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The relationship between the level of readiness for forgiveness and mental health

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In connection with the rapidly changing conditions of the social environment and the growth of informational impact, the number of negative factors affecting a person increases, which contributes to the growth of mental health disorders of an individual.

The diagnosis of mental health features in our study was determined through an assessment of emotional well-being and emotional intelligence. To determine emotional well-being, the subjective well-being scale was used. To study emotional intelligence, N. Hall's technique was used. To determine the level of readiness for forgiveness, we developed a questionnaire based on an analysis of ideas about the forgiveness process obtained at the previous stage of the study. We suggested a fixed form with a scale system, which allowed us to get a numerical assessment of readiness for forgiveness. In accordance with the results, the respondents were divided into three groups: with a high, medium and low level of readiness for forgiveness. There are positive reliable correlations between the level of readiness for forgiveness and the indicators of subjective well-being scales such as "Self-assessment of health" and "The degree of satisfaction with everyday life". The higher the indicator of readiness for forgiveness is, the more pronounced is the feeling of subjective well-being among the respondents. A significant correlation was revealed between the "Level of readiness for forgiveness" and the "Integrative indicator" of emotional intelligence, as well as with the indicators belonging to this technique: "Emotional awareness", "Management of emotions", "Self-motivation".

The results of this study complete the understanding of the structure of the forgiveness process, readiness for forgiveness, and the factors that help to optimize this process. They can be used in a mental health diagnostics and improving the methods of psycho-correction through the development of readiness for forgiveness. The results of this study were used in the development of a number of seminars, trainings and organizational-activity games, allowing to understand the essence of the process of forgiveness at the cognitive, emotional and behavioral levels and to acquire skills for implementing forgiveness in one's life. Forgiveness acts as a mechanism of emotional and behavioral regulation, contributing to the strengthening of human mental health.

Biography

Vasilyeva Olga Semenovna is a candidate of Biological Sciences. She is currently working as a Psychological professor in Southern Federal University, Rostov-on-Don, Russia. Her research interest includes Psychiatry and Mental Health.

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