

Does Personality Affect Forgiveness: A Review Reshu Mishra* and Anjana Sahu**

Abstract

Research in this area looks into how different traits affect people's ability to forgive. Recent studies have shown that different types of people have different levels of the ability to forgive. Characteristically, introverts have a hard time forgiving others. High levels of forgiveness are characteristic of extrovert personalities. Results on agreeability and brevity are inconclusive. People with higher levels of agreeableness are more likely to forgive others.

Keywords: Forgiveness, personality trait, extraversion, introvert, agreeableness, consciousness, openness to experience.

Forgiveness: Researchers all throughout the world have been increasingly interested in forgiveness. The decision to let go of a grudge and forgive a transgressor can be based on a variety of circumstances affecting both the transgressor and the victim, indicating that forgiveness is both an interpersonal and an intrapersonal process.

Forgiveness plays an important role in our daily life. Forgiveness affects our interpersonal relationship, help to improve mental health, well-being, gratitude, happiness, and physical health blood pressure. Forgiveness is a natural part of the human experience. It is one of the many interpersonal processes and intrapersonal reactions to an offence. According to Berry & Worthington (2001) forgiveness has a positive effect on mental health. Forgiveness is positively relate to life satisfaction and negatively with depression. (Brown & Phillips 2005)

Forgiveness is an interior process involving emotion, cognition, behavioral intent, unforgiving intentions, benign motives, good and negative characteristics. Forgiveness is a response that holds an offender accountable for an offense while replacing negative thoughts, feelings, and behaviors with prosocial responses toward the offender. Empathy and compassion for the humanity of the perpetrator enhance forgiveness, but forgiveness also leads to less negative or even net positive emotions and impulses toward the offender. The nature of the process and its outcomes depend on a number of variables, such as the nature of the transgression, the relational context of the offense, and whether one's act of forgiveness represents a decisional commitment or a change of heart.

Personality: Personality as a reflection of person's attitude or a nation that differs it from other persons and nations. (Alwi 2003) other word personality is a dynamic organization with the individuals as psycho-physical structures, which ascertain the distinctive way to adapt to the external as well as internal environment. (Hall and Lindzey 2005)

Personality traits include all the tendencies, which help create consistent patterns in the thoughts, actions and feeling of the individuals (Arthur & Day 2012). Personality Trait are the predictive power of the measures of intelligence and intellect, which are quintessential to ascertaining the indices of human

capital (Youn and Fumio 2014). The personality traits are used to define the various patterns of human behaviours towards his outer environment (Boyle, 2010). Personality trait also influence the career growth, earnings and professionalism among the employees (Youn & Fumio 2014). Personality traits as the patterns depicting the emotions, thoughts, actions as well as reactions, which may change with time and elucidate the behavioural patterns of the individuals across multiple circumstances and situations (Singh and Singh 2009).

Components of personality: the "Big Five" personality model is quite substantial to depict the independent dimensions or traits of personality among individuals (Judge & Ilies 2016). It has been reckoned as the best approach to elucidate the personality traits such as agreeableness, extraversion, conscientiousness, openness to experience as well as neuroticism (Ejaec 2016).

Openness to experience represent behaviour such as imaginative, nurturing, curiosity, authenticity, broad mind, intellect (Digman 1990), and need for diversity, sensitivity to beauty, and unusual values (McCrae & John 1992) also the number of a person's interests and level of its pursuance are also represented by it.

Conscientiousness is represented by the number of ambitions a persons have and it includes hard work, a tendency to success, patience, diligence, and honesty (Barrick & Mount 1991).

Extraversion refers to the level of comfort of any person with sensitivity or sensory stimulation & includes traits such as being in a social environment, being assertive, speaking, an active (Barrick & Mount 1991).

Agreeableness refers numerous sources of right behaviour and includes behavioural tendencies such as to respect, flexibility, trust, good manners, cooperative, forgiveness, gentleness, and patience (Barrick & Mount 1991).

Neuroticism refers to removal of negative emotions by the motivation & strength an includes anxiety, depression, anger, embarrassment, emotion, an low self-esteem (Barrick & Mount 1991).

Relationship between Forgiveness and Personality: Regarding the five factor domains, here are mixed findings about their relation with forgiveness of others. Talking about introversion and

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extraversion, they were considered inhibitory & supportive respectively (Worthingtons 1998). Although Walker and Gorsuch (2002) discovered that introverts are less likely to receive forgiveness but there was no relationship found between extraversion and receiving forgiveness of others.

Worthingtons (1998) while talking about inhibitory and fostering characteristics of forgiveness, ascertained Neuroticism (Ashton, 1998; Walker & Gorsuch, 2002) and agreeableness respectively. Anger & hostility being important component of neuroticism, are considered a persistent obstacle to forgiveness. (Kaplan, 1992; McCullough, Bellah, Kilpatrick, & Johnson, 2001). While talking about agreeableness, empirical research finds a positive correlation of it with Forgiveness and often supports this theory (Ashton 1998; McCullough 2001; Ross, Kendall, Matters, Wrobel, & Rye, 2004). Walker and Gorsuch (2002) also found close relation between Agreeableness and receiving forgiveness rather than forgiving others.

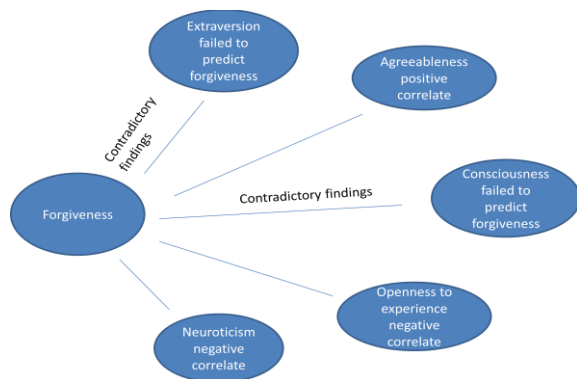
A number of studies have failed to find relationship between Openness to Experience & forgiveness. (Ashton 1998; Ross 2004; Walker & Gorsuch, 2002). However Worthington (1998) found it to be a motivating factor in forgiveness. Imagination factor of Openness to Experience were found to be negatively related to forgiveness of others. (Walker and Gorsuch 2002). Same goes with Conscientiousness, in a considerable number of studies, there found to be no relation of it with forgiveness of others. (Ashton 1998; Ross 2004; Walker & Gorsuch, 2002). However, a factor of Conscientiousness known as dutifulness was found to be positively related. (Walker and Gorsuch 2002) (Receiving God's forgiveness and forgiving others).

more tolerant. The research on the other dimensions is contradictory. Some studies indicate a beneficial impact, while others discover a negative one.

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Figure 1: Relationship between Personality Trait and Forgiveness



Conclusion:The ability to forgive others is a powerful human strength. As a rule, forgiveness has a constructive effect. The result is a rise in worker efficiency. Individual differences in disposition for forgiveness are significant. People high in neuroticism are the least willing to extend mercy. Contrarily, those who are more extroverted tend to be