

Research Paper

## Anger Rumination, Mindfulness and Forgiveness among Young Adults

Kukumoni Kalita<sup>1\*</sup>, Ms Vimala Arun M<sup>2</sup>

### ABSTRACT

The aim of the study was to learn more about the relationship between anger rumination, mindfulness and forgiveness among young adults. The study aims to find the effect of anger rumination, mindfulness on forgiveness. A sample of 200 participants between the age group of 18-25 based on the inclusion and exclusion criteria of the study. The Anger rumination scale (ARS), Mindfulness attention awareness scale (MAAS) and the Heartland forgiveness scale (HFS) were used to assess anger rumination, mindfulness and forgiveness, respectively. Pearson correlation coefficient were used to test null hypotheses. The analysis indicates that there is a significant relationship between anger rumination and mindfulness and forgiveness. Whereas it also shows that there is no significant relationship between mindfulness and forgiveness. Regression analysis were used to check the impact of anger rumination, mindfulness on forgiveness. There was a slight significant impact of anger rumination, mindfulness on forgiveness. The results of the study have implications for future studies and understanding of the effect anger rumination and mindfulness on forgiveness.

**Keywords:** Anger Rumination, Mindfulness, Forgiveness, Young adults

**R**umination is a psychological term for repetitive, deliberate thinking about a particular topic. While there isn't a single description, it is generally agreed that it is a non-adaptive coping mechanism in which uncontrollable and repetitive negative thoughts that centre on the unpleasant mood, its sources, meanings, and consequences, arise. This phrase was initially used to describe melancholy and depression because those who had the propensity to dwell on its signs, causes, and effects experienced the depressive state's effects for longer and more severely. Current research demonstrates a bidirectional and recursive relationship between ruminating and depression symptoms.

### Anger rumination

Rumination in anger is a cognitive and emotional process that describes a propensity to dwell on upsetting events and to think back on the past. (Perez, Redondo, and Leon) Anger rumination has been defined as the propensity to frequently reflect on earlier events that gave rise to this feeling. Rumination in rage refers to a cognitive-emotional process that

<sup>1</sup>MSc. Clinical psychology Student, Kristu Jayanti College (Autonomous), Bangalore, India

<sup>2</sup>Assistant Professor, Department of Psychology, Kristu Jayanti College, (Autonomous), Bangalore, India

\*Corresponding Author

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defines a person's tendency to ruminate on upsetting events and recall past fits of rage. 2001; Sukhodolsky et al.

### *Mindfulness*

Mindfulness is the awareness that results from concentrating attention on intent, in the present moment, and without judgment. (Kabat-Zinn, 2015). "Mindfulness" is a term used to describe a psychological state of consciousness. The phrase "mindfulness" refers to a nonjudgmental awareness of one's own experience in the present. Being conscious in this instance is a condition rather than a context. Even while some practices or habits, like meditation, help it, it is not the same as or related to those practices or habits. According to research, mindfulness meditation encourages metacognitive awareness, enhances working memory, increases attention span, and lowers rumination by keeping oneself away from perseverative cognitive activities.

### *Forgiveness*

Positive psychology, which promotes forgiveness as a human virtue that enhances one's general well-being, contributed to the rise of forgiveness in psychology during the 1990s. Although there are various definitions of forgiveness, there is a solid consensus that it involves letting go of anger and resentment and that it is an adaptive behaviour associated with psychological well-being. When someone forgives, they acknowledge that a wrong has been done, and more precisely, their ideas, feelings, motives, and actions alter to reframe the wrong so that they no longer respond negatively to it.

A study was conducted on Anger Rumination as a Mediator of the Relationship Between Mindfulness and Aggression: The utility of a Multidimensional Mindfulness Model Aggression and rage are reduced by utility training: Jessica R. Peters 2016. The study aimed to find connections between different facets of mindfulness, anger rumination, and aggression-related elements. The total number of participants was 823 students and a cross-sectional design was used with self-reports measured in these domains. The studies found that anger rumination as discovered by structural equation modelling is responsible for the association between mindfulness and aggressiveness significantly influenced by rage rumination, according to structural equation modelling.

Pont, A.et.al (2017) did a study titled Are Anger and Depressive Rumination Differently Associated with Internalising and Externalising Psychopathology? on ruminating and psychopathology. The study looked at internalising and externalising psychopathology as determinants of rage and depressive ruminating. With 764 young adults, cross-sectional confirmatory factor analyses were conducted. In contrast to anger rumination, depression rumination was found to be highly related with psychopathology. Further research revealed that internalising psychopathology and depressive rumination were independently correlated, but the correlation between angry rumination and psychopathology was mostly attributed to shared variance with depression rumination.

Larissa Bartlett (2021) conducted a study on Mindfulness is Associated with lower stress and Higher Work Engagement in a Large sample of MOOC participants. Understanding the relationships between mindfulness, perceived stress, and work engagement in an English-speaking adult from 130 various nations was the goal of the study. Additionally, it seeks to evaluate how participants' self-reported changes after a 6-week mindfulness MOOC fared. Univariate linear models were used to evaluate cross-sectional associations, and then a structural equational model was used. The findings showed that higher levels of mindfulness

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were linked to lower levels of perceived stress and higher levels of job engagement. Participants in MOOCs reported greater mindfulness, lower perceived stress, and a little increase in job engagement.

Kinga kaleta and Justyna Mroz conducted a study on Gender Difference in Forgiveness and its Affective correlates. The study aimed to find out the level of dispositional forgiveness and its affective correlates, such as positive and negative affect, anxiety and emotional control, were compared between men and women. The total number of participants were 625 people between the age group of 19 and 69 age. The courtauld emotional Control scale (CECS), the Heartland Forgiveness Scale (HFS), the Positive and Negative Affect Schedule (PANAS) and State-Trait Anxiety Inventory (STAI) were used. The results found that there was no difference in positive aspects of inclination to forgiveness between men and women although men had a higher level of general forgiveness and greater willingness to overcome unforgiveness.

### **METHODOLOGY**

The study of Anger rumination, Mindfulness and forgiveness among young adults is a quantitative study. The study investigates the correlation between anger rumination, mindfulness and forgiveness. The study also aims at finding any impact of anger rumination and mindfulness on forgiveness.

#### *Aim*

To determine the relationship between anger rumination, mindfulness and forgiveness among young adults.

#### *Hypotheses*

H01: There is no significance relationship between anger rumination and mindfulness.

H02: There is no significance relationship between anger rumination and forgiveness.

H03: There is no significance relationship between forgiveness and mindfulness.

H04: There is no significant impact of anger rumination and mindfulness on forgiveness

#### *Samples*

A sample size of 200 young adults (includes both males and females) between the age range of 18-25, who are currently staying in Assam and Karnataka. The data were gathered using a method known as purposive sampling.

#### *Measures*

Sukhodolsky et al.'s Anger Rumination Scale, 2001. The 19-item ARS is divided into 4 subscales that measure understanding, retaliation-related thoughts, anger afterthoughts, and anger memories. utilising a four-point Likert scale, where 1 represents hardly ever and 4 represents almost usually. Test-retest reliability for the Anger Rumination Scale is shown by Cronbach's alpha values, which vary from 0.72 to 0.86.

Mindfulness attention awareness scale (MAAS) 2003. It is a 15-item scale that is introduced by Brown and Ryan. It is intended to evaluate a key aspect of mindfulness, namely a receptive mental state in which attention, guided by a sensitive awareness of what is happening in the present, merely observes what is happening. It is a 6- point Likert scale. Excellent internal consistency was demonstrated by MAAS (=0.92).

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Heartland forgiveness scale (HFS; Yamhure Thompson et al., 2002) The HFS is an 18-item measure with three subscales for the measurement of forgiveness of self, others, and situations. Reliability and validity: Cronbach coefficient Alpha method (0/92). Good internal consistency and validity. It is used to assess how individuals forgive themselves, others, and situations.

### Procedure

200 adults between the ages of 18 and 25 were chosen from Assam and Karnataka for the current study. Participants received a Google form. Data collection purposes were explained to subjects, and their agreement and confidentiality were obtained.

## RESULTS AND DISCUSSION

The data collected was analysed using SPSS. It was further tested for Pearson's correlation test and Regression analysis.

**Table 1: Socio- demographic details of the participants**

		N	Percentage
Gender	Male	84	41%
	Female	121	59%
Age group	18-21	36	20.8%
	22-23	120	68.3%
	24-25	44	24%

Table 1 displays the participants' socio demographic information. A total sample of 200 young adults. (N=200) between the age of 18 to 25 were collected for study in which 41% was male and 59% was females. Under the age group, the range were 18-21, 22-23, 24-25 with the percentage of 20.8%, 68.3% and 24% respectively.

**Table 2: Result of Pearson Correlation among Anger Rumination, Mindfulness and forgiveness among young adults.**

	Anger Rumination	Forgiveness
Mindfulness	-0.355**	0.132
Forgiveness	-0.166*	0.132

\* $p < 0.05$  level (2-tailed)

\*\* $p < 0.01$  level (2-tailed)

Table 1 shows the results of Pearson's correlation between Anger Rumination, Mindfulness and forgiveness. The correlation coefficient (r value) of -0.355 ( $p=0.59$ ) of Anger Rumination and Mindfulness indicates a negative correlation that is higher the Anger rumination and lesser the Mindfulness. Its indicates that there is a significant relationship between Anger Rumination and Mindfulness. The null hypothesis is rejected showing that there is a significant relationship between Anger Rumination and Mindfulness. The correlation coefficient (r value) of -0.166 ( $p=0.17$ ) of Anger Rumination and Forgiveness indicates a negative correlation that is if anger rumination is high the chances of forgiveness will be less. The null hypothesis is rejected showing that there is a significant relationship between Anger Rumination and Forgiveness.

Whereas Mindfulness and forgiveness (r value 0.13) indicate that there is no significant relationship between Mindfulness and forgiveness. The null hypothesis is accepted.

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The possible explanation can be in the first hypothesis is that when the level of anger rumination increases in an individual then there is less chance for the individual to be in a state of mindfulness where the ability to be self-aware will be less due to an increase in anger rumination. Therefore, it can state that practicing mindfulness can help to reduce anger rumination in an individual. According to one study, practicing mindfulness can help people become more self-aware and lessen their amount of anger rumination. and its surrounding. In other words, it was found that a higher level of mindfulness was associated with a lower level of anger rumination in an individual. (Farzan-kashani, Julian,2018). The second hypothesis state that there is no significant relationship between anger rumination and forgiveness. The possible explanation can be if the individual tries to forgive then there is a low chance of anger rumination. It also says that if the anger rumination increases in an individual then the chances of forgiveness are less. This means that practicing forgiveness can reduce the level of anger rumination. The contradicting earlier studies state that there is a strong relationship between anger rumination and forgiveness. (Louise Barber et.al, 2005) The third hypothesis which state that there is no relationship between mindfulness and forgiveness where the hypothesis is accepted. There is a significant relationship between mindfulness and forgiveness. In other word, it says that if the mindfulness practice will increase people will be more aware of self which help the individual to forgive towards self as well as others. The contradicting earlier studied state that there is a relationship between mindfulness and forgiveness (keri N.johns at.el 2015).

**Table 3: Result of regression analysis predicting Anger Rumination and Mindfulness on forgiveness among Young Adults.**

Variables	R	R2	Adjusted R2	Beta	F	P
					29.116	
Anger Rumination	.355	.126	.122			
Mindfulness				-.355		.000
Forgiveness				-.166		.017

Note. N=200. The impact of Anger rumination and mindfulness on forgiveness is examined in the above table.

The regression analysis shows that Anger Rumination and Mindfulness predict 12.6% of the time variation in effect among young Adults. The model summary table shows that the R-value (.355) which represents the correlation of the Dependent variable which is anger rumination on the independent variable forgiveness. The value obtained is .355 which shows a strong relationship among the variables. The r-square (.126) which can be converted into 12.6% the strength of the prediction of the variables. This table shows that the strength of the prediction is less. Therefore, it can be concluded that there is a prediction between the Anger rumination, mindfulness on forgiveness. The null hypothesis is rejected as its shows a less prediction and influence on the variables. There is a slight impact has been determined.

On the studies of “Anger rumination and Mindfulness: Mediating effects on forgiveness” (Raquel at.el 2021) shows that the relationship between mindfulness practice and forgiveness is mediated by change in mindfulness traits and anger rumination. As the present study also shows the prediction of the anger rumination and mindfulness on forgiveness.

### CONCLUSION

Since the major purpose of this study was to examine the relationship between the Anger Rumination, Mindfulness and Forgiveness among young adults and also to determine the effect among the variables. There is a significant relationship between anger rumination and mindfulness. There is a significant relationship between anger rumination and forgiveness. There is no significant relationship between mindfulness and forgiveness. There is a slight significant impact of Anger rumination, Mindfulness on forgiveness.

### Implications

The finding suggests the relationship between anger rumination and mindfulness which state that when an individual will be in a state of anger rumination the person will be less aware of oneself, therefore, being in a state of mindfulness will be less. Therefore, practicing mindfulness will help them to be calmer, and be in the present state more aware. Practicing mindfulness will help to reduce the anger rumination in an individual. Also, when people will be more forgiving towards others rather than themselves so practicing mindfulness will help them to be more self-aware and help to be more forgiving towards themselves and others. As the study has thrown a new light on the studies as this study has contradicting results when compared with the previous studies.

### Limitation of the study

The participant had difficulty understanding some of the questions in the scale as they found it hard to comprehend. The data was collected only from Assam and Karnataka; hence it cannot be generalized to the whole population. Participants had filled the questionnaire online. This also could have affected the concentration of the participants resulting in inaccurate response.

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### **Conflict of Interest**

The author(s) declared no conflict of interest.

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