The Role of Interpersonal Forgiveness Components in Prediction of Psychological Well-being in High School Students of Tabriz

Omid Ebrahimi¹, Touraj Hashemi²*, Delaram Mohammadi³

1. Master Student of General Psychology, Young Researchers and Elite Club, Tabriz Branch, Islamic University of Tabriz, Tabriz, Iran
2. Professor of Psychology, Department of Psychology, Tabriz University, Tabriz, Iran
3. Ph.D Candidate of Educational Psychology, Tabriz University, Tabriz, Iran

*Corresponding Author: Touraj Hashemi, Department of Psychology, Tabriz University, Tabriz, Iran
Email: tourajhashemi46@tabrizu.ac.ir

How to cite this article:

Abstract

Background and Objectives: Psychological well-being is a concept that discussed in Positive Psychology. Reconnaissance the factors affecting it, is one of the favorite themes of psychological research today. This research aim was study the role of interpersonal forgiveness (Control resentment, realistic understanding, and control of revenge) in predicting students’ psychological well-being.

Material and Methods: This study was descriptive and correlation. In this regard, a sample of 366 students was selected according to multi-stage cluster sampling among high schools of Tabriz city. They filled Psychological well-being of Ryff and interpersonal forgiveness scale. The data was analyzed by the means of statistical methods of Pearson correlation and standard multiple regression.

Results: The mean (SD) of age participants was 17.3 (0.8) and their social economic were intermediate. The mean (SD) of pain control was 14.2 (3.5) (r=0.158), realistic understanding 18.8 (3.2) (r=0.326) and revenge control 25.5 (3.7) (r=0.157) and there was a significant and positive relation with psychological well-being 75 (9.9), (P<0.05). Furthermore realistic understanding could predict psychological well-being significantly.

Conclusion: The study showed that people who are realistic to understand the terms effective the error and characteristics fallibility of human. They have higher psychological well-being.

Keywords: Psychological well-being, Forgiveness, Realistic understanding, Pain control, Revenge control