

Relationship between Hope, Optimism and Life Satisfaction among Adolescents

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Abstract—This study was conducted to find out the association between hope, optimism and life-satisfaction among adolescents because these are the essential components in a person's life. Research design of this study was descriptive in nature and a survey was conducted. A sample of 400 late adolescents (200 female students and 200 male students) age ranged from 17 years to 21 years was selected by using probability sampling technique from different universities of Lahore. To fully achieve the objectives of research, three standardized instruments were used which included Adult Hope Scale, Life Orientation Test–Revised and Satisfaction with Life Scale. Descriptive analysis involved determination of frequency, percentage, mean and standard deviation while inferential statistics included determination of correlation and multiple regression. Scatter plots were used to find the linearity of relationship among variables. T-test was applied to find out the differences between male and female respondents' response. Pearson correlation analyses revealed positive correlation between hope, optimism and life satisfaction.

Keywords—Adolescent, Hope, Life satisfaction, Optimism

1 INTRODUCTION

Adolescence is defined as an important stage of life-stretching from childhood to adulthood; age ranged from 10–24 years which encompasses the elements of physical, psychological, cultural and social changes [8]. It's vigorously emerging theoretic construct conversant through physiological, psycho-social and artistic lenses which conventionally implicit as time between start of puberty and founding of societal independence [12]. It is divided into three stages; early, middle and late adolescence. The age range of early adolescence is between 10 years to 13 years, middle adolescence is around 14 years to 16 years and late adolescence is approximately 17 to 21 years [5].

In positive psychology, hope plays an important role which is recognized as an inspirational perception, one's expectations in life, his worth and mental inside of affirmative psychology relations [7, 10]. It consists of an idea which an individual identifies the way to attain his paths, trust that he holds and encouragement to practice those paths to attain his goals [11]. Hope and life satisfaction across the lifespan shows to be more established. People who had high scores for hope were fully satisfied with their life [2].

Hope and optimism are positive responses towards the future and pass on positively to future opportunity. Both are related to the positive belief of future. Hope and optimism are bright thinking towards the upcoming of life. Optimism is associated to the encouraging belief of expectations [7]. Hope is an optimistic feeling that facilitates individuals to deal with difficulties which can support through involvement [4].

Optimism and socialization has positive correlations with each other. In a positive light optimism is a highly developed personality to believe the best and view actions and conditions [6]. Research demonstrated that those students who are optimistic and satisfied with their life; learn more effectively as compared to those who remain tense.[1]

The purpose of this study was to examine the relationship between hope, optimism and life satisfaction. In this study hope builds the abilities in adolescents that how to deal with difficulties in life. The study also encourages the adolescents that more optimistic people develop positive social gatherings. It provides an understanding that good thing will happen in the difficult situation of life and adolescents who are optimistic and grasp higher hope are fully satisfied with their life.

1.1 Statement of the problem

This study was an effort to investigate the association between hope, optimism, and life satisfaction among adolescents. It was carried out to compare the levels of hope, optimism and life satisfaction in adolescents by gender. If adolescents will be optimistic and not disappointed in their life, only then, they will be more satisfied. Hope and optimism are essential factors for the satisfaction of life. Optimistic thinking helps people to focus on positive sides of their life so they do not bother the negative aspects of life. Current study mainly describes hope, optimism and life satisfaction for a healthy life of teenagers.

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1.2 Significance of the study

This study will be beneficial for the society as it will highlight the relationship between hope, optimism and life satisfaction among adolescents. Hope take part in the positive side of life and it build up the personality of a person [7]. This study will develop positive thinking and enhance the personality of adolescents. It will be beneficial for them as a supportive and life-aiding power which put together their hidden abilities. Moreover, it will allow them to do their level best of which they would otherwise be unable.

Hope is a cognitive inspirational move up that is now perceive as a possible psychological force which may provide a protective aspect for adolescents in their tough time [13] so this study will provide a shielding effect for them in their complicated circumstances. It will be of great importance as hope and optimism helps them to cope up with difficult situations in their lives. It will encourage them to think positively in a depressive environment and the way to change their mood in a living society. Furthermore, they will be able to know about the association between hope and optimism, hope and life satisfaction and optimism and life satisfaction.

Current study will be beneficial for adolescents because it will argue them to think about their complete life including issues. It will help them to stay optimistic. Life satisfaction presents the individual's opinion about quality of life which is considered as an indication of comfort [3]. So, this study will be beneficial for them because it will boost up their confidence to become completely satisfied with their life as it is effectively attached to excitement, performance, social, ecological and mental results.

1.3 Objectives

Following objectives were formulated for the current study:

- To compare the levels of hope, optimism, and life satisfaction in adolescents by gender.
- To determine the relationship between hope and optimism among adolescents.
- To analyze the relationship between hope and life satisfaction among adolescents.
- To find out the relationship of optimism with life satisfaction in adolescents.
- To find out the correlation between hope, optimism, and life satisfaction among adolescents.

1.4 Research questions

Following research questions were formulated for this study:

- What are the levels of hope, optimism, and life satisfaction in adolescents by gender?
- To what extend the relationship of hope and optimism exist among adolescents?

- What is the association of optimism with life satisfaction in adolescents?
- What is the correlation between hope and life satisfaction among adolescents?
- What is the relationship between hope, optimism, and life satisfaction among adolescent?

2 Methodology

Research methodology is simply a method that a researcher uses to solve problem and how research is to be carried out. This research was quantitative in nature. Its main aim was to study the relationship between hope, optimism, and life satisfaction among adolescents. Questionnaires were used for the data collection.

2.1 Research design

This research was explanatory in nature so, researcher used quantitative approach. Researcher selected this approach because it is less expensive and consume less time. Research design of this study was descriptive in nature. It was conducted in the form of survey and the survey was based on standardized instruments. Moreover, it was a correlation study because relationship between hope, optimism and life satisfaction was assessed.

2.2 Sampling strategy

Researcher used probability sampling in this research because data was collected through simple random sampling method. Adolescents were randomly selected from larger group.

2.3 Sample

A sample of 400 late adolescents (200 female students and 200 male students) age ranged from 17 years to 21 years was selected from different universities of Lahore including Lahore College for Women University (LCWU), Government College University (GCU), University of the Punjab (PU) and Kinnaird College (KC).

2.4 Measures

To fully achieve the objectives of this research, researcher used three standardized instruments which were Adult hope Scale (AHS), Life Orientation Test – Revised (LOT-R) and the Satisfaction with Life Scale (SWLS). Additionally, researcher collected demographic information of the respondents included age, gender, year of study, semester, session, and university name.

2.4.1 Adult Hope Scale (AHS)

It was a standardized instrument developed by Snyder, Harris, Anderson, Holleran, Irving, Sigmon, et al. in 1991. It was consisted on twelve items. Four items were related to pathways thinking, 4 measured agency thinking and other 4 were fillers. It showed good coefficient alpha value i- e .80. A 5-point likert type scale (1=totally false to 5=completely true) was used.

2.4.2 Life Orientation Test –Revised (LOT-R)

It was developed by Scheier, Carver, & Bridges, in 1994 which had 10 items; 3 of them evaluated optimism, 3 evaluated pessimism and other 4 were filters. It was validated and obtained coefficient alpha of 0.80. For every item there was a 5 point Likert scale ranged from 1=strongly disagree to 5=strongly agree.

2.4.3 Satisfaction with Life Scale (SWLS)

It was developed by Diener, Emmons, Larsen, & Griffin, in 1985 which was short five item scale designed to measure global cognitive judgments of life satisfaction. It obtained good psychometric properties (alpha = .87). Subjects used 7 point likert scale to show their views (1=strongly disagree to 7=strongly agree).

2.5 Procedure

For finding the relationship between hope, optimism and life satisfaction among adolescents, objectives and research questions were formulated. Researcher personally distributed the questionnaires among university students who completed it in 10 to 15 minutes. This survey was conducted in different universities of Lahore. After collection of the required data, it was analyzed with the statistical package for social sciences (SPSS). The results were presented in the tabular form followed by interpretations. Then the researcher drew conclusion and made recommendations on the basis of results.

2.6 Statistical analysis

Data was analyzed by using statistical package for social sciences (SPSS) version 20. It was entered into grid sheet of SPSS. Descriptive and inferential both statistics were applied. Descriptive analysis involved determination of frequency, percentage, mean and standard deviation while inferential statistics included determination of correlation and multiple regression. Scatter plots were used to find out the linearity of relationship among variables. T test was applied to find out the difference between male and female respondents' response.

3 RESULTS

In order to manage the significant insight of data trend, coding of the variables was done before running the analysis. The questionnaires were divided into 4 sections including demographic information of respondent i.e. age, gender, year of study, semester, session and university name. Second section had questions related to hope. Third section had items related to optimism. Forth section had items related to life satisfaction.

Table 3.1

Demographic information of the participants (N= 400)			
Items	Information	F	Percentage
Age (Years)	17-19	170	42.5
	20-22	230	57.5
Gender	Male	200	50

Year of study	Female	200	50
	BS 1	119	29.8
	BS 2	128	32
	BS 3	64	16
Semester	BS 4	89	22.3
	1&2	119	29.8
	3&4	128	32
	5&6	64	16
Session	7&8	89	22.3
	2016-2020	120	30
	2015-2019	128	32
	2014-2018	63	15.8
University Name	2013-2017	89	22.3
	KC	100	25
	LCWU	100	25
	UOP	100	25
	GCU	100	25

Table 3.1 illustrates the demographic information of respondents such as age, gender, year of study, semester, session and university name. It shows age ranges which are ordinal. 400 is the total sample size of the data and 170 people are with 42.5% falls under the 17-19 years category. Remaining 230 belongs to the age bracket of 20-22 years old with the 57.5% percentage contribution of the overall population. Table illustrates that data was collected equally from male and females. A sample of 400 respondents is from four different universities named Lahore College for Women University, government College University, Punjab University and Kinnaird College. Each university represents 100 respondents contributed 25% in total.

Statistical results of 'year of study & semester' depicts that respondents are from second year of study BS (semester 3-4) are 128 with the contribution 32% overall being the highest and from third year of study in BS (semester 5-6) are 64 with 16% being the least in contribution. The rest found in first and fourth year of study BS (Semester 1-2 & 7-8) with 29.8%, and 22.3% respectively. The outcome also indicates about the session details of the respondents in which 128 respondents are from the session 2015-19 being the highest with 32% of our total sample. 120 falls under session 2016-20, 89 from session 2013-17 and 63 comes from session 2014-18 with their respective percentage are 30%, 22.3% and 15.8%.

Table 3.2

Gender difference in the use of hope, optimism and life satisfaction

		Mean	SD	t-value
Hope	Male	5.537	1.157	-1.734
	Female	5.724	.993	
Optimism	Male	2.316	.606	-.981
	Female	2.369	.477	

Life Satisfaction	Male	4.407	1.215	-.368
	Female	4.450	1.121	

Table 3.2 shows the mean and standard deviation of hope, optimism and life satisfaction by gender. Analyzed by independent sample t-test there was a minute difference in the levels of the variable by gender. Female are more hopeful, optimistic and satisfied with their life than males.

Table 3.3
Correlation among hope, optimism and Life satisfaction

Variables	1	2	3
1.Hope	1	-.179**	.307**
2. Optimism		1	-.069
3. Life Satisfaction			1

Table 3.3 shows the correlation between hope, optimism and life satisfaction. All variables are about normal; there is linear relationship between them and henceforth accomplishing the assumptions of Pearson’s correlation. In correlation of variables Pearson’s r is calculated and P (significance value) is less than the .05. The positive sign of Pearson’s test value shows that there is positive relationship. Through the effect size the variables have typical relation relating to a small relationship and relation is positive & negative both due to positive & negative values in the table, which means that adolescents who have better understanding of hope can have better understanding of life satisfaction as compared to optimism with life satisfaction.

Regression

Model	Variables Entered/Removed ^a		Method
	Variables Entered	Variables Removed	
1	Optimism, Hope ^b	.	Enter

a. Dependent Variable: Life Satisfaction
b. All requested variables entered.

Model Summary				
Model	R	Adjusted R Square	Std. Error of the Estimate	
1	.308 ^a	.095	.090	1.114

a. Predictors: (Constant), Optimism, Hope

ANOVA ^a						
Model		Sum Squares	df	Mean Square	F	Sig.
1	Regression	51.510	2	25.755	20.739	0 ^b
	Residual	493.005	397	1.242		
	Total	544.515	399			

a. Dependent Variable: Life Satisfaction
b. Predictors: (Constant), Optimism, Hope

Multiple regressions were conducted to investigate how well the hope, optimism and Life Satisfaction are co-related to each other. The means, standard deviation, and inter correlations can be found in the table. The results were statistically significant as $p < .05$. From ANOVA table $P = 0$ which is less than the value 0.05 indicates that the model is good fit for variables. The combination of variables to predict life satisfaction from hope and optimism was statistically significant, $P < 0.05$. The beta coefficients are presented in the table. The adjusted R^2 value was .090 which states 9% of variance in life satisfaction was explained by the hope and optimism.

Fig 3.1

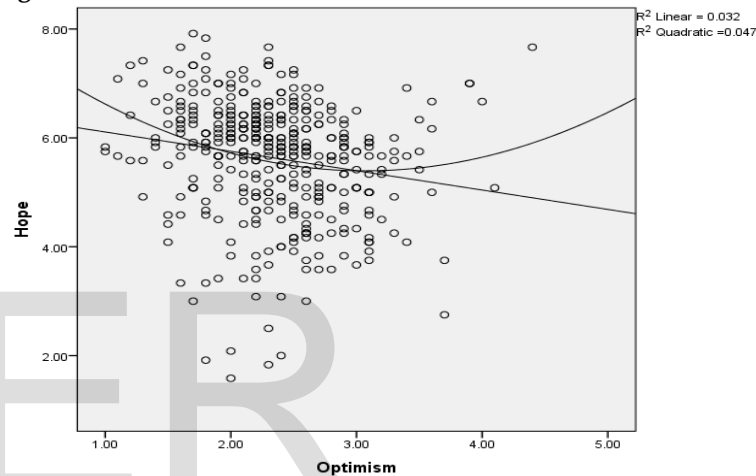


Fig 3.1 shows the scatter dot test between the “Hope and Optimism”. From upward to downward the liner regression line moved. There is a positive relationship between the both variables. The two variables and the points fit the line pretty well ($r^2 = 0.047$) and there are very few values dispersed far from the regression line so it seems there is strong relationship between the variables and the difference between R^2 Quadratic & R^2 Linear is less than 0.05 ($0.047 - 0.032 = 0.015$) which means the relationship is linear.

Fig 3.2

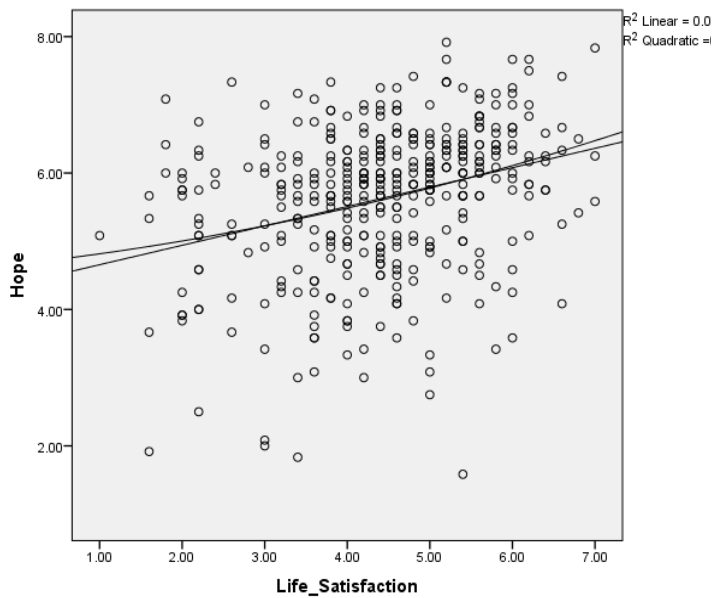


Fig 3.2 shows the scatter dot test between the “Hope and Life Satisfaction”. From downward to upward the liner regression line moved. There is a positive relationship between the Self-Concept and Self-talk. The two variables and the points fit the line pretty well ($r^2= 0.095$) and there are very few values dispersed far from the regression line so it seems that there is strong relationship between the variables and the difference between R^2 Quadratic & R^2 Linear is less than 0.05 ($0.095-0.094$) = 0.001 which means the relationship is linear.

Fig 3.3

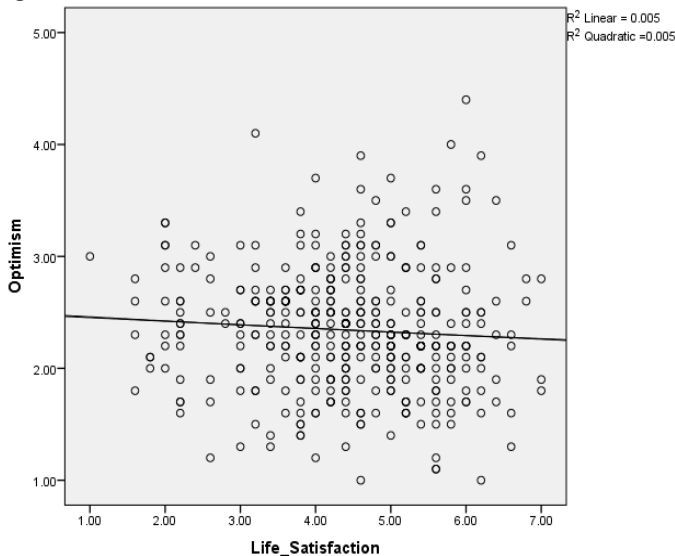


Fig 3.3 shows the scatter dot test between the “Optimism and Life Satisfaction”. The two variables and the points fit the line pretty well ($r^2= 0.005$) There is strong relationship between the variables and the difference between R^2 Quadratic & R^2 Linear is less than 0.05 ($0.005-0.005$) = 0.000 which means the relationship is linear.

4 Discussion

It was found from this study that use of hope is most common in both genders. Female participants were found to be higher hopeful and optimistic than male participants. The findings of this study contradict with the findings of another study [6] as it was found that males are more hopeful than females. The result of this study was consistent with the research findings [13] as it was concluded that female participants are more optimistic.

The results of this study showed that if people are more hopeful and optimistic then their lives are more satisfied; as it was concluded in a study [2] that hope and optimism are strongly correlated to the life satisfaction. However, these results were found consistent in this research also as correlations between subscales of hope and LOT-R was stronger with measures of life satisfaction. The results of this study are consistent with the findings of another study [9] as it was found that those people who are more optimistic and have positive expectations for future, their lives are more satisfactory and full of contentment.

In addition, it was found that hope is positively correlated with optimism and life satisfaction. For positive living, hope is an important sign of life. It is positively linked to different features of life for example pleasure, physical health, satisfaction in education and life and negatively connected to sadness and worry which is consistent to the previous research [4].

In this research, researcher found that females are more satisfied with their life than males and it is consistent to the previous research conducted by Watkin. His finding also showed that women scored higher than men on the appearance and spiritual security. Women enjoy making food and working in the household and are more satisfied in their life [8].

Scatter plots were used to find out the relationship between variables. Scatter plot showed linearity among variables. It exhibited positive relationship between hope and optimism, hope and life satisfaction and optimism and life satisfaction which was consistent to Bailey’s research [2].

Present study shows that hope, optimism and life satisfaction are positively correlated to each other which are consistent to research conducted by Synder et al., [10]. Their findings showed that two separate but associated construct which have established significant thoughtfulness in evaluating and forecast life satisfaction are hope and optimism.

The results of this research are consistent to a study conducted by Baily and Synder [2] as in this research life satisfaction was found to be completely connected to hope and optimism. So, the variables hope and optimism affect on person’s life that these variables forced the person

to think about his/her better future. When a person is hopeful, optimistic and prefers to think about good things; then obviously he/she direct to good words in front of others about his/her life.

5 Conclusion

This research examines the relationship between hope, optimism and life satisfaction among adolescents. It was concluded that both genders more or less are hopeful and optimistic in their life. It was also concluded that hope and optimism, hope and life satisfaction and optimism and life satisfaction are positively related to each other. Furthermore, it was amazingly found that females are more hopeful and optimistic than males and their lives are more satisfied. Another interesting conclusion of this study was significant positive relationship between hope, optimism and life satisfaction.

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