



## Studying the efficacy of forgiveness on Mental Health in students

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### A B S T R A C T

The aim of this study was to evaluate the efficacy of forgiveness on Mental Health in students. The present study was quasi-experimental before and after the intervention. One experimental groups and one control group was used. The study population consisted of 30 patients in the control and experimental groups which were selected in a manner matched. The results showed that the intervention was effective and Eta coefficient represents 79% of the intervention has been effective.

**Keywords:** Co-Dependence, Acceptance And Commitment Therapy, Addict.

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### INTRODUCTION

Forgiveness is a personality trait that has been studied experimentally in recent decades in Western countries (Karremans et al., 2011). In Iran, in the past few years it has entered the field of psychological research. Mental health is affected by many factors, although these factors are studied separately, but in fact, it is multi-faceted influenced by each other (Abadi, Khodabakhsh, & Kiani, 2017; KHODABAKHSH & MANSURI, 2012). This means that due to environmental conditions or personal factors, mental balance changed and what its impact will be more strongly these factors are higher. Mental health is important due to directly related to the "social individual performance" and social and psychological damage (Daft & Marcic, 2013; Ebrahimi, Masoumi, Hojjati, Firozjaie, & Abdi, 2017). Forgiveness is positive and acceptable practice among people in their own potential (Exline, Yali, & Lobel, 1999; Toussaint & Webb, 2005). Identify activation and use it for therapeutic intervention, requires focusing on the practical so according to them, provide change in family systems.

Forgiveness such as others is learned behavior and products and training learning. Since the campus and community offers rightly or wrongly interpreted the concept of Forgiveness and another factors effective stabilization or deterioration of these attitudes. So study on the impact of scientific advisors in understanding the concept of Forgiveness can help and influence.

On the basis of this study, studying the efficacy of forgiveness on Mental Health in student's emotional Breakdown in University of Bandar Abbas.

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## METHODOLOGY

The present study is quasi-experimental questionnaires before and after the intervention. This method is used for all groups. Two experimental groups and one control group was used. The study population consisted of 30 patients in the control and experimental groups which were selected in a manner matched. The people who were not in good condition in terms of Forgiveness and mental health were selected. For conducting this research sample consisted of students in the experimental group intervention protocols Forgiveness. Forgiveness intervention protocol in this study as follows:

Table 1. Summary protocol Forgiveness intervention separate sessions

First sessions	Topic: the meaning of forgiveness Objective: To present the preliminary definitions associated with forgiveness Method: Group Therapy
second session	Subject: Disclosure Objective: To reveal anger through helping participants identify the destructive nature of anger, feelings of anger encourage participants to get to knowledge, exposure to anger, negative feelings and resentment expressed by other Method: Group Therapy
third session	Subject: Characteristics of resentment and forgiveness reasons Objective: To motivate participants to meditate on the resentment that has occurred, exchange their thoughts and feelings with each other on the offensive Method: Group Therapy
fourth Session	Subject: Review of forgiveness, feelings, and thoughts associated with it Objective: sharing thoughts and feelings of guilt and shame Method: Group Therapy
fifth meeting	Subject: Evaluation of different thoughts and feelings associated with forgiveness Objective: to change the negative emotions in a positive direction and taking steps to create feelings, thoughts, and positive behavior. Method: Group Therapy
Sixth Session	Subject The subject of this frame Objective: To present the concept of re-frame view and perception offensive participants with a new perspective Method: Group Therapy
Seventh session	Subject: past experiences of an offender and the role of the past in his present life Objective: instead of stopping, malignant of his resentment, and subsequently harm to others, resentment, self-absorbed and feel it as their own. Emphasis on the quality of the gift of forgiveness Method: Group Therapy
Eighth Session	Subject: Quality of grace of forgiveness Objective: To explore the need for forgiveness in themselves and others, create new goals in life, perception freedom of Forgiveness Method: Group Therapy

To collect information used Health Questionnaire SCL-25. Cronbach's alpha coefficient was used to assess reliability of the questionnaire. SCL-25 was equal to 0.87 in the questionnaire. Analysis of covariance was used for data analysis.

## RESULTS

In the table below show mean and standard deviation variable of mental health status in both experimental and control groups for pre-test and post-test.

Table 2. Descriptive findings variable Interpersonal forgiveness

Group	N	pre-test		post-test	
		Mean	SD	Mean	SD
experimental	15	56.06	13.22	48.53	8.99
control	15	60.13	13.19	59.26	11.22

Table 3. Results of covariance analysis of education Forgiveness on mental health

Variable	Source changes	Sum square	DF	Mean square	F	p	Eta
Forgiveness	Intercept	337.31	1	337.31	16.462	0.001	0.79
	pre-exam	2120.368	1	2120.368			
	Intervention Group	474.524	1	474.524			
	Error	778.299	27	28.826			
	Total	90919	30				

As the above table shows the results of the variable Forgiveness in both groups there was a significant difference in the level of 0.001. In general, effective intervention and Eta coefficient represents 79 percent of the intervention has been effective. So the hypothesis is confirmed.

## CONCLUSION

Forgiveness is one of the psychological processes and communication to increase mental health and heal the damage. That growth requires communication, emotional, spiritual, and physical human and influences more mental health indicators, which are effective in increasing life satisfaction and interpersonal relations, According to this research indicate that past research has been done in a group and individually this study tried to assess Forgiveness and mental health on students with emotional breakdown to help these people. Presence of students with emotional breakdown in Forgiveness training sessions with other students with this Similar problems and express their acceptance and peace and mental health and eventually changed their attitude can help and increase forgiveness in their willingness. So Forgiveness training as learning psychological, moral and spiritual in education, religious and health-related centers of youth and families both individually and in groups is recommended.

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