



The Influence Of Daily Spiritual Experiences In Determining Forgiveness Among Emerging Adults

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Abstract : The current study focused on understanding the relationship between Daily Spiritual Experiences and Forgiveness among emerging adults. The study also aimed to analyze the extent of influence of Daily Spiritual Experiences in determining Forgiveness among emerging adults. The Convenience sampling method was employed to collect a sample of 200 participants among males and females between the age group of 18 and 25 years. Daily Spiritual Experiences was measured using the Daily Spiritual Experiences Scale (Underwood, 2011), and Forgiveness was measured using the Bolton's Forgiveness Scale (Amanze & Carson, 2021). The data for the study was assessed using Pearson Product Moment correlation, and Multiple Linear Regression through the Statistical Package for Social Sciences (Version 25.0). The results portrayed that there was a significant positive correlation between Daily Spiritual Experiences and Forgiveness among emerging adults. It also demonstrated a positive influence of Daily Spiritual Experiences on Forgiveness among the chosen sample.

Index Terms – Spirituality, Daily Spiritual Experiences, Forgiveness, Emerging adults.

I. INTRODUCTION

Young adults interpret spirituality by relating it to their own struggles, challenges, and circumstances. Since sacred experiences are thought to evoke feelings and insights, they provide youth with guidance, purpose, and serenity that have a long-lasting beneficial effect.

Daily Spiritual Experiences can be defined as “the experiences of relationship with, and awareness of, the divine or transcendent and how beliefs and understandings form part of moment-to-moment features of life from a spiritual or religious perspective” (Underwood, 2006). The Daily Spiritual Experiences construct represents those aspects of life that make up day-to-day spiritual encounters for many people, a more straightforward assessment of some of the common processes through which the larger concepts such as religiousness and spirituality are involved (Underwood, 2002).

Spirituality can express the more personal dimension of the religious life, for example, a personal relationship to God, or a set of practices in the personal life aimed at cultivating compassion (Underwood, 2006). Daily Spiritual Experiences tend to be the outcomes of leading a spiritual life, apart from just following a religion by hearsay.

According to Amanze and. Carson (2021), Forgiving is “a process that involves bolstering and developing the ability to offer the person who has done the wrong an opportunity to prove their innocence. This helps the victim of the offence to accept and let go of the hurt and its consequences.” The American Psychological Association (2018) defines Forgiveness as “willfully putting aside feelings of resentment

towards an individual who has committed a wrong, been unfair or hurtful, or otherwise harmed one in some way.”

Berry et al (2005) and Enright et al (1996) have reported that forgiveness is “the replacement of negative unforgiving emotions with positive emotions, positive affect, self-esteem, and it fosters compassion and positive responses to the offender.” Forgiveness may not necessarily mean an act of kindness towards others, but may be for obtaining a sense of closure for the self.

The process of forgiveness begins with the acknowledgement of one’s pain caused the actions of another person. Letting go of the emotional burden may occur when the individual wants to consciously forgive and move on. It may require developing empathy and self-compassion that gives rise to forgiving oneself as well.

It is observed that self-acceptance also seems to play a significant role in the process of forgiving others as well as oneself, as the individual must fully accept oneself, acknowledge their imperfections, and demonstrate compassion – all of which can be influenced by how spiritually inclined the individual is (Holmgren, 1998).

II. RESEARCH METHODOLOGY

Aim of the study

The aim of the current study is to analyze the relationship between Daily Spiritual Experiences and Forgiveness among emerging adults. The study also focuses on determining the influence that Daily Spiritual Experiences has on the tendency to Forgive among emerging adults.

Hypotheses

1. H1: There is no relationship between Daily Spiritual Experiences and Forgiveness among emerging adults.
2. H2: There is no influence of Daily Spiritual Experiences on Forgiveness among emerging adults.

Population and Sample

The sample for the present study was taken from the emerging adult population within the age range of 18 and 25 years consisting of both males and females. The sample involved 200 participants from diverse religious backgrounds and ethnicities from Tamil Nadu. The inclusion criteria involved males and females between the ages of 18 and 25 years, who are required to read and understand English, and who reside in Tamil Nadu, India.

The participants for the present study were selected using the Convenience Sampling method from a wide range of religious backgrounds. The questionnaires were circulated to the participants through Google Forms, and data was collected in-person through printed copies as well, after receiving their informed consent to participate in the study.

Research design

The research design employed in the present study is the Correlational and Experimental design. It focuses on analyzing the relationship between Daily Spiritual Experiences and Forgiveness using the Pearson Product Moment Correlation. Multiple Linear Regression analysis is used to illustrate how Daily Spiritual Experiences predicts Forgiveness among emerging adults.

Data and sources of data

The data used in the study was collected from the participants, who were the primary source. Analysis and interpretation were done using the information obtained from the sample. The interrelationships and associations between the variables were determined based on the hypotheses constructed, and the inferences made for the respective sample can be generalized to the population. The results obtained were ensured to be shared with the participants that reached out to the administrator expressing their interest to receive them after the completion of the study.

Data was collected through the administration of the Daily Spiritual Experiences Scale (DSES) by Underwood, L. (2011) to measure Daily Spiritual Experiences, and the Bolton Forgiveness Scale (BFS) by Amanze and Carson (2019) to measure Forgiveness.

Statistical tools

The methods of statistical analysis employed in this study is the Pearson Product Moment Correlation and Multiple Linear Regression, as these will aid to analyze and interpret the data obtained from the participants' responses. The Statistical Package for Social Sciences was used for the analysis of the data obtained through the study.

III. RESULTS AND DISCUSSION

Table 1: Pearson's Product Moment Correlation between Daily Spiritual Experiences and Forgiveness among emerging adults.

Variables (N = 200)	Daily Spiritual Experiences	Forgiveness
Daily Spiritual Experiences	1	.478**
Forgiveness		1

***. Correlation is significant at the 0.01 level (2-tailed).*

Table 1 represents the results of the relationship between Daily Spiritual Experiences and Forgiveness. The sample involved a total of 200 emerging adults between the age group of 18 and 25 years. The table showcases that there is a statistically significant positive relationship between Forgiveness and Daily Spiritual Experiences ($r = 0.478$, $p < 0.01$). Therefore, the null hypothesis H1 which states that there is no relationship between Daily Spiritual Experiences and Forgiveness among emerging adults is rejected.

This finding is supported by a study conducted by Khosla & Khosla (2020) illustrating that there was a significant positive correlation between the willingness to forgive and having religious commitment among young adults in India. In another study conducted by Aneja (2022) on college students aged between 18 and 25 years in Chandigarh, the analysis illustrated a significant positive correlation ($r = 0.556$) between spirituality and the tendency to forgive.

The extent to which an individual wishes to ameliorate his or her spiritual life depends upon the religious practices he or she was nurtured with, the values that resonate strongest to his or her personal life, and also the genuine connection he or she perceives to have with the higher force. Therefore, it can be implied that Forgiveness is an important value that is imparted to individuals who claim to be high in experiencing spiritual encounters frequently.

Table 2: Multiple Linear Regression with Happiness as a predictor variable of Daily Spiritual Experiences among emerging adults.

Predictor (N = 200)	Unstandardized coefficient		B	T	R	R ²	Adjusted R ²
	B	SD					
Constant					.478	.228	.224
Forgiveness	.325	.043	.478	7.650**			

***. Correlation is significant at the 0.01 level (2-tailed).*

Table 2 represents the influence of Daily Spiritual Experiences on Forgiveness. The sample involved a total of 200 emerging adults between the age group of 18 and 25 years. The adjusted R^2 value demonstrates that 22.4% of variation in Forgiveness can be determined by Daily Spiritual Experiences. It can also be understood that there is a statistically significant influence of Daily Spiritual Experiences on Forgiveness as the β value suggests that one unit of increase in Happiness will lead to .224 increase in Daily Spiritual Experiences. Therefore, the null hypothesis H2 which states that there is no influence of Daily Spiritual Experiences on Forgiveness among emerging adults is rejected.

It can be determined from the table that Forgiveness predicts Daily Spiritual Experiences at the β value of 0.323, which is statistically significant at $p < 0.01$. A research study conducted by conducted by Raj & Padmakumari (2023) observed that Forgiveness was positively influenced and well predicted by religiosity and spirituality among a sample of emerging adults. As Happiness was found to be positively related to Daily Spiritual Experiences (Keerthi & Rebekah, 2025), and Forgiveness is also found to be related to positive experiences and feelings (Toussaint et al, 2015), it can be elucidated that Forgiveness is positively influenced by Daily Spiritual Experiences as well.

IV. SUMMARY AND CONCLUSIONS

The emerging adult population gravitate towards finding meaning and their inner-selves, and as Daily Spiritual experiences can promote empathy, compassion, and a desire to live with integrity, Spirituality is highlighted to be a crucial factor in their daily living. These daily spiritual encounters can also build and deepen relationships, which enables individuals to promote harmony and not hold grudges against those that may have wronged them.

The current research emphasizes on the role of Daily Spiritual Experiences in determining Forgiveness on a sample of emerging adults between the ages of 18 and 25 (Arnett, 2004). Daily Spiritual Experiences can be defined as “the experiences of relationship with, and awareness of, the divine or transcendent and how beliefs and understandings form part of moment-to-moment features of life from a spiritual or religious perspective” (Underwood, 2006). According to Amanze and. Carson (2021), Forgiving is “a process that involves bolstering and developing the ability to offer the person who has done the wrong an opportunity to prove their innocence. This helps the victim of the offence to accept and let go of the hurt and its consequences.”

The present study aimed to tackle the gap in research pertaining to the lack of sufficient findings on Daily Spiritual Experiences and their influence on the tendency to forgive among emerging adults. It also aims to analyze these variables in the standpoint of the Indian Population specifically (Keerthi & Rebekah, 2025).

Findings of the study

The analyses illustrated the following findings;

1. There is a statistically significant positive correlation between Daily Spiritual Experiences and Forgiveness among emerging adults.
2. There is a statistically significant positive influence of Daily Spiritual Experiences on Forgiveness among emerging adults.

Conclusions

The conclusions drawn from the present study are as follows;

The present study demonstrated that there is a statistically significant positive relationship between Daily Spiritual Experiences and Forgiveness among emerging adults.

The study also indicated that Forgiveness is positively influenced by Daily Spiritual Experiences among emerging adults.

V. IMPLICATIONS AND RECOMMENDATIONS

The results obtained in the study may be attributed to factors such as the individual's evaluation of the act committed by the offender, their personal beliefs regarding forgiveness and spirituality, personality traits such as agreeableness and empathy, and even their respective levels of emotional maturity. These may vary from person to person, and situation to situation, thus causing the occurrence of the aforementioned conclusions.

Further research can be conducted by incorporating the analysis of variables such as the role of emotional regulation on forgiveness, the influences of daily spiritual experiences on styles of conflict resolution, and even the effect of social cohesion on an individual's tendency to be forgiving.

This study encourages longitudinal research on the influences of daily spiritual experiences on forgiveness over a long period of time, while also exploring these effects among varied populations and mediating factors such as social support and gratitude.

VI. LIMITATIONS OF THE STUDY

As the study focused on the emerging adult population specifically, the results of the current research cannot be generalized to other age groups.

The psychometric scales employed in the current study do not provide sufficient information regarding the respective constructs that can be derived from both the variables. The use of generic measures (Keerthi & Rebekah, 2025) for daily spiritual experiences and forgiveness may not emphasize on the definitive constructs encompassing both of them respectively.

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