

## **FORGIVENESS: AN IMPORTANT FACTOR FOR HEALTHY RELATIONSHIP**

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### **Definition.**

Forgiveness is a process or the result of a process that involves a change in emotion and attitude regarding an offender. According to Worthington, forgiveness is an intentional and voluntary process, driven by a deliberate decision to forgive. Forgiveness is associated with approaching rather than avoiding the offender and that the motivation to pursue relationship constructive actions is mediated by empathy for the offender. Forgiveness is a decision to give up resentment and to respond with good will, benevolence based on a desire for the ultimate welfare of the other person or toward the wrongdoer. Forgiveness concerns motivation to retaliate or maintain estrangement from an offender despite their actions and requires letting go of negative emotions toward the offender.

### **Forgiveness and Reconciliation.**

Regarding forgiveness and reconciliation, theorists have different views. Finchman described reconciliation is integral part of the forgiveness. Butler mentioned reconciliation as independent process because forgiveness may occur in the absence of forgiveness. Reductions in revenge and avoidance motivations and an increased ability to wish the offender well are features of forgiveness that can impact upon behavioural intention without obliging reconciliation. Forgiveness can be a one sided process, whereas reconciliation is a mutual process of increasing acceptance.

### **Forgiveness and Marital relationship.**

Spouses report that the capacity to seek and grant forgiveness is one of the most important factors contributing to marital satisfaction. Forgiving the partner for the transgression is one potential means of providing closure with regard to a painful or disturbing relationship event. Forgiveness may therefore have substantial

implications for long term relationship outcomes as well as short form of interaction. Studies in Britain and United States indicates that wives forgiveness of husband transgressions is particularly important for conflict resolution in marriage both in the short-term and over time. In contrast, it is husbands' overcoming of unforgiveness that facilitates conflict resolution at least in short term.

### **Forgiveness and Coping.**

Study on forgiveness and coping indicates that those who forgiven (pro-forgiveness) the perpetrators reported more primary and secondary control coping, less involuntary engagement and more meaning finding than those who were unsure about forgiveness. More forgiveness is consistent associated with more positive responses to stress.

### **Forgiveness and Distress.**

Student, ambivalent about forgiveness reported the most distress. Those who had either decided not to try to forgive or who had already forgiveness the attackers are experiencing less distress.

### **Inter-group forgiveness.**

People believe that it is easier to forgive an individual than a group because it is easier to trust an individual than each member of the other community. Personal characteristics, such as personal religiosity are not a very strong predictor of forgiveness. Inter-group forgiveness is closely related to collective guilt, out-group perspective taking, and out-group trust.

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