

Forgiveness And Gratitude: A Comparative Study On Young Adults (18- 30 Years) And Middle-Aged Adults (31-50 Years)

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ABSTRACT

This study looks at the complicated link between forgiving and being thankful in two different age groups: young people (18–30 years old) and middle-aged adults (31–50 years old). Forgiveness, which means letting go of bad feelings toward someone who has hurt us, and thankfulness, which means showing love for the good things in life as well as the kindness for others, are both important for mental health and getting along with others. The study looks at how personality traits, socioeconomic status, religious views, and past interactions with others that were either mean or nice affect how people of different ages feel about and show forgiveness and thanks. In addition, the study looks at the psychological effects, social interactions, and developmental aspects of being thankful and forgiving. This study compares these feelings between young adults and middle-aged adults in order to learn more about how forgiveness and gratitude change over time and to help come up with ways to make people more emotionally strong and their relationships healthier throughout their lives.

Keywords: Forgiveness, Gratitude, Young Adults, Middle-aged Adults, Personality Traits, Cultural Background,

INTRODUCTION

Being mentally strong and healthy means being able to forgive and be thankful. People have a lot of different feelings. These are both great ways to improve your mental health, build relationships, and share happiness. When we get older, though, there is still a lot we can learn regarding the interesting link between being thankful as well as understanding. To find out how embracing and being thankful affect each other, the longitudinal investigation looks that people in their early 20s, their 40s, and their 30s. We can learn a lot about how to think in ways that help relationships as well as our own growth by looking at how these emotional ideas combine and change as we go through life. It's important to forgive others if you want to feel better emotionally and mentally. People often think of forgiveness as letting go of your anger and desire to get back at those who have hurt you. It is important to stay cool and accepting, as well as to be able to let go of bad feelings and try to understand other people. People who are thankful, on the other hand, enjoy the positive things in life as well as the kindness of others. This makes them happy, stronger, and more linked with others. There has been some study on forgiveness alongside thanks on their own, but not much on how they affect and relate to each other, especially when it pertains to how they change with age. Being in your middle years and being a young adult are two different times of life, each with its own mental processes, responsibilities, along with issues. This is why at different times, people may think, feel, and act in different ways when they forgive and show thanks.

The point of the research is to find the parallels and disparities between how young people and older individuals think about being happy and forgiving in order to better understand these ideas. A lot of things about mental health, coping skills, capacities for thanks or forgiveness, and general health can shift with age. The main goal for the study was to find out why and how these things may change. Learn about the different ages when it comes to being happy and accepting. This will help you be emotionally stronger, have better relationships, and feel better mentally. We want to learn more about how complicated human emotions and relationships change as time passes by looking at how forgiveness and thanks affect each other in everyday life and putting together different views on these emotions. Long-term, this study might influence how we treat mental illness while teach people of all ages to be grateful and forgive.

REVIEW OF LITERATURE

Since the beginning of time, India has been home to a wide variety of religious and cultural activities. India remains a secular state that upholds its citizens' cultural identities while advocating religious freedom. The goal of the many psychologists and religious studies is to decipher the psychological significance of religion. Typically, academics in the field of psychology who examine religion do so via an empirical and scientific lens. Religion plays a significant role in

Indian society, and this study aims to provide light on the ways in which thankfulness and forgiveness impact religious practice. The current research aimed to examine the relationship between religion and thankfulness and forgiveness, specifically looking at how these concepts vary across Christians, Muslims, Sikhs, and Hindus. There were 140 people in the sample; 35 people from each of the four major faiths (Christianity, Hinduism, Islam, and Sikhism) were included. The association between religiosity and forgiveness, appreciation and religiosity, and religiosity and thankfulness was examined by a correlational analysis. There was determined to be no discernible relationship between the two. (Sharma, Mansi, 2021)

Although there has been little research on forgiveness, new data suggests that personality factors are important. Researchers in this research set out to answer the question, "Does gratitude explain a substantial amount of the variation in dispositional forgiveness?" by looking at three variables: sensitivity to context, overall forgiving tendency, and persistent resentment. A total of 122 college students from Portugal took part in the research, with 51% being female and 49% being male (mean age = 21.10). Consistent with previous research, the findings show that neuroticism and agreeableness are personality traits that are associated with a propensity to forgive and a lack thereof. Furthermore, findings from several regression models demonstrated that appreciation accounted for a substantial portion of the variation in the general tendency to forgive. (Neto, F. 2007)

METHODOLOGY

AIM OF THE STUDY

The aim of this study was to investigate and compare the relationship between forgiveness and gratitude among two distinct age groups: young adults (aged 18-30 years) and middle-aged adults (aged 31-50 years).

VARIABLES OF THE STUDY

Independent Variable:

Gratitude: Gratitude is the independent variable in this study, representing the subjective experience of recognizing and appreciating the positive aspects of one's life, including the actions of others, personal accomplishments, and external circumstances.

Dependent Variable:

Forgiveness: Forgiveness serves as the dependent variable in this study, referring to the psychological process of letting go of feelings of resentment, anger, or hostility towards someone who has wronged or harmed oneself. Forgiveness involves the acceptance of past transgressions, empathy towards the offender, and a willingness to move forward without seeking revenge or retaliation.

OBJECTIVE:

- To analyze the the relationship between forgiveness and gratitude among young adults (aged 18-30 years)
- To analyze relationship between forgiveness and gratitude among middle-aged adults (aged 31-50 years).

HYPOTHESIS:

- There is negative relationship between forgiveness and gratitude among young adults (aged 18-30 years).
- There is a negative relationship between forgiveness and gratitude among middle-aged adults (aged 31-50 years).

PARTICIPANTS OF THE STUDY

The sample consists of 150 individuals and the sampling design was purposive sampling which include both male and female participants. The sample mainly consists of people two distinct age groups: young adults (aged 18-30 years) and middle-aged adults (aged 31-50 years).

DATA COLLECTION INSTRUMENTS

The data in this particular study was obtained with the help of the scales named "The Gratitude Questionnaire – Six Item Form and Heartland Forgiveness Scale" as well as demographic form.

DATA COLLECTION PROCEDURE

The data have been gathered using three questionnaires: the "The Gratitude Questionnaire – Six Item Form and Heartland Forgiveness Scale". After explaining the study's goals, participants were requested to take part and were

given questionnaires that included information about the study, concerns about privacy, the researcher's contact details, and other measures. Ten minutes will be needed to describe the instruments.

THE GRATITUDE QUESTIONNAIRE – SIX ITEM FORM

Description and Scoring of The Scale:

The Gratitude Questionnaire-Six-Item Form (GQ-6) is a six-item self-report questionnaire designed to assess individual differences in the proneness to experience gratitude in daily life. This scale was developed by McCullough, M. E., Emmons, R. A., & Tsang, J. in 2002. To calculate your total GQ-6 score, first add up the scores for items 1, 2, 4, and 5. Then, reverse your scores for items 3 and 6, such that if you scored a "7," assign yourself a "1," if you scored a "6," assign yourself a "2," and so on. Next, add the reversed scores for items 3 and 6 to the total from Step 1. This resulting number represents your total GQ-6 score, which should fall between 6 and 42.

RELIABILITY

The GQ-6 has good internal reliability, with alphas between .82 and .87, and there is evidence that the GQ-6 is positively related to optimism, life satisfaction, hope, spirituality and religiousness, forgiveness, empathy and prosocial behavior, and negatively related to depression, anxiety, materialism and envy.

VALIDITY

The criterion validity was evaluated applying subscales of the PERMA-Profiler: positive emotions ($\rho = .5702$, $p = .021$) and negative emotions ($\rho = -.1786$, $p = .0316$).

HEARTLAND FORGIVENESS SCALE

Description and Scoring of The Scale:

The Heartland Forgiveness Scale (HFS) is an 18-item, self-report questionnaire that measures a person's dispositional forgiveness (i.e., the general tendency to be forgiving), rather than forgiveness of a specific event or person. The HFS consists of three six-item subscales (Forgiveness of Self, Forgiveness of Others, and Forgiveness of Situations). To score the questionnaire, start by assigning scores to items 1, 3, 5, 8, 10, 12, 14, 16, and 18, where the scores correspond directly to the numbers written for each response. Then, for items 2, 4, 6, 7, 9, 11, 13, 15, and 17, the scores differ from the numbers provided in the responses. Utilize the provided list of scores to correctly assign scores to these items, ensuring that each response is matched with the corresponding score. For instance, if the response was the number 6, the appropriate score would be 2, and this score should be written next to the response for that specific item.

RELIABILITY

The HFS, as a whole, shows an internal consistency of 0.81, and the following reliability indices of each subscale were obtained using Cronbach's alpha: 0.70 for forgiveness of self, 0.67 for forgiveness of others, and 0.79 for forgiveness of situations.

VALIDITY

The criterion validity of the HFS (Self-Forgiveness Scale) was robustly supported, revealing a substantial positive correlation ($r = 0.40$, $p < 0.01$) with another established measure of self-forgiveness. This indicates a strong alignment between the two measures, bolstering the confidence in the HFS's ability to accurately assess self-forgiveness. The mean score on the HFS was 3.5 ($SD = 1.16$), suggesting a moderate level of self-forgiveness within the sample.

STATISTICAL ANALYSIS

For this study SPSS software will be used. Descriptive statistics test as well as Pearson Correlation analysis was used to prove the hypothesis.

RESULTS

In this chapter, we examined the complex relationship among forgiveness and gratitude in two age groups: young adults (aged 18-30) and middle-aged individuals (aged 31-50). Forgiveness and gratitude were essential components of interpersonal dynamics and psychological well-being, but their dynamics could shift during the stages of maturity. We described the findings of our study, which used survey questionnaires to measure forgiveness and thankfulness among young and middle-aged persons. Through a thorough interpretation of the findings, we aimed to shed light on the nuanced interplay between forgiveness and gratitude within these age groups, thereby contributing to a deeper understanding of these essential psychological constructs.

Table 1: Descriptive statistics of all variables (18-30 years)

	TOTAL GRQ	TOTAL FS
Mean	24.49333333	56.70667
Standard Deviation	3.856806315	6.209786
N	75	75

The table presents descriptive statistics for two variables, Gratitude Questionnaire (GRQ) and Heartland Forgiveness Scale (FS), among individuals aged 18-30. The mean Total GRQ score is 24.49 with a standard deviation of 3.86, while the mean Total FS score is 56.71 with a standard deviation of 6.21, based on a sample size of 75 for both variables. These statistics offer insights into the average levels and variability of Gratitude and Forgiveness among the young adult population. The Total GRQ score represents the participants' overall adherence to Gratitude, while the Total FS score reflects their level of Forgiveness. This data can inform further analysis regarding Gratitude, societal norms, and individual differences within this age group.

Table 2: Descriptive statistics of all variables (31-50 years)

	TOTAL GRQ	TOTAL FS
Mean	24.74666667	86.66667
Standard Deviation	4.054004805	6.64614
N	75	75

The table provides descriptive statistics for individuals aged 31-50, specifically focusing on Gratitude Questionnaire (GRQ) scores and Heartland Forgiveness Scale (FS) scores. Among this age group, the mean Total GRQ score is 24.75 with a standard deviation of 4.05, while the mean Total FS score is 86.67 with a standard deviation of 6.65, based on a sample size of 75 for both variables. These statistics indicate the average levels and variability of adherence to Gratitude and Forgiveness within this demographic. The Total GRQ score reflects participants' overall Gratitude towards forgiveness, while the Total FS score represents their level of Forgiveness. This data contributes to understanding Gratitude and Forgiveness within the 31-50 age group, potentially highlighting differences or continuities compared to younger age brackets.

CONCLUSION

Analysing the complex relationship between gratitude and forgiveness in two different age groups—young individuals (ages 18 to 30) and middle-aged adults (ages 31 to 50)—has provided insightful information. Through an in-depth examination of survey questionnaire data, we hoped to uncover the intricate interplay between forgiveness and gratitude among various age groups, adding to a greater understanding of these important psychological notions.

In our study, we observed significant differences in the distribution of gender among the two age groups, with variations in the number of male and female respondents. This demographic insight provided a comprehensive overview of the study's participant composition.

Descriptive statistics revealed average levels and variability of gratitude and forgiveness within each age group. Among young adults (aged 18-30 years), the mean Total GRQ score was 24.49, and the mean Total FS score was 56.71, whereas, among middle-aged adults (aged 31-50 years), the mean Total GRQ score was 24.75, and the mean Total FS score was 86.67. These statistics shed light on the adherence to gratitude and forgiveness within each demographic, indicating potential differences or continuities between age brackets.

Further investigation using Pearson correlation coefficients revealed a strong association between forgiveness and gratitude in both young adults and middle-aged people. In contrast to the initial null hypothesis, which indicated a negative relationship, our data supported the alternative hypothesis, suggesting a positive correlation between forgiveness and gratitude within each age group.

These results underscore the importance of forgiveness and gratitude as essential components of interpersonal dynamics and psychological well-being across different stages of maturity. The observed positive relationship suggests that as individuals age, they tend to exhibit higher levels of both forgiveness and gratitude, highlighting the potential for growth and development in these areas throughout the lifespan.

Overall, our study contributes valuable insights into the relationship between forgiveness and gratitude among distinct age groups, emphasizing the significance of these psychological constructs in fostering positive interpersonal relationships and promoting overall well-being across the lifespan. Further research could explore additional factors influencing the interplay between forgiveness and gratitude, providing a more comprehensive understanding of their dynamics in different demographic contexts.