The Relationship among Five Factor Model of Personality, Spirituality, and Forgiveness

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Abstract—**Much of the recent study has looked at the relationship between five factor of personality and forgiveness. Recent evidence indicates that five factor of personality and spirituality plays a strong role in the study of forgiveness. This study sought to determine whether personality and spirituality accounted for a significant portion of forgiveness of self and forgiveness of others. Results using Bivariate Correlations models indicated that Emotional Stability was significantly positively related to forgiveness; Agreeableness was positively related to forgiveness of self and forgiveness of others. Moreover, extraversion and conscientiousness was significantly positively related to forgiveness of self and forgiveness of others. In order, spirituality explained a significant positively related to forgiveness of self and forgiveness of others.**

Index Terms—**Forgiveness, five-factor model of personality, spirituality.**

I. INTRODUCTION

In recent years, scholars have postulated the benefits of forgiveness in interpersonal relationship and mental health. Forgiveness as a willingness to abandon one's right to resentment, negative judgment and indifferent behavior toward one who unjustly injures us [1]. While, the effects of forgiveness can be reduced negative reactions and feelings toward the offending person, desires for revenge against the person, and general psychological symptoms [2]. In fact, increased mental and physical health is associated with forgiveness [3]-[4]. Personality and spirituality are the important factor in study forgiveness.

Previous empirical research found that some views of spirituality are conceptually consistent with many of personality. Research into forgiveness may be an important conceptual link between religion and personality [5]. The comprehensiveness of five-factor model (FFM), but indicated that it could be a useful foundation from which to scientifically study religion and spirituality [6]. Spirituality showed predictive validity independent of forgiveness [6]-[8], personality factors. The same study found that's spirituality is already embedded in personality due to individual spiritual histories (Leach *et al.*, 2004).

II. PREVIOUS STUDIES REVIEWS

A. The Five Factor Model of Personality

The five factor model of personality consist

neuroticism-emotional stability, extraversionintroversion, openness-closedness to experience, agreeableness-antagonism, and conscientiousness undirectedness. The five factor of personality has received some attention in previous studies of forgiveness [9]. In a review of these studies, Neuroticism is an inhibitory characteristic of forgiveness has received empirical support [10]. Not surprisingly, angry hostility, an important facet of Neuroticism, has been implicated as a consistent barrier to forgiveness [11].

On the other hand, Agreeableness as a fostering characteristic of forgiveness [9]. Empirical research generally supports this hypothesis, finding positive correlations between agreeableness and forgiveness of others [10]-[13]. However, the research findings are not entirely consistent. For instance, Agreeableness was significantly related to receiving forgiveness from others and God but was not related to forgiving others [14].

Correlations between forgiveness of others and neuroticism were negative with the exception of Brown's study [15]. Forgiveness of others was positively related to Extraversion and the associated facets of warmth and positive emotions [16]. Although Walker and Gorsuch found that individuals who were introverted were less likely to receive forgiveness from others, they found no relationship between forgiving others and the surgency/extraversion domain [14]. Correlations between forgiveness of others and conscientiousness were mostly positive [13]. Worthington also posited that Openness to Experience is a fostering characteristic of forgiveness [9]. However, several studies have failed to find a relationship between Openness to Experience and forgiveness of others [10]-[14]. It should be noted that a negative correlation between the imagination facet of openness to experience and forgiveness of others [14]. Several studies have also failed to find a relationship between forgiveness of others and Conscientiousness [10], [12], [14]. However, a positive correlation between the dutifulness facet of conscientiousness and forgiveness (i.e., forgiveness of others and receiving God forgiveness) [14].

B. Spirituality

Several other predictors of forgiveness have been established through empirical research. For example, research has shown that people who are more religious tend to value forgiveness more than those who are less religious [16]. Similarly, religious involvement is positively correlated with self-reported tendency to forgive and negatively correlated with a tendency to seek revenge [17]. Religion was included in this study in order to determine whether the five-factor model predicted forgiveness beyond religiousness. Dispositional forgiveness was positively correlated with

spiritual well-being and spiritual maturity [9]. The security of attachment to God predicted forgiveness of others and this relation was mediated by forms of religious coping.

C. Present Study

Given the relationship between five factor models of personality and forgiveness, and the link between spirituality and forgiveness, research needs to determine the relationships among the three concepts. More specifically, the purpose of the present study was to investigate how the five-factor model of personality and spirituality related to forgiveness. Specifically, the following questions were addressed: (1) What is the relationship between forgiveness and five-factor model of personality? Does neuroticism has negatively correlated with forgiveness? Does agreeableness has positively correlated with forgiveness? Does conscientiousness has positively correlated with forgiveness? Does extraversion has positively correlated with forgiveness? (2) What is the relationship between spirituality and forgiveness? Does spirituality has positively correlated with forgiveness of self and forgiveness of others? Our hypothesis are emotional stability, agreeableness, extraversion, conscientiousness will positively related to forgiveness of self and forgiveness of others. Spirituality also will positively related to forgiveness of self and forgiveness of others.

Finally, the present study will generate the role of forgiveness on the helping of professional counseling with the better design of counseling and psychotherapy to develop personality trait and spirituality to get a good relationship and psychological healthy.

III. METHOD

A. Participants

One hundred college students from Aceh, Indonesia completed questionnaires for this study. Sixty two percent of these were male, 38% were female. Their ages ranged from 22 to 45 years ($M = 30.43$, $SD = 1.287$). All participants declared themselves as Muslim.

B. Procedures

The students were invited to participate by email, and told that they would complete a questionnaire about themselves. Students were informed that participation was voluntary, and responses were confidential. The participation rate was 100%. The average length of time needed to complete the study was approximately 30 min. After completing the questionnaire participants returned the completed questionnaires to researcher by email.

C. Measurement

The material consisted of demografic/bacground information and a series of three questionnaires: the forgivingness scale, *Ten-Item Personality Inventory (TIPI)*, and the Spiritual Transcendence Scale.

1) Demographic/background information

A questionnaire evaluating demographic information will complete by each of the participants. Questions include items relating to age, gender, educational level, religious and nationality.

2) Forgiveness scale

The Forgiveness Scale was used to measure forgiveness toward a particular offender [23]. Participants were instructed to think about how they have responded to the person who wronged them. Participants rated their level of agreement on 15 Likert-type items, with response possibilities ranging from 1 (*strongly disagree*) to 5 (*strongly agree*). Factor analysis revealed the presencen of two subscales [18] : Absence of Negative and Presence of Positive. Sample items include: "I can't stop thinking about how I was wronged by this person" and "I wish for good things to happen to the person who wronged me." For purposes of this study, items were combined to form a single forgiveness score. Scores on the total scale can range from 15 to 75, with higher scores reflecting higher levels of forgiveness. Cronbach's alpha was adequate for the total scale (.87) and the test-retest reliability for the total scale over an average of 15.2 days was .80.

3) Ten-item personality inventory (TIPI)

Personality characteristics were measured using the selfreport version of *Ten-Item Personality Inventory (TIPI)* [24]. This instrument is based upon the five-factor model of personality and has been shown to have adequate psychometric properties. This scale consists of 10 item. Each item consists of two descriptors, separated by a comma, using the common stem, ''I see myself as:''. Each of the five items was rated on a 7-point scale ranging from 1 (*disagree strongly*) to 7 (*agree strongly*). The TIPI takes about a minute to complete. Cronbach's alpha was adequate for the scale with the exception of Extraversion, test–retest reability was (.80). There are .10 to .20 points stronger than another scale such the FIPI (.68).

4) Spirituality transcendence scale (STS).

The Spiritual Transcendence Scale is a 24-item 5-point instrument consisting of three subscales: universality, prayer fulfillment, and connectedness. The theoretical underpinnings are derived from a motivational drive perspective. Reliabilities of 0.83, 0.87. and 0.64 have been found for the three subscales, respectively, and this study found similar reliabilities of 0.80, 0.72. and 0.62. The STS has been shown to predict a range of psychologically salient outcomes such as stress, wellbeing, psychological maturity, and sexuality attitudes [7]. Additionally, the STS show cross-cultural generalizability in a sample of Hindus, Muslims, and Christians in India [8].

IV. RESULT

ANOVAs revealed demographic variables such as gender, education and religious showed no significant correlation with five factor model of personality, three spirituality factors and two factors of forgiveness. Result of Pearson product moment correlation coefficient among two forgiveness, five factor model of personality, and three spirituality factors, as presented in Table I, revealed that extraversion, agreeableness, conscientiouness, emotional Stability and openness to experience was significantly positively related with both forgiveness of self and forgiveness of others. Spirituality also significantly

positively predicted forgiveness of others and forgiveness of self. Significant correlation were obtained between age and forgiveness of self ($r = 0.443$, $P < 0.05$), forgiveness of others ($r = 0.523$, $P < 0.05$), spirituality ($r = 0.576$, $P < 0.01$). Only one factor of personality, agreeableness, was significantly correlated with age ($r = 0.558$, $P < 0.01$).

TABLE I: CORRELATION AMONG DEMOGRAPHIC VARIABLES.

		Age	FS	FO	Ex	Ag	Con	Em	Op	Sp
Age	Pearson Correlation Sig. (2-tailed)									
FS	Pearson Correlation Sig. (2-tailed)	443* .045								
FO	Pearson Correlation. Sig. (2-tailed)	523* .015	.824** .000							
Ex	Pearson Correlation Sig. (2-tailed)	.390 .081	.829** .000	.737** .000	-					
Ag	Pearson Correlation. Sig. (2-tailed)	558** .009	.585** .005	.709** .000	.507* .019					
Con	Pearson Correlation Sig. (2-tailed)	.246 .282	.512* .018	.470* .031	.523* .015	.398 .074				
Em	Pearson Correlation Sig. (2-tailed)	.347 .123	.678** .001	.786** .000	.678** .001	.543* .011	.282 .215			
Op	Pearson Correlation Sig. (2-tailed)	.377 .092	.670** .001	.774** .000	.594** .000	.565** .008	.560** .008	.670** .001		
Sp	Pearson Correlation Sig. (2-tailed)	576** .006	.506* .019	.756** .000	.600** .004	.759** .000	.394 .077	.623** .003	.556** .009	

Note: *$P < 0.05$ level; **$P < 0.01$ level; FS=Forgiveness of Self; FO=Forgiveness of Others; Ex=Extraversion; Ag=greeableness; Con=Conscientiouness; Em=Emotional Stability; Op=Openness to Experience; Sp=Spirituality

V. DISCUSSION

The first objective of this study was to examine the relationship between five-factor model of personality and forgiveness. Results of this study, initially, supported our first hypotheses. Consistent with previous studies in the field, Emotional Stability was significantly positively related to forgiveness; Agreeableness was positively related to forgiveness of self and forgiveness of others [10]-[13]. Moreover, extraversion and conscientiousness was significantly positively related to forgiveness of self and forgiveness of others [12], [13]. In order, the second objective of this study was to examine the relationship between spirituality and forgiveness. Results of the regression procedure revealed that spirituality was significantly positively related to forgiveness of self and forgiveness of others. This results is consistent with previous findings [6]-[8].

Other sociodemographic variables, such as gender and age were not important predictors of forgiveness. This is consistent with most previous studies concerning gender [14]. [11]. There is good evidence that people who are older tend to be generally more forgiving and less vengeful than are young people [13].

However, the current sample was composed only of young people and within this age range a relationship between age and forgiveness was not expected. This is what was observed.

These results have implications for the practice of forgiveness-oriented counseling [21]. For example, individuals experiencing more lasting resentment toward others were shown to be ones who present high scores on neuroticism and low scores on agreeableness.

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