

The Role of self-control ability and forgiveness in predicting the spiritual well-being of high school secondary students in Rasht

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The spiritual well-being of students affects a variety of factors, including the role of self-management and forgiveness. The purpose of this study was to determine the role of self-management and forgiveness in predicting the spiritual well-being of high school secondary school students in Rasht. The statistical population of the study consisted of all female students of secondary school in Rasht in the second semester of the academic year of 2019, with an estimated 3500 people. A sample of 250 individuals was selected using multi-stage random cluster sampling. Then they completed the spiritual well-being questionnaire by Palatozian and Ellison (1982), Tanjeni et al. (2004) and Forgive Hartland (2005) self-control questionnaires. The data were analyzed using Pearson correlation coefficient and multiple regression. The results showed that there is a positive and significant relationship between the self-management ability and the total score of forgiveness and the subscales of forgiveness of others and forgiveness of the positions with the total score of spiritual well-being and the subsistence scale of existential well-being and religious well-being. Also, there is a positive and significant relationship between self-forgiveness subscale and self-forgiveness with the subscale of religious welfare (P

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