

Abstract

The present study was planned to study the impact of the forgiveness therapy on the battered women. The main objective of the study was to decrease the depression, anxiety, anger and increase the forgiveness and hope in the battered women. The study employed 30 participants using quasi experimental research design and the data was collected through the shelter homes from a purposive sampling technique. The age range of the battered women was 25 to 40 years old ($M = 1.433$, $SD = .63$) from the shelter homes. The participants were belonged to the different cities of Punjab (Hafizabad, Lahore, Gujrat, Khushab, Sargodha and Gujranwala). Enright Forgiveness Inventory (Subkoviak et al., 1995) was used to check the individual level of forgiveness, Center for Epidemiological Studies -Depression Scale (CES-D) (Radloff, 1977) was used to check the level of depression, Generalized Anxiety Disorder Scale (Spitzer et al., 2006) was used to examine the anxiety of the participants, Health Hope Index (Hearth, 1992) was used to operationalize the hope in the victims, and Clinical Anger Scale (Snell et al., 1995) to check the level of anger in the participants. For the screening of the battered women, Domestic Violence Scale for Intimate Partners (Parveen & Bano, 2023) was used. Total of 15 sessions were conducted and the results showed that the participants of the experimental showed significant results i.e., decreased depression, anxiety, anger and increased hope and forgiveness. The results also showed significant results in between groups as well as within group. Implications and limitations were also elaborated in the study along with the implications.

Keywords: Enright Forgiveness Inventory, Depression, Anxiety, Clinical Anger, Hope, Domestic Violence, Battered Women.