

**SUMMARY**  
**UGC Minor Research Project**  
on  
**DEVELOPMENT STANDARDIZED PSYCHOLOGICAL TEST ON**  
**FORGIVENESS**

BY

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Kshama i.e. forgiveness is valued from earlier times but it is not easy to analyze the full scope of the concept without further evidence. Western views are that forgiveness can be seen and practiced as a moral quality; that it can be learned as a tool to enhance psychological well-being; and that it has a role to play in reconciliation after violent conflict. At the individual level, forgiveness is an important component of well-being indicating that *forgiveness* has been linked to decreases in negative affect like anger, depression, and anxiety. According to Worthington and Scherer (2004) not only is forgiveness related to positive health outcomes, it mediates physiological processes in such a way as to support the conceptualization that forgiveness is an emotion-focused coping strategy.

Research has found that forgiveness has an impact on psychological as well as physiological processes (Wilson et al., 2008). Research by Waltman et al. (2009) assessed the effects of *forgiveness* therapy on *cardiac functioning, forgiveness* and related variables. Patients assigned to the *forgiveness* group showed significantly fewer mental stress-induced reduction in myocardial blood flow, from pre-test to the 10-week follow-up as well as significantly greater gains in *forgiveness* from pre-test to post-test and from pre-test to follow-up compared to the control group.

The role of forgiveness among the adolescent population, has received significant attention in the research community. Till date, there is hardly any measures of forgiveness in India that have exclusively examined forgiveness among the Indian adolescent population within a short term, specified amount of time. The purpose of this study was to develop and validate a measure of perceived level of forgiveness among Indian adolescents. In addition, this measure is specifically created to be utilized in future research. The study involved item analysis for the measure of forgiveness as well as reliability and validity tests. The participants include 225 senior college students from Maharashtra who completed this measure of

forgiveness. The results indicated that this measure of forgiveness produced overall strong reliability. Overall, validity was indicated by significant correlations with corresponding constructs.

The purpose of this study was to evaluate the initial development and psychometric properties of instrument designed to measure perceived level of forgiveness among adolescents of Maharashtra.

**Predisposition to Forgive Scale (PTFS).**(In Marathi- क्षमाशील वृत्ती मापन श्रेणी) The PTFS tested in this study measures a participant's perceived general level of forgiveness (i.e. "I forgive whenever possible") within the last 3 weeks. The preliminary questionnaire consisted of 18 items. Participants rated each item using a 5-point Likert-type scale, with 1= strongly disagree to 5= strongly agree. Lower score on the PTFS indicate a higher level of perceived forgiveness

**Reliability** An internal reliability analysis was conducted to obtain the coefficient alpha value for PTFS utilizing SPSS statistical software. This analysis allows for the examination the homogeneity of the items within the scale and its connections with the underlying variable. In addition, item-total correlation and item behavior analyses were calculated to evaluate the item performance of the scale.

**Content Validity.** An adaptation of the procedures and guidelines for scale construction obtained from published literature prompted the multi-step scale development procedures for initial development and psychometric testing of the PTFS used in this study. An initial item pool of items for each scale was generated by a review of the literature. Initial content validity was supported by having the initial item pool for the scale reviewed by two psychology professors, who were considered experts in the area of forgiveness with the adolescent population based on self-expressed interest, clinical experience with this population, and research publications, for relevance to the domain of interest to maximize item appropriateness. These consultants were asked to (a) assess each item for clarity of thoughts, (b) identify the extent to which each item represents the constructs, (c) provide suggestions for additional items that may be relevant to forgiveness, and (d) provide feedback for the type of Likert scale that would be appropriate (two different types were provided to reviewers). Scale items were revised on the basis of feedback from the reviewers.

The mean score was 31.08 with a SD of 8.53 and range of 10 to 50. The overall internal consistency of the 10-item PTFS scale produced an overall strong reliability ( $\alpha = .883$ ), suggesting a high degree of internal consistency. Item-total correlations on the TTFS

ranged from .55 to .71, suggesting an existing correlation between the items and the rest of the measure.

**Construct validity.** The correlations between the PTFS and TFS (Trait forgiveness scale) performed to examine the extent to which the correlations match the predicted pattern/hypotheses and provide some evidence of how well each measure "behaves" like the variable it is supposed to measure. Correlations between corresponding measures are expected to be significantly greater than the correlations between alternative measures.

### **Application**

The scale can be used for research and intervention programme with adolescence.

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