

ARE FORGIVENESS, GRATITUDE, SENSE OF HUMOR AND LIFE PURPOSE RELATED TO RESILIENCE?

Student: Alejandra Zaragoza Pla (21704161G) **Tutor:** Berenice Serrano Zárate. Degree final project in Psychology 2021/2022 (PS1048)

RESUMEN

La resiliencia es el proceso y una capacidad de adaptación exitosa y aprendizaje frente a la adversidad. La psicología positiva se centra en mejorar la vida de las persona y prevenir el desarrollo de problemas, para ello estudia qué características poseen las personas que gozan de un mayor bienestar. Entre sus descubrimientos encontramos los beneficios de las emociones positivas y las fortalezas del carácter, estas son las virtudes que caracterizan a una persona y que le permiten gozar de un mayor bienestar. Entre las 24 fortalezas encontradas, destacan el perdón, la gratitud, el sentido del humor y el propósito de vida ya que el objetivo de esta revisión fue comprobar si existe una correlación positiva entre resiliencia y estas fortalezas del carácter. Para ello la declaración PRISMA se utilizó para realizar una correcta búsqueda y selección de estudios. Se establecieron los criterios de inclusión entre los cuales estaban que debían de ser estudios que relacionarían la resiliencia directamente con las fortalezas del carácter anteriormente mencionadas y que debían de ser estudios correlacionales en inglés que ofrecieran una correlación directa entre resiliencia y una de las fortalezas. Se excluyeron aquellos estudios que no relacionaran directamente las fortalezas con la resiliencia psicológica. La búsqueda de estudios se realizó en las bases de datos: PsycInfo, PubMed y PubPsych donde se buscó de manera separada cada fortaleza junto a la resiliencia. Finalmente de los 4527 estudios identificados se seleccionaron un total de 14 estudios. En los resultados, se han observado correlaciones positivas, la mayoría de ellas significativas, entre la resiliencia y las fortalezas del carácter seleccionadas. Lo cual sugiere que las personas que posean estas características, en consecuencia, serían personas más resilientes. No obstante en futuras revisiones se debería de profundizar mas los hallazgos de las investigaciones y sobre la relación entre resiliencia y propósito de vida ya que únicamente hemos podido identificar un estudio.

Palabras clave: resiliencia, perdón, gratitud, sentido del humor, propósito de vida, psicología positiva

ABSTRACT

Resilience: the process and capacity of successfully adapting and learning in the face of adversity. As well as, positive psychology, which focuses on improving people's lives and preventing the development of problems, have a correlation with individuals well-being. In order to prove this point, we have found studies of the specific characteristics that these persons have. Among these discoveries we have found the benefits of positive emotions and character strengths, which are the virtues that characterize a person and that allow them to enjoy a happier state of mind. I have found 24 strengths, where forgiveness, gratitude, sense of humor and life purpose stand out. We have executed the PRISMA statement to carry out an accurate research and selection of studies. The inclusion criteria was established, among which they highlighted that they should be studies that directly relate resilience to the 24 character strengths as well as have correlational studies in English, which were found in the databases: PsycInfo, PubMed and PubPsych where each strength was searched separately along with resilience. In addition, the studies that did not directly relate strengths to psychological resilience were excluded. Finally, of the 4527 studies identified, a total of 14 studies were selected. In conclusion, significant positive correlations have been observed between resilience and the selected character strengths. Therefore, individuals who have the 24 strengths characteristics, consequently, would be more resilient people. However, in future reviews, the research findings and the relationship between resilience and life purpose should be further explored, since we have only been able to identify one study.

Key words: resilience, forgiveness, gratitude, sense of humor, life purpose, positive psychology

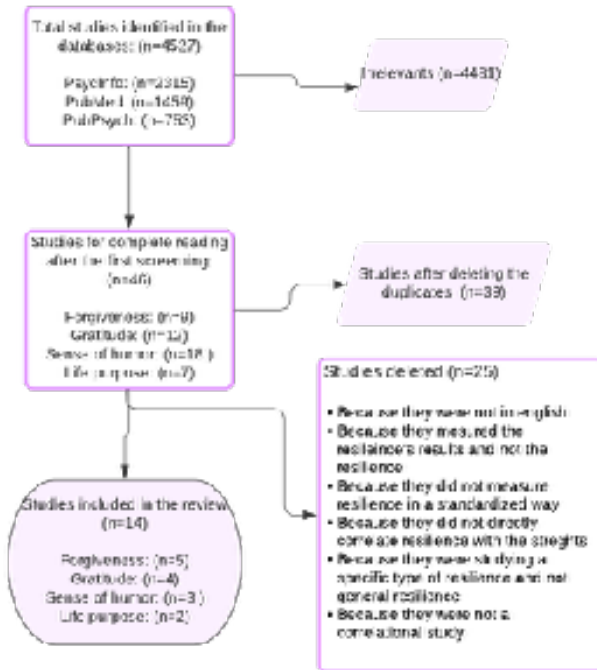
ARE FORGIVENESS, GRATITUDE, SENSE OF HUMOR AND LIFE PURPOSE RELATED TO RESILIENCE?

Alejandra Zaragozá Pla (tutor: Benerice Serrano Zárate)
Degree final project in Psychology 2021/2022 (PS1048)

INTRODUCTION

Resilience is the process and the capacity for a successful adaptation and learning in the face of adversity. Positive psychology discovered the character strengths which are virtues that characterise and allows a person to enjoy greater well-being. The objective of this review is to find a positive correlation between this four strengths: forgiveness, gratitude, sense of humor and life purpose and resilience.

METHOD



RESULTS

All the strengths analyzed: forgiveness, gratitude, sense of humor and the purpose of life are positively related to resilience.

CONCLUSION

The objective of this review was to find which character strengths were related to resilience, the results suggest that resilience increases with forgiveness, gratitude, sense of humor and life purpose. Which suggests that a person with these characteristics would therefore be a more resilient person. On the other hand this review had the limitation of lack of literature and further investigation is needed.

| Author and year | Objetive | Sample | Instruments | Results |
|-----------------------|--------------------------------------------------------------------|------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------|
| (Abid & Sultan, 2015) | Investigate the relationship between resilience and forgiveness | N= 160 ♀ 21-40 years | <i>Heartland Forgiveness Scale</i> <i>The Forgiveness Scale</i> <i>The Brief Resilience Scale</i> <i>The Resilience Scale</i> | Significative positive correlation (r =.258, p < 0.01) |
| (Toktas, 2019) | | N= 479: ♂ 344 ♀ 135 18-34 years | | Low positive correlation (r =.161, p < 0.01) |
| (Tras et al., 2019) | | N= 500: ♂ 250 ♀ 250 18-34 years | | No correlation (r =.039, p > 0.05) |
| Broyles, 2005 | | N= 497 + 50 years | | Positive correlation (r = .339, p < .05) |
| (Faison, 2007) | | N= 300 ♀ 18-75 años | | Significative positive correlation (r =.340, p < 0.1) |
| Llenares et al., 2020 | Investigate the relationship between resilience and gratitude | N= 380 ♂ 46% ♀ 54% 18-30 years | <i>The Gratitude Questionnaire</i> <i>The Gratitude Questionnaire-Six-Item Form</i> | Significative positive correlation (r = 0.27, p<0.001) |
| Thorndike, 2007 | | N= 92: ♂ 66 ♀ 26 50-59 years | <i>The Brief Resilient Scale</i> | Positive correlation (r=0.26, p<.05) |
| Hall, 2019 | | N= 245 ♂ 48% ♀ 52% 7-11 years | <i>The Gratitude, Resentment and Appreciation</i> <i>The Child and Youth Resilience Measure</i> | Significative positive correlation (r=0.572, p<0.0005.) |
| Lasota et al., 2020 | | N= 214: ♂ 110 ♀ 104 18-25 years | <i>Resilience Measurement Scale SPP-25</i> | Significative positive correlation (r=0.39, p<0.0001) |
| (Tras et al., 2021) | Investigate the relationship between resilience and sense of humor | N= 475: ♂ 109 ♀ 318 18-27 years | <i>Humor Styles Questionnaire</i> <i>The Coping with Humor Scale</i> | Positive correlation (r=0.28, p<0.05) |
| Cherry et al., 2018 | | N= 219: ♂ 95 ♀ 124 18-9 years | <i>The Multidimensional Sense of Humor Scale</i> <i>Connor-Davison Resilience Scale</i> | Positive correlation (r=0.27, p<0.05) |
| Maham, 2019 | | N= 120: ♂ 23% ♀ 77% 19-80 years | CD-RISC <i>The Resilience Scale for Adults</i> | Significative positive correlation (r=0.42, p<0.001) |
| Nygren et al., 2005 | Investigate the relationship between resilience and life purpose | N= 125 ♂ 39 ♀ 86 85-90 years | <i>The resiliencia Scale</i> <i>The Purpose in Life Test</i> | Significative positive correlation (r=0.53, p<0.01) |

Bibliografía

- Abid, M., & Sultan, S. (2015). Dispositional Forgiveness as a Predictor of Psychological Resilience among Women: A Sign of Mental Health. *Journal on Educational Psychology*, 9(2), 1-7.
- American Psychological Association. (s.f.) APA Dictionary of Psychology. Recuperado 20 Febrero de 2022, de <https://dictionary.apa.org>
- Berenice Serrano Zarate (2021). Las Fortalezas del Carácter en el Marco de la Psicología Positiva. Lección magistral
- Bono, G., Emmons, R. A., & McCullough, M. E. (2004). Gratitude in practice and the practice of gratitude. *Positive psychology in practice*, 464, 481.
- Broyles, L. C. (2005). Resilience: Its relationship to forgiveness in older adults [Doctoral dissertation]. The University of Tennessee.
- Canal MS!. (15 de abril de 2017). Robert Emmons: El poder de la gratitud [Archivo de video]. Youtube. <https://www.youtube.com/watch?v=gLoYF-Cx3ww>
- Carr, A., Cullen, K., Keeney, C., Canning, C., Mooney, O., Chinsellaigh, E., & O'Dowd, A. (2020). Effectiveness of positive psychology interventions: a systematic review and meta-analysis. *Journal of Positive Psychology*, 1(21).
- Cherry, K. E., Sampson, L., Galea, S., Marks, L. D., Stanko, K. E., Nezat, P. F., & Baudoin, K. H. (2018). Spirituality, humor, and resilience after natural and technological disasters. *Journal of nursing scholarship*, 50(5), 492-501.
- Covas, V. L. (1999). Temporal perspective, purpose in life, and optimism as factors of resiliency in at-risk male adolescents [Doctoral dissertation]. Adler School of Professional Psychology.
- Cyrulnik, B. (1999). Un merveilleux malheur. Odile Jacob.
- España. Ministerio de Sanidad, Servicios Sociales e Igualdad. (2013). Estrategia de Promoción de la Salud y Prevención en el Sistema Nacional de Salud. Madrid. De <https://www.sanidad.gob.es>
- Faison, M. W. (2007). The relationship of forgiveness to psychological resilience and health among African American women. [Doctoral dissertation]. Capella University.
- Fernández- Dols, J. M., & Carrera, P. (2009). La complejidad de las emociones positivas. In C. Vázquez, & G. Hervás. *La ciencia del bienestar: Fundamentos de una psicología positiva* (cap. 1 y 2). Alianza
- Fredrickson, B. L. (2004). The broadenandbuild theory of positive emotions. *Philosophical Transactions of the Royal Society of London. Series B: Biological Sciences*, 359(1449), 1367-1377.
- Hall, L. (2019). Gratitude and Resilience in Elementary School Students: A Review of the Look for the Good Project in Establishing Grateful and Resilient Youth. [Doctoral dissertation]. Indiana University of Pennsylvania.
- Irurzun, J., & Yaccarini, C. (2018). Resiliencia, espiritualidad y propósito de vida. Una revisión del estado del arte. *PSOCIAL Revista de Investigación de Psicología social*, 4(2), 58-66.
- Kidd, S. A., Miller, R., Boyd, G. M., & Cardeña, I. (2009). Relationships between humor, subversion, and genuine connection among persons with severe mental illness. *Qualitative Health Research*, 19(10), 1421-1430.
- Kreisler, L. (1996). La résilience mise en spirale. *Spirale*, 1, 162-165.
- Kumar, A., & Dixit, V. (2014). Forgiveness, gratitude and resilience among Indian youth. *Indian Journal of Health & Wellbeing*, 5(12).
- Lasota, A., Tomaszek, K., & Bosacki, S. (2020). How to become more grateful? The mediating role of resilience between empathy and gratitude. *Current Psychology*, 1-10.
- Llenares, I. I., Deocarib, C. C., Espanolac, M., & Sariod, J. A. (2020). Gratitude moderates the relationship between happiness and resilience.
- Maham, S. A. (2019). The Moderating Role of Humor on Resilience and Life Satisfaction in Acquired Brain Injury Informal Caregivers. [Doctoral dissertation]. Grand Canyon University.
- Malin, H. (2018). Teaching for purpose: Preparing students for lives of meaning. Harvard Education Press

- Masten, A.S., Best, K.M. & Garmezy, N (1990). Resilience and development: contribution from the study of children who overcome adversity. *Development and Psychology*, 2, N 4, 425-444 p.
- Michael Manciaux (2001). *La resiliencia: resistir y rehacerse*. Gedisa editorial
- Nygren, B., Aléx, L., Jonsén, E., Gustafson, Y., Norberg, A., & Lundman, B. (2005). Resilience, sense of coherence, purpose in life and self-transcendence in relation to perceived physical and mental health among the oldest old. *Aging & mental health*, 9(4), 354-362.
- Poseck, B. V. (2006). Psicología positiva: una nueva forma de entender la psicología. *Papeles del psicólogo*, 27(1), 3-8.
- Ryff, C. D., & Keyes, C. L. M. (1995). The structure of psychological well-being revisited. *Journal of Personality and Social Psychology*, 69(4), 719-727.
- Salanova, M., Llorens, S., & Martínez, I. (2019). Organizaciones saludables. Una mirada desde la psicología positiva. *Aranzandi*
- Seligman, M. E. P. (1999). The President's address. APA 1998 Annual Report. *American Psychologist*, 54, 559-562.
- Seligman, M. E. P., & Csikszentmihalyi, M. (Eds.). (2000). Special issue on happiness, excellence and optimal human functioning. *American Psychologist*, 55(1), 1-190.
- Stover, J. B., Bruno, F. P., Uriel, F. E., & Fernandez Liporace, M. M. (2017). Teoría de la Autodeterminación: una revisión teórica.
- Suwartono, C., Yeti Prawasti, C., & Mullet, E. (2007). Effect of culture on forgivingness: A Southern Asia-Western Europe comparison. *Personality and Individual Differences*, 42(3), 513-523.
- Su, Y., Chow, C., Yen, C., & Chuang, S. (2020). Posttraumatic growth among burn survivors 2 years after the 2015 formosa fun coast water park explosion in taiwan. *Psychological Trauma: Theory, Research, Practice, and Policy*, 12(1), 11-19.
- Thorndike, J. M. (2007). *Gratitude and human flourishing: Examining the benefits of gratitude on effective coping, resilience and well-being*. [Doctoral dissertation]. Fuller Theological Seminary School of Psychology.
- Toktas, S. (2019). Examining the Levels of Forgiveness and Psychological Resilience of Teacher Candidates. *Journal of Education and Training Studies*, 7(4), 241-249.
- Tras, Z., Öztemel, K., & Kagnici, E. (2019). A Review on University Students' Resilience and Levels of Social Exclusion and Forgiveness. *International Education Studies*, 12(10), 50-59.
- Tras, Z., Kabakci, B., & Baltaci, U. B. (2021). Investigation of the psychological resilience of teacher candidates in terms of sense of humor and life satisfaction. *Research in Pedagogy*, 11(1), 251-263.
- Werner EE, Smith RS (1992). *Overcoming the odds: high risk children from birth to adulthood*. Cornell University Press, 280.
- Wilson López López, & Andrés Felipe Andrade Páez. (2016). El proceso de pedir perdón como condición necesaria para la construcción de paz en medio del conflicto armado en colombia. *Revista Argentina De Clínica Psicológica*, Xxv, 187.
- Worthington, E. L., Witvliet, C. V., Pietrini, P., & Miller, A. J. (2007). Forgiveness, health, and well-being: a review of evidence for emotional versus decisional forgiveness, dispositional forgivingness, and reduced unforgiveness. *Journal of Behavioral Medicine*, 30, 291-302.