

Patience and Its Relation with Self Control and Forgiveness

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The growing interest in Positive Psychology encourages researchers in to previously untapped arenas in psychology such as patience and forgiveness. The present study was carried out to explore whether patience has any significant relationship with self-control and forgiveness and to identify whether patience predicts self-control and forgiveness among the college students of Kerala. The sample of the study consisted of 582 college students (male=182; Mage=20.45, female=400; Mage= 20.24) from Kerala. The statistical analysis used were Pearson's correlation coefficient and regression analysis. The results of the study indicated there exist a significant positive correlation between patience and self-control and between patience and forgiveness. The results further suggested that patience significantly and positively predicted both the dependent variables, that is self-control and forgiveness. As patience is helpful in predicting self-control and forgiveness, more focus can be given to the virtue, as the variables measured in the study is significant in promoting well-being.

Keywords: Patience, Self-control, forgiveness, College students

Patience is the ability or disposition to wait calmly in the face of difficulty or frustration. Because it is thought to promote general wellbeing and human flourishing, it is viewed as a desirable quality. Patience can be shown in a range of contexts, from routine ones like standing in queue to more involved ones like being a parent or managing a serious illness (Schnitker, 2012).

Because it has been shown that having patience is positively connected with pursuing goals and feeling good about oneself, researchers have come to understand the value of patience. Patience is associated with both hedonic and eudemonic well-being since it negatively predicts depression and positively predicts life satisfaction, happiness, and affect (Schnitker,2012).

A closely related, but distinctive concept to patience is self-control, in which theorists

consider both as regulatory virtues. Self-control refers to the methods by which an individual modifies the likelihood that a response will occur in the absence of prompt external reinforcement (Coates & Thoresen, 1979). Experts in ethics categorise patience and self-control as instrumental virtues, meaning that they help people develop and exhibit other virtues and strengths of character (Pincoffs,1986). The study conducted by Schnitker and Emmons (2007) found a moderate relationship between self-control and patience. There are, therefore, some parallels between self-control and patience; however, patience is a discrete variable with a meaning that extends beyond self-control.

Mccullough (2001) defined forgiveness as an individual's ability to shut down negative reactions to their offenders and embrace positive ones. It is the manifestation of a

prosocial motivational shift directed towards a culpable transgressor. People are more likely to respond positively and have less negative attitudes towards those who have wronged them when they have a tendency to forgive them. Forgiveness and subjective well-being have been shown to be strongly correlated in earlier research. Forgiveness is strongly correlated with both short-term and long-term well-being, according to Maltby et al. (2005). Researchers have previously pointed that self-control and forgiveness are linked with each other, as the propensity to overcome the desire to retaliate towards a transgressor requires self-control (Burnette, et al., 2014). Yet, the connection between patience and forgiveness is relatively underexplored.

Rationale of the study

Although there are prior studies that explore the relationship between patience and self-control and between self-control and forgiveness; there is a lacuna of study that explore the relationship that patience has with both self-control and forgiveness. Also, the studies are short, in terms of the exploration of how patience interact with the variables considered in the present study. Moreover, the relationship between the variables is underexplored in an Indian sample. Exploring the relationship that patience has with self-control and forgiveness and the impact of patience as a predictor variable that cultivates self-control and forgiveness can point future investigations on the implementation of interventions based on patience to promote self-control and forgiveness; which in turn, can intervene with and prevent psycho-social traumas.

Research Questions

1. What is the relation that patience has with self-control and forgiveness of college students?

2. Can Patience predict self-control and forgiveness of college students?

Method

Sample

This study was carried out on a sample of 582 college students from the state of Kerala, India. The sample consisted of 182 male participants ($M_{age}=20.25$) and 400 female participants ($M_{age}=20.24$).

Table 1. Sample Characteristics

	Male	Female
Number of Participants	182	400
Percentage	31.27%	68.73%
$M_{age} \pm SD$	20.45 \pm 1.43	20.24 \pm 1.24

Table 1 displays the sample characteristics. The total sample constituted of 582 participants, in which 182 were males and 400 were females. The males constituted 31.27% of the sample and the rest, that is, 68.73% of the sample were females. The mean age of the male participants was 20.45 \pm 1.43 and the mean age of female participants was 20.24 \pm 1.24; and the mean of the entire sample was 20.30 \pm 1.31.

Instruments

3-Factor Patience Questionnaire: the 11-item scale created by Schnitker (2012), was utilized to measure patience and is divided into three subscales: inter-personal patience, life hardship patience, and daily hassles patience. A 5-point Likert scale is used to rate each item.

Brief Self Control Scale: developed by Tangney, Baumeister and Boone (2004), consisting of 13 items was utilized to measure the levels of self-control of the participants and the scale utilized a 5-point system to rate each item (Not at all like me to Very much like me).

Rye Forgiveness Scale: The scale was developed by Rye (2001) and consists of 15

items with two subscales: presence of positive subscale (5 items) and absence of negative subscale (10 items). A five-point rating system is used for each item, ranging from one to five (strongly disagree to strongly agree).

Procedure

582 students from various colleges in the Indian state of Kerala, served as the study's primary source of data. After requesting permission from the college principals to collect data from the students, investigators went to educating the participants about the purpose of the study and obtaining their informed consent. The students' levels of patience, self-control, and forgiveness were measured using the 3-Factor Patience Scale, Brief Self Control Scale and Rye Forgiveness in that order. A personal data sheet that was intended to gather demographic information was also given to them. Finally, the study's debriefing was done.

Data Analysis

The programme SPSS 25 (Statistical Package for Social Sciences) was utilised to analyse the data. The Pearson correlation analysis was utilised to ascertain the relation between patience and self-control as well as forgiveness. Additionally, linear regression analysis was performed to determine the impact of patience on these variables.

Results

Table 2. Correlation of Patience with Self-Control and Forgiveness

	Self-Control	Absence of Positive Emotions	Presence of Positive Emotions	Total Forgiveness
Interpersonal Patience	0.42**	0.44**	0.34**	0.49**
Life-hardship Patience	0.29**	0.33**	0.25**	0.37**

Daily-Hassles Patience	0.28**	0.20**	0.19**	0.24**
Total Patience	0.43**	0.48**	0.43**	0.48**

** $p < 0.01$

The relation that patience and its dimensions have with self-control and forgiveness along with its subdimensions is shown in table 2. All the sub dimensions of patience (i.e, interpersonal patience, life hardship patience and daily hassles patience) as well as the total patience displays significant and high relationship with forgiveness and its subdimensions and with self-control, $p < 0.01$.

Table 3. Linear Regression results of Patience with Self-Control

	Beta Coefficient	T	p -value
Self-Control	0.47	11.68	.000**

$R^2 = .436$

** $p < .01$: Significantly high

$F(1,580) = 136.50$

Table 3 shows the results when patience is regressed against self-control scores of college students. It has been found that patience significantly predicted self-control, which is shown by $F(1,580) = 136.50$, $p < .01$. Moreover, the $R^2 = .436$ depicts that the model explains 43.6% of variance in self-control.

Table 4. Linear Regression results of Patience with Forgiveness

	Beta Coefficient	T	p -value
Forgiveness	0.69	13.37	.000**

$R^2 = .236$

** $p < .01$: Significantly high

$F(1,580) = 178.80$

Table 4 shows the results when patience is regressed against forgiveness scores of college students. It has been found that patience significantly predicted forgiveness, which is shown by $F(1,580)=178.80$, $p<.01$. Moreover, the $R^2=.236$ depicts that the model explains 23.6% of variance in forgiveness.

Discussion

This study looked at the relationship that patience has with self-control and forgiveness among college students and found that there is a significant and high correlation between patience (including interpersonal patience, life hardship patience and daily hassles patience) and self-control as well as with forgiveness and its sub-dimensions. Further, the regression analysis results showed that patience was found to be a significant contributing factor towards the self-control and forgiveness of the students.

One possible reason that explains the strong and significant relationship that patience has with self-control may be due to the fact that both patience and self-control are centred on the capacity to restrain one's impulses and reactions. Patience emphasises delayed gratification by requiring the postponement of immediate rewards in favour of future gains. This is consistent with exercising self-control, which is controlling one's emotions and refraining from rash decisions. Both traits encourage careful thought and the capacity to withstand temptation, which aid in making wise decisions. Maintaining healthy interpersonal relationships, managing stress, and pursuing goals all require patience and self-control. Essentially, the relationship between self-control and patience is rooted in their shared function in promoting emotional control, flexibility, and general wellbeing. This is in line with findings of Khormei, Farmani and Yazdani (2017), in which the researchers

found a strong and significant relationship between patience and self-control

Given their common traits and entwined nature, self-control and patience have a predictive relationship. Self-control is preceded by patience, which is typified by impulse control, goal persistence, and delayed gratification. People who are patient when faced with obstacles or who postpone rewards right away are more likely to have the self-control required for effective self-control. Again, pertaining to the 2017 study (Khormei, Farmani and Yazdani, 2017); the researchers gave significant evidence regarding the predictive capacity of patience towards self-control.

When it comes to the relationship that patience has with forgiveness, a similar conclusion has been reached in reference to the results of the study that, Patience has a significant relationship with forgiveness and also, Patience significantly and positively predicted forgiveness. This could be because both require a person to restrain their emotions and negative impulses when faced with difficult situations. Both forgiveness and patience also required the ability to see beyond the immediate situation and focus on long-term goals or outcomes. The more patient someone is, the more understanding and forgiving they will be towards others (Rusdi, 2016). Similar findings were also reported by Lavelock et al. (2017), who discovered that while using a patience workbook encouraged forgiveness, using a forgiveness workbook actually increased participants' patience. The discovery made by Schnitker and Emmons (2007) that patient people experience fewer negative feelings, where the absence of negative emotions is a significant marker of forgiveness. It has also been argued that forgiveness and patience go hand in hand because forgiving individuals can accept and accommodate others and forgive others for

their transgressions (Schnitker & Emmons, 2007).

As a whole, the present study throws light to the affiliative aspects that patience has with self-control and forgiveness. Being patient with others is always considered as a virtue that one has to inculcate and contributes significantly to one's sense of well-being (Schnitker, 2012). Additionally, the present study denotes importance of being patient, as it contributes further to one's self-control and forgiveness, which in turn, has significance in healthy living. One's sense of overall happiness and wellbeing can be greatly enhanced by realising the value of and cultivating their patience.

Limitations

Notwithstanding having a sizable sample, a well-structured research protocol, and well-organized findings, the present study is not without limitations. Initially, the study's sample was selected from Kerala colleges; more precise generalisations could be drawn if the sample were expanded to include students from all over the country. Because complex and multidimensional constructs like patience, forgiveness and self-control are considered in the study; the values cannot be measured solely using scales, the study's ability to capture all dimensions appears to be limited. Mixed-method studies could yield better results.

Conclusion

To sum up, this study has illuminated the complex relationships that patience has with self-control and forgiveness. Our results clearly corroborate the theory that patience is a critical factor in determining an individual's capacity for self-control and forgiveness. The information not only demonstrated a strong correlation between self-control and forgiveness, but it also demonstrated how relevant patience is at predicting forgiveness and self-control. To

put it simply, this study calls for a paradigm change, asking people to see patience as a key component that facilitates other desirable virtues such as self-control and forgiveness rather than just a virtue in and of itself. Fostering patience could lead to improved emotional health, stronger bonds between people, and a society that is more forgiving and resilient.

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