

PAIN AND FORGIVENESS IN THE EYES OF THE FILIPINOS



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Abstract

This study aimed at finding out pain and forgiveness as experienced by the Filipinos. The participants of this qualitative case study were composed of six (6) residents of Sta. Rosa and Biñan, Laguna with varying nature of pain. The subjects were gathered through common friends with the use of the indigenous methodology of pagtatanung-tanong. The subjects underwent a semi-structured in-depth interview. The researchers used an interview guide composed of a set of questions asked during the interview. Findings showed that Filipinos do not close their doors in forgiving the offenders; they do think that forgiving someone is necessary and not a hard thing to do; but, the capacity of an individual to forgive will still depend on the offense made. Filipinos look at forgiveness as not equivalent to the following terms: forgetting, pardoning, and reconciling. Forgiveness for them is like giving the offender a chance to change and correct the undesirable actions done. Also note, that the disposition to forgive is connected to an individual's religiousness or spirituality. Before a person could grant forgiveness they should undergo a process. The process of forgiveness includes Grief and under it is questioning, next is Empathy and Acceptance. Since Filipinos think that acceptance is the key to forgiveness, it is the last process involved in forgiveness. Forgiving an offender would result in positivity towards life, moving on with life, and "Kaginhawaan ng loob" o "Pagluwag ng dibdib."

Keywords:

degree of pain, forgiveness, nature of pain, view of pain

