Effect of Family Forgiveness on Anger and Marital Satisfaction of University Employees

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Abstract — Background: Forgiveness in terms of decreased negative motivation, or forgiveness (e.g., revenge, avoidance) toward the transgressor. Anger is an emotional state that may range in intensity from mild irritation to intense fury and rage. Marital satisfaction is important for the good performance of the individuals in these tasks; this paper intends to examine the relationship between forgiveness, anger, and marital satisfaction.

Method: The study was done using three questionnaires such as: The family forgiveness scale (FFS questionnaire), State-Trait anger expression inventory (STAXI-2) and Enrich Marital Satisfaction Questionnaire 1989. Study was conducted in 73 university employers at Azad Islamic university in Zahedan. Investigation used all data collected analyzed by spss version 21 software, the liner regression test was used.

Result: Research indicated that anger decreased as family forgiveness increased. Forgiveness was a significant predictor of marital satisfaction. Also marital satisfaction increased as forgiveness increased. Anger was found to be a significant predictor of marital satisfaction then results indicated that marital satisfaction increased as anger decreased.

Conclusion: The current study was the first unique comparison study on the relationship between family forgiveness, anger, and marital satisfaction using Iranian university employer's sample. There is statistically significant difference between family forgiveness with anger and marital satisfaction, also anger related and predicted marital satisfaction.

Index Terms— Angar; Conflict Resolution; Family Forgivness; Marital Satisfaction; Motivation, Performance; University Employers

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1. INTRODUCTION

American Psychological Association 2006, forgiveness in terms of decreased negative motivation, or unforgiveness (e.g., revenge, avoidance) toward the transgressor. Although decreasing unforgiveness is undeniably important, a benevolent motivational state toward the harm-doer that is not achieved simply by overcoming negative motivation is fundamental to forgiveness. Anger is an emotional state that may range in intensity from mild irritation to intense fury and rage. Anger has physical effects including raising the heart rate and blood pressure and the levels of adrenaline and noradrenaline (Carrion et al, 2012). Marital satisfaction is considered important for the good performance of the individuals in these tasks, and would allow for a better adaptability of the children, through inheritance of the psychological mechanisms of observation of satisfaction in the relationship (Rebello et al, 2014).

2. REVIEW OF LITERATURE

Trait forgiveness was significantly associated with fewer medications and less alcohol use, lower blood pressure and rate pressure product; state forgiveness was significantly associated with lower heart rate and fewer physical symptoms. Result of decreased levels of anger-out being associated with forgiveness. These were important theoretical implications regarding the forgiveness–health link and benefits of forgiveness extend beyond the dissipation of anger (Lawler-Row et al, 2008). Results of demonstrate divergent cardiovascular effects of anger and forgiveness, shows anger is associated with a more cardio toxic autonomic and hemodynamic profile. Then interventions aimed at decreasing anger while increasing forgiveness may be clinically relevant. (May et al, 2014).

Husbands' retaliatory motivation was a significant predictor of poorer wife-reported conflict resolution, whereas wives' benevolence motivation predicted husbands' reports of better conflict resolution, three forgiveness dimensions (retaliation, avoidance and benevolence). Whereas wives' benevolence again predicted better conflict resolution, husbands' avoidance predicted wives' reports of poorer conflict resolution. Research emphasize in terms of the importance of forgiveness for marital conflict and its implications for spouse goals. (Fincham et al, 2004) Forgiveness in turn predicted concurrent marital quality. Finally, reciprocal directions of effect emerged between forgiveness and

marital quality over time with promoting forgiveness. (Paleari et al, 2005)

This paper intends to examine the relationship between forgiveness, anger, and marital satisfaction. At the same time, it aims to investigate the links between three variables mentioned above. In this article, the following hypotheses have been constructed to address the aims of the research:

(H1) There is a positive relationship between forgiveness and anger.

(H2) There is a positive relationship between forgiveness and marital satisfaction.

(H3) There is a positive relationship between anger and marital satisfaction.

3. MATERIALS AND METHODS

RESEARCH METHODOLOGY

Participants of the university employers in Zahedan Azad Islamic University in Iran, 73 participants were recruited. The purposive sampling technique was used to collect data. The sample gender, 70.7% (N = 53) were females and 29.3% (N = 22) were males.

4. INSTRUMENTS

The family forgiveness scale (FFS questionnaire) is the other instrument of data collection in this research which is originally designed in 1998 by Pollard Anderson, Anderson, and Jenkins in order to assess the extent of forgiveness in families. According to Pollard et al. (1998), this scale seeks to measure the extent of forgiveness and its components in families in 40 items of questions.

State-Trait anger expression inventory (STAXI-2) was developed and standardized for use by psychologists and qualified professionals with adolescents and adults ages 16 years and older in a wide variety of settings. The percentile results are shown graphically on a following page; the raw scores for each of the 57 items are reported in the Item Response Summary Table.

Enrich Marital Satisfaction Questionnaire 1989: This questionnaire is applied to assess potential problem areas or identify areas of strength and full assistant marital relations. Each of the scales of the questionnaire is related to one of the important areas of marital relations. The questionnaire include 115 items

5. PROCEDURE

The all questionnaires were checked for completion of information and the responses were coded for entry in the computer. Questionnaire data analyses was performed with Microsoft the statistical package for the social science (SPSS-pc) software version gender was considering with frequency statistics and liner regression test to predict forgiveness, anger and marital satisfaction, furthermore, all statistical tests were done to determine any significant difference at 5% level.

6. RESULTS

The Relationship between Forgiveness and anger

Regression analysis (enter method) was used to assess whether religiosity has an effect on interpersonal forgiveness. The results of regression analysis are presented in Table 1.

Table 1

Linear Regression to Predict anger with Forgiveness

DV: anger	β	p	R2	ΔR2
	481	.001	.231	.224

According to regression analysis, forgiveness was a significant predictor of anger. Forgiveness accounted for 3.81% of the variance in anger (ΔR2 = .224, F = 29.5, p = .000). In regards to the beta coefficients, a positive correlation was found between forgiveness and anger (β = .481, t = 5.432, p = .000). The results indicated that anger decreased as family forgiveness increased. These findings support the research hypothesis that there is positive relationship between forgiveness and anger (H1).

Forgiveness and marital satisfaction

In order to assess the role of forgiveness in marital satisfaction, regression analysis was used. The results of regression analysis are presented in Table 2.

Linear Regression to predict marital satisfaction with Forgiveness

DV: marital satisfaction	β	p	R2	ΔR2
	.533	.001	.284	.276

According to the analysis, forgiveness was a significant predictor of marital satisfaction. Forgiveness accounted only for 3.678% of the variance in marital satisfaction (ΔR2 = . 276, F = 38.815, p = .001). In regards to the beta coefficients, a positive correlation was found between forgiveness and marital satisfaction (β = . 533 , t = 6.23, p = .001). The results indicated that marital satisfaction increased as forgiveness increased. These findings support the research hypothesis that there is positive relationship between marital satisfaction and religiosity (H2).

Anger and Marital Satisfaction

Simple linear regression analysis was used to measure the effect of anger on marital satisfaction. The results of regression analysis are presented in Table 3.

Table 3

Linear Regression to Predict anger with marital satisfaction

DV: marital satisfaction	β	p	R^2	ΔR^2
	.591	.001	.35	.343

According to regression analysis, which was conducted to find the role of anger in marital satisfaction, anger was found to be a significant predictor of marital satisfaction. anger only accounted for 10.58% of the variance in marital satisfaction (ΔR^2 = . 343, F = 52.58, p = .001). In regard to the beta coefficients, a positive correlation was found between forgiveness and life satisfaction (β = . 591, t = 7.25, p = .001). The results indicated that marital satisfaction increased as anger decreased. These findings support the research hypothesis that there is positive relationship between anger and marital satisfaction (H3).

7. DISCUSSION

The main aim of this paper was to examine the relationship between family forgiveness , anger, and marital satisfaction within the sample of university employers. Moreover, the aim was to discern the role of religion and country in students' family forgiveness, anger, and marital satisfaction. The questions of "What is the role of forgiveness in anger and marital satisfaction?"

The findings showed statistically significant relationship to exist between family forgiveness and anger. This finding support the hypothesis regarding the There is a positive relationship between forgiveness and anger (H1). Aggressive driving may be enhanced by greater attention to adaptive, potentially risk-reducing traits. Moreover, forgiveness and consideration of future consequences may have implications for accident prevention (Moore and Dahlen, 2008). Narcissism mechanisms and lack of forgiveness are associated are better understood if we disentangle admiration and rivalry and consider both cognitive and affective antecedents of narcissists' unforgiving motivations (Fatfoutaa et al, 2015). The COMT Val158 Met polymorphism had no significant relationship with anger and forgiveness traits. There was a possible relationship between anger expression styles, forgiveness traits and dopaminergic dysfunction (Kang et al, 2008). Anger rumination to explore in greater depth the cognitive processes involved in forgiveness of self and others, angry memories and thoughts of revenge: The relationship between forgiveness and anger rumination (Barber et al, 2008). In particular, spouses who reported being relatively more forgiving experienced psychological and physical aggression that remained stable over the first 4 years of marriage, spouses who reported being relatively less forgiving experienced declines in both forms of aggression over time (McNulty, 2008).

The findings showed statistically significant relationship to exist between family forgiveness and marital satisfaction. This finding support the hypothesis regarding the There is a positive relationship between forgiveness and marital satisfaction (H2). Husbands married to wives who frequently behaved negatively reported sharper increases in problem severity to the extent that they were more forgiving but reported more stable problem severity to the extent that they were less forgiving. All spouses should benefit from forgiveness interventions (McNulty, 2011). Marital satisfaction is predicted by attachment style and forgiveness level. Also, there is a significant correlation between the attachment style and forgiveness level as the predictor variables and marital satisfaction (p< 0.001) and they could predict marital satisfaction of married students (Sohrabi et al, 2013). path of anxious and avoidant attachment had negatively affect forgiveness and marital satisfaction through excessive rumination and lack of empathy, most accurate model of the relation between attachment, rumination, empathy, forgiveness, and marital satisfaction involves analyzing direct, indirect, and gender effects. Marital life and, ultimately, help reduce the very high divorce rate in Korea (Chung, 2014). A correlation between the Marital Dispositional Forgiveness Scale and Relationship Assessment Scale scores indicated significant associations, stronger for the positive dimension than the negative dimension, supporting the external validity of the Marital Dispositional Forgiveness Scale. (Bugay, 2014) Forgiveness of a marital betrayal is significantly associated with marital satisfaction, the parenting alliance, and children's perceptions of parental marital functioning. (Gordon, 2009)

The findings showed statistically significant relationship to exist between anger and marital satisfaction. This finding support the hypothesis regarding the There is a positive relationship between anger and marital satisfaction (H3). All path analyses demonstrated that depression and angry hostility had equivalent, significantly negative actor effects on marital satisfaction, but only angry hostility had a significant negative partner effect. Hence, in examining marital adjustment, the distinction between the various facets of neuroticism may be important. Further, anger may be an important but understudied consideration in research on marital discord (Renshaw, 2010). The results indicated that 28% percent of the spouses in the sample reported significantly depressed mood, A 2-stage regression analysis was employed that revealed 3 significant predictors of spouse's depressed mood, namely patient's average pain, patient's reported levels of anger and hostility, and the spouse's level of marital satisfaction. Research implications for clinical interventions for pain patients and their families

(Schwartz, 1991)

8. CONCLUSIONS

The current study was the first unique comparison study on the relationship between family forgiveness, anger, and marital satisfaction using Iranian university employers sample. There is statistically significant difference between family forgiveness with anger and marital satsifaction, also anger related and predicted marital satisfaction. Hence, it had a number of limitations. The first limitation was in regard to the way the sample it was limited to university employers. It might be beneficial in the future to extend the sample to wider groups.

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