformed to zero to one hundred scale.

Reliability

Heartland Forgiveness Scale presents an internal consistency of 0.81. The reliability indicates of each subscale that were acquired using Cronbach's alpha-0.70 for forgiveness of self, 0.67 for forgiveness of others, and for forgiveness of situations it is 0.79

For WHOQO-BREF scale Cronbach alpha values were used for 6 domains which ranged from.71 for domain four to .86 for domain five. Thus, it demonstrated good internal construct validity. The test and retest reliability were also used. It ranged for 2-8 weeks wherein 0.68 (Safety facet) to 0.95 (Dependence on Medication).

Validity

The criterion validity i.e., Pearson correlation between the Heartland Forgiveness Scale and the other scales ranged from −.09 to .34. The data was analyzed using the SPSS version 21. The validity of WHOQOL-BREF Scale included discriminant validity for all the six domains.

Design

Quantitative analysis was computed for the purpose of the study. The design used for the study is correlational. The correlational design is used to examine the relationship between Forgiveness and Quality of life.

Procedure

The study included two self-administering scales which were appropriate for individual and group testing. While administrating the test it is important to form rapport between the tester and a testee. Then test was introduced after which certain instructions regarding the test were given to the participants. There is no limited time for completion of the test items. All the participants were guaranteed regarding the confidentiality. They were informed that their result will not be shared with others. The administration of the test then was started along with which the queries of the participants were also solved. It was administered on college students. Participation in the study was voluntary and participants were appreciated for their time and efforts. In addition to this the scores were then transmitted to excel sheets. The total scores were calculated and furthermore the analysis for the objectives of the study was computed through SPSS version 21.

Data Analysis

SPSS version 21 was used for the analysis of the scores. To assess the correlation between Forgiveness and quality of life bivariate correlation was done. T- test was done to determine the significant difference among men and women on these two parameters on college going students.

RESULTS

The analysis for the results of the study was done through SPSS version 21. The statistical methods used for the analysis are correlation and T test.

Table no. 1 - Mean & Standard Deviation results comparing the male and female population.

Group Statistics					
	Gender	**N**	**Mean**	**Std. Deviation**	**Std. Error Mean**
Scale 1	1	50	80.86	12.097	1.711
	2	50	78.22	10.076	1.425
Scale 2	1	50	3.82	.691	.098
	2	50	3.92	.778	.110
Scale 3	1	50	3.46	.862	.122
	2	50	3.66	1.081	.153
Domain 1	1	50	63.98	13.517	1.912
	2	50	72.58	15.233	2.154
Domain 2	1	50	55.54	15.253	2.157
	2	50	57.76	12.430	1.758
Domain 3	1	50	63.82	19.546	2.764
	2	50	64.02	24.509	3.466
Domain 4	1	50	68.82	15.322	2.167
	2	50	65.20	16.020	2.266

(1 denotes girls)
(2 denotes boys)

The results showed that (see table 1) college going students with total 100 sample was used. The total number of girls participated in the study were 50 and total 50 boys participated for both the scales. For forgiveness scale factor 1- (M=80.86, SD=12.097) for girls and (M=78.22, SD=10.076) for boys, respectively. For factor 2- (M=3.82, SD=.691) for girls and (M=3.92, SD=.778) for boys. In factor 3- (M=3.46, SD=.862) for girls and (M=3.66, SD=1.081) for boys. For quality-of-life scale, in domain 1- (M=63.98, SD=13.517) for girls and (M=72.58, SD=15.233) for boys. In domain 2- (M=55.54, SD=15.253) for girls and (M=57.76, SD=12.430) for boys. In domain 3- (M=63.82, SD=19.546) for girls and (M=64.02, SD=24.509) for boys. domain 4- (M=68.82, SD=15.322) for girls and (M=65.20, SD=16.020) for boys.

Table no. 2- Correlation results between Forgiveness and Quality of Life.

Correlations		Scale 1	Scale 2	Scale 3	Domain 1	Domain 2	Domain 3	Domain 4
Scale 1	Pearson Correlation	1	1.000**	1.000**	1.000**	1.000**	.999**	1.000**
	Sig. (2-tailed)		.000	.000	.000	.000	.000	.000
	N	102	102	102	102	102	102	102
Scale 2	Pearson Correlation	1.000**	1	1.000**	1.000**	1.000**	.999**	1.000**
	Sig. (2-tailed)	.000		.000	.000	.000	.000	.000
	N	102	102	102	102	102	102	102
Scale 3	Pearson Correlation	1.000**	1.000**	1	1.000**	1.000**	.999**	.999**
	Sig. (2-tailed)	.000	.000		.000	.000	.000	.000
	N	102	102	102	102	102	102	102
Domain 1	Pearson Correlation	1.000**	1.000**	1.000**	1	1.000**	.999**	1.000**
	Sig. (2-tailed)	.000	.000	.000		.000	.000	.000
	N	102	102	102	102	102	102	102
Domain 2	Pearson Correlation	1.000**	1.000**	1.000**	1.000**	1	1.000**	1.000**
	Sig. (2-tailed)	.000	.000	.000	.000		.000	.000
	N	102	102	102	102	102	102	102
Domain 3	Pearson Correlation	.999**	.999**	.999**	.999**	1.000**	1	.999**
	Sig. (2-tailed)	.000	.000	.000	.000	.000		.000
	N	102	102	102	102	102	102	102
Domain 4	Pearson Correlation	1.000**	1.000**	.999**	1.000**	1.000**	.999**	1
	Sig. (2-tailed)	.000	.000	.000	.000	.000	.000	
	N	102	102	102	102	102	102	102
**. Correlation is significant at the 0.01 level (2-tailed).								

The result of PEARSONS CORRELATION showed (look at TABLE 2) that Scale 1 (r = 1) shows a positive correlation with domain 1 (r = 1.000**) as significant level for both dimensions were (p>.000). For scale 2 (r = 1.000**) shows a positive correlation with domain 2 (r = 1.000**) with significant level for both dimensions were (p>.000). Scale 3 (r = 1) shows a positive correlation with domain 3 1 (r = .999**) as significant level for both dimensions were (p>.000). So, total forgiveness scale ((r = 1.000**) shows a positive correlation with domain 4 (r= 1) with significant level for both dimensions were (p>.000).

TABLE 3 – Population Sample T Test

Independent Samples Test		Levene's Test for Equality of Variances		t-test for Equality of Means							
		F	Sig.	t	df	Sig. (2-tailed)	Mean Difference	Std. Error Difference	95% Confidence Interval of the Difference	
									Lower	Upper
Scale 1	Equal variances assumed	1.632	.205	1.186	98	.239	2.640	2.226	-1.778	7.058
	Equal variances not assumed			1.186	94.899	.239	2.640	2.226	-1.780	7.060
Scale 2	Equal variances assumed	1.412	.238	-.680	98	.498	-.100	.147	-.392	.192
	Equal variances not assumed			-.680	96.638	.498	-.100	.147	-.392	.192
Scale 3	Equal variances assumed	3.445	.066	-1.023	98	.309	-.200	.196	-.588	.188
	Equal variances not assumed			-1.023	93.392	.309	-.200	.196	-.588	.188
Domain 1	Equal variances assumed	.980	.325	-2.986	98	.004	-8.600	2.880	-14.316	-2.884
	Equal variances not assumed			-2.986	96.633	.004	-8.600	2.880	-14.317	-2.883
Domain 2	Equal variances assumed	.263	.609	-.798	98	.427	-2.220	2.783	-7.742	3.302
	Equal variances not assumed			-.798	94.164	.427	-2.220	2.783	-7.745	3.305
Domain 3	Equal variances assumed	2.418	.123	-.045	98	.964	-.200	4.433	-8.998	8.598
	Equal variances not assumed			-.045	93.377	.964	-.200	4.433	-9.003	8.603
Domain 4	Equal variances assumed	.002	.965	1.155	98	.251	3.620	3.135	-2.601	9.841
	Equal variances not assumed			1.155	97.806	.251	3.620	3.135	-2.601	9.841

The result of the population sample of girls and boys (see Table 3) does not show a significant difference for Scale 1 for girls and boys as t = 1.186, df = 98 & p>0.05 and t = 1.186, df = 94.899 & p>0.05, respectively. The t-test shows no significant difference between the girls and boys with the all the sections of Scale 1. For scale 2 the scores obtained were that t = -.680, df = 98 & p>0.05 and t = -.680, df = 96.638 & p>0.05. So, the t test for scale 2 shows that there is no significant difference between the girls and boys. In scale 3 the t = -1.023, df = 98 & p>0.05 and t = -1.023, df = 93.392 & p>0.05. The t-test shows no significant difference between the girls and boys in all the scales of forgiveness. The result of the population sample of girls and boys (see Table 2) showed a significant

difference for Domain 1 for girls and boys as t = -2.986, df = 98 & p<0.05 and t = -2.986 df = 96.633 & & p<0.05. For domain 2 there was no significant difference in girls and boys as scores obtained were t = -.798, df = 98 & p>0.05 and t = -.798, df = 94.164 & p>0.05. For domain 3 the scores obtained were that t = -.045, df = 98 & p>0.05 and t = -.045, df = 93.377 & p>0.05. So, the t test for domain 2 shows that there is no significant difference between the girls and boys. For domain 4, t = 1.155, df = 98 & p>0.05 and t = 1.155, df = 97.806 & p>0.05. The t-test shows no significant difference between the girls and boys.

DISSUSSION

The aim of the study is to examine the relationship between forgiveness and quality of life among college going students.

For the present study, the review of literature was done thoroughly and then accordingly our sample were selected. Quantitative analysis was computed for the purpose of the study. The design used for the study is correlational. The correlational design is used to examine the relationship between Forgiveness and Quality of life. The variables used in this study were Forgiveness and Quality of life. Forgiveness is defined as a conscious, deliberate decision to release feelings of resentment toward a person or group who has harmed you, regardless of whether they deserve your forgiveness. WHO defines Quality of Life as an individual's perception of their position in life in the context of the culture and value systems in which they live and in relation to their goals, expectations, standards, and concerns. It is a broad ranging concept affected in a complex way by the person's physical health, psychological state, personal beliefs, social relationships, and their relationship to salient features of their environment.

Hypothesis included in the study were:
- There will be a significant relationship between forgiveness and quality of life.
- There will be significant difference among girls and boys on these two parameters.

For the process of data collection Google forms were made and shared. A sample of 100 students from Private and Government universities were selected for the study. The total number of females participated in the study were 50 and total number of males who were part of the study were also 50. The analysis for the results of the study was done through SPSS version 21. The statistical methods used for the analysis are correlation and T test. To assess the correlation between Forgiveness and quality of life bivariate correlation was done. T- test was done to determine the significant difference among men and women on these two parameters on college going students.

From the result of the independent samples t-test of this present study found out that there exists no significant difference on all the scales of Heartland Forgiveness Scale which included Forgiveness of Self subscale, Forgiveness of Others subscale, and Forgiveness of Situations.

According to the results of the independent sample t test of the presenting study we have found we can say that in respect for Scale 1 for girls and boys as t = 1.186, df = 98 & p>0.05 and t = 1.186, df = 94.899 & p>0.05, respectively. The t-test shows no significant difference between the girls and boys with the all the sections of Scale 1. For scale 2 the scores obtained were that t = -.680, df = 98 & p>0.05 and t = -.680, df = 96.638 & p>0.05. So, the t test for scale 2 shows that there is no significant difference between the girls and boys. In scale 3 the t = -1.023, df = 98 & p>0.05 and t = -1.023, df = 93.392 & p>0.05. Thus, the t-

test showed no significant difference between the girls and boys in all the scales of forgiveness.

From the result of the independent samples t-test of this present study found out that there exists a significant difference for Domain 1 i.e., physical health for girls and boys as t = -2.986, df = 98 & p<0.05 and t = -2.986 df = 96.633 & & p<0.05.

For domain 2 there was no significant difference in girls and boys as scores obtained were t = -.798, df = 98 & p>0.05 and t = -.798, df = 94.164 & p>0.05. For domain 3 the scores obtained were that t = -.045, df = 98 & p>0.05 and t = -.045, df = 93.377 & p>0.05. So, the t test for domain 2 shows that there is no significant difference between the girls and boys. For domain 4, t = 1.155, df = 98 & p>0.05 and t = 1.155, df = 97.806 & p>0.05. The t-test shows no significant difference between the girls and boys.

The result of PEARSONS CORRELATION showed a positive correlation with forgiveness and quality of life. The results for Scale 1 (r = 1) shows a positive correlation with domain 1 (r = 1.000**) as significant level for both dimensions were (p>.000). This seems to be a strong correlation strength. For scale 2 (r = 1.000**) shows a positive correlation with domain 2 (r = 1.000**) with significant level for both dimensions were (p>.000). Scale 3 (r = 1) shows a positive correlation with domain 3 1 (r = .999**) as significant level for both dimensions were (p>.000). Result for these factors showed weak correlation strength. So, total forgiveness scale ((r = 1.000**) shows a positive correlation with domain 4 (r= 1) with significant level for both dimensions were (p>.000). It shows a strong correlation strength. Thus, positive correlation was found with all the scales and domains for forgiveness and quality of life.

Some of the research done by Dahiya R., and Rangnekar S. (2018) did a study to examine forgiveness. It was studied in context of Indian organization. The tool used was Heartland Forgiveness Scale. This study also inspected the properties of this tool. 398 employees who worked full time in the organization participated in the study. The employees were from manufacturing organization which is situated in North India. A three-factor model was demonstrated for forgiveness scale. Furthermore, the tool was used to assess the level of forgiveness in employees.

Kalera K., and Mroz J. (2018) conducted study between propensity to forgive and life satisfaction. Heartland Forgiveness Scale was used as a questionnaire. 436 people were part of this research from age group between 19-67. The factors of this scale were measured in respect with different age groups. It was found that there was link between various facets of nature to forgive and life satisfaction. Positive correlations among both the positive and negative facets of forgiveness and life satisfaction were also seen.

CONCLUSION

Forgiveness is a voluntary process which includes letting go feeling of anger or letting go resentment towards other individuals or group is termed as forgiveness. It is not mandatory that while forgiving the individual's emotional pain ends. It is seen as a choice to let go feelings or to hold them. The conception about Quality of life represents the way an individual perceives life which includes the cultural values system in regard with the aspirations or goals.

Through the review of literature, it was found that outcomes of forgiveness that have been found to have an impact on overall wellbeing include: (a) reduction in negative affect and depressive symptoms, (b) restoration of positive thinking (c) restoration of relationships (d) reduction in anxiety (e) strengthened spirituality, (f) raised self-esteem, (g) a greater sense of hope, (h) greater capacity for conflict management and (a) greater ability to cope with stress and find relief.

Thus, this study concluded that forgiveness is positively correlated with quality of life and there is no statistically significant difference among girls and boys on these two parameters. The results also found that only on physical domain the significant difference was found among girls and boys on these two parameters. Hence, the hypotheses 1 was proved that there will be a significant relationship between forgiveness and quality of life whereas not much significant difference was found among girls and boys on these two parameters accept physical domain of quality of life. Thus, this study suggested that there is need to adopt few psychological interventions plans and practices that can help to enhance forgiveness and quality of life which can be yoga, meditation, forgiveness exercise and positive affirmations.

Limitations
The sample size used in the study is 100 people out of which 50 were males and 50 were females. It can be increased to gather more accuracy in the data obtained. The other demerit of these type of research studies is that they largely are correlational in nature. This study has focused on the population of Delhi NCR and the results may vary for different states, or countries due to cultural variability.

Recommendations for future research
- For the investigation the large sample size from different geographical areas, and age group should be enhanced or increased for better or precise results.
- To avoid cultural barriers there is need to include a large number of union territories, states and countries.

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