

ATTENUATION OF HO'OPONOPONO TECHNIQUE ON FORGIVENESS, STRESS AND SLEEP QUALITY: AN EXPERIMENTAL ANALYSIS

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ABSTRACT

Ho'oponopono, a traditional Hawaaiin ritual of forgiveness, summarizes how effectively it influences an individual constantly. Literally, refers "to make right" is found to be valid and an empirical healing practice in resolving conflicts. The condition is a key component to modify the health and mental status in a positive(adaption) direction. Ho'oponopono implies a strong hands-on change on social well-being and the four tenets: I'm sorry, Please forgive me, I love you and Thank you disclosed for creating an improved interpersonal and intrapersonal relationships. This sequence used to create an ability to forgive ourselves and others. Forgiveness is a broad area in which mental and health related conditions have been associated and induces a restful mental state, such as Sleep, plays a fundamental role in displaying forgiveness. Epiphysis Cerebri(endocrine system) produces Melatonin(sleep hormone), extrinsically and intrinsically mark the effects when discussing the implicit impact of forgiveness and unforgiveness on health. Stress has a complex relation with lifestyle that are associated with one's own feelings and unhealthy situations. Methods to relieve such stressors is the key understanding to practice Ho'oponopono which also has the properties to evaluate forgiveness. The purpose of the current study is to elucidate effects of Ho'oponopono amongst young adults and was administered among female college students of UG, age 17-21. The participants(n=24) divided into a test group were engaged in the procedures of Ho'oponopono between the pre- and post-test of forgiveness, stress and sleep quality. These were assessed using Heartland Forgiveness Scale(HFS), Perceived Stress

Scale(PSC) and Sleep Quality Scale(SQS). The result shows how significantly samples experience the deduction of unforgiveness. Based on the variables and results, ratifying Ho'oponopono comparatively as an effective method. The research demonstrates on the findings by studying Ho'oponopono should be used in institutions to enhance the alacrity of upcoming generations for better humanity.

KEYWORDS : Ho'oponopono, Forgiveness, Stress and Seep quality.

INTRODUCTION

Psychology fall out as a science centralized in healing after civil war II. It converged on reforming bruise using a morbidity model of individual functioning . This disregard probability that developing vitality is the most forcible weapon in the artillery of therapy. The objective of positive psychology is to generate a holistic change in psychology from a brown study only with restoration of worst conditions in life and also producing best foremost attributes in life. Every ancestry has their own unique way of expressing prosperity among their lives, primitive Hawaiians that has epic history in the islands of Hawai's arise this virtuosity through Ho'oponopono which discourse positive system by emergence of revival system. Ho'oponopono is a prehistoric self healing process helps in increasing the prospective on forgiveness, love, gratitude and apology. Historically, this method is used to resolve a conflict and upgrade family strenuous. Though, as a division of the social civilization of the Hawaiians, Ho'oponopono was practiced for psychotic and emotional healing additionally with various other principles. Ho'oponopono can now be studied as a precept uniformly for a person to inherently refine their salubrity. Contemporaneous studies shows that forgiveness analysis and the use of forgiveness as a curative undertake have shortly reached acceptance and scrutinize

as a significant area in research and study. The incentive behind this engrossment in forgiveness is the potential to accelerate an individual with interpersonal and intrapersonal issues. Even though it demands wide range of success as a therapeutic aid, numerous counselors and clinicians have circumvent the method because of its association with ritual and religion.

Major research has evaluated coalition of forgiveness and associated compose to mental health. Despite forgiveness is the source that drives positivity in ourselves and attenuate negativity, unforgiveness has been conceived as a reaction instantly a crook comprising of collective unresponsive variation. Studies has shown that several estimations of health involves progressive health consequence, self-analysis bodily health and somatic symptoms are related with forgiveness and unforgiveness. Proof conveys that in the midst of grown-up vigorous individuals, repreiving of others and oneself is linked with healthier physiological fit and unrelenting to others is connected with deprived health.

The current study evaluated forgiveness of others and self-forgiveness, stress and sleep quality in adults of locally represented samples of a particular region. It was speculated that sleep would moderate the affiliations of forgiveness of an individual with mental health (Andres, B. S. 2002) Forgiveness impacts mental health through diverse components, besides it is widely used for lessen stress, remould regular patterns, strengthen hardy behaviour, elevate social attachments and alter everyday activities, so that pragmatically effects mental health and prosperity.

Stress is general area which has incapacity to sustain particular deeds and needs. Stress might become a severe condition if the person disregard the preventive measures.

Stressors can be environmental factors(temperature), extrinsic and intrinsic stimulus, troublesome events, biological or chemical agents etc triggers the stress releasing hormones in an organism. It might arise from work, finance, relationships or any other context. A prime adaptation in the region of stress and health studies implicates that stress might retrieve an individual's potential to stabilize forgiveness. Stress advance the maturing of somatic disorders, that has rigidly regarded as physical. It influence forgiveness in many ways as it develops widespread variations in the body. Stress affects pituitary-adrenal cortical system and sympathetic adrenal medullary system and these leads to influence healthy body. There by it may also affect Behavioural routes such as Sleep, diet and exercise etc. Each one of the behavioural variations could influence bodily functions of forgiveness. Cortisol, the primary stress hormone, plays major role in the responsiveness of stress. The long-term organization of stress and exposure to cortisol and other stress hormones can disturb almost all functions of the body. This puts at increased risk of anxiety, digestive problems, muscle tension and pain, depression, headaches, sleep problems, pressure and stroke, memory and concentration disfigurement. Practiced forgiveness is one of the key components to manage stress, thus, it leads to quality sleep cycle. Pineal body or Conarium, which produces a hormone named melatonin regulates the biological rhythm. Melatonin is derived from aminoacid tryptophan and its production is stimulated by darkness and inhibited in light. These indications, inturn, helps to stimulate sleep activity which is enhanced by darkness with declining of stress. There by, effective sleep would occur from practicing forgiveness and it would enrich stable mental health.

REVIEW OF LITERATURE

Ho'oponopono is a specific process that has been used for some time, in various forms and contexts, in the Hawaiian culture (Ito, 1985; Simeona, 1992). Translation of ho'oponopono is simple; however, the meaning of the word pono requires a more in-depth explanation. On the surface level, ho'o means, "to make" and pono means "right, correct, or in perfect order" (Chun, 1995; Ito; Pukui et al.; Shook, 2002) Which helps to have inner peace, self healing, modify reality this and reorganize the habitat. This give a sense of calm and also create humanity. The focus of studies has been primarily case studies involving the use of the process in an educational or counseling setting or as a means of improving family relations (Miura, 2000; Tengan, 2004). Shook (2002) presents five case studies in which ho'oponopono was used to facilitate conflict resolution and bring about forgiveness. Andres (2002), in his dissertation, presents research and theory to support the use of the face-to-face approach of ho'oponopono as well as case studies to demonstrate the effectiveness of the process. Finally, Kretzer, et al. (2007) conducted a longitudinal study on the affects of ho'oponopono in an educational-based approach. However, beyond these available studies and sources, there are few available references studying the specific process of ho'oponopono has been found to be an effective conflict resolution model in agencies, corporate organizations and in school counseling settings (Brinson & Fisher, 1999). Pukui et al. (1972) as well as Ito refer to the process as a means of making things right with family and others. The process of ho'oponopono has been used successfully in educational and therapeutic settings in Hawaii (Brinson & Fisher, 1999). Traditionally, there were at least three approaches to ho'oponopono that were used in the islands, and the decision to use a specific approach was based on the

transgression that had occurred and the desired outcome (Ito, 1985; Naope, 2006; Simeona, 1992). Simeona taught the process of ho'oponopono to hundreds of people in Hawaii and around the world (Simeona, 1992). She was designated a Living Golden Treasure by the Governor and Hawai'i State Legislature for her work in this area and at one point was invited to speak with the members of the United Nations and the World Health Organization on the subject of forgiveness and ho'oponopono (King, 1989; Simeona). This technique can be used as the mantra. This is both philosophy and a state of mind. A reconciliation process to make something right.

Forgiveness is the intentional, cautious settlement to release the feeling of bitterness towards a person or the things that distress. The use of forgiveness as a process in counseling and for research has emerged as a major focus in recent years (Berecz, 2001; Orr, et al., 2004). Some authors (Strelan & Covic, 2006) explain that there have been very few validations of a specific forgiveness processes. While forgiveness has long been thought of as a tool for theology, spirituality, and philosophy, the application of various forgiveness processes and models has more recently been applied in a variety of contexts including counseling, social, business, and cultural (Strelan & Covic, 2006). Forgiveness occurs after a person is expose oneself to wrongdoing. Orr et al. (2004) explain that before the 1980s, forgiveness was almost exclusively linked with religion or spirituality. Berecz (2001) describes the role of a divine aspect in spiritual or religious approaches that is not present in clinical approaches. From this perspective, the motivating factor for forgiveness comes from an external source such as God or a spirit. In many cases, the rest of the technique is very similar to an educational or counseling approach. Berecz (2001) further explains that in

this type of approach, there is an emphasis on forgiveness: rapport, reframing, and reconciliation. Some research put forward that forgiveness is mostly happened in the person who is more connected to spirituality and religious. Enright's definition is summarized as an experience involving at least two people: one who has been hurt and one who has caused the injury or injustice. according to Enright (1996), is then seen as an inner process in which the individual who has been injured releases the need for revenge, retribution, and or retaliation. There is one feature that is constant in the various approaches to forgiveness, and that is the individual's view of the transgressor becomes more positive and less negative (Konstam et al., 2003; Orr et al., 2004). McCullough et al. (2006) refer to the change as a prosocial change in transgression-related interpersonal motivations or TRIMs. "When people forgive, they become less avoidant, less vengeful, and more benevolent towards the people who have hurt them" (p. 887). Forgiveness helps in making free from the feelings about the person who harmed, also helps in perception, empathy, tender and compassion towards the person who hurts an individual or toward the felony. The person who forgive to the felony or transgression are with merciful character.

Forgiveness has also been correlated with a reduction of perceived stress as measured by lowered blood pressure and heart rate (Lawler et al., 2003). Stress is firmly connected with needy physical state and mental state. Acknowledging how stress results well-being and what circumstances weaken these outcome, is crucially essential. In this area of research includes the current assumption of a path of life interpretation for analyzing stress and forgiveness. Recent research studies demonstrates that stress occurring over an individual has a cumulative effect on forgiveness. Even so, hardly few

studies have measured stress and forgiveness in reality. Forgiveness is the release of negative—and the potential enhancement of positive—feelings, emotions, and behaviors toward an offender (Enright et al., 1998). Several research shows forgiveness is most effective in depletion of apprehensiveness, stress and strain. Also examined whether forgiveness moderates or hedge alliance between stress and health, in spite of factuality the transactional model and the adapted stress and coping model of forgiveness offer the theoretical flexibility to consider coping variables as both mediators and moderators (Lazarus and Folkman, 1984). Forgiveness also have several after effects that linked with the mental health including less anxiety, depression, and other major psychiatric disorders (Hirsch et al., 2011; Lin et al., 2004; Ryan and Kumar, 2005; Toussaint and Cheadle, 2009a; Toussaint et al., 2008). Forgiveness partially mediates the link between traumatic stress exposure and post-traumatic stress disorder symptoms (Orcutt et al., 2005). (Enright & Coyle, 1998; Enright & Fitzgibbons, 2000) Forgiveness as a process through which negative thoughts, feelings, and behaviors towards a transgressor are replaced with positive thoughts, feelings, and behaviors.

METHOD

The objective of the study was to demonstrate significance sequel of Ho'oponopono and the moderation of unforgiveness towards self and others. The research methodology had four basic steps. The stages were: (a) primary contact for consent and acceptance/rejection criteria, (b) pretest measurements with required scales, (c) collection of data, (d) administration of Ho'oponopono forgiveness practice on the test group, (e) post-test measurement.

Initial contact for the consent was done one-to-one at first hand. The participants were explained the nature of the procedures, overview and steps of the study. Once the participants agreed to be a part of the research, they were given audio files of the explanation and process of ho'oponopono for the better understanding. They were given Google forms for the pre-test. Immediate after, information concerning the nature of the study was collected. The data were entered into an Excel spreadsheet for the convenience of study. While in the Excel spreadsheet, information was collected in reverse order of the form participants filled out. The participants were contacted one week prior to the administration of Ho'oponopono and given specific instructions to follow. This instructions ensured that they did the entire process, and if someone didn't stick to the instruction, they were precluded from the outcomes. They were regularly contacted by the instructor and if they couldn't able to get back, they were excluded from the experiment.

Sample setting

The aim of the study was to have a sample size of 25 individuals and to accomplish the desired outcome based on the reliability of the forgiveness, as measured

by test-retest, over 2 week. Besides, to achieve the sample size, the prime inspection targeted 30 individuals that had contacted a institution for information concerning the experimental research. The contact of the institution was voluntary and generated through the routine visiting. Furthermore, the 25 individuals were randomly chosen in the department of psychology. A higher than 15% response rate from the initial contact was anticipated. Of the 30 individuals contacted, 24 were filled the form. The test group had 30 initial participants and ended with 24 participants (6 never follow the instructions). Ho'oponopono was administered to 24 undergraduate female students between the ages of 17-21.

Setting of study

Dependent variables included a pretested group, then provided administration and posttested on dependent variables. The control group was absent as only the test group was administered. As was represented in the Research Design Approach section, the test group participants were guided through the procedures of Ho'oponopono through an audio recording. Initially the listening of recorded section, after they could start the Ho'oponopono practice. It should be in serene and undisturbed environment.

4 simple steps to practice Ho'oponopono

Stage 1: Repentance - I'M SORRY

Stage 2: Ask Forgiveness - Please FORGIVE ME

Stage 3: Gratitude - THANK YOU

Stage 4: Love - I LOVE YOU

That is it. The entire practice more or less . They were being guided and assessed through a process of forgiveness without surveillance. Besides, individuals under 17 were precluded.

The perspective of subsided stress and improved sleep quality is suggested as the resource for the reduction of unforgiveness. Therefore, the level of unforgiveness can be assessed based on the stress and sleep quality. Perceived Stress Scale(PSS) and Sleep Quality Scale(SQS) is used to measure the stress and quality of sleep. Heartland Forgiveness Scale (HFS) measured the level of forgiveness. Therefore, these scales shown to be reliable and valid in assessing unforgiveness.

After administration of Ho'oponopono for two week, there were assigned for the post-test. All data was collected through the same Google Forms provided in the pre-test, renamed the post-test. The influence of confounding variables effects validity. Effect of pre-test, effects with maturation of time. Eventhough, the result is incredibly remarkable. In this study of Ho'oponopono, a summary of the research question is as follow: Is Ho'oponopono an effective healing method and is there a relationship between stress and sleep? Effects can be determined as 2-1 and It was expected that the administration of Ho'oponopono forgiveness practice would affect the reduction of stress and improve the quality of sleep.

RESULT

This presents the result of the study on the Ho'oponopono forgiveness methods. The section will restate the research question as well as review the null and alternative hypothesis. There will be a section describing the collection of data and summarizes the data gathered from the samples. The data analysis was based on the research question. The final section will address the research hypothesis and the various data.

Hypothesis

H1: There will be a significant impact of Ho'oponopono training on forgiveness.

H2: There will be a significant impact of Ho'oponopono training on Stress level.

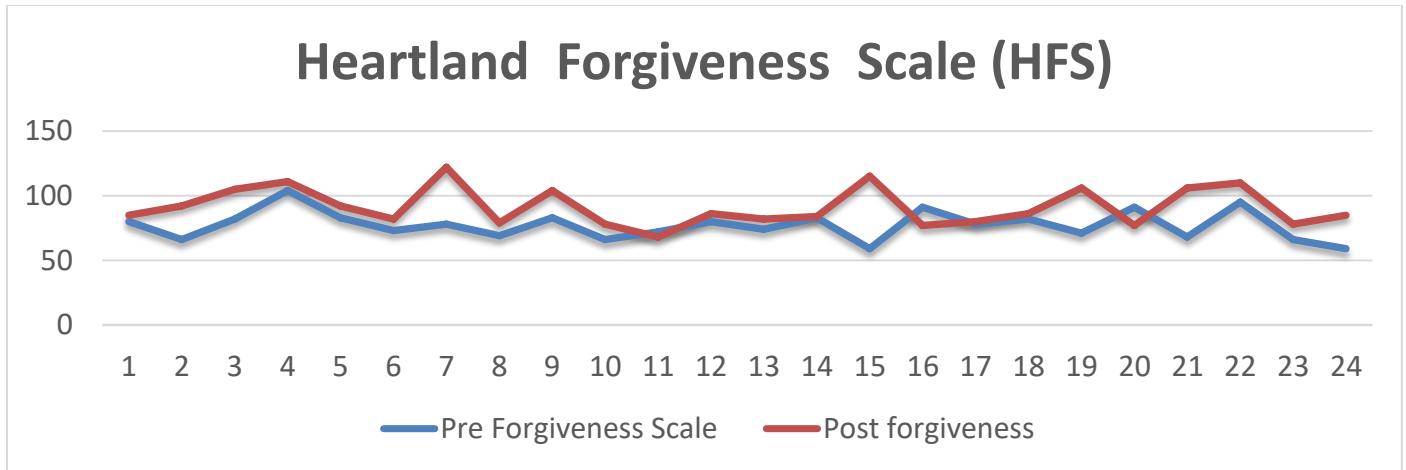
H3: There will be a significant impact of Ho'oponopono training on Quality of sleep.

Table 1 describes the nature of forgiveness that is being used as the focus for the study. These answers came from the pre-test and post-test given for the purpose of study.

<i>Groups</i>	<i>Count</i>	<i>Sum</i>	<i>Average</i>	<i>Variance</i>
Pre Forgiveness	24	1853	77.20833	124.5199
Post Forgiveness	24	2190	91.25	216.10, 87

SINGLE FACTOR ANOVA

<i>Source of Variation</i>	<i>SS</i>	<i>Df</i>	<i>MS</i>	<i>F</i>	<i>P-value</i>	
Between Groups	2366.021	1	2366.021	13.89208	0.000529	<i>F crit</i>
Within Groups	7834.458	46	170.3143			4.051749



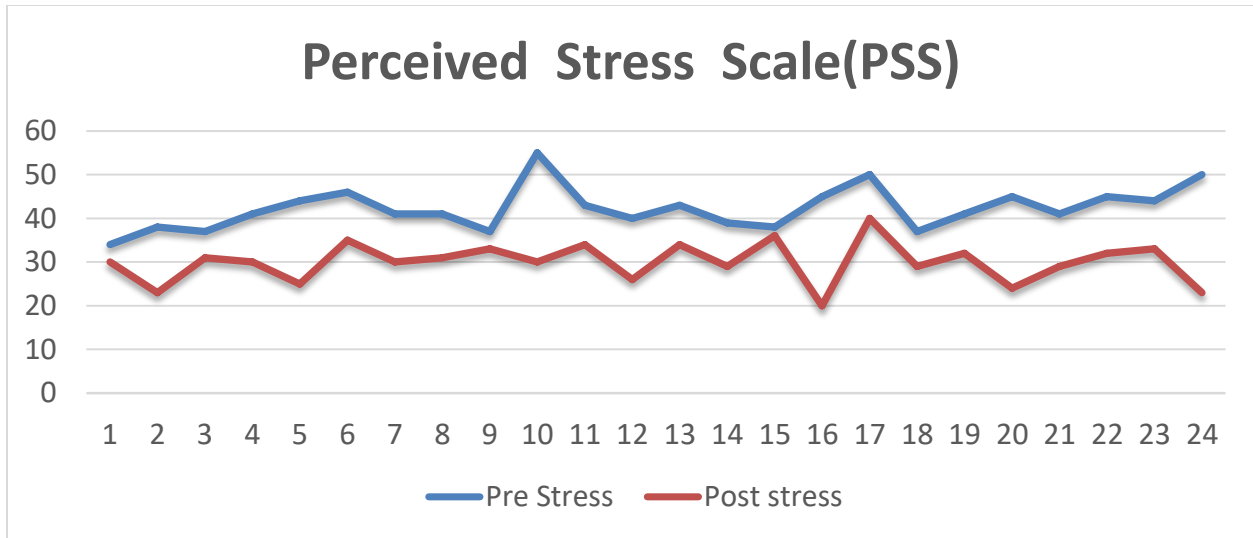
The alternative hypothesis was that there would be significant differences in forgiveness towards the transgressor when comparing the posttest with the pretest, as measured by the Heartland Forgiveness Scale. A oneway ANOVA was utilized to examine the difference between pretest and posttest. As the alternative hypothesis suggest that the application of ho’oponopono could be correlated with a reduction in unforgiveness. This was supported as statistically significant in the decrease of unforgiveness from the pre- and post-test.

Table 2 Provides the stress level by assessing Perceived Stress Scale.

<i>Groups</i>	<i>Count</i>	<i>Sum</i>	<i>Average</i>	<i>Variance</i>
Pre Stress	24	1015	42.29167	23.34601
post stress	24	719	29.95833	21.69384

SINGLE FACTOR ANOVA

<i>Source of Variation</i>	<i>SS</i>	<i>Df</i>	<i>MS</i>	<i>F</i>	<i>P-value</i>	<i>F crit</i>
Between Groups	1825.333	1	1825.333	81.05414	0.000	4.051749
Within Groups	1035.917	46	22.51993			



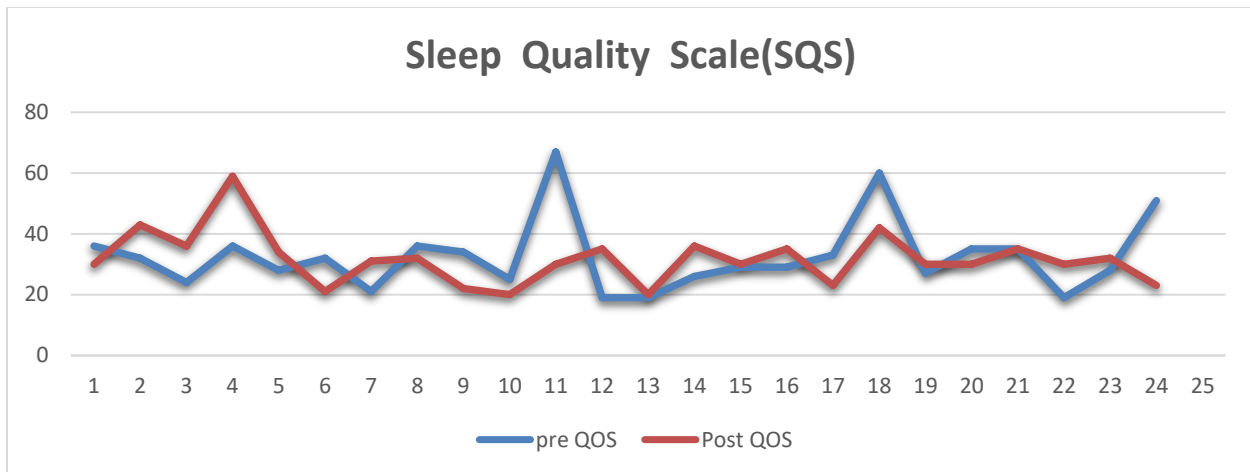
The alternative hypothesis was that there would be significant differences in stress towards the transgressor when comparing the posttest with the pretest, as measured by the Perceived Stress Scale. A oneway ANOVA was utilized to examine the difference between pretest and posttest. As the alternative hypothesis suggest that the application of ho’oponono could be correlated with a reduction in stress. This was supported as statistically significant in the decrease of stress from the pre- and post-test.

Table 3 Displays the quality of sleep assessed.

<i>Groups</i>	<i>Count</i>	<i>Sum</i>	<i>Average</i>	<i>Variance</i>
pre QOS	24	781	32.54167	142.8678
Post QOS	24	759	31.625	74.15761

SINGLE FACTOR ANOVA

<i>Source of Variation</i>	<i>SS</i>	<i>df</i>	<i>MS</i>	<i>F</i>	<i>P-value</i>	<i>F crit</i>
Between Groups	10.08333	1	10.08333	0.092923	0.761868	4.051749
Within Groups	4991.583	46	108.5127			



The alternative hypothesis was that there would be significant differences in Quality of sleep when comparing the posttest with the pretest, as measured by the Sleep Quality Scale. A oneway ANOVA was utilized to examine the difference between pretest and posttest. As the alternative hypothesis suggest that the application of ho'oponopono could be correlated with a . This was supported as statistically significant in the decrease of from the pre- and post-test.

DISCUSSION

The purpose of this study was to detect the relationship between ho'oponopono and the reduction of unforgiveness towards stress and quality of sleep. The literature review revealed a space in the research on particular process-based forgiveness models. While ho'oponopono has been shown to be effective in relieving stress when taught as an education-based approach (Kretzer et al., 2007), aim of the research was to determine if an individual with routine practice could experience the ho'oponopono forgiveness process with success. This study did in fact find a comparatively significant effect in the moderation of unforgiveness for those who engaged in the ho'oponopono process. The

relevance that participants were able to achieve this without direct surveillance demonstrates the effectiveness of ho'oponopono as a forgiveness process that may be experienced by an individual. The limitations of the study will be conveyed. It will then continue with the importance of the study as well as the implications for social well-being. Finally, recommendations for future research will be discoursed.

LIMITATION

This section shows the limitations of the study of ho'oponopono techniques on forgiveness, stress, and sleep quality. The limitations of this study are as follows:

1. The study was conducted using a sample of individuals belonging to an institution of a women's college. The samples taken are female and therefore, the study is not conducted on male. So the effect of ho'oponopono in men is unknown.
2. The repeated tests are prone to falsification of thoughts depending on whether participants are not genuine in their responses when gathering information. Although every precaution has been taken to ensure compliance with the instructions, deviations from the instructions are possible. The same questionnaires are used before and after the test, so they may influence the results. Although this is still a limitation, the results from the study are remarkable.
3. The number of participants used here is less than 30, i.e. 24, and ho'oponopono results in larger samples are unknown. Ho'oponopono takes less time and is only used for a 7-day trial, so the results are less effective than regular basis. The study was conducted in a specific area where Ho'oponopono does not exist, so it did not widely reach large populations. The sample size limit has been reduced to obtain the best results considering the research to validate the forgiveness. This method is

effective in terms of forgiveness and stress, but the quality of sleep is relatively effective but not significant due to the short duration. However, the duration of the research was short and the results were inconclusive.

CONCLUSION

The study discovers ho‘oponopono as a validate forgiveness method that is effective in lessening feelings of unforgiveness. It would remarkably reduce the stress and enhance the quality of sleep. These findings are exceptional, and they substantiate a fundamentals for future research on this peculiar process of forgiveness. Over a decade ago, McCullough, Worthington, and Rachal (1997) wrote that “forgiving can be promoted through clinical intervention” (p. 333). More recently, Strelan and Covic (2006) emphasized further empirical research on a specific process is needed and this study addressed those calls for action. The objective of this study was reached in that forgiveness cannot only be encouraged in clinical interventions, the reduction of unforgiveness can be accomplished by an individual by a way of simple process. While further research is proposed, this study provides a core and substructure for individuals to have a considerable control over their interpersonal and intrapersonal relationships. It lays the foundation for upcoming researchers to explore the effectiveness of ho‘oponopono in particular contexts and transgressions across various samples. The ability for an individual to forgive towards the transgression and thereby improve their quality of sleep and reduction of stress is not only the major finding; it implies a well built hands-on change on social well-being.

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