

## **Examining the Predictive Role of Mindfulness in Forgiveness and Happiness among Psychiatric Patients**

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Mindfulness allows human to experience feelings such as forgiveness and happiness leading to an overall increase in wellbeing. Present study was carried out to explore the predictive role of mindfulness in forgiveness and happiness among psychiatric patients. It was also aimed to find out the level of mindfulness, forgiveness and happiness in patients with psychiatric disorders. Cross Sectional Research Design was selected. Study conducted in different government hospitals of Multan and completed in 6 months from January 2015 to June 2015. Through random sampling 150 diagnosed patients were taken from different hospitals of Multan. Mindfulness Attention Awareness Scale (Brown & Ryan, 2003), Heartland Forgiveness Scale (Thompson et al., 2005) and Subjective Happiness Scale (Lyubomirsky & Lepper, 1999) was used in present research. Result indicated that mindfulness was positively and strongly correlated with forgiveness and happiness. Findings depict that level of mindfulness and forgiveness was different in patients with psychiatric disorders but no differences were found on the level of happiness. Current study concludes that mindfulness has significant positive relationship with forgiveness and happiness. Mindfulness has significant impact on forgiveness and happiness. Findings also conclude that significant differences in the level of mindfulness and forgiveness among patient with different psychiatric disorders. But no significant differences were found in the level of happiness among patient with different psychiatric disorders. Current research supports us to understand the significance of mindfulness, by embracing level of mindfulness, individual can also embrace tendency of forgiveness, happiness, peace, hope, gratitude and joy these are

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path that lead to mental health.

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The concept of Mindfulness has its roots in the traditions of the Buddhists and other meditative traditions where the awareness and deliberate focus and awareness are well maintained. The most often is defined as attentively knowing state that what is happening in the present. Nyanaponika Thera (1972) defined mindfulness as a single-minded and clear awareness what is really happening with us and in the consecutive perception stage. Mindfulness refers "to maintain awareness of the current reality" (Hanh, 1976). Mindfulness is also threatened that if people are so compulsive contain or automatically and without knowledge and attention to their behavior (Deci & Ryan, 1980). Eventually it is conclude that the absenteeism of mindfulness is called mindlessness. Mindlessness at bay motivated when an individual does not recognized or to participated in a thoughts, emotions and things. These forms of conscience therefore serve as counterpoints specifically to the awareness of the presence and attention to the experience of present in a term and without that presence causes.

Forgiveness is traditionally a concept that is embedded in religion and all the major religions discuss forgiveness (Rye et, al., 2000). O'Connell (1995) reviewed the role of forgiveness in peace. A further impetus has been given to forgiveness by the recent developments in the Positive Psychology movement, with forgiveness being recognized as a positive psychological attribute (Seligman, Steen, Park, & Peterson, 2005). Likewise, growing interest in spirituality has also created an increased awareness of forgiveness (Petee, 2007). Moreover, there is some recognition that forgiveness may be an important component of psychotherapies as well. Psychoanalysts (Akhtar, 2002; Siassi, 2007). Dialectical behavior therapists (Sanderson & Linehan, 1999) and cognitive behavior therapists (D'Souza & Rodrigo, 2004; Bono & McCullough, 2006) have all recognized the importance of forgiveness in healing. The role of personality functioning in forgiveness has also been investigated (McCullough & Hoyt, 2002). Happiness can be defined as the predominance of the frequency of occurrence of positive emotional experiences over negative ones (Pereira, 1997).

A growing body research showed that mindfulness is positively associated with forgiveness (Coyle & Enright 1997; Benda & Belcher,

2006). In accordance with Buddhist psychology, mindfulness increases the happiness. Research study by Maltby, Day, and Barber (2005) forgiveness has been associated with happiness. Hollis-Walker & Colosimo (2011) conclude that mindfulness is positively associated with happiness. According to Uysa and Satici (2014) there is a significant link between happiness and forgiveness because happiness plays a role of significant factor in forgiveness. Happiness is positively and strongly correlated to forgiveness. The impact of happiness on forgiveness is also positive that's why happiness is significant predictor of forgiveness.

People suffer from many psychological disturbances and psychiatric disorders that affect their mental health. In accordance with World Health Organization (2010) health is not completed in absence of mental health because the mental health is the essential constituent of health. Gradually mental health issues are step-up. Role of psychologist is neglected for rehabilitation. This research aimed to explore the role psychological phenomena's like Mindfulness in forgiveness and Happiness among psychiatric patients in Multan and to examine the level of mindfulness, forgiveness and happiness in patients with different psychiatric disorders.

### **Objectives**

Primary objectives of the present research were:

- To explore the relationship and association of mindfulness with forgiveness and happiness among psychiatric patients.
- To examine the level of mindfulness, forgiveness and happiness in patients with different psychiatric disorders.

### **Hypotheses**

Hypotheses of present research were

1. Mindfulness will be positively and strongly associated with forgiveness and happiness among psychiatric patients.
2. Level of mindfulness, forgiveness and happiness will vary in patients with different psychiatric disorders.

## Method

### Participants

150 diagnosis psychiatric patients were approached from different hospitals of Multan. Stratified random sampling technique was used to collect the sample. Participant's age range was 18 to 35 years. Socioeconomic status of all participants were low. The patients those were included in the study who willing to participate in the research.

### Instruments

In present research, three Instruments were used.

1. Mindfulness Attention Awareness Scale
2. Heartland Forgiveness Scale
3. Subjective Happiness Scale

### Mindfulness Attention Awareness Scale

Mindfulness attention awareness scale (MAAS) originated by Brown and Ryan (2003). 6 point likert MAAS comprised of 15 items each item related to mindfulness characteristics. In current study, MAAS utilized to assess the level of mindfulness in individuals. Urdu version was used in the study. To get the total score of MAAS, compute a mean of all items. Low score depicts low level of mindfulness and high score indicate high level. Reliability of mindful attention awareness scale for this study is ( $r = .80$ ).

### Heartland Forgiveness Scale

In this study to assess dispositional forgiveness, Heartl and Forgiveness Scale (Thompson et al. 2005) used. The HFS is a self-report questionnaire with 18 items that assess dispositional forgiveness. It has 9 reverse items (2, 4, 6, 7, 9, 11, 13, 15, 17). It is 7-point Likert scale. 18-126 is the possible range for total score of HFS. Reliability of heartland forgiveness scale for this study is ( $r = .81$ ).

### Subjective Happiness Scale

A 4-item scale developed by (Lyubomirsky & Lepper, 1999) designed to measure subjective happiness. Each item is completed by choosing one of 7 options that finish a given sentence fragment. The option for each item is different. Reliability of subjective happiness scale for this study is ( $r = .79$ ).

### Procedure

Through Stratified Random Sampling 150 diagnosed psychiatric patients were selected from different hospitals of Multan. Formally got permission from original authors of the instrument those were required in present research. Mindful attention awareness scale, heartland forgiveness scale and subjective happiness scale these three instruments along with demographic sheet were used to get information from the patients. Participants were clear about the aim of the research and only those patients were included in research those willing. Participants have been advised to fill all the items honestly. All the participant were assure the about the confidentiality. Descriptive and inferential statistics were used to analyze the data. Analysis was performed by Statistical Package for Social Sciences (SPSS) 21 version.

### Results

Table 1

*Cronbach's Alpha and Correlation Coefficient of Mindfulness and Forgiveness and Happiness (N=150)*

Scales	$\alpha$	Mindfulness	Forgiveness	Happiness
Mindfulness	.80	-	.69**	.55**
Forgiveness	.81		-	.53**
Happiness	.79			-

\*\* $p < 0.01$

Table 1 depicts that the relationship of mindfulness with forgiveness and happiness is strongly significant. Mindfulness is positively correlated with forgiveness total score ( $r = .69$ , \*\* $p < 0.01$ ) indicating that high level of mindfulness consistent with high level of forgiveness and also positively correlated with happiness total score ( $r = .55$ , \*\* $p < 0.01$ ) indicating that high level of mindfulness consistent with high level of happiness among psychiatric patients. Significant correlation between the variables is present and indicated that it is worthy to go for regression analysis.

Table 2

*Regression Analysis Showing Impact of Mindfulness on Forgiveness*

Predictor	B	Std. Error	B	T	P
(Constant)	15.328	1.452		10.560	.001
Mindfulness	.917	.121	.529	7.584	.001

Note.  $R^2 = 0.280$ , Adjusted  $R^2 = 0.275$ ,  $F(1, 148) = 57.511$ ,  $*p < 0.001$  Independent Variable is Mindfulness, Dependent Variable is Forgiveness

Table 2 depicts simple regression to forgiveness among psychiatric patients. Mindfulness established a significant amount of variance,  $R^2 = 0.280$   $F(1, 148) = 57.511$ ,  $*p < 0.001$

Table 3

*Regression Analysis showing Impact of Mindfulness on Happiness*

Predictor	B	Std. Error	B	T	p
(Constant)	13.212	1.438		9.190	.001
Mindfulness	1.374	.120	.686	11.471	.001

Note.  $R^2 = 0.471$ , Adjusted  $R^2 = 0.467$ ,  $(F(1, 148) = 131.580)$ ,  $*p < 0.001$  Independent Variable is Mindfulness, Dependent Variable is Happiness

Table 3 depicts that significant impact of mindfulness on happiness among psychiatric patients. Mindfulness demonstrated a significant amount of variance,  $R^2 = 0.471$   $(F(1, 148) = 131.580)$ ,  $***p < 0.001$

Table 4

*One Way Analysis of Variance Showing Significance Differences in the Mindfulness Scores by Different Psychiatric Disorders*

Scale	Source of variation	SS	df	MS	F	p
Mindfulness	Between Groups	573.32	3	191.109	3.15	.027*
	Within Groups	8854.414	146	60.647		
	Total	9427.740	149			

Note. \*\*\* $p < 0.001$

Table 4 indicates that level of mindfulness varying among patients with different psychiatric disorders.

Table 5

*One Way Analysis of Variance Showing Significance Differences in the Forgiveness Scores by Different Psychiatric Disorders*

Scale	Source of variation	SS	df	MS	F	P
Forgiveness	Between Groups	167.232	3	55.744	3.726	.013*
	Within Groups	2184.101	146	14.960		
	Total	2351.333	149			

Note. \*\*\* $p < 0.001$

Table 5 depicts that significant difference on the level of forgiveness among patients with different psychiatric disorders.

Table 6

*One Way Analysis of Variance Showing Significance Differences in the Happiness Scores by Different Psychiatric Disorders*

Scale	Source of variation	SS	df	MS	F	p
Happiness	Between Groups	88.003	3	29.33	.614	.607
	Within Groups	6976.23	146	47.78		
	Total	7064.24	149			

Note. \*\*\* $p < 0.001$

Table 6 shows no significant variation in the level of happiness among patients with different psychiatric disorders.

Table 7

*Post Hoc for Multiple Comparison of four Groups of Psychiatric Disorders on the Mindfulness Attention Awareness Scale*

	Psychiatric Disorders (i)	Psychiatric Disorders (j)	Mean Difference (i-j)	Std. Error	p
Mindfulness	OCD	Anxiety	1.65	1.47	.26
		Depression	5.91*	2.17	.007*
		Schizophrenia	6.22	3.97	.12
	Anxiety	Depression	4.25	2.35	.07
		Schizophrenia	4.57	4.08	.26
	Depression	Schizophrenia	.31	4.38	.94
	Schizophrenia	OCD	-6.22	3.97	.12
		Anxiety	-4.57	4.08	.26

Note. \* $p < 0.05$



LSD test was computed to see the mean differences. Table 7 shows the significant differences in mindfulness among four different groups of psychiatric disorders. It suggests that level of mindfulness varying in patients with OCD and depression.

Table 8

*Post Hoc for Multiple Comparison of four Groups of Psychiatric Disorders on the Heartland Forgiveness Scale*

	Psychiatric Disorders (i)	Psychiatric Disorders (j)	Mean Difference (i-j)	Std. Error	p
Forgiveness	OCD	Anxiety	1.63*	.73	.02*
		Depression	2.86*	1.07	.009*
	Anxiety	Depression	1.23	1.17	.29
		Schizophrenia	1.25	2.02	.53
	Depression	Schizophrenia	.01	2.17	.99
	Schizophrenia	OCD	-2.88	1.97	.14
		Anxiety	-1.25	2.02	.53

*Note.* \* $p < 0.05$

LSD test was computed to see the mean differences. Table 8 shows the significant differences in forgiveness among four different groups of psychiatric disorders. It suggests that level of forgiveness varying in patients with obsessive compulsive disorder CD, anxiety and depression.

Figure 1

Differences in level of Mindfulness, Forgiveness and Happiness among Patients with different Psychiatric Disorder

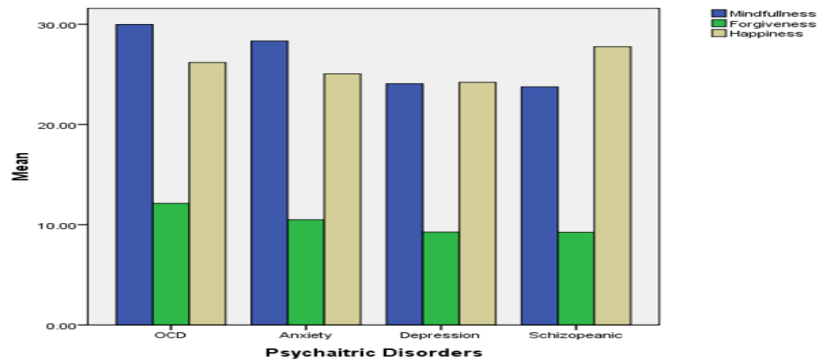
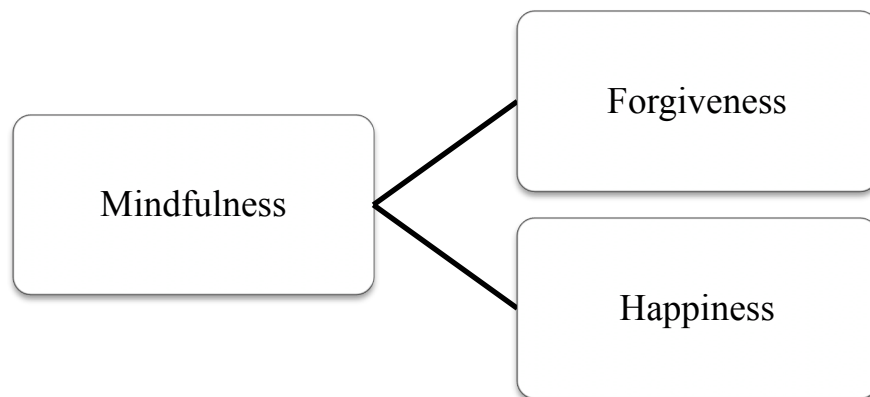


Figure 2

$\beta = .92$



$\beta = 1.37$

### Discussion

This research project was carried out to explore the predictive role of mindfulness in forgiveness and happiness among psychiatric patients. One other aimed of this research to find out the level of mindfulness, forgiveness and happiness in patients with psychiatric disorders.

First hypothesis of this project was “Mindfulness will be positively and strongly associated with forgiveness and happiness among psychiatric patients” and correlation analysis defined that mindfulness has significant positive relationship with forgiveness and happiness. In linear regression beta value was .917 with  $p < 0.001$  and revealed that mindfulness has strong impact on forgiveness. Mindfulness also has significant impact on happiness because of beta value 1.374 with  $p < 0.001$  depicting strong association between mindfulness on happiness. Result of research in line with previous findings that mindfulness is positively associated with happiness (Hollis-Walker & Colosimo, 2011) and mindfulness is positively associated with forgiveness (Coyle & Enright 1997; Benda & Belcher, 2006). Findings supported by literature so 1st hypothesis accepted.

In second hypothesis, it was supposed that level of mindfulness will be varying in patients with different psychiatric disorders. Analysis indicated that as p value .027 it's less than 0.05 so significant differences in the level of mindfulness among four different groups of psychiatric disorders. LSD test findings showed that level of mindfulness varying in patients with OCD and depression. And patients with OCD have high level of mindfulness as compare to patients with depression.

Next, it was hypothesized that level of forgiveness will vary in patients with different psychiatric disorders. Values of result depicted that p value (.013) less than 0.05 and it concluded that level of forgiveness significantly different among four groups of psychiatric disorders. LSD test demonstrated that level of forgiveness varying in patients with OCD, anxiety and depression. Findings indicated that level of forgiveness high in patients with OCD than patients with depression and anxiety. Findings supported this hypothesis.

Last hypothesis of the research project in regard with happiness will vary in patients with different psychiatric disorders. Results showed no significant variation in the level of happiness among patients with different psychiatric disorders. Patients have same level of happiness no matter with which disorder they belong. This hypothesis is rejected by results because p value greater than 0.05.

### **Conclusion**

The present study focused on to explore the predictive role of mindfulness in forgiveness and happiness among psychiatric patients. Finding of the current study concludes that mindfulness has significant

positive relationship with forgiveness and happiness. Mindfulness has significant impact on forgiveness and happiness. Findings also conclude that significant differences in the level of mindfulness and forgiveness among patient with different psychiatric disorders. But no significant differences were found in the level of happiness among patient with different psychiatric disorders. Mindfulness plays a significant role in forgiveness and happiness among psychiatric patients.

### **Implementation**

These following are the implication of current study:

- People can become happier by increasing their level of mindfulness. People focus on present moment are able to forgive and live happily. The presence of mindfulness in psychiatric patients was found to be associated with forgiveness and happiness.
- Study also implies that psychiatric patients should be provided psychotherapeutic intervention and assessment. Proper training should be focused to enhance psychological interventions in clinical practices. Mindfulness trainings, workshops and seminars must be part of education. Mindfulness practice on daily basis is very helpful for psychiatric patients to improve the mental health.

### **Limitations**

No research without its limits. Present study also has few limitations. Sample composition which is one of the most frequently, cited threats to external validity. This research is correlational study between mindfulness, forgiveness and happiness. In present research cross-sectional research design and survey questionnaire used to collect the data.

### **Recommendations**

Sample size must be increased for future research in this area. Further in-depth studies are needed to find out cause and effect relationship between mindfulness, forgiveness and happiness among psychiatric patients. Experimental study is recommended for future studies for exploring the cause and effect relationship between mindfulness, forgiveness and happiness. Longitudinal research design may be one of suggestion for further research.

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