

Abstract

The objective of the current research was to investigate the relationship between grudge holding, rumination, forgiveness and self-compassion among elderly individuals. Two studies were outlined. The research design of study-I was Cross-sectional research design. A sample of 200 elderly individuals aged above 60 years was recruited through purposive sampling. To collect the data demographic sheet, Grudge Aspect Measure (Monsiou, 2018), Ruminative Response Scale-Short Version (Treyner, et al., 2003), Enright Forgiveness Inventory – 30 (Enright, 1995) and Self-compassion Scale (Neff, 2003) were administered. Statistical Analyses divulged that grudge holding is significantly positively associated with rumination and negatively associated with forgiveness. There is a significant negative correlation between rumination and forgiveness. Residence and negative affect are the significant positive predictors of self-compassion and brooding is a significant negative predictor of self-compassion. There are significant gender differences in rumination, brooding and reflection where females were higher on rumination than males. There are significant mean differences in grudge holding, forgiveness, and self-compassion in terms of residence where elderly individuals residing in old age homes were higher on grudge holding, self-compassion and lower on forgiveness than those who live in their homes. There are significant mean differences in grudge holding, disdain, emotional persistence, perceived longevity, brooding, positive cognition, self-judgment, isolation and common humanity in terms of age groups. There are significant mean differences in grudge holding, forgiveness, self-kindness and common humanity in terms of marital status. There are significant mean differences in rumination and self-compassion in terms of job status. Study-II originated to evaluate the effectiveness of forgiveness educational plan on elderly individuals residing in old age homes. The research design was Quasi Experimental research design. A sample of 7 elderly men, aged 60-75 years, was selected through purposive sampling from an old age home. The data was gathered by administering Grudge Aspect Measure (Monsiou, 2018), Ruminative Response Scale-Short Version (Treyner, et al., 2003), Enright Forgiveness Inventory – 30 (Enright, 1995) and Self-compassion Scale (Neff, 2003). Statistical Analyses were carried out and the findings exhibited that there are significant mean differences in grudge holding, rumination, forgiveness and self-compassion in terms of pre and post-testing where the means of grudge holding and rumination were lowered and the means of forgiveness and self-compassion were enhanced in post-testing. The results of the study implicate that social workers and health practitioners should implement forgiveness therapy on elder individuals to increase self-compassion and eventually mitigate their physical and psychological problems in them.

Keywords: grudge holding, rumination, forgiveness, self-compassion