

ABSTRACT

This qualitative study was conducted to evaluate the views of the participants regarding their awareness about the importance of forgiveness in life and its effects on their subjective well-being. On the basis of the pilot study, a semi-structured questionnaire was constructed. Twenty participants from five professions (Men=10 and Women=10) were finally selected through convenient sampling. The data/information was analyzed on the basis of grounded theory. The results indicate that majority of the participants were aware about the importance of forgiveness and that practice of forgiveness had resulted in several significant positive effects for them in their life. These beneficial effects were divided into nine main categories. The common effects that were noted among men and women were: happiness / positive feeling, relaxation, and positive social interaction. However, few differences were also noted between men and women. Men reported that practicing forgiveness has resulted in more contentment / satisfaction and spiritual development in them as compared to women, where as women reported that practicing forgiveness has resulted in more tolerance and reduction in negative thoughts in them as compared to men. Men reported that practicing forgiveness has resulted in contentment/satisfaction in them where as in relaxation and reduction in their negative thoughts. These results are compared with the western findings. The study ends by a conclusion summarizing the main findings, highlighting the theoretical and practical implications of the research and directions for future research.