

# **“PARENTING STYLES AS FOUNDATION OF FORGIVENESS; EXPLORING ADOLESCENTS’ PERSPECTIVES ON ACCEPTANCE”**

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## **Abstract**

Several studies have been conducted to investigate the effects of parenting styles on the development of a person and the overall dynamics of a family in the household. This research aimed to investigate if there's a relationship between parenting style and the tendency to forgive among adolescents, as well as the role of acceptance on this matter. The study employed an explanatory sequential design as its research method. A sample of 100 students from St. Michael's College Iligan Inc. Basic Education Department was selected using stratified random sampling and participated in a face-to-face survey which assessed the control and responsiveness of perceived parenting styles, tendency to forgive especially on coming to terms and letting go, developing positive feelings, and giving the benefits of the doubt, and to investigate the role of acceptance. The findings of this study revealed that the tendency to forgive among adolescents were significantly influenced by the parenting styles of their parents. Furthermore, sincerity and trustworthiness were important factors in the role of acceptance.

*Keywords: Acceptance, Forgiveness, Parenting Styles*

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## **1.0 Introduction**

Adolescents of Generation Z experience complex issues that have a big influence on how their basic values are shaped. Core values have been such a broad, immeasurable, and ideal topic in the research world (Tanner, 2024). A wide variety of studies were conducted to examine adolescents' different core values, particularly in forgiveness. However, previous studies inadequately addressed the provenance of the core value, thus offering limited insights into the formative influences shaping this particular foundational belief within the individual. With this aspect, the researchers came up with a study that examines perceived parenting styles and their link to the perception of forgiveness and tendency to forgive among adolescents.

With the researchers' thorough investigation, they came across a pioneering study that explores the complex dynamics of forgiveness among today's youth. Moreover, forgiveness is one of the widest concepts of core values as it has a lot of meanings, representations, understanding, and applications. The researchers were intrigued as to how a core value such as forgiveness be learned, applied, conceptualized, and perceived. This leads the researchers to find out how the core

value of forgiveness is acquired specifically on how it is perceived and the tendency of adolescents to forgive. The researchers hypothesized that forgiveness may be associated with different parenting styles.

Speculating the significant impact of parenting style on adolescents' perception of forgiveness and their tendency to forgive, this study aims to pinpoint the specific associations of the three parenting styles – authoritarian, authoritative, permissive, and neglectful - towards the adolescents' attitudes on forgiveness and their likelihood to forgive. This study would also investigate the main proponent towards forgiveness which is acceptance. This also paves the way for a better understanding of how to come up with an effective intervention for clients' needs. This study aims to be conducted within the first semester of the school year 2024 – 2025 in the premises of St. Michael's College of Iligan.

## **2.0 Theoretical and Empirical Background**

The researchers cited relevant theories that serve as support in this study. This research was supported by the Parenting Styles Theory by Diana Baumrind (1968) which discusses the different parental approaches. Erik Erikson's (1963) Stages of Psychosocial Development was used to describe the impact of cultural and social influences on the development of individuals' personalities and the shaping of their identities. Michael McCullough's (2008) The Evolution of the Forgiveness Instinct delves into the idea that forgiveness may be an inherent trait shaped by the evolutionary process. Lastly, Elizabeth Ngozi Okpalaenwe's (2022) Acceptance Theory.

**Acceptance Theory (2022) by Elizabeth Ngozi Okpalaenwe.** The theory states that Acceptance involves acknowledging the reality of what has happened without passing judgment. It does not mean condoning the behavior, but simply recognizing it. Acceptance allows one to let go of negative emotions and move forward, which is the essence of forgiveness. It is a powerful tool for emotional healing, as it enables individuals to release negative feelings and find peace within themselves. However, forgiveness is an active process that requires patience, self-reflection, and a willingness to let go. Barriers to forgiveness, such as anger, resentment, and lack of empathy, can be overcome through acceptance. By accepting the situation and themselves, individuals can more easily move towards forgiveness and experience true healing and growth. This theory helps the researchers determine the possible determinant on an individual's tendency to forgive.

**Parenting Styles Theory (1968) by Diana Baumrind.** The theory states the effects of parenting styles on children's development, as well as how those effects manifest in adulthood, continue to be a hot topic in the psychology community. Parenting styles are the general methods and techniques parents use to raise their kids, which have an impact on how their kids grow up emotionally and behaviorally (Baumrind, 1966). The authoritative parenting approach creates a nurturing atmosphere where kids may flourish by striking a balance between warmth, attentiveness, and firm demands (Baumrind, 1976). Conversely,

authoritarian parenting emphasizes rigorous obedience to rules and discipline and is characterized by strong expectations and minimal warmth. Warmth and low expectations are traits of permissive parenting, which promotes a more laid-back environment but may make it difficult to establish limits. Low warmth and low expectations, together with little parental participation in their children's lives, are characteristics of negligent parenting. This theory helps researchers navigate the root causes of how a person perceives forgiveness.

**Stages of Psychosocial Development (1963) by Erik Erikson.** The theory focuses on how cultural and social factors affect how people develop their personalities and how their identities are formed. A well-adjusted personality and a feeling of self-emerge as a result of completing each stage. Erikson highlights the relationship between a person's biological development and their social and cultural environment, emphasizing the impact of social interactions on identity formation and psychological health (Erikson, 1950). The Identity vs. Role Confusion stage occurs throughout adolescence, or around ages 12 to 18, according to Erik Erikson's psychosocial development theory. During the years young people often explore themselves to become more independent and shape their sense of self. Those who receive encouragement and positive feedback while exploring their identity at this stage are expected to develop a self-image as well as a sense of freedom and accomplishment. In this study, this theory was anchored as it was the basis for the age of the respondents.

**The Evolution of the Forgiveness Instinct (2008) by Michael McCullough.** McCullough's (2008) idea is to use the evolutionary theory of Charles Darwin as a lens to aid in his research's understanding of the conditions that the human mind needs for forgiveness—the ecological, social, and cultural elements that might trigger the brain systems responsible for forgiving. The forgiveness instinct may be used in novel ways to address some of the societal, political, and even personal issues that mankind is currently facing, according to evolutionary theory (McCullough, 2008). Through this idea of McCullough's forgiveness instinct, the researchers can thoroughly examine the theories to investigate the relationship between parenting styles and adolescents' perception of forgiveness and their tendency to forgive (McCullough, 2008).

### **3.0 Research Objectives**

This study seeks to examine the relationship between parenting styles and forgiveness among adolescents, as well as their perspective on acceptance. Specifically, this study focuses mainly on:

1. The respondents' perceived parenting styles of their parents in terms of:
  - 1.1 Responsiveness; and
  - 1.2 Control
2. The respondents' level of forgiveness in terms of:
  - 2.1 Coming to terms and letting go;
  - 2.2 Developing positive feelings; and
  - 2.3 Giving the benefit of the doubt?

3. The significant relationship between parenting styles and the respondents' tendency to forgive.
4. How does acceptance play a role in the relationship between parenting styles and forgiveness.

#### 4.0 Methodology

The researcher used an explanatory sequential research design wherein the researchers gathered the quantitative data on the two (2) variables which are; Parenting Styles, and Forgiveness. Accordingly, the researcher interviewed the respondents to ask about their perspectives on acceptance.

The research will take place in the Higher Education Department of St. Michael's College in Iligan Inc. St. Michael's College is a Catholic School administered by the Religious of the Virgin Mary (RVM) in Iligan City wherein the sisters offer four levels of education: Elementary, Secondary, Tertiary, and Graduate School. It was the oldest the oldest catholic institution here in Lanao Del Norte and Lanao Del Sur. The higher education is composed of different colleges which are the College of Arts and Sciences, College of Social Sciences, College of Education, College of Nursing, College of Criminology, College of Engineering and Computer Studies, College of Business Administration and Accountancy, and College of Hospitality Management (St. Michael's College, 2021).

The respondents of this study was one hundred (100) senior high school students who were enrolled in St. Michael's College of Iligan Inc. during the school year 2024 - 2025. The age of the respondents should be 18 or above, and regardless of gender.

#### 5.0 Results and Discussion

This chapter combines the data gathered during the research, including the results illustrated in the tables, and provides an analysis and interpretation of the data obtained. Other relevant literature and studies were also included in this to explain and support the findings that were made on this research. In this investigation, we were studying how the possible factors of parenting styles play a role in forgiveness and the role of acceptance among senior high school students of St. Michael's College of Iligan, Inc., wherein the researcher gathered the necessary data from a sample of 100 senior high school students who were randomly selected from different strands during the first semester of the school year 2024 - 2025.

**Problem 1: What are the respondents' perceived parenting styles of their parents in terms of control and responsiveness?**

*Summary of Respondents' Perceived Level of the Parenting Styles*

Factors	Minimum	Maximum	Mean	SD	Qualitative Interpretation
Control	1.63	5.00	3.73	0.66	High Moderate

Responsiveness	2.26	5.00	3.57	0.64	<i>High Moderate</i>
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The table shows the summary of respondents' perceived level of the parenting styles. The factor Control got a score of 3.73 (SD = 0.66) which is "mostly right" in the description. The factor Responsiveness has a score of 3.57 (SD = 0.64) which is also "mostly right" in the description.

The score of both factors after the data gathering is interpreted as both high in control and in response. According to the Scale of Parenting Style (Gafoor & Kurukkan, 2014), parental behaviors that are high in control and high in responsiveness is classified as Authoritative Parenting Style. This type of parenting style is considered as a perfect balance between strict in imposing rules and regulation but at the same time, put their child's emotions and opinion heard, and with proper communication (WOHM, 2023). In a study done by Kuppens and Ceulemans (2019), authoritative parenting style is characterized by their warmth interaction, engaging, high communication, and instilling rules that are reasonable, which creates valuable outcomes in the children's social, emotional, cognitive, morale growth, and their over-all well-being and success.

**Problem 2: What is the respondents' level of forgiveness in terms of coming to terms and letting go, developing positive feelings, and giving the benefit of the doubt?**

*Summary of Respondents' Perceived Level of the Forgiveness*

<b>Factors</b>	<b>Minimum</b>	<b>Maximum</b>	<b>Mean</b>	<b>SD</b>	<b>Qualitative Interpretation</b>
Coming to Terms and Letting Go	1.43	6.00	4.40	0.876	<i>Very Good</i>
Developing Positive Feelings	1.00	6.00	3.52	1.207	<i>Good</i>
Giving the Benefit of the Doubt	1.67	6.00	3.92	1.151	<i>Good</i>

The table shows the summary of the respondents' level of perceived forgiveness. The table shows that the factor one (1) gathered the highest range summary score with a mean of 4.40 (SD = 0.876) which could be interpreted as "Very Good" in qualitative description. In contrast of the highest scored mean, the factor two (2) which gather the lowest summary score mean of 3.52 (SD = 1.207) which could be interpreted as "Good" in qualitative description.

The summary results suggests that the majority of the respondents have chosen or answered highly was the factor (2) which is coming to terms and letting go. The Filipino approach to resolving conflicts and moving forward is deeply rooted in cultural values like communal harmony, spirituality, and empathy. The "Bahala Na" mindset, which embraces uncertainty and trusts in a higher power, helps Filipinos navigate emotional challenges. By drawing on these cultural

frameworks, Filipinos can foster healthier relationships and improve their mental well-being. Understanding these dynamics is crucial for effective communication and reconciliation within Filipino communities (Santos, 2021).

**Problem 3: Is there a significant relationship between parenting styles and the respondents' tendency to forgive?**

*Relationship Between Levels of Perceived Parenting Styles and Tendency to Forgive*

Parenting Styles	Forgiveness	Correlation Coefficient (rho)	p-value
Control	Coming to Terms and Letting Go	0.408**	<.001
	Developing Positive Feelings	0.302**	0.002
	Giving the Benefit of the Doubt	0.246*	0.014
Responsiveness	Coming to Terms and Letting Go	0.297**	0.003
	Developing Positive Feelings	0.300**	0.002
	Giving the Benefit of the Doubt	0.223*	0.026

\*\* . Correlation is significant at the 0.01 level

\* . Correlation is significant at the 0.05 level

The table shows the result of the relationship between levels of perceived parenting style of their parents and the tendency to forgive of the respondents. The relationship between Control and Coming to Terms and Letting Go has a p value of <.001 which means significant. A study shows that parents who exert excessive control over their children's thoughts and feelings can positively impact their children's emotional and behavioral development. Children exposed to high levels of psychological control often struggle with internalizing issues like anxiety and depression, as well as externalizing problems like aggression and delinquency (Mendo-Lazaro et, al., 2020). The way parents interact with their children can influence their children's ability to forgive. A study of early adolescents showed that the quality of their relationships with their parents impacts their capacity to forgive (Mendo-Lazaro et, al., 2020).

Furthermore, Control and Developing Positive Feelings with a p value of 0.002 has also significant relationship. A study suggests that different parenting styles have a significant impact on children's emotional intelligence and their ability to forgive. Authoritative parenting, which involves warmth, support, and clear expectations, is associated with higher emotional intelligence and a greater capacity for empathy (Nagi, 2024). This emotional competence is essential for developing positive feelings and the ability to forgive others (Nagi, 2024). On the other hand, authoritarian or overly controlling parenting styles can hinder emotional development, making it difficult for children to process their emotions

and forgive others (Nagi, 2024).

In addition, Control and Giving Benefit of the Doubt also has a significant relationship with a p value of 0.014. Parental control can significantly impact a child's ability to forgive and be understanding of others. Supportive parenting, on the other hand, fosters empathy and emotional resilience. Psychological control, however, can hinder these positive qualities (Philips, 2024). By demonstrating forgiveness and promoting healthy emotional development, parents can have a profound impact on their children's relationships and overall well-being. Understanding these dynamics is crucial for developing effective interventions to improve parenting practices and foster healthier emotional growth in children (Philips, 2024).

On the other hand, Responsiveness parenting style and Coming to Terms and Letting Go has a p value of 0.003 which indicates its significant relationship. A study suggests that warm and supportive parenting is crucial for developing emotional intelligence in children (Garcia et al., 2022). Studies suggest that children raised in nurturing environments are more likely to be empathetic and able to regulate their emotions. These skills are essential for processing hurt feelings and forgiving others (Garcia et al., 2022). When parents are responsive, children learn to understand their emotions better and develop healthier ways of coping, making it easier for them to let go and forgive (Garcia et al., 2022).

Furthermore, Responsiveness and Developing Positive Feelings has a p value of 0.002 meaning that the relationship is significant. This suggests that responsive parenting plays a crucial role in developing children's emotional intelligence, empathy, and healthy relationships. By providing warmth, support, and modeling forgiveness, responsive parents create an environment that fosters emotional growth and resilience (Charlton, 2020). Understanding this connection can inform interventions that improve parenting practices and promote healthier emotional development in children, ultimately enhancing their ability to forgive and build strong relationships (Charlton, 2020).

Responsiveness and Giving Benefit of the Doubt has a p value of 0.026 shows a significant relationship. Research suggests that parental involvement plays a significant role in fostering children's ability to give others the benefit of the doubt (Asici, 2021). A study found that both mothers and fathers who actively engage with their children positively impact their children's emotional self-efficacy and capacity to view others in a positive light. Increased parental involvement leads to higher levels of emotional self-efficacy, which in turn contributes to greater happiness and a more forgiving and understanding attitude among children (Asici, 2021).

With all of these interpreted data, this study can conclude that there's a strong significant relationship between the parenting styles and the tendency to forgive among the adolescents.

**Problem 4: How does acceptance play a role in the relationship between parenting styles and forgiveness?**

**1. In what situations do you find it particularly challenging to accept forgiveness?**

Common Responses	Axial Codes	Overall Theme
1. "I struggle to accept forgiveness when someone has broken my trust, because trust is something that should be earned and maintained." 2. "When the mistake has been repeated multiple times, even after discussions and consequences." 3. "I struggle when forgiveness doesn't seem to foster growth or learning in the other person." 4. "It's hard when I still feel the hurt from their actions, despite understanding their apology." 5. "I find it difficult to accept forgiveness when the person hasn't taken full ownership of their actions." 6. "It's hard to accept forgiveness if the infraction undermines the structured environment I've tried to create." 7. "I find it difficult when the apology doesn't feel like it aligns with the discipline I've instilled." 8. "I find it hard to accept forgiveness when someone doesn't show genuine respect for my feelings or perspective." 9. "I find it hard to accept forgiveness when I feel like I should have set better boundaries in the first place." 10. "I struggle to accept forgiveness when I'm often disengaged from the situation entirely."	1. Trust and Betrayal 2. Emotional Hurt and Lingering Pain 3. Repeated Mistakes and Lack of Growth 4. Responsibility and Accountability 5. Boundary Violation and Self-Reflection	Barriers to Forgiveness: Trust, Accountability, and Emotional Impact

Table 4.1 indicates the factors the respondents' find particularly challenging to accept forgiveness. The data shows an overall theme of Barriers to Forgiveness: Trust, Accountability, and Emotional Impact to accept forgiveness when it is asked. This implies that when forgiving someone, it truly requires trust, accountability, and emotional impact to accept forgiveness when asked.

R5. "I find it difficult to accept forgiveness when the person hasn't taken full ownership of their actions...."

This reflects the study of Faulkner (2024) wherein it emphasizes that forgiving can only occur when there is a complete acknowledgment of one's actions. When individuals do not take full responsibility, it hinders the victim's ability to forgive, as they may feel that the transgressor is not truly remorseful or committed to change. Similarly in this research, respondents conveyed that when the person who wronged them downplayed their behavior, did not acknowledge their actions or showed no genuine remorse, it is hard to accept forgiveness. In



addition, A study examined the impact of beliefs in unconditional versus conditional forgiveness on victims' responses to offenses (Deng et al., 2023). Findings revealed that individuals who endorse unconditional forgiveness were less likely to avoid the offender, even when the offender had not fully acknowledged their wrongdoing. Conversely, those who believed in conditional forgiveness exhibited a tendency to avoid the offender when they perceived a lack of accountability. These results suggest that individuals' beliefs about forgiveness significantly influence their emotional and behavioral responses towards offenders who do not fully accept responsibility for their actions (Deng et al., 2023).

## 2. How do you feel your upbringing influences your response when someone is asking for forgiveness?

Common Responses	Axial Codes	Overall Theme
1. "My upbringing taught me to value empathy, so I forgive others easily when I understand their perspective." 2. "I was raised with a strong sense of justice, so I forgive only when I feel the person has taken responsibility for their actions." 3. "Growing up, I was taught that holding grudges weighs you down, so I tend to forgive easily and move on." 4. "Forgiveness came naturally in my family because we always talked things through, so I tend to forgive after open communication." 5. "I was raised with strict rules, so forgiveness doesn't come easily unless those rules are respected." 6. "I learned to forgive after seeing that my family members always gave each other second chances." 7. "Forgiveness doesn't come easily for me because I was raised to prioritize results over feelings." 8. "I was taught that forgiveness is a sign of strength, so I forgive to show emotional resilience." 9. "Forgiveness is hard for me because I was raised to believe that people should face the consequences of their actions." 10. "My upbringing taught me that life is too short to hold grudges, so I tend to forgive quickly."	1. Empathy vs. Accountability 2. Family Influence on Forgiveness 3. Strictness and Conditional Forgiveness 4. Forgiveness as Strength 5. Consequences vs. Compassion	Forgiveness as a Balance of Empathy and Accountability

Table 4.2 indicates the factors the respondents' upbringing influences your response when someone is asking for forgiveness. The data shows an overall theme of Forgiveness as a Balance of Empathy and Accountability. This implies

that in forgiveness, it must have a sense of balance between Empathy and Accountability.

R3. *"Growing up, I was taught that holding grudges weighs you down, so I tend to forgive easily and move on.."*

This reflects the study of Philips (2024) wherein it suggests that forgiveness is often learned through upbringing and socialization. Children taught the value of forgiveness and the negative consequences of holding grudges are more likely to become forgiving adults. It also suggests that parental acceptance in childhood is linked to a greater tendency to forgive as an adult. This indicates that early lessons about the burdens of resentment can shape one's approach to forgiveness later in life. In this study, the respondents were guided by their parents on how to accept forgiveness from the person who wronged them. This finding suggests that early familial teachings play a crucial role in shaping or influencing how adolescents approach forgiveness, ensuring that it is not misused as a tool for someone who might take advantage of them.

### 3. Can you describe the emotional process you go through when deciding whether to accept forgiveness?

Common Responses	Axial Codes	Overall Theme
<i>1. "I feel hurt and defensive initially, and I need time to process those emotions before I can think about forgiving."</i> <i>2. "I feel overwhelmed by my emotions at first, and I need time to calm down before I can think about forgiving."</i> <i>3. "I feel conflicted at first, unsure if I'm ready to let go of the pain and forgive the person."</i> <i>4. "I feel a lot of conflicting emotions initially, and I need time to sort through them before I can consider forgiving."</i> <i>5. "I feel like I need time to reflect on the apology and decide if I believe it's sincere before I can consider forgiving."</i> <i>6. "I feel hesitant at first, unsure if I can trust the person's apology, so I take my time before I decide to forgive."</i> <i>7. "I feel angry and disappointed initially, and it takes time for me to process those emotions before I can forgive."</i> <i>8. "I feel hurt and upset initially, and I need time to work through those feelings before I can consider forgiveness."</i>	1. Emotional Defense and Guarding 2. Processing Emotions 3. Inner Conflict 4. Sincerity of Apology 5. Need for Reflection	Navigating Emotional Complexity and Growth

<p>9. <i>"I feel cautious at first, waiting to see if the apology is sincere and if the person is making an effort to change before I let myself forgive."</i></p> <p>10. <i>"I feel a wave of frustration initially, and I need to let that settle before I can start thinking about forgiveness."</i></p>		
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Table 4.3 indicates the factors the respondents' emotional process you go through when deciding whether to accept forgiveness. The data shows an overall theme of Navigating Emotional Complexity and Growth. This implies that in forgiveness, it must have a sense of balance between Empathy and Accountability.

R3. *"I feel conflicted at first, unsure if I'm ready to let go of the pain and forgive the person.."*

This reflects the study of Kazoun (2020) wherein it suggests that receiving an acknowledgment or sincere apology from the offender is crucial for forgiveness. Research shows that people are more likely to forgive when they feel their pain has been acknowledged and validated. Without this acknowledgment, victims may feel justified in holding onto their resentment, making it difficult to let go. This need for recognition often causes internal conflict about whether to forgive. In this paper, respondents expressed that they feel hesitant and conflicted so they must need time process all of their emotions before they accept forgiveness. This implies that forgiveness is not an immediate act but instead a gradual process that navigates complex emotions. Respondents highlighted the importance of taking the time to feel and process the initial feelings of anger, frustration, and disappointment before moving toward forgiveness.

**4. What factors do you consider when determining if someone's actions make it easier for you to accept their apology?**

Common Responses	Axial Codes	Overall Theme
<p>1. <i>I consider how genuine their apology feels, whether they seem truly remorseful.</i></p> <p>2. <i>I look for whether they are taking responsibility for their actions without making excuses.</i></p> <p>3. <i>I pay attention to their body language and tone of voice to see if they're truly sorry.</i></p> <p>4. <i>I notice if they are offering solutions or trying to make up for what they did.</i></p> <p>5. <i>I think about whether they've apologized for similar things before and whether their behavior has changed.</i></p>	<p>1. Sincerity and Genuine Remorse</p> <p>2. Accountability and Responsibility</p> <p>3. Empathy and Acknowledgement of Feelings</p> <p>4. Efforts to Make Amends</p> <p>5. Openness and Willingness to Communicate</p>	<p>Authentic Apology and Emotional Accountability</p>

6. I consider if they're acknowledging my feelings in the situation and validating my perspective. 7. I look for a pattern of actions. If this is a recurring issue, it makes it harder for me to accept the apology. 8. I think about whether they've made an effort to apologize in person or just through a message, which can feel less sincere. 9. I look at their sincerity, gauging whether they're genuinely sorry or just saying what they think I want to hear. 10. I think about whether they've taken responsibility for what happened, or if they're deflecting blame.		
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Table 4.4 indicates the factors the respondents' consider when determining whether someone's action makes it easier for them to accept their apology. The data shows an overall theme of authentic apology and emotional accountability for the respondents to accept the apology of those who wronged them. This implies that by simply apologizing without sincerity and willingness to acknowledge the mistake, forgiveness cannot be done.

R9. "I look at their sincerity, gauging whether they're genuinely sorry or just saying what they think I want to hear..."

This finding also reflects the study of Bonensteffen et al. (2020), in which the researchers found out that sincerity in a way that the apology is brought greatly affects someone's willingness to forgive. Furthermore, this study shows that when accepting an apology, the person often measures the sincerity of an apology by visible signs of accountability from the person who wronged them, such as remorse and acknowledgement of harm done. These factors form the foundation of the person to accept the apology and forgive other people.

## 5. How do you typically respond when accepting forgiveness from those who have wronged you?

Common Responses	Axial Codes	Overall Theme
1. I try to remain calm and acknowledge their apology, but it takes time for me to fully forgive. 2. I usually thank them for apologizing and let them know I appreciate their effort, but I'm still cautious. 3. I tell them I accept their apology, but deep down, I'm still processing the hurt.	1. Cautious Acceptance of Apology 2. Emotional Guarding and Distance 3. Gradual Trust Rebuilding 4. Acknowledgement of Apology with Hesitation 5. Time Needed for	Navigating Forgiveness with Emotional Caution and Gradual Trust Restoration

<p>4. I respond with a simple "thank you," but I don't immediately let my guard down.</p> <p>5. I let them know I appreciate their apology and do my best to move forward, but it's a gradual process.</p> <p>6. I tend to say "I forgive you," but I need time to emotionally heal from the situation.</p> <p>7. I typically say "thank you for apologizing" and let them know it's a step in the right direction.</p> <p>8. I try to accept their apology with grace, but I'm still emotionally guarded.</p> <p>9. I say "I accept your apology," but I'm still keeping some emotional distance until trust is regained.</p> <p>10. I try to forgive them in the moment, but I need time to emotionally recover from what happened.</p>	Emotional Healing	
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Table 4.5 shows the typical response of the respondents when accepting forgiveness from those who have wronged them. From this table, an emerging theme of navigating forgiveness with emotional caution and gradual trust restoration helps in accepting forgiveness. This suggests that respondents' approach forgiveness as a careful and thoughtful process, prioritizing emotional safety and slowly rebuilding trust over time.

R9. "I say "I accept your apology," but I'm still keeping some emotional distance until trust is regained..."

This finding reflects in the study of Witvliet et al. (2022), which proposes that forgiveness is not an instant process but rather requires time and effort, particularly in restoring trust. In this study, this method allows the respondents to protect their emotional well-being while giving space for the bond to restore. Furthermore, the interpreted data infers that the respondents find it easier to forgive when they perceive sincere changes from the other person, along with consistent trustworthy behavior.

## 6.0 Conclusion and Recommendations

The research underscores the significant impact of parental control and parenting styles on children's emotional development and their capacity for forgiveness. Both parental control and parental responsiveness have a positive correlation towards forgiveness. Thus, both parenting styles have a significant relationship towards the variables of forgiveness. This also means that parents play a crucial role towards molding forgiveness. Parents helps their child towards navigating, assessing, and enhancing their children's emotions and how they deal with their emotions. Furthermore, acceptance also plays a very important role in molding adolescent's forgiveness as it helps them navigate

emotional growth and complexity.

### **Recommendations**

This research is focused on the significant relationship of parenting styles and the tendency to forgive of the adolescents, and the role of acceptance in the two variables. In this regard, the optimism of the researchers helped the under mentioned parent, institution, and students in addressing and emphasizing the importance of the result of this study.

**To the Guidance Counselor.** They may use this study to provide insights onto how different parenting styles can affect the up bringing of their child in a more holistic view. Understanding this dynamic is crucial for counselors who aim to support both parents and children in navigating their familial relationship.

**To the Teachers.** They may able to use the result of this study to teach their students in the importance of forgiveness. By integrating these findings into their teaching practices, educators can help cultivate a classroom environment that emphasizes emotional intelligence, social responsibility, and personal growth.

**To the Parents.** With this study, the parents be more aware of their significant influence to their children's development. By understanding the impact of parenting styles on the tendency to forgive of their children, parents can make informed decisions that teaches their children the value of empathy, sincerity, accountability, and trust thereby nurturing the emotional, social, and overall growth of their children.

**To the Adolescents.** This research provided adolescents with a valuable learning opportunity to explore and understand their capacity for forgiveness in relation to their upbringing. By reflecting on how their parents' parenting styles have shaped their views and practices regarding forgiveness, they can gain additional insights that promoted personal growth and emotional maturity.

**To the Future Researchers.** There is still a lot to research regarding this study that's why this was a great foundation for more exploration. They may continue or develop this study and look for more gaps in this research. The future researcher may (1) change the locale of the study and the respondents, (2) further investigation on the subscales, (3) develop and proposed a more effective awareness program, and (4) administer the survey questionnaires to a larger sample size.

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