

ABSTRACT

Background:

Ancient Indian yoga text, Haöha Yoga Pradépikä describes ten rules of conduct called as “Yama”. One of them is “Forgiveness” or ‘Kshma”. “Forgiveness” actually means the ability to let experiences go from the mind and not to hold on to memories of past events. It means living in the present. This yama is not only for the sake of other people, it is more for your own benefit. If you can forgive, life becomes more pleasant and harmonious. Forgiveness brings happiness and lightness to your heart.

Methods:

In the current study, we made an effort to understand difference between the ability to forgive in yoga and non-yoga subjects. Questionnaire named Heartland Forgiveness Scale (HFS) was used which comprises of total 18 questions including 6 questions of HFS Forgiveness of Self, 6 questions of HFS Forgiveness of Others and 6 questions of HFS Forgiveness of Situations. Yoga group and Control group both had 60 participants each. There was a significant difference between yoga group and control group in all HFS scores. HFS total score, HFS Forgiveness of Self subscale score, HFS Forgiveness of Others subscale score, and HFS Forgiveness of Situations score, was significantly higher in yoga group compared to control group.

Results:

An independent-samples t-test was performed to determine if there were differences in HFS scores of yoga group and control group. There were no outliers in the data, as assessed by inspection of a boxplot. Data were tested for normality using Shapiro-Wilk’s test. HFS score total and all subscales were normally distributed ($p>.05$). There was a homogeneity of variances, as assessed by Levene's test for equality of variances. There was a significant difference between yoga group and control group in all HFS scores as assessed by Independent-samples t-test. HFS total score [$t(118) = 4.52, p<0.0001$], HFS Forgiveness of self subscale score [$t(118) = 3.15, p<.001$], HFS Forgiveness of others subscale score [t

(118) = 3.65, $p < .0001$], and HFS Forgiveness of situations score[$t(118) = 3.78, p < .0001$], was significantly higher in yoga group compared to control group.

Conclusion:

There was a significant difference between yoga and control group in all HFS scores. HFS total score, and HFS Forgiveness of Situations score, was significantly higher in yoga group compared to control group.

Keywords: Yoga, Forgiveness, Heartland Forgiveness Scale.