

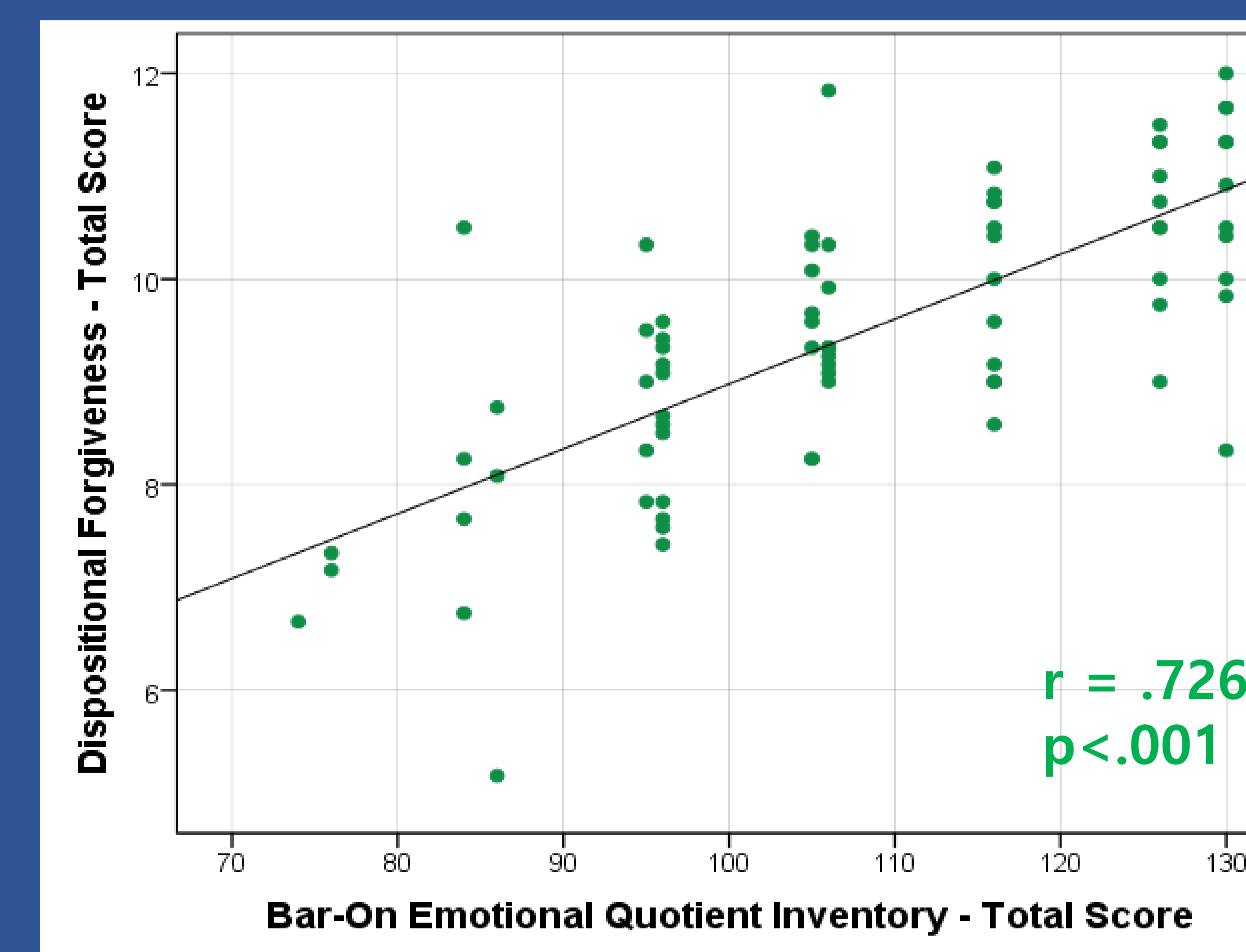
Dispositional Forgiveness, Emotional Intelligence, and Psychological Well-Being in Young Adolescents

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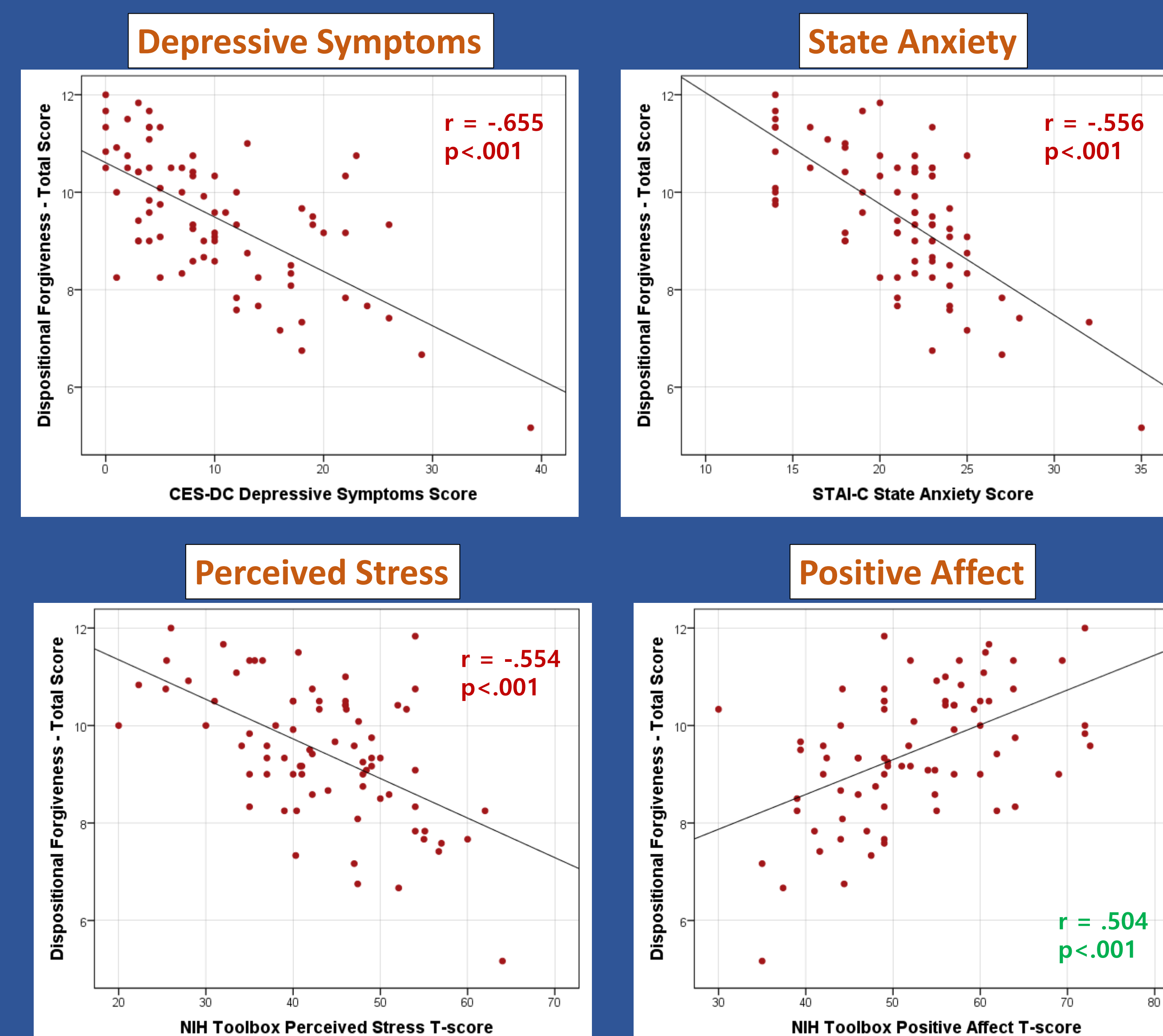
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Among young adolescents, forgiveness and emotional intelligence are highly positively correlated with each other and with greater psychological well-being

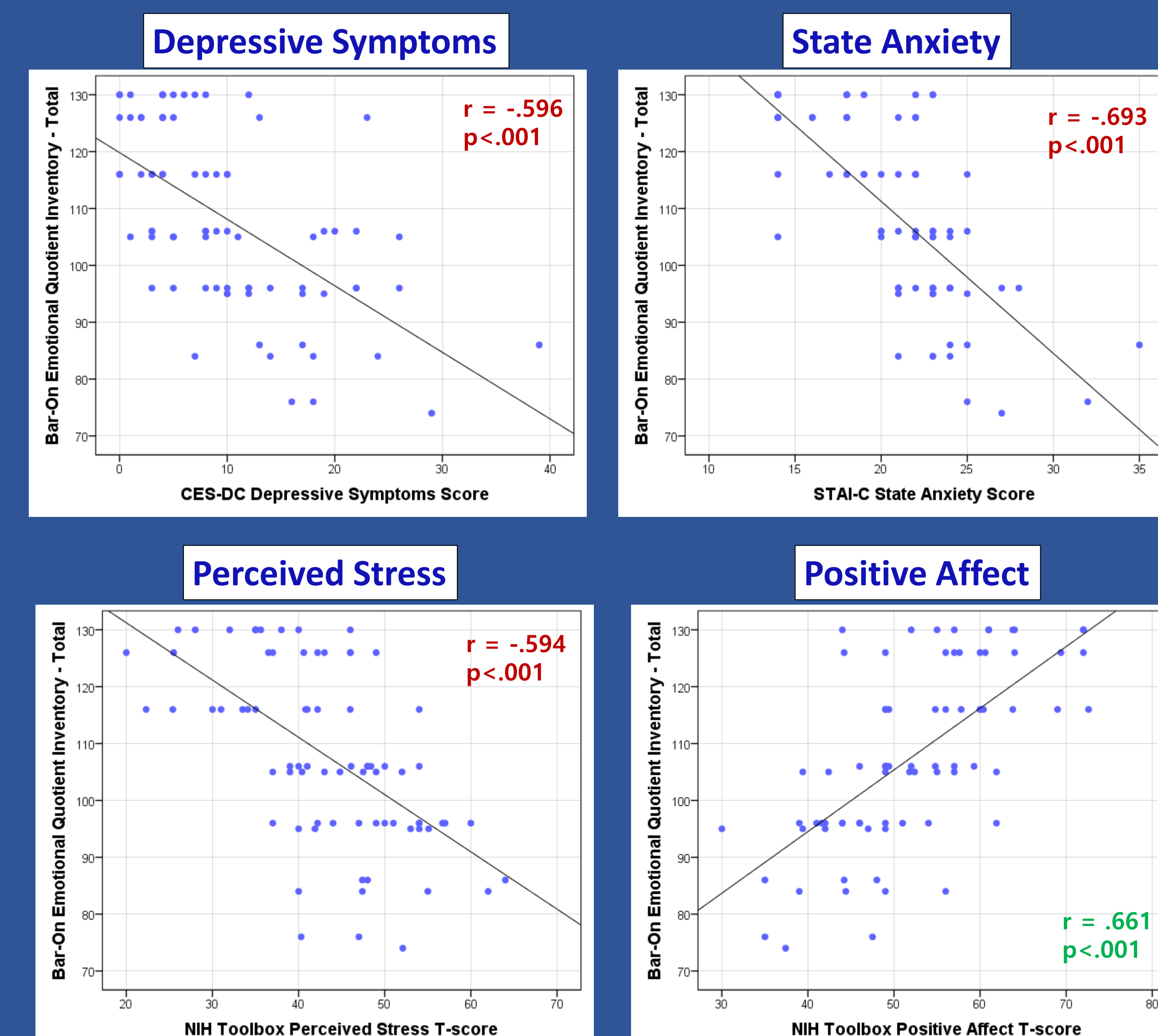
Association between Dispositional Forgiveness and Emotional Intelligence



Dispositional Forgiveness and Psychological Well-Being



Emotional Intelligence and Psychological Well-Being



INTRODUCTION

- Suicide rates among young adolescents (10-14 years) nearly tripled in the last decade¹, highlighting an urgent need to identify personal resources that could enhance their resilience to life's challenges, such as those associated with the COVID-19 pandemic.
- Prior studies show that dispositional forgiveness and trait emotional intelligence are associated with greater psychological well-being in adults, but few studies have examined these relationships among young adolescents.
- This study examined the relationships between dispositional forgiveness, emotional intelligence, and psychological well-being among adolescents aged 13-14.

METHODS

- **Sample:** N=77 typically-developing, healthy young adolescents (mean age 13.8 ± 0.6 yrs; 53% girls; 75% non-Hispanic White) in New England were recruited into a longitudinal study of adolescent brain development; this study analyzed their baseline data.
- **Study measures** were privately computer self-administered in the lab and included a child/adolescent version of the Heartland Forgiveness Scale (dispositional forgiveness of self-, others, situations); Bar-On Emotional Quotient Inventory Youth Version (EQ-i:YV™); Center for Epidemiologic Studies-Depression scale for Children (CES-DC); the State scale from the State-Trait Anxiety inventory for Children (STAI-C); and NIH Toolbox Perceived Stress and Positive Affect measures.

RESULTS

- Dispositional forgiveness (DF) was strongly positively correlated with emotional intelligence (EI), with situational forgiveness (i.e., the ability to transform one's responses to negative experiences outside of one's control) having the highest correlations with EI of the forgiveness subscales.
- Greater DF and EI were both significantly associated with lower levels of depressive symptoms, anxiety (state), stress, and higher levels of positive affect.

DISCUSSION

- As observed in adults, we found higher levels of dispositional forgiveness and emotional intelligence are associated with greater psychological well-being in young adolescents.
- Future analyses of longitudinal data on this sample will elucidate the prospective relationship between these character strengths and psychological well-being as these young adolescents age.

REFERENCE

¹ Curtin SC, Heron M. Death rates due to suicide and homicide among persons aged 10–24: United States, 2000–2017. NCHS Data Brief, no 352. Hyattsville, MD: National Center for Health Statistics. 2019.

Descriptive statistics for each study measure

Measure	Score Range	N	Score Mean (SD)
Dispositional forgiveness			
Total score	5-12	77	9.49 (1.37)
Self	1-4	77	2.92 (0.59)
Other	2-4	77	3.38 (0.51)
Situations	2-4	77	3.20 (0.56)
Emotional intelligence			
Total score	74-130	77	108.09 (13.80)
Intrapersonal	68-130	77	102.08 (16.63)
Interpersonal	74-130	77	106.27 (14.00)
Stress management	76-130	77	106.74 (12.36)
Adaptability	74-130	77	108.75 (13.80)
General mood ^a	65-124	77	103.64 (15.01)
Inconsistency ^{a,b}	0-8	77	3.34 (1.94) ^b
Psychological well-being			
Depressive symptoms	0-39	77	10.01 (8.05)
State anxiety	14-35	77	21.18 (4.10)
Perceived stress	20-64	76	43.26 (9.26)
Positive affect	30-73	76	52.24 (9.57)

^a General Mood and Inconsistency scores are not included in the EQ-i:YV Total score.

^b The Inconsistency Index mean score suggests a low level of inconsistent responding in this sample.

Correlation between dispositional forgiveness and emotional intelligence subscales (Pearson's r*)

Emotional Intelligence Scales	Dispositional Forgiveness Scales			
	SELF	OTHER	SITUATIONAL	TOTAL
INTRAPERSONAL	.475	.352	.504	.541
INTERPERSONAL	.407	.503	.596	.605
STRESS MANAGEMENT	.502	.468	.526	.604
ADAPTABILITY	.461	.532	.556	.623
TOTAL	.585	.553	.661	.726
GENERAL MOOD ^a	.564	.554	.666	.720

* All correlation coefficients were statistically significant at p<0.01.

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