

FORGIVENESS, GRATITUDE AND PSYCHOLOGICAL WELL-BEING AMONG CARE GIVERS OF MENTAL DISORDER PATIENTS

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ABSTRACT

This study explores the relationships among forgiveness, gratitude, and psychological well-being in caregivers of patients with mental disorders. Utilizing a quantitative research design, the study involved a sample size of 200 caregivers from various mental health facilities. The population consisted of individuals aged 24-35 who provide care to patients diagnosed with various mental health conditions, ensuring a diverse representation of caregiving experiences. Data were collected using validated instruments: The Heartland Forgiveness Scale to measure forgiveness, the Gratitude Questionnaire-6 to assess gratitude levels, and the Psychological Well-Being Scale to evaluate overall well-being. Statistical analyses, including correlation and regression analyses, were conducted to examine the interplay among the variables. Results indicated significant positive correlations between forgiveness and psychological well-being, as well as between gratitude and psychological well-being, suggesting that higher levels of forgiveness and gratitude contribute to enhanced mental health outcomes among caregivers. Additionally, the study highlighted the mediating role of gratitude in the forgiveness-well-being relationship, indicating that caregivers who cultivate gratitude may experience greater psychological well-being. These findings underscore the importance of fostering emotional strengths in caregivers, suggesting that interventions aimed at enhancing forgiveness and gratitude could significantly improve their psychological well-being. This research contributes to the existing literature by providing empirical evidence of the interconnectedness of these constructs within the caregiving context, ultimately informing mental health practices and caregiver support programs.

Keywords: forgiveness, gratitude, psychological well-being, care givers, mental disorder patients.

INTRODUCTION

One way to describe forgiveness is the choice to move on from someone or a group of people's cruel words and actions. Whether or not they are deserving of this action is irrelevant. To be happy, you have to show other people that you appreciate and care about them. Being emotionally intelligent is necessary to handle new situations, get past problems, and reach personal goals. Psychological well-being, which is made up of two parts, is one of the most important parts of mental health. i) "Hedonic" means happiness and pleasure, while "eudemonic" means having a reason for living.

People have a lot of different physical, sensitive, social, and spiritual traits because they are whole people with many sides to them. This means that everyone has the right to keep their mind healthy, since things that affect one's mental health may also affect their physical health. If these mental and physical traits can be kept in check, then that person is perfect. People with healthy minds will always be positive, about themselves and about the people around them. Hardjo and Novita (2015) and Strelan and Wojtsiak (2019) say that a person's psychological well-being includes all of his

psychological traits and how well they work. cited similar findings from a study of 300 African American women. It was the goal of the study to find out how forgiving someone impacts their emotional, physical, and mental health. There was a strong statistical link between forgiveness and mental health, but there was also a weaker link between the two. Forgiving someone, on the other hand, used to have nothing to do with health. In other words, the data showed that people who said they were more forgiving also said they were more mentally supported and had better brain health. Researchers who did this study found that people who were more forgiving also tended to be more accepting of themselves, which led to a better intellectual kingdom of mind. Affect includes both good and bad emotions and events, while life satisfaction is about being intellectually satisfied with your life. Researchers found that psychological well-being is made up of six things: accepting yourself, having helpful relationships, being independent, having control over your surroundings, finding meaning in your life, and growing as a person. There was a study by Strelan and Wojtsiak in 2019 that was involved. Researchers Strelan and Wojtsiak (2019) discovered that the ways people deal with interpersonal injuries are similar to the ways they deal with general stresses.

More and more real-world studies (Toussaint & Friedman, 2009) show that success, gratitude, and forgiveness all seem to get better over time. It's interesting that even though well-being, forgiveness, and thankfulness are all thought to be good psychological variables, not much study has been done on the link between these three ideas and subjective well-being. This means that there are gaps in the research, especially when it comes to studies of Asia and Pakistan.

(Tsang and Clough 2014). Having a thankful attitude can help your mental, physical, and social health in many ways, according to research (Lambert, Fincham, Graham, & Beach, 2019). It looks like the triangular model of success is one of the most popular ways to think about what it means to be successful. This study says that subjective well-being is "the respondent's self-perceived achievement in necessary areas such as such relations, ego, purpose, and positivity" (Diener. et al., 2010). Being thankful and forgiving are two well-known qualities that make people like each other. In this way, everyone is different, but there is a link between

some personality traits and better physical and mental health. With the help of these interpersonal traits—strong emotions, self-reflection, and adaptable social links and activities—people can improve their mental health. This is why psychologists study forgiveness and gratitude separately from strengths (Breen, Kashdan, Lenser, & Fincham, 2011). A lot of attention is paid to these personality features.

More attention has been paid to the emotional side of gratitude and how it can be seen as a psychological trait in recent years (Yüksel & Ouz Duran, 2012). A lot of people have thought of gratitude as an emotion, a trait, a moral value, or even a way to handle tough situations in the past. People often talk about forgiveness and appreciation as relationship traits because they help heal and strengthen relationships. (2012) Dwiwardani et al. (2014) Flanagan, Vanden Hoek, Ranter, and Reich say that teens can deal with stress better by forgiving others. Kids will be able to handle living in small spaces and keep their friendships strong if they can accept each other. This will help them make friends at school. It is important to be able to forgive in order to make things better than they were before the argument, according to McCullough. This trait lets a person accept, make peace with, and get back in touch with people who have hurt them.

Significance of the study

The results of the study will be beneficial for other researchers. Consequently, the current study is mostly focused on investigating the psychological well-being and forgiveness thankfulness among caregivers of mental disease patients. The outcome of this effort should be significant in improving the psychological well-being and forgiveness gratitude among caregivers. Understanding gender variations in the relationship between forgiveness gratitude and psychological well-being among caregivers would also be benefited from this study. The counsellor of the students will find great use for this research in handling these problems.

Objectives of the Study

- To investigate the relationships of forgiveness gratitude with psychological well-being among caregivers.

- To investigate the relationships between psychological well-being among males and females.
- To investigate the relationships between dimensions of psychological well-being among caregivers.

Research Questions

- What is the relationship between forgiveness and psychological well-being among caregivers?
- What is the relationship between gratitude and psychological well-being among caregivers?
- How does psychological well-being differ between male and female caregivers?
- What are the relationships between different dimensions of psychological well-being among caregivers?

Review of Literature

Human traits like appreciation and forgiveness are well-known to make one likeable to others. Though no two people have the identical personality qualities, those who possess certain talents usually have a stronger psychological and physical composition. These are interpersonal qualities that help people reach psychological wellness when mixed with good emotions, reflections, and flexible social contacts and connections. Consequently, psychologists are emphasising gratitude and forgiveness as explored as character traits one after the other (Breen, Kashdan, Lenser, & Fincham, 2012).

Those who forgive someone might better know what has happened in their life, let go of their resentment and improve their experiences, and release the weight that might keep them from connecting with the bully going forward. A person in psychological well-being is able to change their surroundings outside of themselves or herself, has a purpose in life, is capable of making decisions and changing their behaviour, and experiences personal development (Ryff, 2019). Their attitudes towards both themselves and other people are positive. Young children have to be taught resilience—that is, the capacity to adjust in the face of adversity—if they are to maintain a decent mental state (Werner, 2015). Enright (2016) says, "Forgiveness is an act of letting go one's entitlement to anger, negativity or pre-

judging, and indifferent conduct towards one who has damaged us and unjustly wounded us, while bestowing onto him or her the unearned virtues and kindness of compassion, generosity, and even love". Diener and Suh (2017) contend that basic elements of psychological well-being are life enjoyment and emotion.

Forgiveness demands the healing of emotional scars, the rebuilding of trust, and the mending of the connection after an interpersonal breach has occurred. Apart from affective behavioural and interpersonal elements, cognitive motivating decisions also influence interpersonal features. In rare cases, pardon can be used as an adjustment tool by asking a review of the relevance of the present circumstances. Applied as a tool to handle personal conflicts, it serves as a problem-oriented adaptive strategy in various contexts. It closely relates to physical health, mental health, and good impact as well as to Berry & Worthington 2017. Those who engaged in thankfulness-inducing exercise programmes were more satisfied with their life than those advised to concentrate on daily issues in research on gratitude and well-being. Those who engaged in gratitude slept longer and better, linked more to others, and their satisfaction was evident to spouses or important others. Other research has revealed negative correlations between forgiveness and misery (Brown, 2013) and compassion and a wish to belong (Brown, 2013). One is supposed to automatically express thankfulness in their attitude and social contacts. It is described as the favourable emotion one gets when someone provides, plans to provide, something needed or desired. Therefore, forgiving seems to be a coping strategy that helps the forgiver control his or her affect by means of reassessment of the situation, therefore eliminating unpleasant feelings. Studies show that forgiving someone offers a range of benefits, including improved mental and emotional health, defence against interpersonal pressures, and increased capacity for compromise and conciliation (Finkel et al. 2012). Certain experts concentrate on emphasising the forgiving process for coping (Worthington & Scherer, 2014). The original Sterling psychological wellbeing measure was translated into Urdu, the country's official language. According to empirical research findings, SCWBS is a standardized measure that may be applied in any type of educational environment (Sarfaraz, Iqbal et al. 2022). Increased motivation in the classroom is

correlated with better emotional intelligence scores (Shinwari, Iqbal et al. 2023). Evidence from empirical research revealed that children's emotional and psychological wellbeing was not connected with teacher rejection (Sarfaraz, Iqbal et al. 2022). Social capital is an insubstantial resource that has a highly favorable effect as a mediator, improving the social activity and results of employees (Jamil and Rasheed 2023). Education experts can evaluate behavior conduct in accordance with perceived teacher acceptance rejection with the use of this handy scale (Sarfaraz and Malik 2023). From this point of view, forgiveness happens when someone gives up emotionally driven judgements, complaints, attack thoughts, and convictions to concurrently recognise integrity, worth, splendour, virtue, kindness, and harmony in oneself and others. Another perspective on forgiveness states that it begins when a person deliberately decides to forgive (see events from a different angle) and abdicates authority to a superior being or their inner self (e.g., God). Obligations are projected, claimed, and released along this process, therefore changing them to feelings of serenity and harmony (Worthington & Scherer, 2014). The results suggest that psychological therapy could speed up the development of both forgiveness (Wade, Bailey & Shafer, 2015) and gratitude (McCullough et al., 2012), both of which improve one's well-being. Their practical element makes gratitude and forgiveness positively associated (McCullough et al., 2012). It has long been found that forgiveness and thankfulness correspond directly to pleasure, good sensations, and a feeling of success.

Good features of teenage development can bring about enjoyment (Lerner, Almerigi, Theokas, & Lerner, 2015). They more likely view problems as chances for development. People who experience positive emotions—joy, curiosity, satisfaction, love—have been found to be more resilient (Ong et al., 2016). One can find happiness via many different approaches. Previous psychological definitions gave health great weight as a clear life goal. These definitions also give the emotional component of well-being great importance. Moreover, it was already demonstrated that the essential congruence between great and awful consequences was once whatever served the main goal of achieving development. Research has also shown that, apart

from the significance of positive and negative influence, there can be an autonomous component of well-being. 2016, Sirgy and Pavot. Emotions help people deal with difficult situations and improve relationships in society. Thus, research on gratitude can help to clarify the link between happiness and personal connections. Grateful thinking helps people to enjoy positive life events and challenges, thereby enabling them to obtain the most satisfaction and enjoyment from their surroundings (Sheldon & Lyubomirsky, 2016). Gratitude and forgiveness are connected to psychological and physical wellness since they are pro-social, empathy-based personality traits. Some writers assert that poor self-esteem individuals are less likely to forgive. In essence, mental and physical health as well as life happiness are linked to forgiveness's capacity. Forgiveness is defined as the act of realizing the faults of the wrongdoers therefore healing emotional scars and building fresh relationships in the future (Williamson & Gonzales, 2017).

The thankfulness exercise has been described as a two-step procedure, first in which one acknowledges that one has accomplished a great outcome and second in which one realizes that achievement is accountable for another source. Studies on 36 Gratitude exercises have shown they increase happiness and reduce blood pressure and coronary heart rate (Kelly JD. 2017).

Forgiveness

Furthermore, forgiveness is that its system is started when a man or a woman decided to forgive (varies from person to person) and this kind of decision enhanced a sense of authority (e.g., God). By claiming and releasing, continuity of nice acts can increase obligations and change the emotions of peace and harmony. (Worthington & Scherer, 2014) In the modern era, forgiveness depends on one who has a faith and also experienced suffering time period; so, it is essential to have knowledge on how interactions with transgressors should expose after a certain amount of time. In this regard, forgiveness is defined as "the shaping of a recognized transgression so that one's responses to the offence, violation, and consequence of the indiscretion are transformed from poor to neutral or good." The source of a trespass, and hence the object of forgiveness, could alternatively be yourself, another person or entity, or an incident one believes to be beyond the reach of

anybody (Thompson et al., 2015). It is clear that when forgiveness and thanks guarantee certain intellectual development, both bodily and mental well-being turn to an oblique path. Research hypotheses confirm that thankfulness and forgiveness always raise subjective well-being and that this attachment is probably mediated by mental efficiency. Thompson et al., 2015.

Experimental researches and detail works on forgiving others, showing gratitude and achieving success is spreading and it is noticed that these variables are connected to each other in every field of life, it is very interesting to know that these two variables are having broader terminologies under the umbrella of psychology same as well-being is have. It is a fact that Asian and Pakistani researches have literature gaps which create reasonably a small lookup between forgiveness, gratitude and subjective well-being. Numerous empirically validated studies have found a link between forgiveness and appreciation and risky or detrimental circumstances, such as anxiety and depression. Similar to this, several studies have focused on the potential of forgiveness and appreciation to contain the negative rather than extend the positive aspects of daily life When high-quality well-being outcomes are connected together, it has been discovered that there is a tremendous phenomenon that may be quantified in several unique and constrained ways. In the daily life, forgiveness has a value of subject of dialogue in quite a number disciplines such as theology, psychology and philosophy, Forgiveness is generally viewed as an act kindness and not to take any revenge while others have mistaken. According to (Hall and Fincham, 2015), it is an excellent characteristic of forgiveness is that the person who forgive others give up on anger, sadness and irritation, for this reason presents the present of consideration and humbleness to which the culprit has no right. Forgiveness was once additionally described as a release of poor emotions closer to anybody or something that has transgressed in opposition to the man or woman (Thompson et al., 2015).

As a result, a person's social life is greatly changed, and they begin to feel more connected to society. The primary characteristics that describe forgiveness include shifts in perception, conclusions, and beliefs; internal fortitude;

decision-making; feelings of preference and aims; and shifts from clouded perception to clear vision (Berry, 2015). According to this viewpoint, forgiveness occurs as a result of a person giving up emotionally supported judgments, assaults, grievances, and convictions toward themselves and other people in order to see value, integrity, virtues, greatness, affection, and harmony in both themselves and all other people at the same time.

Gratitude

Over the years, the idea of respect has grown and changed. At first, "gratitude" was described as "the feeling of recognizing and expressing, in the best possible outcomes and experiences, the content of feelings for someone's sacrifice in a way that one's gains." Later, it was described as "great conceptualizations of "Mind kingdom," "moral control," "emotion," "adapting response," or "personality trait." In line with this, Emmons, McCullough, and Tsang (2013) gave more helpful information when they said that being thankful includes parts of both the mental and emotional aspects. Watkins (2014), on the other hand, focused on the qualities of appreciation and contentment that make a character likely to value. Watkin says that people who are thankful often feel happy and satisfied. In addition to enjoying the good things in life, thankful people know that other people make them feel good. Behavioral scientists have found that being thankful is another human force. People often feel thankful when they get help from anyone, whether it's information or something tangible. According to Friedman (2018), debtors can let go of all anger and guilt when they only feel thanks, honour, or thankfulness towards another person. This can make them feel mentally calm. This study found that a positive attitude, which is defined as "a broad tendency to grasp and respond with glad feeling on the roles of diverse people's generosity through wonderful experiences and result," is an emotional trait that is linked to being thankful. According to Breen et al. (2016), both forgiving and being thankful are good for mental health because they make it easier to feel good feelings and have hope for the future.

Psychological Well-being

If someone is mentally healthy, they can handle anything that comes their way. People can work in two different ways: consciously and subconsciously. How each person thinks about their life. There is a lot of power in people's moods, experiences, feelings, and emotions, both good and bad. Things that make a person's daily life hard might also have an effect on their mental health.

People who are mentally and emotionally healthy are more likely to have strong emotions that make them happy and filled with joy. Another goal could be to make young people feel better and behave better (Akhtar, 2019). Basson (2018) says that taking care of one's own mental health is very important for lowering the number of problems like sadness, anxiety, loneliness, and drug abuse among young people.

Careers' mental health was harmed by a number of things. These things included their age, gender, level of self-control, social support, and the care they got (Ronen, Hamama, Rosenbaum, & Mishely-Yarlap, 2016). The findings supported the idea that a person's level of self-control and social support should have an effect on their mental health at work. More research on teens who have been sexually abused has shown that having real social support has an effect on their mental health. Hardjo and Novita (2015) say that having more social help is good for people's mental health.

Forgiveness is another thing that can hurt your mental health. Researchers Enright and the Human Development Study Group found that forgiveness may be good for your mental health. Simply because people are selfish by nature, it might be hard for carers to forget. Egocentrism, which David Elkind calls the tendency of job roles to see themselves and the world through their own ideological lenses, is the most important part of a caregiver's growth in one area. That's why it's not a surprise that they think they are the best and most decent friend. During emergencies, some people let their pride get in the way of their ability to handle things. One important part of a person's mental health is their ability to accept. Egotistical people, on the other hand, aren't willing to say sorry to others. It's good for your mental health to forgive someone, so it should make you feel good. The movie "Desmita"

Research Methodology

A scientific method was used for this study. A questionnaire was made by the expert so that they could collect information. The study team chose participants based on how easy it is to get in touch with or find them. This is called a "convenience sample." One way to find out how comfortable people are is to put yourself in a busy market or shopping Centre and have people walk by and fill out surveys. A sample size is the number of parts that are used to get the needed data. Most of the time, "n" stands for the group size. People were asked to talk to 200 male and female careers from Lahore's water houses and special centers. Version 26 of SPSS was used to look at the data in this study. Regression analysis was used to look at how forgiving and valuing each other affects mental health. We used Pearson's product-moment correlation to see how the data linked to mental health, forgiveness, and being thankful.

Using the signals from the variables, the researcher built the gadget on his or her own. After the generated form was given to the supervisor, they were asked for their thoughts and opinions. Respected teachers gave insightful evaluations and points of view. One paper was made so that information could be gathered. What was said on the poll. The researcher went out into the field to collect data. With a permission letter, it was possible to meet with the head of the institute and then talk to possible respondents.

The Statistical Package for the Social Sciences (SPSS) was used to look over the data after it had been collected and entered. Used a descriptive statistical frequency distribution to describe trends in the facts. looking at gender and other types of frequency-based population data. The population data results are shown in the tables as percentages. When the study is over, suggestions and conclusions are added to the list of results.

Results and Discussion

TABLE 1: Summary of Demographics Characteristics.

Demographics	f	%
Age		
24-29	183	83.0%
30-35	17	17.0%
Gender		
Female	100	50.0%
Male	100	50.0%
Marital Status		
Married	133	66.0%
Single, Never Married	65	32.0%
Single, Divorced	1	1.0%
Single, Widowed	1	1.0%
Monthly Income		
20,000-30,000	73	36.0%
30,000-40,000	77	38.0%
50,000 +	50	25.0%
Family system		
Joint family	100	50.0%
Nuclear family	100	50.0%
Total	200	200%

f = Frequency, % = Percentage (N=200)

Table 1 reports the sample size and sampling characteristics of the participants in the study. The demographics of the sample are presented in terms of age, gender, marital status, monthly income, and family system. The age range of the participants was between 24-35, with 183 participants in the age range of 24-29 and 17 participants in the age range of 30-35. In terms of gender, there were 100 female participants (50%) and 100 male participants (50%). The marital status of the participants was categorized into married, single, divorced, and widowed, with 133 participants being married (66%), 65 participants being single (32%), and 2 participants being divorced or widowed (1% each). The monthly income of the participants was classified into three categories: 20,000-30,000, 30,000-40,000, and 50,000 or more, with 73 participants falling in the 20,000-30,000 income range (36%), 77 participants falling in the 30,000-40,000 range (38%), and 50 participants falling in the 50,000 or more range (25%). The family system of the participants was classified into joint family and nuclear family, with 100 participants in each category (50% each).

The sample size and characteristics reported in the table provide a clear picture of the participants in the

study and the distribution of demographic variables within the sample. Proper sampling techniques were likely used to obtain this sample, and the sample size appears to be large enough to draw valid conclusions from the data.

Table 2: Summary of Linear Regression Analysis with forgiveness as predictors of psychological well-being among caregivers (N= 200)

Predictors	R	R ²	Adjusted R ²	F	Df	Sig.
	.046	.002	-.003	-417	1	.000

f = Frequency, Df = Degree of Freedom, p < .05

The results of the linear regression indicate the significance results (p < .000) in table 6. The total variance explained by the model as a whole was 0% at the significant level of p < .000. P value is .05 which indicates Forgiveness predicts the psychological well-being.

Table 3: Coefficients Summary of Linear Regression Analysis with forgiveness as predictors of psychological well-being among caregivers (N= 200)

Model	Unstandardized Coefficient	Standardized Coefficients	T	Sig.
	B	B		
Constant	65.282		11.108	.000
Forgiveness	0.96	0.46	.646	.519

T = t value, sig = significant level. ***p < .001

The results of the linear regression, indicate the significance results (p < .000) in table 3. P value is .05 which indicates Forgiveness predicts the psychological well-being.

Table 4: Summary of Linear Regression Analysis with Gratitude as predictors of psychological well-being among caregivers (N= 200)

Predictors	R	R ²	Adjusted R ²	f	Df	Sig.
	.022	.001	-.005	.100	1	.000

f = Frequency, Df = Degree of Freedom, p < .05

Table 4 shows that p-value is .000. It shows that gratitude positively predicts self-concept among caregivers of Mental health disorders.

Table 5: Coefficients Summary of Linear Regression Analysis with gratitude as predictors of psychological well-being among caregivers (N=200)

Model	Unstandardized Coefficients B	Standardized Coefficients B	T	Sig.
Constant	67.404		12.838	.000
Gratitude	0.67	0.22	.315	.753

.T= t value, sig= significant level.*p <.05

Table 5 shows that p-value is .000. It shows that gratitude positively predicts self-concept among caregivers. So our hypothesis is accepted that the level of gratitude positively predicts psychological well-being.

Table 6: Correlation among forgiveness, gratitude, (N=200)

Variables	Forgiveness	Gratitude	Well-being
Forgiveness	-	.362**	.083
Gratitude	1	-	.031
wellbeing	.083	.031	1

Variable= forgiveness, gratitude, wellbeing **p <.01

In Table 6, we can see that there is a positive relationship between forgiveness and gratitude (p=.3), a negative relationship between forgiveness and wellbeing (p=.08), a positive relationship between gratitude and wellbeing (p=.03), and a negative relationship between wellbeing and forgiveness. For people who care for people with drug use problems, it makes sense that forgiveness and gratitude are linked, as well as gratitude and wellbeing. However, wellbeing and forgiveness are linked in a way that is opposite to what you might expect.

Discussion

Carers' mental health is impacted by forgiveness and thankfulness, according to the study's findings. Carers from families with a history of mental illness are statistically more likely to have poor mental health themselves. An abundance of gratitude can result from an abundance of forgiveness, according to the term connection. Our hypothesis states that men tend to be more forgiving and grateful, and that these traits are associated with better mental health. Research by Pronk (2019) found that elevated levels of executive functioning were associated with greater forgiveness than lower levels. Being able to control one's impulses and avoid temptation may also help

one forgive. In order to forgive others, people need to rein in their tendency to let go of grudges and hurt feelings. People that have trouble focusing might not be as forgiving because of this. Pronk and colleagues (2019)

Forgiveness has multiple beneficial effects, according to research. These include better mental and emotional health, resilience to interpersonal stressors, and the capacity to find common ground and make amends (Finkel et al., 2012). The study's findings and their implications are presented in the results section. The purpose of the study was to examine carers' mental health in relation to forgiveness, gratitude, and overall happiness.

Overall, the results suggest that forgiveness and gratitude are important factors that positively contribute to the psychological well-being of caregivers. The study has important implications for the development of interventions that aim to improve the psychological well-being of caregivers. Caring for a loved one who struggles with mental health disorder can be a challenging and demanding task that can take a toll on the caregiver's psychological well-being. The emotional stress of caregiving can lead to feelings of anger, frustration, sadness, and even guilt. However, cultivating a sense of forgiveness and gratitude can help caregivers maintain their psychological well-being and enhance their overall quality of life.

Forgiveness is a critical component of psychological well-being, and it can be a powerful tool for caregivers. Caregivers may feel anger, frustration, and resentment towards the person they are caring for because of the harm that mental health disorder has caused to the family. However, practicing forgiveness can be transformative, helping caregivers to release negative emotions and find a sense of inner peace.

Forgiveness is not easy, and it is a process that takes time and effort. Forgiving someone does not mean that you condone their behavior or forget about the pain that they have caused. Instead, forgiveness is about releasing the negative emotions that are holding you back from moving forward. It is important to acknowledge the hurt and pain caused, but it is equally important to let go of those negative emotions and find a sense of compassion and understanding.

Gratitude is another powerful tool that caregivers can use to enhance their psychological well-being. Focusing on the positive aspects of caregiving, such

as the opportunity to help a loved one or the personal growth that comes from overcoming challenges, can help caregivers find a sense of purpose and meaning in their role. Expressing gratitude for the small things in life can also help caregivers maintain a positive outlook, even in challenging situations.

In conclusion, caring for a loved one who struggles can be a challenging and demanding task that can take a toll on the caregiver's psychological well-being. However, cultivating a sense of forgiveness and gratitude can help caregivers maintain their psychological well-being and enhance their overall quality of life. By practicing forgiveness, focusing on the positive aspects of caregiving, caregivers can find a sense of inner peace and fulfillment in their caregiving role.

Conclusion

According to the data collected for this study, the first theory is supported: forgiveness is a strong predictor of psychological well-being. The test for this theory shows that the p value is .000, which is less than .05. The first theory says that the forgiveness factor is a very good indicator of psychological health. The results also show that carers' personal health can be predicted by how grateful they are. Psychological well-being among carers was found to be good in this study. Forgiving and being grateful can help people who have a family member with mental health problems guess how they will do in the future.

Recommendations:

1. The following suggestions are made based on the findings and limitations:
2. It is suggested that similar studies be done in both urban and country parts of Lahore to make the results more useful.
3. Carers deal with a range of problems. It is a good idea to look at carers in different settings and their quality of life during those times.
4. If you want to learn more about variables like the ones used in this study to read more variables.
5. Looking at the study's results, it seems like more research can be done in this important area of quality of life.
6. The same study should be done on big groups of carers who have different kinds of illnesses.
7. It would be helpful to look into the stress, happiness, motivation, leadership style, commitment to mental health treatment, and other aspects of

carers' quality of life.
8. The same study should be done on things like personality, demographics, and factors that affect financial worry.

9. In addition to the variables used in this study, similar research can be done with other statistical variables like location, age, and socioeconomic position.

10. It might be helpful for future studies to be done again within the time limits given, this time taking into account things like depression, worry, communication, plans to leave, and support from management.

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