

# Forgiveness and Religiosity Among Registered Nurses: A Correlational Study

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# Outline

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  - Unforgiveness
- Methodologies
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- Discussion
- Implications
- Limitations
- Conclusion
- References



# What is forgiveness?

- Making a conscious decision to have a change of heart (Enright, 2001; Fincham & May, 2022).
- From a negative to positive perspective
- Anger → Compassion and love
- Restores an inner peace



# Religiosity/Spirituality in Nursing

## Religiosity

- External expression of formalized faith (Akers & Miller, 2024).
- Shared by group (Cunha et al., 2020; Kim, 2023).
- Collective beliefs and practices
- Searching for a sacred, divine
- Influences behaviors and perceptions

## Spirituality

- Internalization of a deep personal faith (Gallagher & Tierney, 2020).
  - Unsystematic, liberated intimacy
  - Fluid
  - Self defined
  - Unbound by traditional formal religion



# Effects of Unforgiveness to the Victim

- Depression, anxiety, anger  
(Kim et al., 2022; Rasmussen et al., 2019).
- Sleep disturbances
- Immune suppression
  - Increased risk of infection
  - Increased cortisol levels
- Cardiovascular changes
  - Increased risk of stroke
  - Increased risk of myocardial infarction



# Study Objective

- Explore the relationship between a nurse's religiosity and the ability to forgive



# Methodologies

- Design Method
  - Correlational Study
  - Qualtrics software
  - Quantitative results analyzed using SPSS



*Image 2 (Pexels, 2018)*



# Instruments

- Enright Forgiveness Inventory – 30 (EFI-30)
  - Likert Scale
  - Scores vary from 30-180
  - Higher scores represent higher forgiveness of others
- Enright Self-Forgiveness Inventory (ESFI)
  - Likert Scale
  - Scores vary from 30-180
  - Higher scores represent higher self forgiveness
- Duke University Religious Index (DUREL)
  - Outward expression of organized religious activity (ORA)
  - Nonorganized religious activity (NORA)
  - Inward reflection or intrinsic religiosity (IR)





# Results

*Demographics of the participants (n=97).*

Variables	n	%
<b>Gender</b>		
Female	92	95
Male	4	4
Prefer not to answer	1	1
<b>Age, years</b>		
18-30	10	10
31-40	13	13
41-50	17	18
51-65	29	30
Above 65	12	12
Prefer not to answer	16	16
<b>Education</b>		
Diploma	2	2
ADN	4	4
BSN	21	22
MSN	27	28
DNP	9	9
PhD/EdD	18	19
Other	15	15



# Results

Employment, specialty area		
Hospital	44	45
Academia	33	34
Ambulatory Care	12	12
Community Health	6	6
Retired	2	2
Religious Affiliation		
Christian-Protestant	52	54
Christian-Catholic	15	16
Christian-Other	14	14
Judaism	2	2
Hinduism	1	1
Other	9	9
Prefer not to answer	4	4



# Results

## *Multiple Regression Analysis*

	<i>B</i>	<i>SE</i>	<i>t</i>	<i>p</i>	95% CI for <i>B</i>
Criterion Variable: EFI					
DUREL-IR	3.11	1.12	2.79	.006	[.90, 5.33]
DUREL-ORA	-2.47	2.22	-1.11	.269	[-6.871, .94]
DUREL-NORA	5.37	2.93	1.83	.070	[-.45, 11.19]
Offense Severity	-7.08	3.50	-2.03	.046	[-14.03, -.14]
Criterion Variable: ESFI					
DUREL-IR	1.06	.69	1.53	.129	[.31, 2.43]
DUREL-ORA	-.32	1.38	-.23	.817	[-3.05, 2.41]
DUREL-NORA	1.69	1.82	.93	.355	[-1.92, 5.31]
Self-Offense Seriousness	-4.25	1.87	-2.28	.025	[-7.96, -.55]

Note. CI = confidence interval.



# Results

*Mean Scores of Participants: EFI, ESFI, and DUREL*

<b>Scale</b>	<b>Mean</b>	<b>SD</b>	<b>Min-Max</b>
EFI	130.55	32.72	46-180
ESFI	143.86	19.79	84-175
DUREL religiosity	12.92	3.21	3-15

DUREL higher scores indicate a higher intrinsic religiosity (inward reflection)



# Discussion

- As hypothesized participants who applied their religious beliefs to interpreting the world (DUREL-IR) showed a higher level of forgiveness (EFI) toward their offender ( $r=.20$ ,  $p=.047$ ).
- Research did not support ( $r = .11$  and  $p = .277$ ) a correlation between self-forgiveness (ESFI) and intrinsic religiosity (DUREL-IR).



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# Implications for Nursing Education

- Forgiveness is self care
- Faculty awareness
- Equipping students with foundational virtues
- Generates healthy teams
- Improves quality of care



Image 3 (Pexels, 2020)



# Limitations

- Causality cannot be assumed
- Uncontrolled factors could contribute to forgiveness
- Small sample
- Bias in self reporting

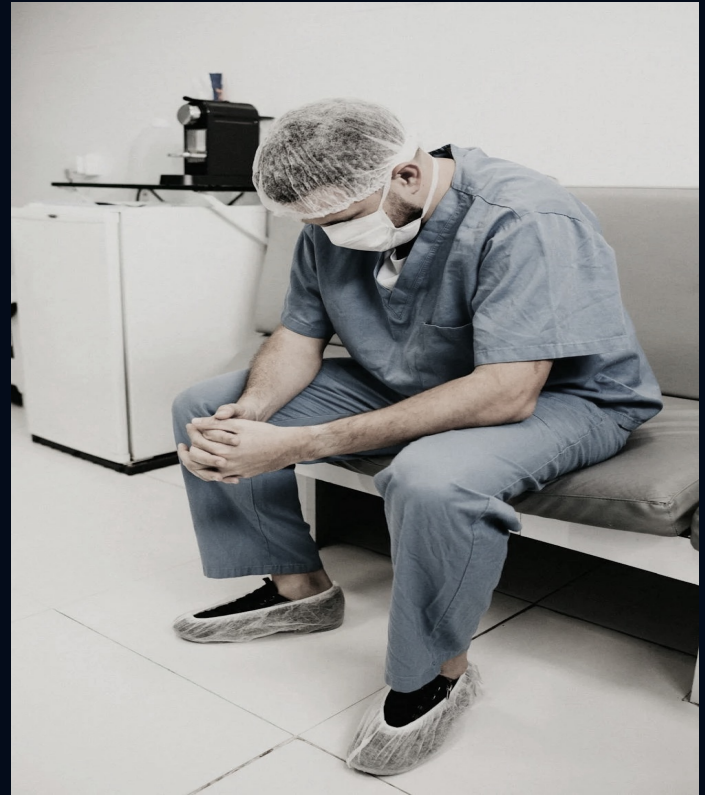


Image 4 (Pexels, 2019)





# Conclusion

- Intrinsic religiosity positively predicted forgiveness of others
- Severity of the hurt negatively predicted forgiveness of others
- No type of religiosity was correlated with self-forgiveness
- Intrinsic religiosity is a predictor of forgiveness of others
- There is a need for promoting self-forgiveness among nurses.
- Forgiveness being a virtue is essential for peace and joy
- A healthy nurse will be psychologically present to meet the needs of their patients.



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