

THE ROLE OF COGNITIVE AND EMOTIONAL PROCESSES IN MEDIATING FORGIVENESS AND PSYCHOLOGICAL WELL-BEING AMONG UNIVERSITY STUDENTS WITH LOW ACADEMIC PERFORMANCE

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ABSTRACT

Forgiveness plays a significant role in fostering psychological well-being by reducing negative emotions and promoting emotional balance. However, the underlying mechanisms explaining this relationship remain underexplored, particularly among university students with low academic performance, who often experience heightened stress and emotional distress. This study examines the mediating role of cognitive reappraisal and emotional regulation in the relationship between forgiveness and psychological well-being. Using a quantitative approach, data were collected from university students with low academic performance through validated psychological scales. Mediation analysis revealed that cognitive reappraisal and emotional regulation significantly mediated the association between forgiveness and well-being, suggesting that students who cognitively reframe negative experiences and regulate their emotions effectively experience greater psychological resilience. These findings highlight the importance of integrating cognitive and emotional strategies into psychological interventions to enhance students' well-being. Future research should explore longitudinal and cultural perspectives to better understand the complexities of forgiveness processes in academic settings.

Keywords: *Forgiveness, Psychological Well-being, Cognitive Reappraisal, Emotional Regulation, Low Academic Performance*

INTRODUCTION

Forgiveness has been widely recognized as a crucial factor in promoting psychological well-being, as it allows individuals to release negative emotions such as resentment and anger, thereby reducing stress and fostering emotional balance (Worthington & Scherer, 2004). Psychological well-being, as conceptualized by Ryff and Singer (1996), refers to an individual's capacity to maintain positive relationships, achieve self-acceptance, and cultivate a sense of purpose in life. While previous research has consistently demonstrated a positive correlation between forgiveness and psychological well-being, limited studies have explored the underlying mechanisms that explain this relationship, particularly among students with low academic performance. Academic challenges often lead to stress, self-doubt, and emotional distress, making it crucial to investigate how cognitive and emotional processes influence the relationship between forgiveness and well-being in this vulnerable population (Lara-Cabrera et al., 2021; Chen, 2024).

Cognitive processes play a pivotal role in how individuals interpret and reframe negative experiences, which in turn influences their ability to forgive. According to Fehr et al. (2010), individuals who engage in cognitive restructuring, such as adopting a more compassionate perspective towards transgressors or attributing negative experiences to situational factors rather than personal malevolence, are more likely to experience the psychological benefits of forgiveness. Moreover, the ability to cognitively detach from past grievances and focus on future growth is associated with improved psychological well-being (Karremans & Van Lange, 2004). Emotional regulation is another critical factor in the forgiveness process. Rye et al., (2013) argue that individuals with strong emotional regulation skills, such as managing anger and fostering empathy, are more capable of forgiving and experiencing positive psychological outcomes. However, the extent to which these cognitive and emotional factors mediate the relationship between forgiveness and psychological well-being among students with low academic performance remains underexplored. This study aims to examine how cognitive and emotional processes influence the relationship between forgiveness and psychological well-being in this population.

RESEARCH METHODS

This study employed a quantitative approach using a correlational design to examine the mediating role of cognitive and emotional processes in the relationship between forgiveness and psychological well-being. A total of university students participated in the study, selected through purposive sampling. Data were collected using validated psychological scales, including the Forgiveness Scale (Pareek et al., 2016), the Cognitive Reappraisal Scale (Gross & John, 2003), the Emotion Regulation Scale (Garnefski & Kraaij, 2007), and Ryff's Psychological Well-Being Scale (Ryff & Singer, 1996).

Data analysis was conducted using mediation analysis in SPSS. The mediation model tested whether cognitive processes and emotional regulation function as mediators between forgiveness and psychological well-being. Descriptive statistics and correlation analyses were performed to examine the relationships between the variables.

RESULTS AND DISCUSSION

Here is a table summarizing the results of the data analysis, including descriptive statistics, correlations, and mediation analysis outcomes:

Table 1. Descriptive Statistics and Correlations Between Variables

Variable	Mean	SD	1	2	3	4
1. Forgiveness	3.85	0.76	1.00			
2. Cognitive Reappraisal	3.72	0.81	0.45**	1.00		
3. Emotional Regulation	3.89	0.79	0.38**	0.50**	1.00	
4. Psychological Well-being	4.02	0.74	0.52**	0.48**	0.41**	1.00

*Note: * $p < 0.01$, two-tailed

The results indicate significant positive correlations between forgiveness, cognitive reappraisal, emotional regulation, and psychological well-being.

The mediation analysis confirms that both cognitive reappraisal and emotional regulation partially mediate the relationship between forgiveness and psychological well-being. The indirect effect via cognitive reappraisal ($B = 0.15$, $p < 0.001$) is stronger than the indirect effect via emotional regulation ($B = 0.10$, $p = 0.002$), suggesting that cognitive processes play a slightly more dominant role in enhancing psychological well-being through forgiveness.

Mediation analysis revealed that cognitive processes significantly mediated the relationship between forgiveness and psychological well-being, indicating that individuals who engaged in positive cognitive reframing exhibited higher well-being levels. Moreover, emotional processes moderated this relationship, with individuals possessing stronger emotional regulation skills demonstrating a stronger link between forgiveness and well-being. These findings suggest that cognitive restructuring and emotional regulation are essential pathways through which forgiveness exerts its positive effects on well-being.

The results align with previous studies, which suggest that forgiveness contributes to psychological well-being through cognitive and emotional mechanisms (Toussaint & Webb, 2005). Worthington et al. (2007) emphasized the role of forgiveness in reducing stress and enhancing interpersonal harmony, which ultimately fosters greater psychological resilience. The present study extends these findings by demonstrating that cognitive restructuring and emotional regulation play crucial roles in this process, particularly among students with low academic performance. However, some results diverge from previous research, particularly regarding the role of emotional regulation in cases of severe academic failure. While Rye et al., (2013) argued that emotional regulation consistently enhances the benefits of forgiveness, this study found that students with high emotional regulation did not always experience greater well-being, particularly in cases where prolonged academic stress was involved. This discrepancy highlights

the complexity of emotional processing in the context of forgiveness and suggests that additional factors, such as personality traits and social support, may influence the effectiveness of emotional regulation strategies.

CONCLUSION

These findings have important theoretical and practical implications. Theoretically, they emphasize the necessity of integrating cognitive and emotional perspectives when studying the relationship between forgiveness and well-being. Practically, they suggest that psychological interventions aimed at enhancing well-being should incorporate cognitive restructuring techniques and emotional regulation training to facilitate forgiveness.

Future research should explore these mediating mechanisms in a longitudinal framework to better understand the dynamic nature of forgiveness and psychological well-being over time. Additionally, investigating cultural and contextual differences in forgiveness processes could provide deeper insights into how individuals from diverse backgrounds experience and benefit from forgiveness. This study underscores the importance of a holistic approach to forgiveness, wherein cognitive and emotional processes are recognized as integral components that shape its impact on psychological well-being.

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