

Manifestation of Forgiveness, Subjective Well Being and Quality of Life

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This qualitative study was conducted to evaluate the importance of manifestation of forgiveness, subjective well-being and quality of life. On the basis of the pilot study, a semi-structured questionnaire was constructed for taking in-depth interviews. Twenty participants (Men = 10 and Women = 10) from five professions were selected through convenient sampling. Data were analyzed using content analysis. The results indicated that majority of the participants knew the importance of forgiveness and that practice of forgiveness in daily life had resulted in several significant positive effects on their personality which contributed to their subjective wellbeing and this had enhanced their quality of life. The beneficial effects were divided into nine categories. The three common effects noted among participants were: happiness, positive feelings, relaxation, and positive social interaction. However, few gender differences were also noted. Men reported that practicing forgiveness had resulted in more contentment and spiritual development in them. Whereas, women reported that practicing forgiveness had resulted in more tolerance and reduction in negative thoughts. It is concluded that practice of forgiveness in daily life results in satisfaction, subjective wellbeing that leads to better quality of life. Theoretical and practical implications and directions for future research are discussed.

Keywords: Forgiveness, subjective well being, quality of life