

Resilience, Hope, And Forgiveness Among College Students

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Abstract

This study aimed to explore the relationship between resilience, hope, and forgiveness and the difference between forgiveness and hope regarding sex. The result of this study with a mixed method research design precisely sequential explanatory through follow-up is to create a model that will better understand the variables being explored from a Filipino perspective. The participants of this study included 250 college students from a university and were selected through nonprobability sampling, specifically quota sampling for the quantitative part of the study, and 15 college students to answer the interview. The study used a mixed method design, specifically sequential explanatory through follow-up design. There were three instruments used in the study, namely: Herth Hope Index, Heartland Forgiveness Scale, and Wagnild and Young's Resilience Scale, and validated interview questions. The results suggest a significant relationship between hope and resilience, but there is no significant relationship between hope and forgiveness. Additionally, when compared based on sex, it was found that there is no significant difference between forgiveness and hope. In terms of thematic analysis, themes formed out of the participants' experiences in life about resilience include positivity, adaptability towards circumstances, and toughening. In terms of perception

of hope by the participants, faith, desire and possibility were the themes formed. Based on the participants' responses, two types of forgiveness have been formed, which include decisional and emotional forgiveness. As a person becomes more hopeful in his or her, he or she can also be resilient in facing adversities in life. Hope can be a source of resilience. However, it is not at all times that hope can influence the likelihood of forgiving people who have offended someone. There can be other factors that can make people forgive. Hope and forgiveness do not differ in terms of sex.

Keywords: Resilience, Hope, Forgiveness, College Students.

1. Introduction

Individuals today are faced with negative experiences in life which can have an impact on their likelihood of succeeding or not and living a satisfying kind of life or a not-so-fulfilling life. All these experiences influence our perceptions about ourselves, the people around us, and our future. Those individuals with a high level of resilience within them can recover and bounce back from difficult events encountered in life. These people can use humor, positivity, optimism, faith, strength, and positive emotions accompanied by wisdom in facing life adversities. Resilient individuals can replace negative thoughts with positive ways of perceiving life events with social support and an optimistic outlook to cope with adversities in life. On the other hand, people may think that people's ability to cope and be resilient can also come with the ability to forgive and move forward. It is hard to provide an accurate way of defining forgiveness because it is an abstract thing to be provided with a concrete definition. However, most people define it differently based on their experience of forgiving people and forgiving themselves. Forgiveness can involve experiences of forgiving oneself for the mistakes committed in the past. Forgiveness can also involve God because there are people who seek help and forgiveness from the Lord for them to be able to seek forgiveness for others within themselves. It can also involve families and society because there are people who learn to forgive. After all, families and societies inspire them to do so. And these are some of the reasons why forgiveness must be seen from a multidimensional perspective considering a lot of factors or components which involve cognition, emotion, affect, and behavior.

Resilience as a protective factor helps prevent psychological disorders from occurring since resilience is a speedy recovery and a person's capability to go back to his or her normal daily functioning after dealing with difficulties. In other words, resilience is the ability of a person to remain strong despite obstacles encountered in life. However, as vulnerability increases, a person's resilience decreases. This is the reason why resilience is vital when people are exposed to situations that cause them to feel anxious, worried, and stressed. Resilience intervention is important in building resilience and effective coping strategies for a person. More so, resilience can also help build other positive life skills and variables such as good psychological well-being, high self-esteem, high level of happiness, life satisfaction, and others as such and all these things help promote good mental health (Bajaj & Pande, 2016; Choi & Kim, 2018; Sadati et al., 2020).

On the other hand, hope is the belief that whatever a person is doing can have a positive result in the end and that people can achieve goals in life. A hopeful person is someone who can still think of other alternatives when faced with challenging situations since they still hope that other options are possible to work. Hope is also considered a protective factor, just like resilience. Just like during the pandemic, hope makes people still expect that after the pandemic, they can still have their lives settled, they can still find jobs, and they can still go on with life despite their losses. Hope makes people adjust and adapt to different situations and still look for something positive in negative events. Hope is also the reason why people encompass positive expectations of things. Hope and psychological disorders have a negative association, meaning as a person becomes hopeful, he or she has a lesser chance of having psychological disorders and psychological symptoms (Ahorsu et al., 2020; Ferdinand et al., 2020; Gallagher et al., 2020).

Additionally, hope is associated with the subjective happiness of a person and subjective well-being as well. Hope as a protective factor promotes good mental health, increases the positive emotions felt by people and promotes good health to a person, and lessens related psychological problems caused by COVID-19 and other problems experienced by people in their life. (Satici 2016; Shenaar-Golan 2017).

People nowadays experience a lot of pressure, stress, and life adversities. Yet Filipinos remain strong and resilient. They remain hopeful that things will eventually get better and that a certain situation that makes life hard will soon pass. People encounter conflicts as well and forgiveness can be a factor for someone to be hopeful and resilient and handle life circumstances in a better manner with a better perspective. This study primarily aims to explore the relationship and differences between resilience, forgiveness, and hope among teenagers and adults.

Moreover, hope and resilience are both seen as psychological traits of people which are described to be stable, and it serves as a person's protective factor to guard yourself against negative life experiences. Hope, in addition to this, reflects a person's positive attitude of perceiving things with hopeful and positive expectations of outcomes relative to a specific situation. Individuals who happen to be hopeful exhibit a reflective yet realistic positive manner of thinking towards challenges in life. These people believe that they can reach their desired goals in life. They see problems as challenges and mistakes as opportunities to grow and persevere more in life. They see negativities as an opportunity to believe in themselves and their capabilities to use their optimistic attitude in creating alternative solutions to negative situations and succeed in life.

Through the years, there has been an increasing interest in professionals exploring positive psychology. And as an educator, exploring these variables in positive psychology, or perhaps psychology in general, and coming up with a certain model out of conducting a study in the Filipino context can shed light on understanding these

abstract concepts and can contribute not just to our understanding of Positive Psychology but in Sikolohiyang Pilipino as well. The intended output for this study is a model which will provide a visual and verbal framework that can help readers and learners understand the relationship among the variables.

This study aims to develop a model for forgiveness, resilience, and hope among teenagers and adults. Specifically, it sought to know the profile of the respondents in terms of sex and age, determine if there is a significant relationship between resilience and hope among the respondents, determine if there is a significant relationship between hope and forgiveness among the respondents, determine if there is a significant difference between resilience and forgiveness among the respondents in terms of sex and to know what themes might emerge from the participants' experiences in life about resilience, forgiveness, and hope. The hypotheses of this study are the following. First, there is no significant relationship between resilience and hope among the respondents. Second, there is no significant relationship between hope and forgiveness among the respondents, and third, there is no significant difference between resilience and forgiveness among the respondents in terms of their sex.

In that sense, psychological resilience is conceptually defined as a person's capacity to maintain or bring back psychological well-being whenever a person faces life adversities. Resilience can also be considered as an attribute or a trait, or a process of bouncing back from hardships in life. Resilience is viewed in a multidimensional manner wherein the resilience of a person can be influenced by internal factors like cognition, personality, and state of the physical health of a person and external factors such as status in society and financial capability. Resilience is more observed in adults. Resilient individuals have reduced risks of developing illnesses and a lesser chance of suffering from depression and anxiety (McGinnis, 2018; Le et al., 2019; Fergus et al., 2020; MacLeod et al., 2016).

Moreover, as a person grows older, he or she tends to handle struggles in life differently since as they age, they go through a process of learning more about life which makes them resilient in life. It can also be true to some that as they age, the impact of adversities tends to make them more capable of handling the impact of stressful events, and it softens the impact brought by life struggles (McGinnis, 2018).

Resilience is a person's ability to adapt and be flexible in responding to life's hardships, challenges, stress, and adversities. It is also defined as the ability to "bounce back" or recover from negative circumstances in life without giving up and being overwhelmed by negativity. People who have high resilience possess an optimistic outlook in life, and they are curious, open to experience, and can manage their emotions which can lead to a better attitude and approaches to life. High resilience helps people to overcome uncertainties, conflicts, and failures in an optimistic manner. An individual's ability to adapt to negative life experiences allows them to be resilient and come up with a stronger and better version of themselves, for they can withstand different obstacles in life.

According to different researchers, they found out that resilience has a strong correlation with one's good health and chance to have a long life, be successful in life, have improved interpersonal satisfaction, and increase the level of happiness in life. Hope and resilience, according to the study, are related constructs because all of those involve developing and maintaining a positive outlook in life amid adversities (Dunggal et al., 2016; Sudirman et al., 2019; Soni, 2016).

In addition to that, resilience demands people to be both proactive and reactive in life when dealing with hardships or adversities. A resilient person changes or improves negative events or experiences into something positive through the use of psychological elasticity, which can contribute to the likelihood of recovering and healing a person. Resilience also gives people reason to bounce back from adversities and interpret hardships as a chance for growth only if understood proactively. Additionally, hope encourages people to have a positive mindset in life. It makes people adaptive and flexible and processes things positively since they are hopeful in life. A person that is hopeful and resilient keeps on searching for meaning in their life and aiming to reach their goals and overcome challenges that they will encounter (Duggal, et.al, 2016).

Additionally, possessing both hope and resilience reflects a positive and good impact on our lives. It has a good effect on a person's mood, perspectives in life, responses to situations, and how he or she performs daily tasks. Hope and resilience are also related to better emotional, cognitive and physical functioning. It improves our way of interpreting life events, improves our mood, and lessens the risk related to experiencing distress. Possessing hope and resilience have a positive impact on one's affect, mood, and how he or she functions. Moreover, it was found that resilience can act as a protective factor to protect us from negative and stress-provoking situations, which can, later on, lead to depression. Hope and resilience can also lead to better and improved quality of life. Also, individuals who reported higher levels of hope and resilience possess a lower tendency to experience mood-related disorders and heart-related problems. They have better self-esteem than those who are less resilient and not that hopeful. By contrast, the results of the study suggest that low levels of hope are linked to a higher risk for depression and difficulty in dealing with stressful events (Duggal et al., 2016; Kravchuk, 2021).

Furthermore, protective factors are situations or characteristics of a person which serve as protection against greater risk for problems experienced by the person. It serves as protection which lessens the level of sufferings the person might experience. It helps the person to overcome problems in life. Some of the protective factors include hope and resilience, and both have an effect on how a person subjectively deals with rejections, painful events, discouragements, struggles because of natural calamities, misunderstandings with people, failures in life, different forms of abuse, illnesses, and many other types of misfortunes in life. These traits may help a person to surpass negative experiences or struggles in life, making them less vulnerable to the negative

impact on one's physical health, emotions, mental health, and overall well-being (Duggal et al., 2016; Divyalakshmi & Indumathy, 2018).

People who are hopeful and, at the same time, resilient are characterized by positive attitudes and an optimistic outlook on life and how they deal with life events. Optimism can result in better mood states and experiences of positive emotions, as well as decreased chances of stress-related diseases such as stroke and heart attacks. People who have adaptive qualities or traits have more emotional resources and lessen their times of suffering. It can also improve a person's coping skills and be flexible and resilient in different circumstances. Hopeful people possess positive thinking skills and are reflective of their beliefs of evaluating things towards being able to have higher chances of getting positive outcomes in the end. People who are optimistic interpret problems as challenges that strengthen them as a person and that there are always a lot of ways to solve problems or overcome any situations in life (Morote et al., 2017).

Hope is seen as a positive state that motivates people to work on success through willpower and determination. People who are hopeful and, at the same time, resilient are characterized by positive attitudes and an optimistic outlook on life. Optimism can lead to improved mood and lessen the risk of likelihood of having illnesses related to stress. Adaptive traits of people can help to fill up emotional resources, lessen the times of suffering, and can improve positive coping mechanisms of a person. Studies suggest that the resilience of a person can protect people from emotional distress and can result in better adjustment emotionally. Also, overlapping factors of hope and resilience, which includes optimism, have predicted good result in the health of people (Duggal et al., 2016).

Additionally, studies found that hope has a positive relationship with life satisfaction which can serve as protection against stressful situations. People high in hope show better functioning in areas of life such as occupational, social, academic, and health or physical related domains. (Duggal et al., 2016). Forgiveness is another abstract variable that has been very controversial among researchers because of its nature and the fact that it has not been studied in younger age groups or populations when they face conflicts or hardships caused by others (da Silva Leme et al., 2018).

On the other hand, forgiveness is another abstract variable that has been very controversial among researchers because of its nature and the fact that it has not been studied in younger age groups or populations when they face conflicts or hardships caused by others (da Silva Leme et al., 2018). Understanding forgiveness through a cognitive perspective involves re-framing the perceived threat or problem and modifying the person's anticipation about self, others, and the future. Processes related to cognition include looking at things from a better and wider perspective. It is seeing things from many perspectives. It also includes considering the feelings and perspectives of other people and the context presented. And once a person can reflect, modify and process his

or her interpretation of events, he or she can regain a sense of control and feelings of safety and can then think optimistically about himself, other people, and the wider scene in general (Kaleta & Mroz, 2020)

Forgiveness is a cognitive perspective that includes having to re-frame the perceived problem or situation and then modification of one's anticipation about the world, self, future, and other people. Cognitive processes which involve forgiveness require an individual to place the wrongdoings in a broader perspective and perceive things or actions differently. Forgiving people is difficult, but once a person can recover and regain his or her self-control and feel a sense of safety over the situation, the person can think more positively about the situation and have his or her time to think and reflect. Forgiveness is not just through words, but it has something to do with expressing anger, resentment, sadness, pain, avoidance, or even revenge tendencies. Apart from this, forgiveness is also about compassion, care, hope, calmness, motivation, and love (Kaleta & Mroz, 2020).

Studies suggest that there exists a positive relationship between hope and forgiving people. However, an inverse relationship exists between forgiveness and lower levels of hope. This can be seen in situations such as when a person is hopeful with that of good things or positive changes after a negative event or after others have done them wrong; there are chances that people can forgive more. While in situations wherein a person is not hopeful, there are lower chances of being able to forgive others and move on (Kaleta & Mroz, 2020).

Also, many people within psychology and public health have a growing interest in studying forgiveness with the assumption that it has a connection to health, well-being, and positive mental health outcomes. Forgiveness is associated with improving well-being, good health conditions, and reduced negative stress and mental health issues. It was also found out that since health is associated with forgiveness, health education must be given importance and how anger can lead to different health-related illnesses that can be avoided if people learn to forgive and remove or lessen the stress and negativities felt and experienced because of anger and because of not forgiving people who have wronged or offended them (Long et al., 2020).

Forgiveness is an abstract variable of a study. It has been very controversial knowing its nature and that different population has not yet been explored when it comes to forgiveness; that is why comparison of forgiveness in terms of age lacks studies to support that age of a person has something to do with the likelihood of forgiving the offender (da Silva Leme et al., 2018). Cognitively, forgiveness requires the need to re-frame how a person recognizes and interprets situations, people, self, and the world. Forgiveness takes place once a person regains his or her sense of control and security in the situation and can therefore think positively of oneself, others, and the world (Kaleta & Mroz, 2020).

Many researchers explained that forgiveness is an individual's response to the offender that is rooted or can be traced from one's cognitive, cultural, religious, and personal beliefs and practices. Forgiveness has a lot of benefits for a person, and forgiveness is a skill that can be learned and is not an innate characteristic of a person to be forgiving (Nussbaum, 2016). Additionally, forgiving people who have offended the other person can help relieve the emotional and mental anguish one experiences and that negative emotional release can result in positive changes in oneself and feelings of restoration. And in cases wherein a person keeps on living with what ifs, anger, and resentment for years, this can serve as a chance not to live imprisoned by these negative feelings towards the offender. It is like a renewed life and a chance to have a fresh start. Forgiveness can be a pathway of hope that, in time, things will be better after forgiving people who have hurt or offended the other person. It is like an end to self-suffering. It is like living a new life. When forgiveness is genuine, a person can experience emotional growth and peace of mind and can be more open-minded about life. Healing from the trauma can be so difficult, and forgiveness can be the first step for a person to re-engage in life and be more open to love again, and take new chances (International Forgiveness, n.d.).

Furthermore, forgiveness is viewed as a concept related to philosophy and religion. Forgiveness is not a sole religious virtue. It highlighted what it means to live in peace with other people, and it makes a person moralistically upright. Historically speaking, human nature viewed in terms of evolutionary biology, moral philosophy, and theology suggests that people are capable of both good and evil, can help or harm others and either forgive or reconcile with others who have offended them. People have this innate tendency to reciprocate whatever it is that has been negatively done to them with an even worse action or behavior. People are also capable of either avoiding the offender or seeking revenge. This is reflected and explained by the psychological, cultural, and biological nature of human beings (Norman, 2017).

However, unforgiveness can lead to an increased feeling of anxiety, depression, reduced happiness and life satisfaction, and health-related problems or illnesses. Psychologically, the capacity to forgive has been explored by professionals in the field of psychology and is seen as a milestone in the moral judgment development of a person. Moreover, interpersonal forgiveness, as explored by pastoral counselors and mental health practitioners, explained forgiveness as a means to achieve good mental health aside from other positive acts or emotions of people. Pathological guilt can be experienced by sinners or offenders and people who do not forgive. Unforgiveness is linked with psychopathology and must be given importance and studied thoroughly in the field (Norman, 2017).

Hence, forgiveness is explained as a strategy used by people to cope emotionally. Since when people forgive, negative emotions will be reduced, and they can start feeling better. Forgiveness can be a strategy to reduce the stressful response of people to situations or events related to the offenders or sinners. Forgiveness is not an excuse to tolerate the

misbehavior of others, and it does not mean forgetting. There are two types of forgetting. The first type is emotional forgetting involves forgiving people and is rooted in emotions and motivation to have good or positive emotional experiences after. The second type is decisional forgetting which means deciding to forgive self and others and free oneself from negative emotional imprisonment and experiences (Norman, 2017). In addition to that, people usually have a misconception of what positive psychology is because they think that people must always be happy and are not supposed to feel negative emotions. But adaptive responses are being studied in positive psychology as well, such as forgiveness (Kern, 2017).

The study includes college students regardless of their age and focuses only on sex (male or female) and not on their gender. It focuses only on seeing the relationship or difference of the variables of the study, namely resilience, hope, and forgiveness, and does not measure the level of the following variables of the respondents.

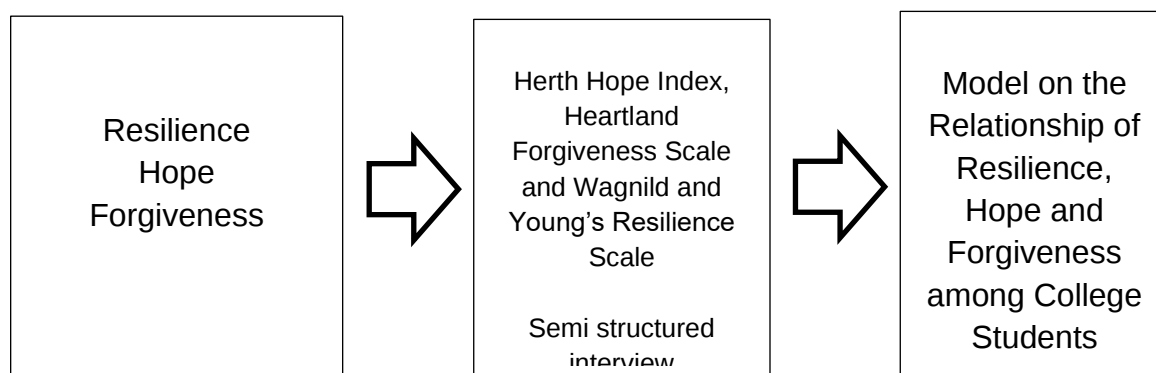


Figure 1. Paradigm of the Study

Figure 1 presents the paradigm of the study. The college students' resilience, hope, and forgiveness are the core of the study. To determine the relationship among the variables, three instruments, namely the Herth Hope Index, Heartland Forgiveness Scale, and Wagnild and Young's Resilience Scale, were used. Upon collecting the needed data, necessary statistical treatments were utilized to help the researchers answer the research problems. An output was proposed by the researchers based on the outcome of the study to address the gap in understanding resilience, hope, and forgiveness in the Filipino context for a better understanding of these concepts as discussed in Positive Psychology and Filipino Psychology.

Theoretical Framework

There is an increasing interest expressed by people in studying positive psychology. Researchers focus on topics such as gratitude, resilience, hope, forgiveness, psychological well-being, life satisfaction, happiness, humility, and others as such.

More than defining hope more emotionally, hope is conceptualized as a cognitive construct that shows a person's motivation and ability to pursue personal goals in life. There are two cognition or ways of thinking in hope, namely agency thinking and pathways thinking. Agency thinking is the perceived ability of a person to reach goals and overcome obstacles, while pathway thinking is the person's perceived ability to create credible solutions or paths toward achieving goals. Hope is dependent on both pathways and agency thinking. Those people who are hopeful and use both cognition related to hope experience more positive things or benefits such as better academic performance, the capability to adjust psychologically easily, and experience good conditions of physical health (Theron, 2016).

Resilience is defined as the capacity to bounce back from adversities with strength and to be resourceful. Resilience theory includes three components that are connected such as adversity, then the outcomes, and the mediating factors present. It is important to understand what resilience means and what is meant by outcomes and life adversities. Adversity is an event in a person's life that extends over a long period and can have a huge impact on the person. There are two sub types of chronic adversity, which include distal onset chronic and proximal onset chronic adversity. Distal onset chronic adversity has no clear starting point and includes poverty and violence within the family that can last from birth into adulthood, while proximal onset chronic adversity has a clear starting point and includes experiences of war and cataclysmic events. Acute adversity has a starting point and a specific timeframe and has only a limited impact on the person's life. These patterns of resilience are important to be recognized since this can be part of the cultural considerations if there is a need to understand resilience in different contexts according to the cultural background of the person (van Breda, 2018).

Moreover, according to virtue theory which originated mainly in philosophy and sought additional understanding and support based on psychological theories such as cognitive theory, other virtues can also be related to forgiveness and other virtues such as gratitude, love, humility, altruism, compassion, patience, and self-control. Based on this theory, a person can forgive because of love, or maybe because of gratitude, or it can be because there is compassion for self and others to be better and live better. People forgive because it is good for the soul and it can give the person positive emotions, while others might forgive because of what cognitive psychology is trying to explain concerning the virtues people adhere to. It is when people decide to believe that it is the best thing to do. It requires being rational and must convince themselves with good reasons.

2. Method

Participants

The respondents of the study were two hundred fifty college students (n=250) of the University of Batangas who were enrolled during the second semester of Academic Year 2021-2022 and are from the College of Arts and Sciences. Respondents are of age 17 and above with no age limit for as long as they are enrolled college students during the

second semester. The respondents include fifty (n=125, 50%) male and fifty (n=125, 50%). All the respondents were given consent forms before the administration of the surveys. The researcher used non-probability sampling in the conduct of the study since enrolment is still ongoing and students are still adding and dropping. There are many studies and articles which recommend that 5 to 50 participants for a mixed method research design is enough to have substantial results. It can reflect data of good quality and can also provide a comprehensive scope of discussion for an insightful research study (Malterud et al., 2015).

Design

The study used a mixed-method sequential explanatory design through follow-up. It starts with the collection and analysis of quantitative data followed by a qualitative part of the study with follow-up interviews with participants of the study. Based on the nature of the study and the process of the mixed research design, it was found suitable to be used in the said study.

Data Gathering Instrument

The researcher used three standardized questionnaires, namely Herth Hope Index, Heartland Forgiveness Scale, and Wagnild and Young's Resilience Scale. The Herth Hope Index (HHI) is used to determine different dimensions of hope through a 4-point Likert scale ranging from 1, which means strongly agree to 4, which indicates strongly disagree. The result of this test suggests that a higher score means the person has higher levels of hope.

Moreover, the reliability and validity of HHI have also been measured, and it was found to be highly satisfied with high internal consistency and test-retest correlation. The Cronbach's alpha for the present study was 0.83. To measure resilience, the researcher used the Wagnild and Young's Resilience Scale (RS) with 25 items having a 7-point Likert scale which indicates one as disagreeing to 7 as disagree. All items are worded positively and suggest that higher scores mean higher levels of resilience. The internal consistency of this test ranges from 0.76 to 0.91. RS Test has established test-retest reliability coefficients, which range from 0.67 to 0.84. It has an established concurrent validity with constructs such as life satisfaction, depression, and morale.

However, to measure forgiveness, Heartland Forgiveness Scale (HFS) is used. The test has 18 items with three sub scales and is a 7-point Likert scale test. One reflects almost always false for me, while seven means almost always true for me. A higher score reflects an individual's greater willingness to forgive others, himself (or herself), and/or situations, and vice versa. The test has adequate internal consistency and test-retest reliability. On the other hand, the interview questions and follow-up questions used by the researcher for this study have been validated by experts- psychometricians and psychologists.

Procedure

A letter of permission to conduct the study was given to the school's instructors and professors. After coordinating with the instructors, the researcher administered the instruments via Google Forms. Before the data gathering, the content of informed consent was explained, which included the purpose of the study, ethical considerations, risks and benefits, confidentiality, and their right to withdraw from the study if they wished to, without any consequences. Administration of Herth Hope Index, Heartland Forgiveness Scale, and Wagnild and Young's Resilience Scale takes 15-20 minutes. After the online instruments were retrieved, the responses were tabulated, analyzed, and interpreted using SPSS version 22. The researcher examined the result of the quantitative data and conducted a follow-up on the participants of the study. The researchers interviewed the selected participants of the study through Google Meet. The data collected during the interview was analyzed using thematic analysis. The results of the qualitative data helped the researchers to interpret the results of the quantitative data, and it was discussed using the related studies and literature gathered in the beginning. With the data gathered, the researcher developed a model which will provide a clearer relationship between resilience, hope, and forgiveness and will serve as an additional understanding of the said variables in the Filipino context.

3. Results

Table 1 - Demographic Profile, n=250

Gender and Age	Frequency	Percentage
Male (Gender)	50	50%
Female (Gender)	50	50%
17-20 (Age)	62	62%
21-39 (Age)	38	38%

Table 1 shows that males and females are an equal number of respondents. And for the age group, there are more teenagers than early adults who are respondents in this study. According to the study of Togo et al. (2018), which used an equal number of males and females in the study, an equal number is more suitable and helpful to be used in comparing the respondents' resilience.

Table 2 - Relationship Between Hope and Resilience Among College Students, n=250

	Pearson's correlation	Sig. (2-tailed)	Significance	Decision
Resilience	1	.000	Highly Significant	Reject the Ho
Hope	.751			

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

Table 2 shows that there is a significant relationship between hope and resilience. This means that resilience and hope have a highly significant relationship. This is because as the hope of a person increases, the person's level of resilience also increases, and if a person is hopeful that he or she can overcome things and bounce back from hardships in life, the person will have reasons to be resilient. This is supported by Togo et al. (2018), which found out that people deal with negative events in their lives with resilience within them and this resilience that is required to cope with difficulties includes factors such as hope. With hope, people keep themselves on track despite adversities they encounter because they hope that negativity will end and they will recover.

Additionally, to have both resilience and hope means to experience more good and positive emotions, and people can be more functional every day while fulfilling their tasks daily. Hope and resilience have been linked to better physical health and mental health, as found in college students and adults who showed improved health and well-being while having lower levels of distress (Duggal et al., 2016). However, there was no significant difference in terms of gender in the relationship between resilience and hope and there was a significant difference between different age groups in terms of hope and resilience. Additionally, the study suggests a positive, moderate level of relationship between hope and resilience (Togo et al., 2018).

Table 3 - Relationship Between Hope and Forgiveness Among College Students, n=250

	Pearson's correlation	Sig. (2-tailed)	Significance	Decision
Hope	1	.003	Not significant	Accept the Ho
Forgiveness	-.121			

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

Table 3 shows that there is no significant relationship between hope and forgiveness among students. This means that whether a person is hopeful or not, it does not have a relationship with being forgiving or not. However, even if hope and forgiveness have negative relationships with depression, the actual relationship between the two was never thoroughly examined and explored (Kaleta & Mroz, 2020).

Table 4 shows that there is no significant difference in respondent's forgiveness and resilience in terms of sex which is reflected in the computed p-value that is higher than the alpha level of 0.05. Sex has nothing to do with that a person's level of resilience and their capacity to forgive those who have offended them or in terms of forgiving themselves. On the contrary, Narayanan & Joy (2020) had interesting differences found among college students aged 17-20 concerning forgiveness between high and less resilient as well as between males and females, and males were found to be more resilient

than females. People who have high resilience had lesser negative and greater positive responses towards those who offended or hurt them than the less resilient individuals.

Table 4 - Difference Between Resilience and Forgiveness in Terms of Sex Among College Students, n=250

	Resilience					Forgiveness				
	Mean	Sig	t	Sig. (2-tailed)	Interpretation	Mean	Sig	t	Sig. (2-tailed)	Interpretation
Male	5.662					4.44				
Female	5.527					4.49				
	Equal variances assumed	.637	.93	.355	Not Significant		.051	-.33	.74	Not Significant

*For interpretation: *Difference is significant at the 0.05 level (2-tailed).*

Both high and low resilient people had the same likelihood of forgiving. Resilience and gender did not have direct interaction on forgiveness due to the absence of negative responses and the presence of positive responses to the offender and also the likelihood of forgiving, which can also be a basis for intervention for teenagers (Narayanan & Joy, 2020).

Table 5 - The emergence of Theme Positivity, Adaptability towards Circumstances, and Toughening as an Aspect of Resilience Based on Experiences of Filipinos During Adversities

Significant Statement/s	Emerging Concept	Sub Category	Category	Themes
In my own words, resilience is the capability to bounce back to those memories, whether it is happy memories or sad memories, as a lesson for more upcoming challenges we are going to encounter in life.	accepting pain and expecting good things to still happen	Acceptance and Hope	Mindfulness	Positivity
a coping mechanism	accepting pain and expecting good	Acceptance and Hope	Mindfulness	Positivity

	things to still happen			
Strong enough to stand on her/himself	being able to adapt and be flexible	Flexibility	Develops with time and experience	Adaptability towards Circumstance
Resilience is being able to adapt to the current situation you're facing or being flexible.	being able to adapt and be flexible	Flexibility	Develops with time and experience	Adaptability towards Circumstance
The act of being strong, patient, and faithful despite all the difficulties in life.	being able to adapt and be flexible	Flexibility	Develops with time and experience	Adaptability towards Circumstance
Resilience is a good Filipino character. Because resilient people are flexible, they also recover in difficult situations.	being able to adapt and be flexible	Flexibility	Develops with time and experience	Adaptability towards Circumstance
It's about recovery from damage or difficulties.	Capability to bounce back			
Resilience does not necessarily mean having the "strength" to remain standing amidst any difficult situation. Resilience is the disposition to remain "fighting" and "trying" even if the situation leads to defeat.	capability to bounce back	Ability to move forward	Continuing despite difficulties	Toughening
Resilience is the capacity to withstand and bounce back from difficult life events.	coping mechanism	Flexibility	Develops with time and experience	Adaptability towards Circumstance
it's about being fully determined to stand up again for something you are passionate about	handle life circumstances	Ability to manage	Develops with time and experience	Adaptability towards Circumstance
The ability to overcome hardships and cope with difficult situations.	handle life circumstances	Ability to manage	Develops with time and experience	Adaptability towards Circumstance
It means being able to handle any circumstances that come your way.	handle life circumstances	Ability to manage	Develops with time and experience	Adaptability towards Circumstance

To be able to stand up regardless of all the difficulties there may be faced, and amidst the defeat, you rise from the ashes and win every circumstance of life.	mental disposition of fighting and trying	Ability to manage	Develops with time and experience	Adaptability towards Circumstance
the ability to recover quickly from difficulties and adapt well to the face of adversity, tragedy, and such.	overcome obstacles and move forward	Ability to move forward	Continuing despite difficulties	Toughening
Resilience is being able to withstand difficulties, unfavorable circumstances, and setbacks	overcome obstacles and move forward	Ability to move forward		Toughening

It is significant to note that the results of the qualitative analysis in Table 5 of the data gathered adhere to the result of Table 2, which shows that there is a significant relationship between resilience and hope among the participants of this study. This implies that subjectively, participants explained that as a person becomes more hopeful, there is more tendency for him or her to withstand different adversities in life. Despite the hardships they encounter in life, because of the hope that things will eventually get better, they choose to bounce back and move forward. The theme of possibility, which emerged from experiences of resilience among Filipino college students, showed that they hope that there is still a possibility of a better life or better situation than waiting after facing difficulties in life.

Table 5 shows the statement, "In my own words, resilience is the capability to bounce back to those memories, whether it is happy memories or sad memories, as a lesson for more upcoming challenges we are going to encounter in life." and is agreed upon by another statement which says "a coping mechanism ."This means that coping and bouncing back are related the hope or an optimistic perspective in life that there is more to life than focusing on the negative events because whether an experience is positive or negative, what is important is you are positive in life, and a person believes that they can bounce back and cope up.

Table 6 - The emergence of Theme Decisional Forgiveness and Emotional Forgiveness As Types of Forgiveness Based on Life Experiences of Filipino College Students

Significant Statement/s	Emerging Concept	Sub Category	Category	Themes
Forgiveness is the action between you and the other person involved who had a misunderstanding, but for me, if I forgive him/her, it doesn't mean that we will go back to where we were before, for some people.	accepting or understanding why it happened	Understanding and acceptance	For inner peace	Decisional forgiveness
forgiveness is a decision. It must not involve emotional feeling	accepting or understanding why it happened	Understanding and acceptance		Decisional forgiveness
If the person feels sorry for what he/she did	act of letting go of anger and hatred	Letting go of negativities		
For me, forgiveness is accepting or at least understanding others' decisions. It does not necessarily mean that when you forgive someone, you also support their decision or action. Sometimes it's a 'you agree to disagree' kind of thing.	act of letting go of anger and hatred	Letting go of negativities	For growth	Decisional forgiveness
The act of letting our hatred and anger disappear when we need to reconcile with others.	act of letting go of anger and hatred	Letting go of negativities		Decisional forgiveness
Forgiveness, for me, is something that is not easy to do, especially when someone does hurt you or makes you mad. Forgiveness is letting go of sentiments genuinely and freeing ourselves from things we do not deserve to hold on to.	act of letting go of anger and hatred	Letting go of negativities		Decisional forgiveness

Forgiveness, for me, is about accepting people again. It involves the decision to let go of bitterness.	act of letting go of anger and hatred	Letting go of negativities		Decisional forgiveness
Love, selflessness, humility, understanding, and forgetting.	an act of self-love	Self-love	Out of love	Emotional Forgiveness
It is the decision where your feelings or vengeance toward a person who hurt or harmed you.	Forgiveness is a decision	Capacity to decide		Decisional forgiveness
deciding to choose yourself and your peace of mind	Forgiveness is a decision.	Capacity to decide		Decisional forgiveness
Giving people a second chance.	Forgiveness is a decision.	Capacity to decide		Decisional forgiveness
It means letting go of the past, anger, and resentment.	Forgiving the other person but not going back to how you were before	Setting boundaries		Emotional forgiveness
Forgiveness is being able to find the goodness and serenity in yourself and see the gratitude in the chaotic situation that was brought by it, and you can be able to give them the forgiveness that you owe to yourself and the peace to them.	Forgiving the other person but not going back to how you were before	Setting boundaries	When conditions are met	Emotional forgiveness
For me, forgiveness is to let go of the feelings and thoughts of anger, bitterness, and such.	giving second chance	Capacity to decide		Decisional forgiveness
For me, forgiveness is accepting the mistake or wrongdoing done unto you	giving yourself peace of mind	Self-love		Decisional forgiveness

Table 6 illustrates the emergence of the themes of decisional and emotional forgiveness as narrated by the participants on why they forgive those who have offended them. Based on the data gathered presented in the table above displays the theme of decisional forgiveness based on the statements "Giving people a second chance" and "It is the

decision where your feelings or vengeance toward a person who hurt or harmed you.". This is also supported by other statements mentioned above, such as "deciding to choose yourself and your peace of mind," which all reflect those forgiving people is a decision. It is based on a person's decision to choose his inner peace over the things which have hurt them, and it can also decide to forgive and give people a second chance. Emotional forgiveness is supported by the statement of the participant, which says, "It means letting go of the past, anger, and resentment." and "For me, forgiveness is to let go of the feelings and thoughts of anger, bitterness, and such ." This means that people forgive because they want a negative emotional release for themselves.

Table 7 - The emergence of the Themes as Factors that Contribute to Hope Felt by Filipino College Students

Significant Statement/s	Emerging Concept	Sub Category	Category	Themes
We can simply define hope as our desire, wish, or aspiration for someone or something you want to happen or occur in your present life or future life.	the belief that life is beautiful despite hardships	Having optimistic perspective	Strong belief	Faith
is when you get up after you break down and tap your shoulder three times. Wipe your tears away and drink coffee	the belief that life is beautiful despite hardships	Having optimistic perspective	Strong belief	Faith
It seems to be the one who gives the idea to pursue the dream or work	believing that you can get up after you broke down	Getting back on track after setbacks	Personal decision	Desire
Hope is having a positive expectation or optimistic outlook.	the desire for something good to happen	Having optimistic perspective		
Those things and times encourage a person to be happy and continue living.	a desire for something to happen	Having optimistic perspective	Strong belief	Faith
Hope is a positive state of mind based on the expectation of positive aspects in one's life or the world at large.	expecting positive outcomes	Having optimistic perspective	Strong belief	Faith
Something you wanted to happen.	expecting positive outcomes	Having optimistic perspective	Strong belief	Faith

Certainty in the unseen.	expecting positive outcomes	Having optimistic perspective	Strong belief	Faith
It is the things you expect of yourself and from others.	expecting positive outcomes	Having optimistic perspective	Strong belief	Faith
the light despite the darkness	expecting positive outcomes	Changing of perspectives	Strong belief	Possibility
New opportunity or chance to strive harder.	hope encourages us to be happy	Hope fuels happiness	Ability to choose	Possibility
It means being optimistic that something good will still happen no matter how bad your situation is right now.	Hoping is a choice	Involves Decision making	Ability to choose	Possibility
Hope is the attainment of trust towards the anticipation of such desires, which is held on to find the courage of the successes to fulfillment.	hope is the fuel that keeps us alive	Motivates us to move forward	Personal decision	Desire
For me, hope is the expectation that something good will happen.	hope is the fuel that keeps us alive	Motivates us to move forward	Personal decision	Desire
Hope, for me, is the thing that keeps us going in life. Like hope for a better tomorrow or future	hope is the light in the dark	Having optimistic perspective	Strong belief	Faith

It is significant to note that the results of the qualitative analysis in Table 7 of the data gathered adhere to the result of Table 2, which shows that hope is also related to resilience and with the theme that has emerged from Table 5, which is positivity. An optimistic mindset is needed for a person to be hopeful and to expect that things will be better after negative events. The theme of faith that has emerged based on the table above reflects the strong belief of people that something good will happen no matter what. And this strong belief keeps them going. This is supported by the statements above, which say that "Certainty in the unseen." and "Hope for me is the thing that keeps us going in life. Like hope for a better tomorrow or future". Desire is also a part of hope. The desire of people reflects a personal decision to hope for positive things to happen and to keep on moving forward in life, which is also related to resilience.

4. Conclusions

With the data collected, analyzed, and interpreted, the following conclusions are made from the results of the study. It is concluded that there is a significant relationship between resilience and hope. Hope has a relationship with resilience. As a person becomes hopeful, he or she becomes more resilient in life. Additionally, there is no significant relationship between hope and forgiveness. Forgiveness is not related to hope. Even if a person hopes for something, it does not mean that he or she will be more likely to forgive. However, there is no significant difference between resilience and forgiveness. Resilience and forgiveness are not different from being a male or a female. From the given findings and conclusions that were based on the results of the study, it is recommended to conduct a study on these variables using other profiles such as religion, course, and socioeconomic status. Provide more webinars, activities, and programs that promote the hopefulness of students for them to be more resilient in facing life adversities and lessen the chances of experiencing psychological symptoms or mental health-related issues. Explore the study to know the reason why, unlike other studies, which found out that there is a significant difference between sex in terms of resilience, this study found out that there is no significant difference. Promote activities that value the importance of uncovering anger and helping people to find reasons to work on forgiveness and understand the importance of release from emotional imprisonment.

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