

## Hope and happiness as predictors of psychological well-being

Neha Sharma<sup>1\*</sup>

### ABSTRACT

I conducted a study to find whether hope and happiness predict psychological well-being. There are three objectives of the study. The first one is to identify the relationship between hope and Psychological well-being, Happiness and Psychological well-being, Hope and Happiness. The second objective is to find whether hope predicts psychological well-being and the third one is to identify if happiness predicts psychological well-being. To accomplish the above mentioned objectives different psychological tools are used namely: The Children's Hope Scale (Snyder et al 1991), The Subjective Happiness Scale by Lyubomirsky and Lepper (1999) and Ryff's (1995) Psychological Well-Being Scales (PWB). Pearson Correlation and Linear Regression are applied. The sample comprised of 81 adolescents chosen randomly from Bhiwani city of Haryana state. The result shows that there is positive correlation between Hope and Psychological well-being, Happiness and Psychological well-being and a negative correlation between Hope and Happiness. Both Hope and Happiness predict Psychological well-being.

**Keywords:** *Hope, Happiness, Psychological Well-Being, PWB, Regression, DV and IV.*

**H**ope has numerous features: it very well may be viewed as cheerful reasoning, a feeling or a character attribute. On the other hand, it very well may be seen as something which rises above us, something near our definitive objectives and other worldliness. Hope as a positive expectation and desire for a particular thing to happen plays an important role in philosophy, theology, religious studies, anthropology, and behavioral and other social sciences. Hence, people high in expectation ought to evaluate stressors as all the more testing (rather than all the more undermining), and therefore have the capacity and inspiration to discover answers for enhance the upsetting sentiments and resolve the stressor as an element of this direction (reliable with the value-based model of pressure and adapting; Lazarus and Folkman, 1984; Thompson, Gustafson, Hamlett, and Spock, 1992).

Snyder (2002) characterized hope, "as the apparent ability to infer pathways to wanted objectives, and inspire one's self by means of office thinking to utilize those pathways". According to Snyder (2000), hope has 3 necessary ingredients: Goal-oriented thoughts, Pathways to accomplishment of these goals and agency thoughts directed to goal accomplishment. Snyder and colleagues have mentioned (Snyder, Cheavens, Micheal, 1999), hope is a motivational concept but clearly has a strong cognitive component. Hope has

<sup>1</sup>M.Sc. Psychology, NET Qualified, India

\*[Responding Author](#)

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been taken as a personal distinction issue that colours one's appraisal of stressors and therefore the brick method (Snyder et al., 1991).

Thus including this piece of expectation, they characterized trust as "a proportionally inferred feeling of effective office (objective coordinated assurance) and pathways (arranging of approaches to meet the objectives)" (Snyder et al., 1991).

Expectation is an individual recognition that one can arrive at wanted objectives. As indicated by expectation hypothesis, trust mirrors people's impression of their abilities to (1) obviously conceptualize objectives; (2) Develop the particular techniques to arrive at those objectives (pathways thinking) (3) Initiate and support the inspiration for utilizing those methodologies (organization thinking). Office speaks to the persuasive segment of expectation hypothesis, and gives the psychological vitality to begin and keep up the utilization of a specific pathway through all phases of objective interest (Snyder, 2002).

Bliss is that accepting that comes over you when you understand life is incredible and you can't fight the temptation to smile. It's something contrary to pity. Joy is a feeling of prosperity, bliss, or satisfaction. At the point when individuals are effective, or safe, or fortunate, they feel satisfaction. The "quest for joy" is something this nation depends on, and various individuals feel joy for various reasons. At whatever point accomplishing something causes satisfaction, individuals for the most part need to accomplish a greater amount of it. Nobody at any point griped about inclination an excessive amount of bliss.

Happiness can be understood as an outcome of life (Veenhoven 2003) and has a major influence on positive mental health (Fordyce 1988; Park 2004; Seligman 2008; Sheldon & Lyubomirsky 2005). In psychology happiness is often used interchangeably with subjective well-being (Diener 1984; Diener 2000). In this sense, bliss is the "general valuation for one's life overall" (Veenhoven 2010, p. 329) and comprises of both a full of feeling and an intellectual assessment of life (Diener 2000; Veenhoven 2010). The full of feeling part decides how well an individual regularly feels, while the intellectual segment infers fulfillment (Veenhoven 2010). The experience of joy is essentially an emotional marvel. It is a conscious state of mind and can therefore be measured by simply asking people how happy they are (Veenhoven 2003; Veenhoven 2008; Veenhoven 2010). An individual's experience of being happy is therefore usually measured by self-report.

Adolescents' happiness also seems to decrease during adolescence (Csikszentmihalyi & Hunter 2003; Hellevik 2008), and empirical findings have shown higher levels of happiness among younger adolescents than among older ones (Moljord et al. 2011; Natvig, Albrektsen & Qvarnstrøm 2003; Piqueras 2011). Contradictory results have been reported with regard to the association of gender and adolescents' level of happiness. A number of studies have revealed significant differences in happiness scores between boys and girls. Empirical findings have shown that girls often report being unhappier compared to boys (Levin, Currie & Muldoon 2009; Moljord et al. 2011), while other findings suggest that girls report being happier (Crossley & Langdrige 2005; Piqueras 2011). At the same time, studies have also found no gender differences in adolescents' level of happiness (Csikszentmihalyi & Hunter 2003; Mahon, Yarcheski & Yarcheski 2005; Natvig, Albrektsen & Qvarnstrøm 2003; van de Wetering et al. 2010).

### **REVIEW OF LITERATURE**

The concept of hope has been researched in relation to a variety of variables, such as, adolescent identity (Erickson, 1968); life purpose which is then associated with a greater sense of life satisfaction; hope as a predictor of life satisfaction (Bailey et al., 2006); hope as a predictor of students' athletic and academic performance; hope in relation to eustress, self-efficacy and life satisfaction (O'Sullivan, 2011); academic and interpersonal life satisfaction (Chang, 1998); exploring the prevalence and dynamics of hope and psychosocial well-being, across racial groups in a South African sample; and finally, the relationship between hope and exposure to community violence.

A study conducted by Guse and Vermaak (2011) aimed at exploring the prevalence and dynamics of hope and psychosocial well-being, across racial groups, among South African adolescents (N =1069). Socio-economic statuses were treated as a moderator in the relationship between hope (using the Children's Hope Scale) and psychosocial well-being. The prevalence of hope and psychosocial well-being across racial groups was analyzed by means of a one-way between groups analysis of variance (ANOVA). The findings indicated that high levels of hope existed among adolescents across racial groups; high levels of psychosocial well-being were experienced by adolescents with no significant effect for race on emotional well-being. A statistically significant relationship exists between hope and psychosocial well-being. A multiple regression analysis indicated that socio-economic status does not moderate the relationship between hope and psychosocial well-being (Guse & Vermaak, 2011).

The Meaning in Life Questionnaire administered among 731 adult respondents in the United States indicated that the presence of meaning was positively associated with life satisfaction, happiness and positive affect and negatively associated with depression and negative affect (Park, Park & Peterson, 2010).

Vacek, Coyle and Vera (2010) found that hope, optimism and self-esteem were significant predictors of subjective well-being among a sample of 137 low income, urban, ethnic minority adolescents. The sample used was homogenous in terms of socio-economic status and age, thus results are not generalizable to adolescents residing in other areas from a different socio-economic background (Vacek et al., 2010).

Valle, Huebner, and Suldo (2006) in a longitudinal report, including center and secondary school understudies, gave proof of (1) steadiness of expectation reports of teenagers over a 1-year time frame, (2) predictive validity of adolescent hope reports, and (3) hope's purposeful role as a moderator within the relationship between nerve-racking life events and adolescent well-being. Taken along, the results provide support for consideration of hope as a key psychological strength in youth. The findings are in step with theories of motivation during which individual variations in hopeful thinking are conceptualized to play a practical role in linking life events and psychological well being.

Piqueras et al. (2011) stated that happiness was associated with the increment of behaviors relating to mental health in students. The results of the research by Lyubomirsky (2001) indicated that happiness is able to predict changes associated with psychological health and well-being. In a research by Edwards et al. (2005), the importance of life satisfaction as a component of happiness in psychological well-being and positive performance of adult athletes was emphasized, and the results indicated that high life satisfaction had an important role in enhancing athletes' psychological well-being.

## **MATERIALS AND METHODS**

### *Objectives of the study*

1. To find out the relation between Hope and PWB, Happiness and PWB, Hope and Happiness.
2. To find out whether Hope predicts Psychological Well-Being.
3. To find out whether Happiness predicts Psychological Well-Being.

### *Based on reviews the Hypotheses of the study are as follows*

1. There will be a significant positive correlation between Hope and PWB, Happiness and PWB, Hope and Happiness.
2. Hope will predict Psychological Well-Being.
3. Happiness will predict Psychological Well-Being

## **METHODOLOGY**

### *Sample*

Based on the study survey research design has been used, as it is intended to find out whether hope and happiness predict psychological well-being. By using Random Sampling Technique, 80 adolescents have been taken from Bhiwani city Of Haryana State.

### *Data Collection and Scoring*

#### *1. Hope:*

The Children's Hope Scale (Snyder et al 1991) has been used in this study. It consists of 6 items. The age ranges from 7 years to 17 years. This is a 6 point rating scale. The Cronbach alphas for the Children's Hope Scale scores in each of the samples ranged from .72 to .86. It has satisfactory validity.

#### *Scoring and Interpretation*

When administered to children this scale is not labeled as "Children's Hope Scale" but as "Questions about your goals". The total Children's Hope Scale score is achieved by adding the responses to six items with "None of the time equals 1", "A little of the time is equal to 2", "Some of the time equals to 3", "A lot of the time equals to 4" and "Most of the time is equal to 5" and "All of the time is equal to 6". The score ranges from 6 to 36 where 6 implies lowest scores and 36 implies highest score.

#### *2. Happiness*

The Subjective Happiness Scale (SHS) is utilized. It is a 4-item size of worldwide abstract Happiness Scale created by Lyubomirsky and Lepper (1999). Two things demand that respondents depict themselves using both preeminent assessments and evaluations in regard to peers, however the other two things offer brief depictions of merry and grieved individuals and ask respondents how much every depiction portrays them. Reactions are on a seven point Likert type arrangement running from not an exceptionally glad individual (1) to an extremely cheerful individual (7). The scale 4 is switch coded. The reactions given by every respondent are added to have the absolute score extending from 4 to 28. Higher score on SHS shows more subjective happiness.

#### *3. Psychological Well Being Scale*

Ryff's (1995) Psychological Well-Being Scales (PWB), 18 Item version has been used in the study. It consists of multiple items to assess each of the 6 dimension of well being. The six dimensions are self acceptance, positive relation, environmental mastery, personal growth, autonomy and purpose in life. The 18 item version consists of 3 items for each of the 6

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dimensions. The reliability is 0.76 and has a strong validity. It consists of positive and negative items.

### *Scoring and Interpretation*

Responses are on a six point Likert type format ranging from strongly disagree (1) to strongly agree (6) which are added to provide a total score of Psychological well being. The positive statements will range from 1 mark for strongly disagree to 6 marks for strongly agree. The negative items will be scored in reverse order. The negative items are 1,3,5,6,8,10,11, and 14. The higher the marks the higher will be psychological well being. The total scores range from 18 to 108.

## **RESULT**

Linear Regression has been used to find out whether hope and happiness predict psychological well-being.

*Table Number 1: Descriptive Statistics*

	Mean	Std. Deviation	N
PWB	84.88	10.217	80
Hope	26.85	5.275	80
Happiness	20.54	3.275	80

Table Number 1 shows the descriptive statistics. The mean value of PWB is 84.88, standard deviation is 10.217 and the number of participants is 80. The mean of Hope is 26.85 and for happiness it is 20.54. The standard deviations are 5.275, 3.275 respectively. These are used to describe the basic features of data in the study.

*Table number 2: The table shows the relationship between Hope and PWB, Happiness and PWB, Hope and Happiness.*

Variables	PWB	Happiness
Hope	0.386**	-0.065
Happiness	.125	1.00

This table shows that Hope and PWB are positively and significantly correlated. Study done by Irving, Snyder, & Crowson, 1998; Snyder, 1996, 1998; Snyder, Irving, & Anderson, (1991) shows the same result. The results are also in accordance with study done by Akhilendra K. Singh, Sadhana Singh, A. P. Singh and Aakanchha Srivastava. This study claims that there was a significant positive correlation between hope and psychological well-being. And Happiness is neither significantly related to PWB nor Hope. This shows that if Hope will increase then PWB will also increase. But if hope increases then happiness will decrease. Happiness and PWB are positively correlated with each other but the value is not significant at any of the levels. This result is in accordance with the study done by Abdollah Ghasempour, Heidar Jodat, Masomeh Soleimani, Kiomars Zhaleh Shabanlo (2013). They found a positive correlation between happiness and psychological well-being. So, this implies that Hypothesis number one i.e. "There will be a significant positive correlation between Hope and PWB, Happiness and PWB, Hope and Happiness" has been partially accepted because Hope and PWB have a significant positive correlation (significant at 0.01 level). But Happiness and PWB are positively correlated and not significantly. On the other hand Hope and Happiness are neither positively nor significantly correlated.

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**Table Number 3(a): Summary**

Model	R	R <sup>2</sup>	Adjusted R Square	Std. Error of the Estimate
1	.386 <sup>a</sup>	.149	.138	9.485
a. Predictors: (Constant), Hope				

Another objective of this study is to find out predictor of psychological well-being. One of these variables is Hope. This is chosen as predictor variable. The independent variable (IV) is hope and the dependent variable (DV) is PWB. In the model summary R (.386) is the correlation value and R square (14.9% in table number 3(a)) shows the variability. This means that IV i.e. Hope can explain 14.9% variability of the DV i.e. PWB. In other words it can be said that 14.9% of variability in hope can be accounted for by PWB. It is very meaningful predictor but it is not a huge amount. Adjusted R square is used in multivariate regression so it is irrelevant to explain it here. Std. Error of the Estimate measures dispersion regression of the line where Predictor Variable (Hope) is on x axis and DV (PWB) is on y axis. In other words, it is amount of error associated with regression analysis in terms of predicting a particular value.

**Table number 3(b): ANOVA <sup>a</sup>**

Model		Sum of Squares	Degree of freedom	Square of mean	F	Significance level
1	Regression	1243.045	1	1243.045	13.816	.000 <sup>b</sup>
	Residual	7107.721	79	89.971		
	Total	8350.765	80			
a. Dependent Variable: PWB						
b. Predictors: (Constant), Hope						

The ANOVA table tells if the correlation value of 0.386 (table number 3(a)) is statistically significant. The F value is 13.816 and it is statistically significant. It is highly significant so the model is a relevant one.

**Table number 3(c): Coefficients<sup>a</sup>**

Model		Unstandardized Coefficients		Standardized Coefficients	t	Sig.
		B	Std. Error	Beta		
1	(Constant)	64.812	5.500		11.784	.000
	Hope	.747	.201	.386	3.717	.000
a. Dependent Variable: PWB						

Here the constant or intercept is value of y which is DV (PWB). This means that if the value of Hope will be zero (0) even then the value of PWB will be 64.812 and it is constant. If Hope score is increased by 1 then score of PWB will increase by .747. The t value is used to test the hypothesis and here it is significant. T value is calculated as B/std. error. Here  $t = 0.747 / .201 = 3.717$ . The value is significant at 0.01 level. So the hypothesis number 2 which states "Hope will predict Psychological Well-Being" has been accepted. Study done by Irving, Snyder, & Crowson, 1998; Snyder, 1996, 1998; Snyder, Irving, & Anderson, (1991) shows the same result. The results are also in accordance with study done by Akhilendra K. Singh, Sadhana Singh, A. P. Singh and Aakanchha Srivastava. In both these studies hope has been a good predictor of psychological well-being.

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**Table Number 4(a): Summary**

Model	R	R <sup>2</sup>	Adjusted R Square	Standard Error of the Estimate
1	.125 <sup>a</sup>	.016	.003	10.201
a. Predictors: (Constant), Happiness				

Yet another objective of this study is to find out other predictor of psychological well-being. Other variable is Happiness. This is chosen as predictor variable. The independent variable (IV) is happiness and the dependent variable (DV) is PWB. In the model summary R (.125) is the correlation value and R square (1.6% in table number 4(a)) shows the variability. This means that IV i.e. Happiness can explain 1.6% variability of the DV i.e. PWB. In other words it can be said that 1.6% of variability in happiness can be accounted for by PWB. It is very meaningful predictor but it is a very small amount. Std. Error of the Estimate measures dispersion regression of the line where Predictor Variable (Happiness) is on x axis and DV (PWB) is on y axis. In other words, it is amount of error associated with regression analysis in terms of predicting a particular value.

**Table number 4(b): ANOVA <sup>a</sup>**

Model		Sum of Squares	Degree of freedom	Mean Square	F value	Significance level
1	Regression	129.562	1	129.562	1.245	.268 <sup>b</sup>
	Residual	8221.203	79	104.066		
	Total	8350.765	80			
a. Dependent Variable: PWB						
b. Predictors: (Constant), Happiness						

Here in this ANOVA table the value of F is 1.245 which is significant. This table tells us if the model is significant or not. So we can say that this model is also significant. The value .125 in table 4 (a) is significant and hence Happiness is a predictor of PWB.

**Table number 4(c): Coefficients<sup>a</sup>**

Model		Unstandardized Coefficients		Standardized Coefficients	T	Significance level
		B	Std. Error	Beta		
1	(Constant)	76.894	7.243		10.616	.000
	Happiness	.389	.348	.125	1.116	.268
a. Dependent Variable: PWB						

As described above in table number 3(c) this is also significant and hence the last Hypothesis which states “Happiness will predict Psychological Well-Being” has been accepted as well. This result correlates with the results of the study done by Abdollah Ghasempour, Heidar Jodat, Masomeh Soleimani, Kiomars Zhaleh Shabanlo (2013). It was found that happiness is a good and reasonable predictor of psychological well-being.

## DISCUSSION

The study shows that the variables Hope, Happiness and Psychological Well-Being are correlated with each other. Hope has a positive and significant correlation with Psychological Well-being. The results of this study also correlate with the other studies as well. Then Happiness is negatively related with Hope which is a little insensible. The other studies

oppose this result. The last one was the relation between happiness and psychological well-being. This is also a positive one and the results are in accordance with the other studies done in this field. The other one was to find out if hope and happiness predict psychological well-being. It was found that both are relevant and good predictors of psychological well-being. They both predict some of the variance of psychological well-being.

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### ***Conflict of Interest***

The author declared no conflict of interests.

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