

***Role of Self Compassion, Emotional Intelligence and Forgiveness in Well being  
among adults***

*A*

*Thesis*

*Submitted in the partial fulfilment of the requirement for the award of degree of  
Master of Arts*

*In*

**PSYCHOLOGY  
(COUNSELLING)**



**THAPAR INSTITUTE**  
OF ENGINEERING & TECHNOLOGY  
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### CERTIFICATE

This is to certify that the dissertation entitled "Role of Self Compassion, Emotional Intelligence and Forgiveness in Well being among adults" submitted by Manreet Chahal (Regd. No 861702010) in the partial fulfilment of the requirement for the award of the degree of Master of Arts in Psychology, to Thapar Institute of Engineering & Technology is a record of student's own work carried out by her under my guidance and supervision. The report has not been submitted for the award of any other degree or certificate in this or any other university or institute.

  
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### CANDIDATE'S DECLARATION

I, hereby declare that the work which being presented in the thesis entitled, "Role of Self Compassion, Emotional Intelligence and Forgiveness in Well being among adults" in the partial fulfilment of the requirement for the award of degree of Master of Arts in Psychology, Thapar Institute of Engineering & Technology, Patiala, is an original record of my own research work carried out under the guidance and supervision of Dr.Naveen (Lecturer), school of Humanities and Sciences, Thapar Institute of Engineering & Technology, Patiala, India. The content in the dissertation has not been submitted to any other university or institute for award of any other degree.

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## **ABSTRACT**

The purpose of the study was to find out the relationship of well being with self compassion, emotional intelligence and forgiveness among adults. The sample consisted of 120 students (60 males and 60 females). The data was collected using four questionnaires namely: Adult MHC (mental health continuum) - SF, Self Compassion Scale, The Schutte Self Report Emotional Intelligence Test and Heartland Forgiveness Scale. Correlation results revealed that there is significant positive correlation between emotional intelligence and psychological well being. However it was found that there is no significant positive relationship between self compassion with well being, but it was found that there is significant positive relationship between psychological well being and forgiveness. In addition to this, the sub scales of self compassion which are common humanity and mindfulness were found to be positively correlated with well being. Results of correlation also indicated that there is significant positive relationship between forgiveness and psychological well being Regression analysis revealed that one of the sub scale of self compassion that is mindfulness is positively associated with total well being. It contributes 2.3% of total variance in mental health. Further results indicated that common humanity is positively associated with well being. It contributes 6.2% of total variance in mental health. Forgiveness was also found to be positively associated with psychological well being. It contributes 4.5% of the total variance in mental health. In addition to this, results revealed that emotional intelligence is also positively associated with psychological well being. It contributes 4.5% of the total variance in mental health. Results further revealed that mindfulness is positively associated with psychological well being. It contributes 3.5% of the total variance in mental health. Results of regression analysis also showed that common humanity is positively associated with social well being. It contributes 5.6% of the total variance in mental health.

**Keywords:** Well being, Self Compassion, Emotional Intelligence, Forgiveness

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## CHAPTER 1: INTRODUCTION

### WELL-BEING:

Well-being can be understood as when an individual feels well i.e. mentally as well as physically and he also feels satisfied. Well-being includes many positive aspects of life. It originates from how we think, act and it is determined by our experiences also. For e.g. when we are in positive mood then we will have greater emotional well-being. When we have job workload then we may experience lower workplace well being. If we maintain healthy relationships with others then we have better social well being.

There are different types of well-being:

- a) Emotional Well-being is the ability to handle emotions effectively that leads to good feelings and to be resilient.
- b) Physical Well-being means improving one's health by healthy eating habits and by exercises.
- c) Social Well-being includes maintaining healthy relationships with others to overcome loneliness and feel secured in the society.
- d) Workplace Well-being is the ability to understand your interests and work accordingly to gain satisfaction professionally.
- e) Societal Well-being is the ability to actively be the part of community and environment and follow the rules and regulations of the society effectively.

To function effectively one needs to make sure that all the types of the well-being are maintained. For e.g if you are in car and then engine and all other parts are working well but the breaks are not then probability is there that you will face problem despite of your engine

working well. In the same way in your life if all the aspects are going on well but you feel unhealthy or lonely then it may affect your well-being and as a result you may not be feel as satisfied as you want. For a better well-being one should know how to build different types of well-being.

a) Emotional Well-being can be developed by building emotional skills which includes emotional regulation, optimistic thinking and mindfulness. If the emotional well-being is better than an individual will be able to handle the stressful situations effectively and can enjoy life a bit more. Many researchers have found some skills that contribute to emotional well-being: happiness skills, resilience skills, mindfulness skills. These skills are really helpful in increasing emotional well-being.

b) Physical Well-being can be developed by having the knowledge of a nutritious diet and importance of exercise. Also the intake of junk food should be avoided. When we will start following a proper healthy routine then it will result in better physical well-being.

c) Social Well-being can be developed by improving social skills. One of the most important social skills to be developed is communication skills. When social well being is developed properly then we feel socially connected with others.

d) Workplace Well-being is developed by finding our purpose and maintaining work life balance. Moreover it includes enhancing professional skills that help us to work more effectively. Workplace well-being has a significant impact on our overall well-being because we spend our most of the time at work.

e) Societal Well-being can be developed by building skills that make us feel interconnected with others. Although we are small parts of our society but each one of us, we together make up the society and together we are responsible of societal well-being. We need to understand

how to be part of the environment and how to support people, how to build stronger bonds with communities and how to live with compassion and kindness towards with each other.

f) Career well-being involves a person is pursuing his/her interests every day. A person with high career well being had a purpose in his life and each day is a planned day for him according to his strengths and interests. His/her goals are clear and the individual works accordingly to achieve them. Along with personal assistance and satisfaction these people are surrounded by significant others as they are up always to encourage, guide, and motivate others.

g) Financial well-being states that a person is able to manage his finances appropriately and effectively. A person high on financial well being knows very well how to spend money wisely and are easily able to do savings for future. They have living with which they are satisfied and they not only spend money for themselves but are also able to buy things for their loved ones. They not only buy materialistic possessions but also the non-materialistic things in terms of happiness.

According to the psychologists well being comprises of two main components which includes:

The subjective component: This according to them means the quality of the individual's life. This comprises of mental, social and physical well being of the individual. It involves the inner satisfaction of the person in terms of happiness and gratification.

The objective component: This according to them means the standard of the individual's life. This involves housing, income, health, recreational services, etc. Basically it is all about the socio economic status of the individual.

According to the Buddhists, happiness and well being are also inter linked. If we look at the four noble truths of Buddha, they state where there is happiness there is well being and there

is no space of any kind of suffering. The Greek philosophers are also of the same view.

According to them well being is of two types:

- Hedonic: it means that a person is towards attaining the pleasure in his/her life.
- Eudaimonic: it involves focusing on self.

Overall well being is diverse topic to be discussed which includes all the types of well being related to every aspect of our life. It also involves our efforts and choices in achieving our mental and physical goals.

### SELF COMPASSION:

Self compassion means being compassionate and kind towards yourself even in the difficult times. Self Compassion involves being supportive, understanding and gentle towards one. It includes giving acceptance to one's shortcomings and providing that warmth and unconditional love to oneself. A person high on self compassion will not ignore his/her shortcomings rather than he will handle those with confidence and without hurting himself/herself with criticism. It assures a person to be optimistic as far as the negative feelings towards self are concerned. With self compassion a person is able to handle his/her emotions in such a way that the emotions are neither suppressed nor exaggerated. Self compassion is all about offering yourself that same help when you, yourself are in trouble, the help that you would offer to your friend when they are in trouble. Self Compassion basically involves three elements: Self Kindness, common humanity and mindfulness. Self compassionate people understand that being harsh towards themselves in their difficult times is inevitable, so therefore they tend to be warm and kind with themselves when they through such painful situations in life. Often it is noticed that people always does not get what they want or what they want to become, so in this state they are often preoccupied with thoughts of considering themselves not worth it or they are not ready to accept other factors. As a result

they are indulged in self criticism which in turn brings their confidence and overall performance down. But if the reality is accepted with kindness then greater emotional equanimity is experienced. When people are going through difficult times then they often consider that they are only the ones who are suffering. On the other hand a self compassionate person will have that feeling of common humanity, he will realize that not only him but others also go through some pain or other difficulties in their lives and along with it he/she will acknowledge.

Self compassion also involves handling the thoughts with openness and clarity so that they are held in mindful awareness. Mindfulness is being non judgemental towards one's thoughts and emotions. Self compassion is not about having pity towards oneself; rather it understands one's own problem along with realising that others are also in the same condition. Taking the perspective of the compassionate person, he/she acquires that mental space which is required to understand things at greater level. The very important side of being self compassionate is remaining happy and healthy for longer period of time. If it is for shorter period, for example if you feel low and you want to uplift yourself then you would probably do something that you love to do, be it watching your favourite show or eating your favourite dish. Now this something called self indulgence, which means satisfying yourself for some particular time period. According to the findings it is suggested that the higher the self compassion would be in an individual the less are the chances of psychopathology. Self compassion not only benefits the individuals towards their physical health but also towards their mental health. Research suggests that when any relationship breaks and if the person is self compassionate, then he will be easily able to get rid of the breakup pain. It is also observed that self compassionate people are not much afraid about the failures that they may face about in their life. This is so because they are confident from their inner side and they know that they will be able to face the difficult situations in their life. They never stop trying their best in every field. The level

of hope is very much in them. Self compassion is also linked with forgiveness, being empathetic towards others and also understanding the viewpoints of others. Self compassion is developed based on the person's environment also. If a particular individual is brought up in the supportive, encouraging and loving environment then the self compassion of the individual would be most probably high. On the other hand if the individual is brought in the rough environment then the individual would be low on self compassion or would not at all be self compassionate. This is so because most of his life the individual has faced criticism only.

According to (Neff et al, 2010), a person is most likely to develop self compassion if he is into some nurturing environment where there is some openness and encouragements resulting in higher chances of building trust with each other and some strong connections promoting well being and self compassion in people. In a way self compassion involves realising and accepting the flaws of self and believing that the imperfections of the person make him perfect (Germer and Neff, 2013). There are different ways to improve and increase the self compassion. One should concentrate on self while talking and know whether it differs according to the change in people or situations or it remains the same. Once the person learns this self reflection process then it becomes easier for the person to find his faults and mistakes. Then once the mistakes are known to the individual then he can work upon them and will definitely learn something beneficial from these mistakes. Development or the improvement of self compassion is slow and gradual process in which the person only works upon his personality and ultimately wants to make his inner side stronger, acknowledging his/her strengths and weaknesses.

When a person tries to understand oneself and offer some support to self which is sometimes seen, then it is often considered that a person is having pity on self. But this is just a myth. In fact self compassion involves not blaming yourself for those mistakes that you have not done. It allows the person to stop criticising self for something wrong that has happened. It involves

ignoring the feelings of frustration, failure and disappointment. According to (Neff, 2011) people high on self compassion are more likely to have higher standards or they are able to maintain their standards. As the compassion for self is important, in the same the compassion for others is equally important. For this one should understand the genuine sufferings of the people.

## EMOTIONAL INTELLIGENCE

Emotional intelligence can be understood as the ability to deal with emotions effectively and to handle the interpersonal relationships in the appropriate manner. It is not necessary that a person who is otherwise intelligent would be emotionally intelligent. For instance a student who is brilliant in his studies, he is not able to cope with the members of his family or a person who is able to handle his interpersonal relationships, that very student, he flunks out of his college. So if a person is mentally intelligent that does not ensure him/her success. According to Darwin, emotional intelligence which includes expressions is very much important for the survival of the human beings. Emotional intelligence not only means to be aware of your own emotions but along with this understandings others feelings and emotions also. These understandings lead to management of relationships which lead a person to be successful in his/her life. People those who are high on emotional intelligence are able to understand the impact of negative emotions on them, on their mind, on their body, relationships, on their set goals as well. Once they know these negative effects then they are also able to moderate them accordingly and move ahead, thus enhancing their life. Even in the workplace, people with high emotional intelligence are believed to be more successful than who are low on emotional intelligence. This is so because they are able to understand their emotional and others as well in particular situations and they use these small clues as a way to interpret others and move accordingly.

According to some researchers, emotions serve a biological purpose. This means that emotions let us know that what we exactly need because ultimately when we get what we need, our emotions would be happy and satisfied. Emotions also make us realize when we are not getting what we need. For example when we are not getting what we want then our emotions shown would be anger, disappointment or any other negative emotion. In many studies it is found that people who are high on emotional intelligence tend to live a longer, healthier and happier life. If the emotions a being ignored by the particular person then it may lead to unhappiness and illness. People high on emotional intelligence experience a balanced life where all the feelings and emotions are balanced. For example:

Motivation: a person high on EI would always feel motivated towards his goals, towards his work. Peace of mind: when a person is emotionally satisfied, then surely he is at peace of mind. Self- control: an individual high on EI is able to control self because he has his control over his emotions. Connection: person experiencing balanced emotions is able to maintain his relationships and to build long lasting connections. Freedom: this is the thing each of us live for. We should realise that if we are high on EI then we are free because we are able to control everything, as we know the ways how to cope, how to manage and how to adjust. Other feelings could be desire, contentment, appreciation, autonomy, fulfilment etc. Emotional intelligence is not an easy thing that a person would be able to control and manage his/her emotions. It is somewhat a detailed process and if taken seriously can be beneficial for the person. On the whole the intelligence of the person which can be considered as IQ contributes very less to life success. It is emotional intelligence that plays a major role in a person's success. The fact that EI has a major role in a person to be successful is that with emotional intelligence, a person learns the ability to motivate oneself pushing oneself towards goals fulfilment, a person never loses hope, person is able to regulate his emotions and moods, and they are able to understand others and their feelings.

Emotional intelligence is a lifetime process as it keeps on developing throughout our life. Education also plays an important role in the development of emotional intelligence, because maximum and the crucial time of the individual is spent in the educational settings only. So the situations they face, the problems they go through and whatever happens, involves the emotions and the way the people handle these and manage everything affects the emotional intelligence of the person. It is noticed in many cases that people who average in intelligence level they perform much better than the people who have higher levels of intelligence. This is so because the average people have higher emotional intelligence than others.

Emotional intelligence is very necessary to manage the behaviour of self and to move smoothly with other choices and situations in life. The person with effective emotional intelligence would be flexible enough to change according to the situations managing the emotions and handling the interpersonal memories effectively. To develop certain specific skills, the foundation of emotional intelligence should be laid. It leads a person to think in the best possible way to make the best possible decisions and choices for him/her. There are mainly four important skills involved in emotional intelligence: Self awareness means that a person is fully aware of self so that he can manage and understand others also. Self management involves what a person does to manage self, to manage the emotions and therefore work effectively. Once the person is sure about self then things shift to others. Then other two skills are: social awareness which means that a person very knows about the society and its functions. Social management means utilizing the knowledge of social functions in managing the other members of the society in terms of managing the interpersonal relations.

There are different perspectives of different people on emotions. Some of them think that emotions are burden for them, difficult to handle, hamper their judgement skills, increase their vulnerability, etc. On the other hand people who are successful and high on their performances at their academics and workplace believe that emotions are motivating factors,

they boost their confidence level, and they are able to maintain their interpersonal relationships effectively.

#### FORGIVENESS:

According to many psychologists forgiveness is a deliberate decision to release feelings of resentment and to make oneself free of the unwanted stress and burden. Forgiveness leads to a peaceful state of mind and frees an individual from any kind of anger and hatred. It enables a person to move on in life. Forgiveness is different from forgetting and condoning. Forgiveness does not force a particular individual to maintain the same and healthy relationship with the person who harmed the individual. Human beings tend to respond to negative things in even more negative ways. For example if a person is cheated by someone then he is more likely to take revenge from that particular person, rather than just ignoring him/her. So forgiveness is very rare to find in people. It is somewhat a courageous act.

Many people confuse this term of forgiveness with other terms like forgetting, condoning, pardoning etc. But forgiveness is different from all these terms. With respect to social units, forgiveness can be understood as a characteristic which is similar to trust or commitment. There are some of the social structures which are high on forgiveness which includes family, marriage, etc. It is believed that forgiveness gives us that much needed freedom in which we are able to let go our past. It also helps us to remove the feeling of hatred from ourselves. According to Peterson, forgiveness is a process of change in our thinking. For example a person may change his thinking from I want a particular person to be unhappy or suffer in his life to I am ready to let go all the grudges that I hold towards that person. According to the study conducted by Wang (2008) it was found that the people who are high on agreeableness and those who are emotionally stable find easy to forgive. They are more likely to forget the past and the mistakes of other people and they are able to forgive those who have harmed

them. The tendency of forgiveness is believed to be very beneficial for the society also. When in society there are more people who ready to forgive then with this the harmony and the peace is maintained within the society and the co-operation within the society also maximizes. With this the society functions effectively and towards the betterment of the people and the communities. Other such studies have found that forgiveness proves to be healthy for the one who forgives. Once the person adopts this method of forgiving then he is away from all the negative effects of the situation which may give him loads of stress which results in lowered reactivity and therefore poor productivity. On the other hand who are able to forgive easily they work effectively coping well with the stress.

According to Enright (2005) forgiveness is not just meant to forgive others but ourselves also. He also states that how we can use our strengths in the process of forgiveness. According to him there are certain keys to forgiveness. First of all one should understand what forgiveness is and its importance, then one should acknowledge inner pain, a person should be empathetic to develop a mindset which will involve forgiving, one should recognise his/her strengths and use them to overcome from certain problems, one should learn to forgive oneself and along with mind one should also develop a forgiving heart. Forgiveness is basically a method that a person practices so that he/she can do good things so that he can become a better person. It is believed that forgiveness is a psychological response towards an individual's pain, hatred, and anger. It involves several times including time and effort.

If we look at the studies conducted on depression and anxiety, we will be able to know that the patients who learned to forgive; they were treated rapidly from their problem. Forgiveness is all about being mature enough towards people and the situations. Even the person has hurt at his best then also if you forgive then you are at peace and in healthy position. So it is choosing a respectful response towards the wrongdoers.

It is not at all the easy way to escape from the problems. Rather it takes lots of effort and courage to forgive the one who intentionally or unintentionally have given you pain. Just to let go your sufferings and to let go the bad times if a person is able to forgive then it is well and good for the individual. Not just by saying you can forgive. A person needs to get prepared from inside and then only he is able to forgive in real terms. Often it is believed that while you forgive you let go things or you forget things. But that is not the ways. Everything is there in the person's mind. By forgiveness he is just trying to eliminate the negative feelings and thoughts from his mind which may haunt him thereafter. In forgiveness the person does not convince himself/herself that the wrongdoer might be right or he has done something out some pressure or something like that. As a whole forgiveness is selfish process in which a person aims at his/her own will ignoring what the person have exactly done. It is not just for the sake of others or to become somewhat great but it is done for self satisfaction and which is very fair enough. Even the other positive traits of personality are increased once the person learns to forgive. For example self esteem, well being, social adjustment etc. With this the negatives things tend to decrease which are stress, anxiety, irritation, depressive thoughts etc. One of the studies reveals that there was a girl who suffered neglect and abuse from her parents and later on in her college days she starting living alone but was not able to forget her pain. So then she visits a counsellor and she suggests the girl to forgive her parents. At first the girl was really worried that forgiving is all about denying what her parents have done to her. Then she is being confided by the counsellor and the girl does the same as told by her counsellor. Now that she had forgiven her parents she feels so relaxed, relieves and composed. She feels that she has lots of energy in herself and can do lots of things in her life with all new fresh start. So forgives can do wonders to people if they are able to understand its true meaning.

## CHAPTER 2: REVIEW OF LITERATURE

### 2.1 Well being:

Well being is proved to be beneficial for the adults with respect to their performance academically. According to Garcia, Garcia, Castillo and Queralt (2011), well being is one of the important aspects in the student's life. Studies have found that people low on well being tended to engage in negative events of life such as juvenile delinquency, excessive use of drugs and alcohol. These activities might lead to life dissatisfaction. According to Burris, Bretching, Carlson and Salsman (2009) adulthood is the most important phase of a person's life. The stressors that they come through can bring the students off track resulting in lower levels of psychological well being (Chao, 2012).

In a study conducted by Chan & Chan (2012), it was revealed that people who had loans and who were poor at planning their budget; they showed negative effect on financial well being. These practises gave the individual's stress and stress related problems which include lower performance at their workplace and the students who were associated with the study also showed the signs of stress. Due to this the performed poorly on academic front and some of them were even dropped out of their educational institutions. According to Amto and Sobolewski (2001), socio economic status plays an important role in determining the psychological well being. There is also a relationship between well being and education. In another study conducted by Boehm and Kubzansky (2012), the results revealed that psychological well being is associated with physical health. The study further found that if the people were high on well being then they were satisfied with their physical health as well. Results also suggested that positive psychological health leads to fit and healthy cardiovascular system.

## **2.2 Self Compassion and Well being:**

Self compassion is believed to increase the inner happiness in human beings. In a study conducted by Neff and Beretvas (2013), it was found that the individuals who were higher on self compassion were more accepting and supportive towards their partners. This lead to a great satisfaction in the relationship as well as the well being of the people was also high. This is so because they are able to understand themselves properly and therefore provide themselves immense care and they also have many resources to give to their partners in terms of being loving, caring and supportive.

Another study conducted on college students by (Crocker & Canevello 2008), revealed that students who were self compassionate were more into maintaining their relationships with their friends, roommates and even their teachers. According to Yarnell and Neff (2013), self compassionate people can even compromise in certain conflicting situations. While those who are low on self compassion are not ready to compromise, rather they deliberately get indulged in these kinds of situations. Self compassion is also associated with the past in terms of repairing the damaged relationships (Breines & Chen, 2012; Howell, Dopko, Turowski & Buro, 2011).

Many people may be more compassionate towards others than to themselves, research conducted on this part shows that self compassion is essential for development of the nature of care giving (Shapiro, Brown & Beigel, 2007). Moreover with respect to politics also there are certain studies conducted on self compassion and it is found that self compassionate workers are less likely to experience the burnout by handling the needs of their supports (Barnard & Curry 2012). Shapiro, Bishop, Astin, and Cordova (2005) conducted a study on self compassion and found that increased self compassion among people lead to decreased levels of stress and thus improving and enhancing the well being of the people. In the study

of (Zessin et al. 2015) it is revealed that self compassion is associated with reduced psychopathology and increased well being. Self compassionate people showed higher levels of well being conducted in research study by (Dickhauser & Garbade, 2015). In contrast with this people who are lower on self compassion were more prone to mental health problems such as depression, post traumatic stress disorder (Thompson & Waltz, 2008).

### **2.3 Emotional intelligence and Well being:**

According to the research on this topic it is revealed that there is a positive relationship between emotional intelligence and well being. If the emotional intelligence of the particular person is more than it is most likely that a person's well being is accurate because well being is linked with emotional intelligence in one way or the other (Vandervoot 2006). It is found that there is a link between mental health and emotions and how to manage the positive and negative emotions (Pressman & Cohen 2015). Research carried on emotional intelligence reveals that it is negatively correlated with stress and therefore affects the well being of the individual. The more the emotional intelligence in an individual, the less the stress he will face (Kinman et al, 2006; Lewis, 2004; O'Boyle, 2001; Simpson & Cohen, 2004).

Emotional intelligence proves to be essential in decreasing the stress creating factors, thus enhancing the well being of the individual's (Nelson et al 2006; Selva & Loh, 2008). Emotional intelligence is associated with the mental abilities of the person which enables him/her towards the betterment of the psychological well being (Goleman 1995).

In another research conducted by (Van Eeden 2002), it showed that emotional intelligence had a composition with psychological well being. It is also related to the life domains which include the social relationships and other such relationships. Sheldon and his colleagues (2004) conducted a study on emotional intelligence and well being and they found that needs of relatedness affected in the levels of well being. Need of competence which is enhanced by

emotional intelligence is also linked with well being. It was found in one of the research study conducted by Patrick, Knee, Canevello and Lonsberry, (2007). Another study Bradburn (1969) revealed that psychological well being is important then social well being and it is linked more with the emotional intelligence. Further Mayer et al (2003), conducted a study and found that emotional intelligence promotes intellectual growth. Other research study by (Payne 1985) used the term emotional intelligence in his paperwork and also mentioned the importance of emotions in our life. According to (Hein 2007), emotional intelligence is ability to perceive the emotional information effectively. (Bar-on 2002), felt that emotional intelligence is the combination of so many processes which include social abilities, personal skills etc.

#### **2.4 Forgiveness and Well being:**

Forgiveness is said to be the positive characteristic of human beings with respect to their nature. In one of the study conducted by Thompson et al. (2005) it was revealed that forgiveness is positively correlated with well being. It was also shown that people with unforgiving nature experienced some kind of psychological distress. In another research study conducted by (Al-Mabuk et al. 1995; Coyle & Enright, 1997) it was found that forgiveness is helpful in improving the psychological well being of the individual. Along with this there were decreased levels of anxiety and depression and the increased levels of self esteem were also observed.

Another study suggested that forgiveness is strongly related with well being and other such components. The results showed that if an individual was high on forgiveness scale then his mental well being was also high (Brown, 2003; Karremans, Vans Lange, Ouwerkerk, & O Kluwer, 2003; Karuse & Ellison, 2003). Psychological well being is considered to be the combination of all the positive aspects of human nature Deci & Ryan, (2008). It is one of the

feelings which lead the person to think good and act well and therefore function effectively Huppert, (2009). In another research study conducted by (Barlow & Durand, 2005) it was found that psychological distress is negatively correlated with well being and forgiveness. The participants in the study who showed higher levels of stress were for not statistically forgiving and their mental well being was also somehow disturbed. In the study conducted by (McCullough & Witvleit, 2002), the results revealed that forgiveness is strongly related to psychological well being. People who were on increased levels of forgiveness, showed minimal psychopathology and distress. According to (Horwitz & Scheid, 1999; Mechanic, 1999), people who were good on their well being scale, they shifted to decrease in their well being on the scale after experiencing certain type of psychological distress.

According to (McCullough, Emmons, & Tsang, 2002); Nakamura & Orth, 2005), factors like gratitude, acceptance, self esteem, and forgiveness considered to have the positive impact on the psychological well being. The Human Development Study Group (1991) also revealed that to increase the positivity in human beings nature then the trait of forgiveness should be promoted, so that the psychological well being of the individual can be enhanced. In another study conducted by Karremans J.C., (2003), it was found that people who were of forgiving nature, their psychological health was better and it was also found that when a person forgives someone or some situation or even self, then it leads to enhancement in their well being. According to Bono and Root (2007), it was found that forgiving people were more connected with others and therefore their well being was enhanced and satisfactory in a way. On the other hand people who were not ready to forgive, they were more detached from others and therefore their well being was also disturbed.

## **CHAPTER 3**

### **3.1 Research gap:**

After reviewing the existing literature, it is concluded that well being is associated with self compassion, emotional intelligence and forgiveness. Studies revealed that there is positive relationship between them. It was also observed that there are more studies on psychological well being than any other well being in respect to relationship with self compassion, emotional intelligence and forgiveness. Along with this it was found that there were few studies among adults in Indian context. Studies were more focused on older adults and adolescents, they were associated more with the school going children and their activities at school. Therefore, current study is an attempt to examine the role of self compassion, emotional intelligence and forgiveness in well being among adults.

### **3.2 Motivation of the study:**

The findings of this study redound to the benefit of the society considering that all the variables which include well being, self compassion, emotional intelligence, and forgiveness contributes towards the positivity in human nature, thus enhancing and improving the daily functioning of the human beings. The study therefore draws an attention towards the positive aspects of an individual which are really helpful in maintaining and enhancing the well being of people.

### **3.3 Objectives:-**

- 1) To study the relationship between emotional intelligence and well being
- 2) To study the relationship between forgiveness and well being
- 3) To study the relationship between self compassion and well being

### **3.4 Hypothesis:**

The main hypotheses formulated for the present study are as following:

**H1:** Emotional intelligence would be positively correlated with well being

**H2:** Forgiveness would be positively correlated with well being

**H3:** Self compassion would be positively correlated with well being

**H4:** Self kindness would be positively correlated with well being

**H5:** Common humanity would be positively correlated with well being

**H6:** Mindfulness would be positively correlated with well being

**H7:** Self Judgment would be negatively correlated with well being

**H8:** Isolation would be negatively correlated with well being

**H9:** Over Identification would be negatively correlated with well being

## CHAPTER 4: METHOD

**4.1 Sample-** The present study was delimited to 120 people (60 females and 60 males) aged between 24-33 years of Punjab region.

**4.2 Design-** A correlation design was used in the study. Well being was considered as criterion variables whereas self compassion, emotional intelligence and forgiveness were considered as predictor variables.

Different tests were carried out on each subject to measure each of the variable stated above.

Regression was computed to know the extent of the relationship among the variables.

**4.3 Statistical Analysis-** Correlation and Regression analysis were computed considering well being as criterion variable and self compassion, emotional intelligence and forgiveness as predictor variables to see the relationship of self compassion, emotional intelligence and forgiveness with well being.

### **4.4 Tools-**

The study made use of 4 questionnaires:

1) WELL BEING: Adult MHC-SF (18 OR Older); Mental Health Continuum Short Form (MHC-SF) is derived from the long version of the test which is known as Mental Health Continuum Long Form (MHC-LF). It is developed by Corey L. Keyes. The short form of the questionnaire consisted of 14 items. These items were chosen on the basis of the prototypical factor. Thus each of the items in the questionnaire represents the different aspects of the well being which are emotional, psychological and social well being.

To represent the emotional well being three items were chosen that were (happy, interested in life and satisfied). The next six items were chosen to represent the psychological well being.

The items were based on the fact that one item from each of the six dimension. Then the last

five items were chosen to represent the social well being which were also chosen on the fact that one item from each of the five dimensions.

Reliability: The reliability coefficient measured was 0.69.

Validity: The validity calculated was 0.58.

Scoring: As far as the scoring is concerned of the MHC-SF, two dimensions are used that are continuous range (if the range is 0-70) and categorical diagnosis (if someone feels all the symptoms ever day). Individuals who do not respond well then they are considered to be moderately mentally healthy. The scoring is done in three clusters. Cluster 1 measures the emotional well being which is termed as hedonic. It includes items 1-3. Cluster 2 measures the social well being which is termed as eudaimonic. It includes items 4-18. Cluster 3 measures the psychological well being which is termed as eudaimonic. It includes 9-14.

## 2) SELF COMPASSION: Self Compassion Scale (SCS)

The Self Compassion Scale (SCS) is developed by Dr. Kristin Neff. The scale consists of 26 items and the response format is the five point scale ranging from almost never to almost always. The first form of the scale which is considered to be the original scale, it measured three components of self compassion on separate subscales. Later on the analyses revealed that there will be six sub scales included. These sub scales are inter-correlated and they are self kindness, self judgement, common humanity, isolation, mindfulness, and over identification. According to Neff the self compassion scale measures self compassion on the overall basis and also the subscales, depending on the requirements of the researchers.

Reliability: The reliability coefficient measured was 0.91

Validity: The validity calculated was 0.79

Scoring: The response criterion is based on the 5 point scale which ranges from almost never to almost always. Those items that represent the uncompassionate responses, they are reverse coded. This is done so that the self esteem scores and self compassion scores can be correlated.

### 3) Emotional Intelligence: The Schutte Self Report Emotional Intelligence Test (SSEIT)

The Schutte Self Report Emotional Intelligence Test (SSEIT) is developed by Salovey and Mayer. This test is associated with EQ-1 model of Emotional Intelligence. This test consists of 33 items which includes the response scales which ranges from 1 (strongly agree) to 5 (strongly disagree). Each score is graded and then added together to obtain the total score of the participant.

Reliability and Validity: According to Schutte the reliability reported to be 0.90 for their emotional intelligence scale. It is considered that the emotional intelligence score believed to be reliable for adults and adolescents.

It is stated that higher the score on the schutte emotional intelligence test, higher will be the emotional intelligence of the particular individual. It is considered to be the ability test, which is believed to be the best test to measure one's emotional intelligence. If the score ranges from 90-100, then it would be considered as an average EQ. If the score is around 160 of the individual, then it is considered to be as a perfect score. An individual who scores high on this test is considered to be empathizing and understanding towards others. An individual, who scores low on this test of emotional intelligence, can improve his/her emotional intelligence by learning how to reduce their negative emotions and enhance their positive emotions.

#### 4) Forgiveness: Heartland Forgiveness Scale (HFS)

The heartland forgiveness scale was first developed in 1998 and then the current version was developed in 1999 by Laura Y. Thompson and C.R. Snyder. This scale consists of 18 items which is basically used to measure the person's dispositional forgiveness. It does not measure forgiveness as the individual's general tendency to forgive but has some criteria set to measure forgiveness.

The Heartland Forgiveness Scale consists of total heartland forgiveness score and along with this it also consists of three sub scales which are forgiveness of self, forgiveness of others, and forgiveness of situations.

There are total four scores calculated and they items which are included in these four scores are , for total HFS the items included are from 1-18, for forgiveness of self subscale the items included are from 1-6, for forgiveness of others subscale the items included are from 7-12, and for forgiveness of situations subscale the items included are from 13-18.

The scores predict the different levels of forgiveness. If the score ranges from 18 to 54, then it implies that the individual is usually unforgiving towards oneself, others and situations. If the score ranges from 55 to 89, then it implies that the individual is about as likely to be forgiving towards oneself, others and situations. If the score ranges from 90 to 126, then it implies that the individual is usually forgiving towards oneself, others and situations.

It is predicted that the higher the score on the heartland forgiving scale, the higher the person will be forgiving and vice-versa.

#### **4.5 Procedure-**

The questionnaires were distributed to the participants and they were asked to fill the questionnaires with full concentration. The participants were informed in detail about the study protocols and written consent was obtained from them. Further the participants were informed about the procedure and instructions were given. The instructions were as following - you have to fill five questionnaires which will measure some of your behavioural patterns. The information collected from you will be kept confidential. The participants were seated comfortably. It was made sure that participants have answered every item of the four questionnaires. If any of the questions was not answered then it was made sure that the participant answers that question after clearing the participant's query. It was difficult for some of the participants to understand some of the questions, and then it was made sure that they understand the questions in a right way. This was done by simplifying the questions or translating the question into another language. After that the participants were thanked for their co-operation and precious time,

## CHAPTER 5: RESULTS

In order to meet the objectives of the study, the obtained data was subjected to a number of statistical analyses. Data was analyzed by using correlation and regression to examine the relationship of well being with self compassion, emotional intelligence and forgiveness. While computing regression analysis well being was considered as criterion variable whereas self compassion, emotional intelligence and forgiveness were considered as predictor variables. Results are described under separate headings as a matter of convenience.

Correlation results are provided in table 5.1 and regression results are provided in table 5.2 and 5.3. Results of correlation analysis revealed that there is no significant positive relationship between self compassion and well being. Hence our hypothesis stated that Self compassion is positively correlated with well being stands rejected. In addition to this the subscales of self compassion which are common humanity ( $r = 0.261, p < 0.01$ ) and mindfulness ( $r = 0.170, p < 0.05$ ) are positively correlated with well being. Hence our hypotheses stated that common humanity and mindfulness would be positively correlated with well being stands accepted. Results also indicated that mindfulness is positively correlated with psychological well being ( $r = 0.202, p < 0.05$ ). It was also revealed that common humanity is positively correlated with emotional well being ( $r = 0.218, p < 0.01$ ). In addition to this common humanity is also positively correlated with social well being ( $r = 0.249, p < 0.01$ ). On the other hand, results also revealed that there is no significant negative relationship between well being and isolation, over identification and self judgment. Therefore the hypotheses stated that isolation, over identification and self judgment would be negatively correlated with well being stands rejected.

Table 5.1 Summary of correlation analysis of well being, self compassion, emotional intelligence and forgiveness

|                  | EI       | Forgiveness | Self judgment | Isolation | Over identification | Self kindness | Mindfulness | Common humanity | Self compassion total | Emotional Well being | Psychological Well being | Social Well being | Wellbeing Total |
|------------------|----------|-------------|---------------|-----------|---------------------|---------------|-------------|-----------------|-----------------------|----------------------|--------------------------|-------------------|-----------------|
| EI               | 1        |             |               |           |                     |               |             |                 |                       |                      |                          |                   |                 |
| Forgiveness      | 0.132    | 1           |               |           |                     |               |             |                 |                       |                      |                          |                   |                 |
| Self judgment    | 0.035    | 0.025       | 1             |           |                     |               |             |                 |                       |                      |                          |                   |                 |
| Isolation        | -0.312** | 0.109       | 0.157*        | 1         |                     |               |             |                 |                       |                      |                          |                   |                 |
| OI               | -0.311** | 0.102       | -0.043        | 0.397**   | 1                   |               |             |                 |                       |                      |                          |                   |                 |
| Self Kindness    | 0.138    | 0.054       | 0.024         | 0.111     | 0.022               | 1             |             |                 |                       |                      |                          |                   |                 |
| Mindfulness      | 0.154    | 0.075       | 0.123         | 0.029     | 0.118               | 0.141         | 1           |                 |                       |                      |                          |                   |                 |
| CH               | 0.010    | 0.112       | 0.111         | 0.125     | 0.077               | 0.026         | 0.230**     | 1               |                       |                      |                          |                   |                 |
| SC TOTAL         | 0.206**  | 0.166**     | 0.296**       | 0.529**   | 0.543**             | 0.387**       | 0.485**     | 0.402**         | 1                     |                      |                          |                   |                 |
| Emotional WB     | 0.076    | 0.140       | 0.008         | -0.0676   | -0.031              | 0.006         | 0.076       | 0.218**         | 0.022                 | 1                    |                          |                   |                 |
| Psychological WB | 0.226**  | 0.226**     | 0.010         | -0.067    | -0.119              | 0.057         | 0.202*      | 0.089           | 0.031                 | 0.140                | 1                        |                   |                 |
| Social WB        | 0.094    | 0.005       | 0.053         | 0.082     | 0.007               | 0.057         | 0.079       | 0.249**         | 0.043                 | 0.238**              | 0.267**                  | 1                 |                 |
| Well being Total | 0.031    | 0.069       | 0.014         | -0.012    | -0.072              | 0.009         | 0.170*      | 0.261**         | 0.005                 | 0.503**              | 0.698**                  | 0.822**           | 1               |

\*\* Correlation is significant at the 0.01 level

\* Correlation is significant at the 0.05 level

Results further revealed that there is no significant positive relationship between emotional intelligence and overall well being. Hence the hypothesis stated that emotional intelligence is positively correlated with well being stands rejected. In addition to this there is significant positive relationship between emotional intelligence and psychological well being ( $r = 0.226$ ,  $p < 0.01$ ). The results further revealed that there is no significant positive relationship between forgiveness and well being. Hence the hypothesis stated that forgiveness is positively correlated with well being stands rejected. In addition to this the results revealed that there is significant positive relationship between forgiveness and psychological well being ( $r = 0.226$ ,  $p < 0.01$ ).

Table 5.2 Summary of regression analysis of self compassion, emotional intelligence and forgiveness with well being

| IV                     | DV         | B      | Std. Error | Beta   | t-value | Adjusted R square |
|------------------------|------------|--------|------------|--------|---------|-------------------|
| Emotional Intelligence | Well being | 0.013  | 0.033      | 0.031  | 0.698   | 0.005             |
| Forgiveness            | Well being | 0.036  | 0.042      | 0.069  | 0.865   | 0.002             |
| Self Compassion        | Well being | 0.003  | 0.005      | 0.005  | 0.064   | 0.006             |
| Self Judgment          | Well being | 0.025  | 0.149      | 0.014  | 0.171   | 0.006             |
| Isolation              | Well being | -0.001 | 0.125      | 0      | -0.011  | 0.006             |
| Over Identification    | Well being | -0.122 | 0.134      | -0.072 | -0.908  | 0.001             |
| Self Kindness          | Well being | -0.015 | 0.135      | -0.009 | -0.113  | 0.006             |
| Mindfulness            | Well being | 0.334  | 0.154      | 0.017  | 2.168*  | 0.023             |
| Common Humanity        | Well being | 0.047  | 0.138      | 0.261  | 3.398** | 0.062             |

\*\*significant at 0.01 level

\*significant at 0.05 level

The results in the table indicated that mindfulness is positively associated with total well being. It explains 2.3% total variance in mental health  $F(1,158) = 4.69, p < 0.05$ . Mindfulness significantly contribute to the model ( $B = 0.334, p < 0.05$ ).

Results further revealed that common humanity which is the sub scale of self compassion is positively associated with total well being. It explains 6.2% total variance in mental health  $F(1,158) = 11.54, p < 0.01$ . Common humanity significantly contribute to the model ( $B = 0.047, p < 0.01$ ).

Table 5.3 Summary of regression analysis of self compassion, emotional intelligence and forgiveness with emotional well being, psychological well being and social well being

| IV                     | DV                       | B      | Std. Error | Beta   | t-value | Adjusted R square |
|------------------------|--------------------------|--------|------------|--------|---------|-------------------|
| Mindfulness            | Emotional well being     | -0.043 | 0.045      | 0.076  | 0.096   | 0.046             |
| Forgiveness            | Psychological well being | 0.028  | 0.026      | 0.085  | 2.922** | 0.038             |
| Self compassion        | Psychological well being | -0.027 | 0.033      | -0.066 | -0.039  | 0.005             |
| Emotional Adjustment   | Psychological well being | 0.061  | 0.099      | -0.049 | 0.026   | 0.006             |
| Emotional Intelligence | Psychological well being | 0.036  | 0.095      | -0.030 | 2.915** | 0.045             |
| Mindfulness            | Psychological well being | 0.126  | 0.097      | 0.102  | 2.589** | 0.035             |
| Common Humanity        | Psychological well being | -0.006 | 0.088      | 0.006  | 1.121   | 0.002             |
| Mindfulness            | Social well being        | 0.091  | 0.108      | -0.067 | -0.099  | 0.052             |
| Common Humanity        | Social well being        | 0.001  | 0.102      | 0.001  | 3.228** | 0.039             |

\*\*significant at 0.01 level

\*significant at 0.05 level

The results of this table revealed that forgiveness is positively associated with psychological well being. It explains 4.5% total variance in mental health,  $F(1,158) = 8.53, p < 0.01$ . Forgiveness significantly contribute to the model ( $B = 0.028, p < 0.01$ ).

In addition to this, results revealed that emotional intelligence is also positively associated with psychological well being. It explained 4.5% total variance in mental health,  $F(1,158) = 8.49, p < 0.01$ . Emotional intelligence significantly contribute to the model ( $B = 0.061, p < 0.01$ ).

Results further revealed that mindfulness is positively associated with psychological well being. It explained 3.5% total variance in mental health,  $F(1,158) = 0.92, p < 0.01$ . Mindfulness significantly contribute to the model ( $B = 0.126, p < 0.01$ ).

Results of regression analysis also showed that common humanity is positively associated with social well being. It explained 5.6% total variance in mental health,  $F(1,158) = 10.42, p < 0.01$ .

Common humanity significantly contribute to the model ( $B = 0.001, p < 0.01$ ).

## CHAPTER 6: DISCUSSION

The major focus of the present study was to examine the relationship of well being with self compassion, emotional intelligence and forgiveness among adults. For this purpose, the questionnaires were distributed among the participants and they were informed in detail about the study. It was hypothesized that self compassion, self kindness, common humanity, mindfulness, emotional intelligence, and forgiveness would be positively correlated with well being. Results revealed that self compassion, self kindness, common humanity, mindfulness, emotional intelligence and forgiveness are associated with well being. Also the results revealed that self compassion and forgiveness was not significantly related with well being. As far as the emotional intelligence is concerned the results indicated that it is significantly related with well being. Most of the sub scales of self compassion including common humanity, mindfulness showed significant positive relationship with specifically psychological well being, social well being and emotional well being. This shows that increased levels in common humanity and mindfulness leads to increase in well being. Similar results have been reported in previous research findings. Zessin et al, (2015), found that self compassion is associated with higher levels of well being. The results found in the study showed that self compassion interventions proved to be very helpful and it resulted in reduced psychopathology among the patients and significantly improved their mental health. In another study by Oliver and Garbade (2015), it was found that there is a strong relationship between self compassion and well being. Their study also revealed that individuals who were high on self compassion were also high on well being.

According to Zhang and Chen (2016), the results indicated that self compassion promotes well being. The study was conducted on romantic relationships and the results revealed that

individuals who were higher on self compassion were more likely to socially adjust after their breakups and therefore the breakup did not had any negative impact on them. In one of the study conducted by Lekshmi, Sreejal and Premini (2018), the results of this study showed that there is significantly positive relationship between emotional intelligence and well being. It was also found that if the individuals are higher on emotional intelligence; their well being can be enhanced and improved, leading to success in their life.

Fabio and Kenny (2016), reported that emotional intelligence is associated with eudaimonic and hedonic well being. Furthermore emotional intelligence was also helpful in promoting the well being of the individuals. In one of the study conducted by Sasikumar and Jeyakumari (2018), it was found that emotional intelligence is associated with social adjustment. The participants who were high on emotional intelligence were easily able to socially adjust. According to Worthington and Sandage (2015), the results revealed that forgiveness is associated with mental health. Furthermore it was found that forgiveness can be very helpful in improving mental and physical health. Johan and Paul, A.M. (2003), revealed that forgiving enhances the psychological well being. The study was conducted on couples and it was found that the partners, who were high on forgiveness, were able to maintain the psychological well being even after any stressful situation or incident. Scott, Edward and Frank (2012), also reported that forgiveness is positively associated with well being. The study revealed that forgiveness leads to relationship satisfaction leading to enhancement in well being.

## CHAPTER 7: IMPLICATIONS, LIMITATIONS AND FUTURE DIRECTION

**7.1 Implication:** The findings of this study have some important implications. The variables listed in the study are positively related with one another and if will be improved in a particular person the others will also be improved and enhanced. Different types of well being can be enhanced and fostered, if a person is high on self compassion, emotional intelligence and forgiveness. For instance if a person is not psychologically healthy then that means the individual's well being is also affected.

Emotional intelligence would be helpful in improving the well being of the individual. For example if a client comes to the counsellor with the problem of disturbed well being, then his emotional intelligence would also be low and if the counsellor enhances the emotional intelligence by making the individual understand how to cope with others and how to manage his/her emotions, then the emotional intelligence would also be improved along with improve in well being. If the emotional intelligence of the particular person is more than that his well being would also be accurate because well being is linked with emotional intelligence in one way or the other (Vandervoot 2006). It was found that there is a link between mental health and emotions and how to manage the positive and negative emotions (Pressman & Cohen 2015). In the same way forgiveness and self compassion would also foster the well being of the individual. Many studies have suggested the similar implication.

The main psychological problem is stress which leads to other major problems. But if the person is accurate on emotional intelligence, self compassion and forgiveness, then he/she will be most likely away from all the psychological disturbance leading to enhancement in well being, and if the clients are going through such stressful problems then counsellors would probe into the past

experiences of the client to see if there are any emotional problems, or the client is blaming himself/herself for all his/her problems.

According to Neff and Vonk (2009), people who are compassionate towards themselves are less angry in dealing with people. These people are also less violent towards other people and they adjust well with other people. In another study conducted by (Thompson et al. 2005) revealed that forgiveness is positively correlated with well being. It was also shown that people with unforgiving nature experienced some kind of psychological distress. In another research study conducted by (Al-Mabuk et al. 1995; Coyle & Enright, 1997) it was found that forgiveness is helpful in improving the psychological well being of the individual. Along with this there were decreased levels of anxiety and depression and the increased levels of self esteem were also observed. Our findings indicate that self compassion, emotional intelligence and forgiveness are directly or indirectly linked with well being.

**7.2 Limitations:** The present investigation has been conducted adopting an adequate methodology, and accordingly the inferences are made. But every research has its own limitations due to time involvement, economy and some other factors. This project also suffers with following limitations:

- 1) The instruments used to collect the data were the self report measures. So it was completely depending upon the participants whether they performed honestly or not.
- 2) The sample size of this study is relatively small.

**7.3 Future Direction for research:** For future researches, projective tests or behavioural experiments can be used in order to reduce the social desirability component, so that the participants should answer the questions with full alertness and concentration without facing any fatigue. By this the haphazard responses which the participants give because of the excessive questions of the self-report measures, can be ignored. The current study has included young adults in the sample therefore the future research may also concentrate on older population as the magnitude of self-compassion, emotional intelligence and forgiveness changed greatly with increase in age.

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## APPENDICES

### APPENDIX A: CONSENT FORM

I student of M.A. Psychology is going to conduct a research study on well being. As a part of this I need to collect and record some personal information from you. All personal information gathered during the study will remain confidential.

#### CONSENT FORM

I \_\_\_\_\_ hereby give my permission to conduct this research test on me. I am aware about its further use and have read and understood the above information.

**Age:**

**Gender:**

\_\_\_\_\_

**(Signature)**

## APPENDIX B: WELL BEING

Adult MHC-SF (ages 18 or older)

Please answer the following questions are about how you have been feeling during the past month. Place a check mark in the box that best represents how often you have experienced or felt the following:

| During the past month, how often did you feel ...   | NEVER | ONCE<br>OR<br>TWICE | ABOUT<br>ONCE A<br>WEEK | ABOUT 2<br>OR 3<br>TIMES A<br>WEEK | ALMOST<br>EVERY<br>DAY | EVERY<br>DAY |
|---|-------|---------------------|-------------------------|------------------------------------|------------------------|--------------|
| 1. happy  |       |                     |                         |                                    |                        |              |
| 2. interested in life   |       |                     |                         |                                    |                        |              |
| 3. satisfied with life  |       |                     |                         |                                    |                        |              |
| 4. that you had something important to contribute to society  |       |                     |                         |                                    |                        |              |
| 5. that you belonged to a community (like a social group, or your neighborhood)                     |       |                     |                         |                                    |                        |              |
| <b>SEE BELOW 6. that our society is a good place, or is becoming a better place, for all people</b> |       |                     |                         |                                    |                        |              |
| 7. that people are basically good   |       |                     |                         |                                    |                        |              |
| 8. that the way our society works makes sense to you  |       |                     |                         |                                    |                        |              |
| 9. that you liked most parts of your personality  |       |                     |                         |                                    |                        |              |
| 10. good at managing the responsibilities of your daily life  |       |                     |                         |                                    |                        |              |
| 11. that you had warm and trusting relationships with others  |       |                     |                         |                                    |                        |              |
| 12. that you had experiences that challenged you to grow and become a better person                 |       |                     |                         |                                    |                        |              |
| 13. confident to think or express your own ideas and opinions                                       |       |                     |                         |                                    |                        |              |
| 14. that your life has a sense of direction or meaning to it  |       |                     |                         |                                    |                        |              |

## APPENDIX C: SELF COMPASSION

### HOW I TYPICALLY ACT TOWARDS MYSELF IN DIFFICULT TIMES

Please read each statement carefully before answering. To the left of each item, indicate how often you behave in the stated manner, using the following scale:

**Almost**

**Almost**

**Never**

**Always**

**1**

**2**

**3**

**4**

**5**

1. I'm disapproving and judgmental about my own flaws and inadequacies.
2. When I'm feeling down I tend to obsess and fixate on everything that's wrong.
3. When things are going badly for me, I see the difficulties as part of life that everyone goes through.
4. When I think about my inadequacies, it tends to make me feel more separate and cut off from the rest of the world.
5. I try to be loving towards myself when I'm feeling emotional pain.
6. When I fail at something important to me I become consumed by feelings of inadequacy.
7. When I'm down and out, I remind myself that there are lots of other people in the world feeling like I am.
8. When times are really difficult, I tend to be tough on myself.
9. When something upsets me I try to keep my emotions in balance.
10. When I feel inadequate in some way, I try to remind myself that feelings of inadequacy are shared by most people.
11. I'm intolerant and impatient towards those aspects of my personality I don't like.
12. When I'm going through a very hard time, I give myself the caring and tenderness I need.
13. When I'm feeling down, I tend to feel like most other people are probably happier than
14. When something painful happens I try to take a balanced view of the situation.

15. I try to see my failings as part of the human condition.
16. When I see aspects of myself that I don't like, I get down on myself.
17. When I fail at something important to me I try to keep things in perspective.
18. When I'm really struggling, I tend to feel like other people must be having an easier time of it.
19. I'm kind to myself when I'm experiencing suffering.
20. When something upsets me I get carried away with my feelings.
21. I can be a bit cold-hearted towards myself when I'm experiencing suffering.
22. When I'm feeling down I try to approach my feelings with curiosity and openness.
23. I'm tolerant of my own flaws and inadequacies.
24. When something painful happens I tend to blow the incident out of proportion.
25. When I fail at something that's important to me, I tend to feel alone in my failure.
26. I try to be understanding and patient towards those aspects of my personality I don't like.

## APPENDIX D: EMOTIONAL INTELLIGENCE

### The Schutte Self Report Emotional Intelligence Test (SSEIT)

Instructions: Indicate the extent to which each item applies to you using the following scale:

1 = strongly disagree

2 = disagree

3 = neither disagree nor agree

4 = agree

5 = strongly agree

1. I know when to speak about my personal problems to others
2. When I am faced with obstacles, I remember times I faced similar obstacles and overcame them
3. I expect that I will do well on most things I try
4. Other people find it easy to confide in me
5. I find it hard to understand the non-verbal messages of other people\*
6. Some of the major events of my life have led me to re-evaluate what is important and not important
7. When my mood changes, I see new possibilities
8. Emotions are one of the things that make my life worth living
9. I am aware of my emotions as I experience them
10. I expect good things to happen
11. I like to share my emotions with others
12. When I experience a positive emotion, I know how to make it last
13. I arrange events others enjoy
14. I seek out activities that make me happy
15. I am aware of the non-verbal messages I send to others
16. I present myself in a way that makes a good impression on others
17. When I am in a positive mood, solving problems is easy for me
18. By looking at their facial expressions, I recognize the emotions people are experiencing
19. I know why my emotions change
20. When I am in a positive mood, I am able to come up with new ideas
21. I have control over my emotions
22. I easily recognize my emotions as I experience them
23. I motivate myself by imagining a good outcome to tasks I take on
24. I compliment others when they have done something well
25. I am aware of the non-verbal messages other people send
26. When another person tells me about an important event in his or her life, I almost feel as though I have experienced this event myself
27. When I feel a change in emotions, I tend to come up with new ideas
28. When I am faced with a challenge, I give up because I believe I will fail\*
29. I know what other people are feeling just by looking at them
30. I help other people feel better when they are down
31. I use good moods to help myself keep trying in the face of obstacles
32. I can tell how people are feeling by listening to the tone of their voice
33. It is difficult for me to understand why people feel the way they do\*

## APPENDIX E: FORGIVENESS

### HEARTLAND FORGIVENESS SCALE (HFS)

**Directions:** In the course of our lives negative things may occur because of our own actions, the actions of others, or circumstances beyond our control. For some time after these events, we may have negative thoughts or feelings about ourselves, others, or the situation. Think about how you **typically** respond to such negative events. Next to each of the following items write the number (from the 7-point scale below) that best describes how you **typically** respond to the type of negative situation described. There are no right or wrong answers. Please be as open as possible in your answers.

|               |   |             |   |            |   |               |
|---------------|---|-------------|---|------------|---|---------------|
| 1             | 2 | 3           | 4 | 5          | 6 | 7             |
| Almost Always |   | More Often  |   | More Often |   | Almost Always |
| False of Me   |   | False of Me |   | True of Me |   | True of Me    |

1. Although I feel bad at first when I mess up, over time I can give myself some slack.
2. I hold grudges against myself for negative things I've done.
3. Learning from bad things that I've done helps me get over them.
4. It is really hard for me to accept myself once I've messed up.
5. With time I am understanding of myself for mistakes I've made.
6. I don't stop criticizing myself for negative things I've felt, thought, said, or done.
7. I continue to punish a person who has done something that I think is wrong.
8. With time I am understanding of others for the mistakes they've made.
9. I continue to be hard on others who have hurt me.
10. Although others have hurt me in the past, I have eventually been able to see them as good people.

11. If others mistreat me, I continue to think badly of them.
12. When someone disappoints me, I can eventually move past it.
13. When things go wrong for reasons that can't be controlled, I get stuck in negative thoughts about it.
14. With time I can be understanding of bad circumstances in my life.
5. If I am disappointed by uncontrollable circumstances in my life, I continue to think negatively about them.
16. I eventually make peace with bad situations in my life.
17. It's really hard for me to accept negative situations that aren't anybody's fault.
18. Eventually I let go of negative thoughts about bad circumstances that are beyond anyone's control.