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### Studying the efficacy of forgiveness on forgiveness experience emotional breakdown 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 forgiveness experience emotional breakdown 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 52% of the intervention has been effective.

**Keywords:** Attachment Styles, Alexithymia, Bandar Abbas.

#### INTRODUCTION

Forgiveness is one of the biggest moral virtues, which in recent years has attracted much attention in psychology (VanOyen Witvliet, 2001; Vasalou, Hopfensitz, & Pitt, 2008). Mental health professionals have used forgiveness as a treatment for clients who are angry of the past. Despite the different religions has been a lot of emphasis on the importance of forgiveness but is less studied (Ahmed & Braithwaite, 2005; Ilbay & Sarıçam, 2015).

One of the most common and most profound experiences is caused by the collapse of the emotional experience (Mouchan, Bahmani, & Askari, 2016). The failure of love in youth is one of the biggest impacts that can happen to people (Baumeister, 1997). And it causes depression and anger, feelings of insecurity, deep feelings of helplessness, guilt, fear, frustration, paranoia, restlessness, vulnerability, loss of concentration, motivation and energy, physical symptoms such as headaches and disorders of sleep, loss of appetite or bulimia, changes in libido, boredom and verbal slow motion (Gaskell, 2008; Labouvie-Vief, 2015).

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Forgiveness is a process that enhances the perception of self, others and free themselves from the domination of thoughts, feelings and negative behaviors(Enright, Gassin, & Wu, 1992; Scobie & Scobie, 1998). Forgive reduce their mistakes and others, stress, blame-casting, hostile and aggressive behavior in interpersonal relationships as a result, people experience a more healthy relationship(Abadi, Khodabakhsh, & Kiani, 2017).

Forgiveness related satisfaction a positive affect with two aspects of mental health and life and there are differences with relation to forgive others between men and women in personality and mental health variables, And the ability to forgive with the profile of mental health associated with better indicator of mental health such as well-being, happiness, generous thoughts, knowledge and behaviors and inability to forgive associated with more poor mental health symptoms such as depression, stress, anxiety, somatic complaints, social dysfunction and anger(Fife, Weeks, & Stellberg-Filbert, 2013; KHODABAKHSH & MANSURI, 2012; Larkin, Goulet, & Cavanagh, 2015).

Mental health is affected by many factors, although these factors are studied separately, but in fact this multifaceted issue Influenced by another. This means that due to environmental conditions or personal factors mental balance changed and whatever intensity of these factors is increased, the effect will be greater. Canadian Mental Health Association is defined a comprehensive view of mental health in three parts "the attitude of self, the attitude of others and attitudes to life"(Organization, 2001). Since most students on college campuses are trying to create relationships with the opposite sex and sometimes these relationships fail for many different reasons. Students will experience different psychological conflicts. And will increase the possibility of problems in their mental; so study this issue deals whether teaching Forgiveness effect on Forgiveness have an emotional breakdown?

## **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

<b>First sessions</b>	<p><b>Topic: the meaning of forgiveness</b>  <b>Objective: To present the preliminary definitions associated with forgiveness</b>  <b>Method: Group Therapy</b></p>
<b>second session</b>	<p>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</p>
<b>third session</b>	<p>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</p>
<b>fourth Session</b>	<p>Subject: Review of forgiveness, feelings, and thoughts associated with it  Objective: sharing thoughts and feelings of guilt and shame  Method: Group Therapy</p>
<b>fifth meeting</b>	<p>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</p>
<b>Sixth Session</b>	<p>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</p>
<b>Seventh session</b>	<p>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</p>
<b>Eighth Session</b>	<p>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</p>

To collect information used Forgiveness Questionnaire IFI-25. Cronbach's alpha coefficient was used to assess reliability of the questionnaire. IFI-25 was equal to 0.93 in the questionnaire. Analysis of covariance was used for data

analysis.

## RESULTS

In the table below show mean and standard deviation variable Interpersonal forgiveness 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	41.6	7.47	59.46	9.2
control	15	41.46	6.17	43.86	8.36

**Table 3.** Results of covariance analysis of education Forgiveness on Forgiveness students

Variable	Source changes	Sum square	DF	Mean square	F	p	Eta
forgiveness	Intercept	125.409	1	125.409	12.565	0.001	0.52
	pre-exam	791.056	1	791.056			
	Intervention Group	330.54	1	330.54			
	Error	710.277	27	26.307			
	Total	53252	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 52 percent of the intervention has been effective. So the hypothesis is confirmed.

## CONCLUSION

So far, studies have shown that education Forgiveness to couples and individuals to improve their relations as a powerful tool and compatibility and increase satisfaction in relationships and enhance problem-solving skills and reduce stress on them makes which reflects the impact of Forgiveness teaching on Forgiveness.

It should be noted that as long as people are not cognitive impression that the benefit of Forgiveness in respect of past emotional breakdown more than disendow or break even revenge, cannot forgive until they are emotionally unable to regain your composure and your emotions tell And even sympathize with the

wrongdoer, cannot experience complete Forgiveness. Because they feel bad and unpleasant obstacle to the full Forgiveness and the improvement of the communication, Forgiveness must be manifested in behavior, Since Forgiveness is an internal sense.

And as long as internal factors do not become behavior and in practice does not occur, Full Forgiveness does not happen and in this case the Forgiveness may be suspended happened. So, for the full and sincere forgiveness done they should be in a position to show live it in action and behavior.

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