

The Effect of Forgiveness Intervention Program on Substance Dependence

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The major purpose of this study was to find out the effectiveness of Forgiveness Intervention Program (FIP) in reducing anger, depression, and in enhancing meaning in life and forgiveness of drug dependents.

This is an outcome research, which made use of pretest/posttest, and post-test/delayed post-test control group design. To gather data the researcher used the following instruments: State-Trait Anger Expression Inventory-2 (STAXI-2), Beck Depression Inventory (BDI), Purpose In Life (PIL), and Enright Forgiveness Inventory (EFI).

The 30 males who participated in the study were randomly assigned to either the experimental or the control group. Twenty-three participants stayed up to post-test and 21 up to delayed post-test. The treatment lasted for 12 meetings, twice a week with one and a half hour for each session except for the first and last sessions.

Statistical tools used were Two-Way Repeated Measures Design and ANCOVA with the pre-test as co-variants at .05 significant level. The results of FIP group revealed that there was a significant difference between the pre-test and post-test on the level of anger, depression, meaning in life, and forgiveness. The ANCOVA revealed that there was a significant difference statistically between the FIP and the controlled groups in anger, depression, meaning in life and forgiveness in favor of the FIP group. On the late post-test the results were stable across both groups, except for the depression of the FIP in favor of the delayed post-test. The significant changes mentioned above were selected in the personal experiences of the subjects. The discussion of the result was based on the conceptual framework forwarded. Several implications for counseling psychology were addressed. Some recommendations for future studies with regard to forgiveness were forwarded.