

Abstract

The current study was conducted to translate and validate forgiveness education curriculum and to determine its impact on Grade V students in Pakistani culture. The present research was conducted in two phases: At first, study tools were translated into Urdu language by using one way expert method and committee group approach ((Carlson, 2000; Hilton & Skrutkowski, 2002; Martinez et al., 2006). The second phase comprised an experimental study on a sample of 95 students in fifth standard for pre-testing 50 out of 95 students who scored high on aggression and low on forgiveness, self-esteem, and emotional and psychological well-being were randomly assigned to experimental (N=25) and control group (N=25). The experimental group was provided with forgiveness education designed for fifth grade by international Forgiveness institute, USA and translated in phase-I, while control group did not received any treatment. Post-testing was conducted after four weeks of intervention. descriptive, reliability, independent t-test and paired sample analyses were conducted by using SPSS (21 Version). The results showed a significant difference in experimental Group on their aggression ($t= 34.86$, $p=.001$), academic self-esteem ($t=-11.99$, $p=.001$), self-confidence ($t=-27.26$, $p=.001$), Social self- esteem($t=-13.97$, $p=.001$), emotional psychological wellbeing($t= -13.09$, $p=.001$), and forgiveness ($t=-17.87$, $p=.001$). Significant differences were observed in the results of independent sample t-test for experimental group on the scores of aggression ($t=-17.34$, $p=.001$), academic Self-esteem, ($t= 11.36$, $p=.001$), Self confidence,($t= 14.52$, $p=.001$), Social self-esteem, ($t= 13.87$, $p=.001$), forgiveness ($t= 17.05$, $p=.001$), and Psychological well-being ($t=13.10$, $p=.001$) for experimental group while control group showed no significant difference in the scores of pre and post-testing. The study has its implication in educational and positive Psychology.