

Research Paper

## Trait of Hope and Psychological Well-being - A Correlated Study of Pharmacy Students

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### ABSTRACT

The purpose of the current study was to find out the relationship between trait of hope and various of psychological well being among Pharmacy male and female undergraduate students.. It is survey type correlated research design. The purposive sample of 100 pharmacy student was selected, which consist 50 male and 50 female students , age range from 19 to 21 years . Hope is dynamic life force describe by total score on four agency and four pathways across the time and situational contexts Because hope is an important personality trait which is significantly predicted for areas of psychological well-being such as autonomy, environmental mastery, personal growth, positive relation with others and purpose of life. Data was collected by using Trait Hope scale of Snyder et.al.(1991) and Psychological well-being by using Ryff;s C. and Singer B. developed Scale of psychological well –being. Collected data was analysed by Mean, SD and Pearson product movement correlation and Z test for studying Gender difference. There is positive correlations Co-efficient between Hope (r=0.48) and psychological being (r=0.46) Pharmacy male and female students which was significant at 0.05 level. The Data also revealed that positive correlation does indeed between Hope and autonomy (r=0.60), Hope and Environmental mastery (r=0.45), hope and Personal growth (r=0.47), hope and positive relation with other (r=0.41) and hope and purpose of life (r=0.66), hope and Self Acceptance (r=0.46), Pharmacy male undergraduate students. It also showed that positive correlation does indeed between hope and autonomy (r=0.58), hope and environmental mastery (r=0.041), hope and personal growth (r=0.46), hope and positive relation with others (r=0.40) and hope and purpose of life (r=0.62), hope and self acceptance (r=0.36), in Pharmacy female undergraduate students. The Z test show no significant gender differences between hope (Z=0.077) and psychological well being (Z=0.085) at 0.05 level of Pharmacy students.

**Keywords:** *Trait Of Hope, Pharmacy Male And Female Undergraduate Students, Psychological Well Being.*

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Since the beginning of psychology has devoted much more attention human unhappiness distress behavioral problems and other psychological problems than the positive functioning or studying well-being or satisfaction life otherwise known as happiness. This new movement in psychology stresses building human strength and focuses more on positive rather than negative behavior. This positive behavior might be determined by some enduring aspect of personality which is also known as trait. In present scenario, the student of professional courses are passing through the difficult and diffident phase of life due to various reasons. They have to face excessive financial investment in study, hectic and highly mental demanding course related activity and lack of job market due to recession. The students also any professional courses are in the crisis of identity versus role confusion because society has become multi-complex, and their roles in society are very diffuse and confusing. The students role are not longer well defined and prescribed. Knowledge explosion, material wealth pursuits, plurality of society and estrangement from extended family system, the hypocrisy of adult standard, fallacy of physical maturity, political environments, familial religious environment have a great battle particularly in the students life. Considering such issues the present study was designed to investigate the relationship of hope with psychological well-being of pharmacy student.

### *Hope:*

Snyder defined hope as a cognitive set determined by the reciprocal interplay of two component, agency: “goal directed determination and pathways: “planning of ways to meet goals”(Snyder et.al.,1991). Agency represents the motivational component of hope theory, and provides the mental energy to start and maintain the use of a particular pathway through all stages of goal pursuit (Snyder,2002). The pathways component of hope provides a measure of an individual’s ability to be flexible in the face of obstacles, and their ability to see and produce alternative routes to desires goals (Snyder, 2002). In genera , the two facets have been considered additive , and are often summed give an overall measure of hope. The construct of hope is closely related to dispositional optimism, and where the latter measures beliefs about expected outcomes. Snyder et.al.(1991) have proposed that agency and pathway ,although being strongly correlated, remain distinct concepts. Crewamer et.al,(2009) investigated dispositional hope in injury survivors. They found that agency and pathways had different sized positive correlations with a variable related to childhood trauma.

### *Psychological well-being*

Psychological well-being has been defined as “engagement with existential challenges of life”(Keyes and Ryff 2002).Psychological well-being is multi-dimensional concept which includes cheerfulness, optimism, playfulness, self-control and sense of detachment, freedom from frustration, anxiety, loneliness are dimensions of psychological well-being (Sinha & Verma 1992). McCulloch (1991) has shows that satisfaction, moral, positive effect and social support, constitute psychological well-being. In modern society personal well-ness has refer psychological well-being. Traditionally negative states like depression, separation, alienation and similar topic focused and find the effects on psychological and physical state. Recently term studies have been conducted on subjective moods or feelings of well-being and their

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determinants (Crocker, Lutheran 1994) Ryff (1989) originally defined psychological well-being as self-acceptance, and self growth, positive relation to others, autonomy, environmental mastery, purpose of life and personal growth, has been theoretically related to several important human values, life satisfaction, interpersonal relationship, success in work, creativity, sales of psychotherapy, Palmer and Donaldson and Stongth (2001) found that emotional intelligence moderately correlated with psychological well-being. Finding from previous studies have examined multiple dimensions of psychological well-being suggest that different pattern of association between religiosity, spirituality and well-being are likely to imerge across and diverse dimensions of psychological well-being (Frasier, Mintz & Mobley 2005, Maselko & Kubzansky 2006). Greenfield and Nadine (2000) noted relationship between hope and psychological well-being were largely contingent dimension upon psychological well-being under consideration. Lu and Shih(1995) explored the relationship extroversion and measures of psychological well-being . They found that extroversion has a strongest effect on psychological well-being. Brackett and Mayer (2003) also found positive relation between five factor of personality and psychological well-being. Gibbson and Parker (2003) found that hope was significantly positive related to PWB. Mintan (2009) have also reported that optimism positively correlated with psychological well-being.

Joshi Shobna and Jai Madhu (2008) studied happiness and its relation to psychological well-being. They found that the significant relationship between happiness and psychological well-being. Hope has significant effect on happiness and overall sense of psychological well-being. Singh et. al. (2000) studied psychological well-being was subjective feeling of contemptment, happiness, satisfaction with life. The study was carried on 250 students sample. It was found that positive self-efficacy, Locus of control, optimistic attitude affect on psychological well-being of students. Review of Literature of earlier research show positive relation between hope and other factors with various areas of psychological well-being. Therefore the current study researcher was carried out present study..

### *The purpose of the study*

The main purpose of the study was to find out relationship between hope and various areas of psychological well being such as autonomy (ATN) environmental mastery, (ENM) personal growth (PRG), positive relation to others (PRO), purpose of life (PIL) and self-acceptance (SA) of Pharmacy students.

## **RESEARCH METHODOLOGY**

### *Objectives :*

1. To study the relationship between hope and psychological well-being among Pharmacy students.
2. To study the relationship between hope and various areas of psychological well being of Pharmacy Male students.
3. To study the relationship between hope and various areas of psychological well-being of Pharmacy female students.

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4. To study the gender differences between hope and psychological well-being of Pharmacy students.

### *Hypotheses*

1. There is a positive relationship between hope and psychological well-being among Pharmacy students.
2. There is a positive relationship between hope and various areas of psychological well-being of Pharmacy male students.
3. There is a positive relationship between hope and various areas of psychological well-being of Pharmacy female students.
4. There is gender difference between hope and psychological well-being of Pharmacy students.

**Design :-** It is survey type correlated design.

### *Sample :-*

The sample consists 50 male and 50 female Pharmacy students from Pharmacy colleges in Solapur district, which are range from 19 to 21 years age ..The students were selected on the basis of gender.

### *Variables :-*

#### **A) Independent Variables :-**

- a) Pharmacy male and students.
- b) Trait of Hope

#### **B) Dependent variables :-**

Areas of psychological well being (PBW)

- i) Autonomy (ATN)
- ii) Environmental Mastery (ENM)
- iii) Personal growth (PRG)
- iv) Positive relation with others (PRO)
- v) Purpose in life (PIL)
- vi) Self Acceptance (SA)

### *Research Tools :*

In the present study following tools were used.

**1) Trait of hope scale** – This scale is Eight point Likert type scale. This scale has been developed by Snyder ,which measure Hope. The internal consistency has been reported as ranging from 0.74 to 0.78 .it comprises 12 items four agency items four pathway items and four filter items. It is useful for undergraduate students and adults participants used and eight items of agency and pathway were added to get total hope score.

**2) Scale of Psychological well-being** – Ryff C.D. and Singer B. developed this scale. It is self report inventory consisting 18 items. It consists a series of statements reflecting six areas

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of psychological well-being, autonomy (ATN) environmental mastery (ENM) personal growth (PRG) positive relation with others (PRO), purpose of life (PIL) and self-acceptance (SA). Respondents rate statements on a scale of 1 to 7 in which 1 indicating strong disagree, 2 indicating some what disagree, 3 indicating a little disagree, 4 indicating don't know, 5 indicating a little agree, 6 indicating somewhat agree and 7 indicating strong agree. The reverse score for 4, 5, 6, 7, 10, 14, 15 and 16. whereas remaining items has positive scoring. Each of high score indicate that respondents has mastery of the area in his or her live. Contrast a low score indicate respondents struggle to feel comfortable with that particular concept.

### *Date collection and statistical analysis*

Initially, for data collection 100 students belonging different colleges were approached individually and administered a Snyder's Trait of hope scale and Ruff and Singer's scale of psychological well-being. The collected data were scored as prescribed in the manual of scales. The obtained data was analyzed by Mean, SD, Pearson-product moment correlation method and for studying gender differences hope and psychological well-being Z test was used.

## RESULTS AND DISCUSSION

**Table 1 : Correlation co-efficient between Hope and Psychological well-being among Pharmacy Male and Female students.**

Gender	N	df	V	Significance
Male	50	48	0.49	Significant at 0.05
Female	50	48	0.46	Significant at 0.5

The result table 1.00 shows the correlation co-efficient between hope and psychological well being among Pharmacy students. The male Pharmacy students is found to be  $r=0.49$  ( $P<0.05$ ) and female Pharmacy students found to be  $r=0.46$  ( $P<0.05$ ). Both correlation are positive one which is significant at 0.05 level. Therefore hypothesis is accepted. It means there is positive relationship between hope and psychological well-being among Pharmacy students. .

**Table 2 : Correlation co-efficient between hope and various areas of PBW of pharmacy Male students.**

Psychological well-being (PBW)	Autonomy (ATN)	Environmental Mastery (ENM)	Personal Growth (PRG)	Positive relations with others (PRO)	Purpose in life (PIL)	Self Acceptance (SA)
Hope	0.60	0.45	0.47	0.41	0.66	0.46
Significance	sig. 0.05	sig. 0.05	sig. 0.05	sig. 0.05	sig. 0.05	sig. 0.05

Table No. 2 shows the r values between hope and various areas i.e. autonomy (ATN)  $r=0.60$  environmental Mastery (ENM)  $r=0.45$ , personal growth (PRG)  $r=0.47$ , positive relations with

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others (PRO)  $r=0.41$  purpose in life (PIL)  $r=0.66$  and self acceptance  $r=0.46$  of psychological well being of pharmacy male students, which are significant at 0.05 level. Therefore hypothesis is accepted. It means that there is a positive relationship between hope and various areas of psychological well-being of pharmacy male student.

**Table 3 : Correlation coefficient between hope and various areas of PBW of pharmacy female students.**

Psychological well-being (PBW)	Autonomy (ATN)	Environmental Mastery (ENM)	Personal Growth (PRG)	Positive relations with others (PRO)	Purpose in life (PIL)	Self Acceptance (SA)
Hope	0.58	0.41	0.46	0.40	0.62	0.36
Significance	sign 0.05	sign 0.05	sign 0.05	sign 0.05	sign 0.05	sign 0.05

Table 3 shows r values between hope and various areas i.e. autonomy (ATN)  $r=0.58$ , environmental mastery (ENM)  $r=0.41$ , personal growth (PRG)  $r=0.46$ , positive relation with others (PRO)  $r=0.40$ , purpose in life (PIL)  $r=0.66$  and self-acceptance (SA)  $r=0.36$  of psychological well-being of pharmacy female students. All correlated values (r) are significant at 0.05 level. Therefore hypothesis is accepted. It means that there is a positive relationship between hope and various areas of psychological well-being of pharmacy female students. But all values of correlation are low and moderate levels which shows small definite and substantial positive relationship between hope and various areas of psychological well-being of pharmacy female students.

**Table 4 : Z value of Gender differences between hope and PWB of pharmacy students.**

Variable	Gender	N	Mean	SD	Z value	Significance
Hope	Male	50	80.56	10.36	0.077	No Significant 0.05
	Female	50	78.10	09.60		
Psychological Well-being (PBW)	Male	50	73.33	16.33	0.085	No Significant 0.05
	Female	50	74.33	19.18		

Table No. 4 show the no significant differences in hope and psychological well-being of pharmacy students But when the Mann-Whitney U test was carried out for assessing the difference between hope and psychological well being of pharmacy male and female students. But critical value of U are not much useful because the sample of study is larger. Therefore researcher calculated z values. The calculated value z value of pharmacy male and female students of hope( $z=0.077$ ) is not significant at 0.05 ( $P \geq 1.96$ ) level. The other calculated z values of pharmacy male and female students of psychological well being ( $z=0.085$ ) is no significant at 0.05 ( $P \geq 1.96$ ) level. Therefore forth hypothesis is accepted. It means that there is no gender differences between hope and psychological well-being of

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pharmacy students. The Means (M) of pharmacy male students and pharmacy female students on hope and psychological well-being (M=80.56, M=73.33, M=78.10, M=74.33) respectively are seen to be positive to pharmacy female students. It means that pharmacy female, students tend to higher trait of hope and more better psychological well being than pharmacy male students.

### CONCLUSION

1. There is positive relationship between hope and psychological well-being of pharmacy students.
2. There is positive relationship between hope and psychological well-being of pharmacy male students.
3. There is positive relationship between hope and psychological well-being of pharmacy female students.
4. There is no gender differences between hope and psychological well-being of pharmacy students.

### LIMITATIONS

1. Its psychological implication should be personal .
2. Further researcher should adopt different approach to make relation between hope and psychological well-being.
3. This study conducted on only pharmacy male and female students.
4. The sample size and area of study was limited for only Solapur district undergraduate students.
5. Age, socio economic status, religion, other professions et. variables should be considered for further research.
6. More research should be made sound methodological and reliable measures.

### IMPLICATION OF STUDY

The present study reveal the fact that hope particularly pharmacy students psychological well-being is better. If the pharmacy students observing reality in their professions by performing certain behavior from consideration of hope as cognitive component , they may be satisfy with their autonomy environmental mastery, personal growth, positive relation with other, purpose in life and self acceptance. Therefore parents, teacher and organizational leaders enhance their real hope because any profession is related to individual social, emotional, psychological health.

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