

## The efficacy of training based on forgiveness on quality of life and psychological well-being in women with marital conflict

Beshkoo SH.<sup>1</sup>, Boyouk Tajeri B.\*<sup>2</sup>

### Abstract

**Introduction:** Forgiveness has an important role in marital life and improving the quality of family interactions. This study aimed to investigate the efficacy of training based on forgiveness on quality of life and psychological well-being in women with marital conflict.

**Methods:** This study was a quasi-experimental pretest - posttest with control group. The study population was consisted of all Tehran city women with marital conflict in 2018. The sample consisted of 30 (15 for each group) women with marital conflict that were selected by as a voluntary and randomly recruits to each of groups. Then, the participants in the experimental group participated in 8 sessions of 90 min of forgiveness training, while the control group did not receive any therapy. Instruments for gathering data were WHO quality of life questionnaire (1993) and Ryff's psychological Well-being scale (2002). Then, the data were analyzed using SPSS.v21 software and statistical tests such as MANCOVA.

**Results:** The results indicate that the forgiveness training had significant impact on quality of life and some dimensions such as psychological and general health. Furthermore, results showed that forgiveness training had significant impact on psychological well-being and its subscales such a personal growth, positive communication with others and self-acceptance.

**Conclusion:** Based on the findings of this study, forgiveness training improves psychological well-being and quality of life among women with marital conflict and could be used as an effective interventional method.

**Keywords:** forgiveness training" marital conflict" quality of life" psychological well-being

**Citation:** Beshkoo SH., Boyouk Tajeri B.. The efficacy of training based on forgiveness on quality of life and psychological well-being in women with marital conflict, Family and Health, 2020; 10(3): 11-18

<sup>1</sup> - Family Counseling, Islamic Azad University, West Tehran Branch, Tehran, Iran,

<sup>2</sup> - Corresponding author, Assistant Professor, Department of Psychology, Karaj Branch, Islamic Azad University, Karaj, Iran ([biuk.tajeri@kia.ac.ir](mailto:biuk.tajeri@kia.ac.ir)).