

# Hope, Resilience, and Subjective well being among adolescent girls

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## ABSTRACT

The primary aims of this research were to (i) investigate the phenomenon of hope in adolescent girls, (ii) investigate the phenomenon of resilience in adolescent girls, (iii) investigate the phenomenon of subjective well-being in adolescent girls, and (iv) investigate the phenomenon of relationships between the variables mentioned. For the present research, 98 college-bound teenage females from one of Pune, India's, public colleges were chosen using a convenience sample. This study employed the Socio-Demographic Status Form, the Adult Trait Hope Scale, the Subjective Well-Being Scale, and the Resilience Scale. Descriptive statistics were used to summarize the data and correlation analysis was performed to look for patterns in the data and determine the strength of associations between the variables. Hope was shown to have a positive and considerable relationship with resilience, with hope having a similar relationship with subjective well-being, and with either resilience or subjective well-being. The findings of this research stress the need for intervention techniques that boost teenagers' hope, resilience, and subjective well-being within the context of positive mental health programs.

**Key Words:** Subjective well-being, hope, adolescent girls, resilience.

## 1. INTRODUCTION

### HOPE

The field of positive psychology aims to identify and study the strain effects of positive states of mind such as positivity, well-being, resilience, toughness, coherence, or similar related concepts. Empirical studies in psychology frequently involve adolescents because they are particularly susceptible to a wide range of psychological problems. However, psychologists have found that focusing on adolescents' strengths, providing them with feedback on how to put those strengths to use, and training them to use those strengths effectively has a far greater impact in preventing the emergence of new psychological problems.[1]

Adolescence is the most productive period, and shaping and teaching this cohort to maximize their potential is crucial to the growth of any country. The study of healthy mental states in children and adolescents is becoming as important as the treatment of psychopathology.[2]

Since the latter half of the 20th century, scientists and clinicians in the disciplines of psychology, medicine, or nursing has taken an increasing interest in the concept of hope from both a theoretical and empirical perspective. A agreement has emerged around the essential features that characterize hope, despite the fact that there is a wide range of perspectives on the topic. Experts believe that one aspect of coping is hope, which is future-focused and multifaceted. The study and formulation of the hope construct are most often attributed to Synder. Theory of hope was provided. Similar to other theories based on hope, goal-setting plays an early

role in hope theory . According to this theory, hope is basically a two-part cognitive construct. People need the ability to construct paths if they are to effectively navigate the world in pursuit of their objectives. Yet, just creating potential routes won't guarantee success in reaching objectives. Believe in "one's apparent ability to utilize one's paths to achieve desired objectives" . [3]

The hopeful person is motivated by this "agency notion." People seemed to be implying that there were two parts to goal-directed thought: the identification of potential avenues of action and the conviction that those avenues were viable options for achieving the desired outcomes. A positive outlook is characterized by the conviction that one can identify and act upon the means by which one may achieve his or her objectives. Human behavior is a means to an end. The cognitive underpinning of hope theory is therefore found in one's objectives, since they represent the endpoints of one's mental activity sequences. Short-term and long-term objectives both need to be meaningful enough to keep one's attention. Similarly, objectives should be realistic while yet being challenging. Individuals who believe in their own ability to devise practical means of achieving their objectives are more likely to really do so. Pathways thinking is a self-assessed measure of one's confidence in his or her ability to imagine and implement plausible strategies for achieving personal objectives. Pathways thinking is characterized by positive self-talk along the lines of "I'll find a way to get this done!" [4]

Motivation comes from agency, or the belief that one can take control of their lives and take the steps necessary to achieve their objectives. The self-referential ideas involved in initiating and maintaining forward movement along a chosen route are reflected in what is known as "agentic thinking." People with a high degree of optimism are more likely to use affirmations like "I can accomplish this" and "I will not be stopped" in their own self-talk. The ability to maintain optimism in the face of adversity is what gives hope its healing power. Individual is encouraged to take risky action despite lack of clarity in result due to the presence of a positive expectation of reward. People with a healthy dose of optimism are the ones who are more inclined to see adversity as a chance to grow rather than a cause for despair, they are more likely to be able and motivated to find ways to alleviate the unpleasant sensations and overcome the stressor.[5]

## **HOPE VERSES OPTIMISM**

Traditional wisdom holds that optimism is a mental state, whereas hope is an emotional one with some logical underpinnings. Scheier and Carver define optimism as a persistent hope for the best. Hope, on the other hand, is an emotional factor. Hope is an emotion since it influences one's actions, decisions, and actions. In the same way that optimism is difficult to contain, it is also remarkably pervasive. To put it another way, hope is based on early trusting experiences and may be affected by external or collaborative control perspectives, whereas optimism is grounded on facts, reasons, or belief in personal efficacy. [6-7]

In conclusion, optimism is a mental state characterized by a persistent expectation of a favorable result, based on realistic expectations about one's chances of success and confidence in one's own abilities. Instinctive trust relationships provide the foundation for hope, which is further shaped by internal and shared ideas about who is in charge. In theory, those who have a lot of optimism are the ones that take initiative and try to figure out how to overcome obstacles. Since optimism and happiness are linked, it follows that the latter should be high for the former.[8]

**RESILIENCE**

One of the safeguards for good health is a resilient personality. The most common definition of resilience is the ability to flourish in the face of adversity. One viewpoint on resilience by conceptualizing it in three ways. The most often used definition of resilience is that given . He describes it as "productive adjustment in the face of difficulty." According to Luthar, resilience is a two-pronged concept that takes into account both extreme stress and successful coping strategies. According to this view, resilience can only be inferred from evidence of these factors and is never actually assessed. The ability to recover quickly from setbacks is another popular definition of resilience. And yet, in today's tumultuous corporate world, the ability to "bounce back" from adversity or even huge positive developments is more important than ever. resilience can be developed "from the everyday magic of normal, normative human resources," it was previously believed that resilience was unusually rare among humans. [9]

This finding "has profound implications for promoting competence and human capital in individuals and society," Masten argues. When it comes to studies of resilience in young people. Resilience, he argues, is the result of a combination of factors operating at the personal, interpersonal, and social levels. According to Coutu (2002), those who are able to withstand adversity have three characteristics in common: (a) they have a firm acknowledgement of reality; (b) they have a strong conviction, usually undergirded by rooted values, that life has been worthwhile; or (c) they have an uncanny ability to improvise or adapt to substantial changes. Beyond its use in stress resistance, resilience has only been tangentially explored in the context of arguing how leaders, workers, and organizations may bounce back from adversity. A large body of theory and research in therapeutic and positive psychology, however, suggests that it, like its three contemporaries, may lead to a restoration of good performance outcomes.[10]

**SUBJECTIVE WELL-BEING**

Elements of subjective well-being include the absence of worry, discontentment, and concern, as well as feelings of happiness, contentment, pleasure with life and work, achievement, usefulness, and belonging. A number of the first formulations in the fields of psychology and sociology centered on the concept of well-being as an end in and of itself. High levels of positive affect, low levels of negative affect, and a high degree of life satisfaction are all components of the idea of subjective well-being. One's level of subjective well-being may be measured by how satisfied they are with life as a whole and how often they experience pleasant and negative feelings. [11]

Optimism and contentment with one's life are subjective measures that are significantly correlated with one's underlying personality. altering one's external circumstances only has a short-term influence on happiness, but participating in activities that increase happiness might have a more permanent impact. These assessments might take the shape of either cognitive or emotional reactions. The cognitive aspect is when a person reflects on their own life and makes deliberate, reflective evaluations on how satisfied they are with their lives in general. The emotional aspect is a hedonic appraisal based on subjective experiences, such as how often individuals feel happy or sad as a result of their circumstances.[12]

2. **OBJECTIVES:** The current research aimed to investigate the relationships between teenage girls' hope, resilience, & subjective well-being..

3. **HYPOTHESES:**

H1: There will be a Significantly favorable correlation between subjective wellbeing and hope.

H2: There will be a Significantly favorable correlation between resilience and hope.

H3: There will be a Significantly favorable correlation between resilience and subjective well-being.

4. **MATERIAL AND METHODS**

**Sample:** One hundred college-bound teenage females were selected at random from one of Pune City's educational institutions. Fifty-one were from the undergraduate level, while the other fifty were from graduate schools. Sixty-four students from the Department of Social Sciences, twenty-nine from the School of Arts, & eight from the Department of Management filled out the survey. All participants were adults; their ages varied from 18 to 23, with a median of 22.34 or a SD of 2.51..

**Procedure:** The researcher initially spoke with University administration to discuss the study's objectives and its potential effects on students. They were asked for consent, and it was told how the psychological exams would be conducted and how long it may take. After getting approval, the exams were given in groups and, in some circumstances, individually. The administration and the students were reassured that their comments would be kept private, and that the University's identity would not be revealed in any future publications without their express written consent.

**Measures:**

(i)The Socioeconomic variables Data Sheet I was developed by the researchers to gather basic demographic data from the participants, including their names, ages, genders, educational backgrounds, and declared majors.

(ii) Adult Trait Hope Scale. It's a 12-point measure of optimism. In all, there are eight questions, four of which test for route-based reasoning, four for agency-based reasoning, and two more that serve as filler. Each participant assigns a value between 0 (absolutely false) and 2 (absolutely true) to each statement. You may get as low as 1 and as high as 64. The higher the number, the more confident the respondents. Cronbach's alpha for the Hope Scale is 0.86, and the test-retest reliability is 0.81, therefore it is a very well-constructed instrument.

iii) A subjective measure of happiness. There are five broad assertions about one's life that make up the seven-point scale. This means that the lowest possible score is 5 and the highest possible score is 35. If you have a life satisfaction score higher than 21, you are more content than most people.

Indicator/Scale of Resilience to Adversity. Each of the seven options ranges in score from 1 (strongly disagree) to 7 (strongly agree) (a score of 7). We have a total of 25 items on the list. The score might range from 25 to 175. Higher resiliency index values imply better resistance to stress. Self-acceptance is evaluated on the basis of a broader range of factors (8 vs. 17), whereas personal competence is scored over 17 broad domains. The five cornerstones upon which resilience rests are "why," "how," "who," and "aloneness." It's generally agreed that the first attribute here—the ability to work well with others—is the most important. With a higher score, reactions are more robust. Scale dependability ranges from 0.76 to 0.91. A reliability coefficient of 0.84 was found after many testing.

**Data analysis:** Methods such as descriptive statistics (mean, standard deviation) or product moment correlation (relationships between variables) were employed to analyze the data gathered from the scored procedures.

**5. RESULTS**

**Table 1: Course-Wise Student Distribution**

Sl. No.	Courses	Students	
		Percent	Frequency
1	Post-graduate	49.50%	50
2	Undergraduate	50.4 %	51
	Total	100%	101

**Table 2: Allocation of Students Across Distinct Academic Programs**

Sl. No.	Course	Students	
		Percent	Frequency
1	Management	7.92%	08
2	Social Sciences	36.36%	64
3	Arts	28.71%	29
	Total	100%	101

**Table 3: Among teenage females, what do hope, resilience, & subjective well-being look like on average?**

Variable	Mean	SD
Resilience	75.54	10.65
Hope	33.75	4.25
Subjective well-being	24.45	3.72

Table 3 shows that teenage girls' hope, resilience, and subjective well-being scores are somewhat above the mean, indicating that adolescent girls' hope is virtually average or just below the mean. If the overall score on the scale was a hundred, the resilience score would be below seventy. If a respondent's subjective well-being score is over 21, it indicates that their subjective well-being is around average. There is no conceptual connection between the scores on the three variables' assessments. Positive emotional states are often related with higher-than-average levels of optimism and resilience. It's possible that the present results resulted from the distinctive responses and sociodemographic features of the sample. The second issue is that the Indian population as a whole tends to provide sloppy answers on questionnaires, which makes it more challenging to interpret the results. Such results are frequently the result of operating contaminated variables, and sometimes the researchers themselves take data carelessly, which encourages sloppy answers from the respondents.

**Table 4: Hope, Subjective Well-Being, & Resilience: Correlations**

Variables	Resilienc e	Subjective being	well- Hope
Subjective well-being	+0.52**	1	+0.58 **
Hope	+0.39 **	+0.68 **	1
Resilience	1	+0.42**	+0.39 **

Table 4 displays the results of a correlation analysis showing a positive and statistically significant relationship between hope, subjective well-being, and resilience. It has been established that there is a positive and substantial association between hope & subjective well-being (+0.58). This suggests that as hope rises, so does people's subjective well-being. Because of this, the researcher's hypothesis holds water (H1). Those with low hope were demonstrated to have low subjective well-being or quality of life in a clinical investigation. This is because positive psychological states like hope are associated with constructs like subjective well-being and quality of life. Hasnain et al. (2014) found that hope appeared as one of predictors of subjective well-being, indicating a connection between hope and well-being, after studying the correlations between hope, optimism, & happiness and young people's perceptions of their own well-being. Optimistic individuals are more inclined to take action, see projects through to completion, and see the silver lining in seemingly bleak circumstances. That's why optimistic individuals tend to be content with their lives in general. "an expectation larger than zero of attaining a task," as defined. His thesis was that one's level of optimism depends on two factors: how likely it is that one would succeed and how significant that success would be. When you put enough weight on a specific objective, you spark the hope that acts as a bridge between your desires and the steps you take to achieve them. Hope as the confidence that pleasant events are more probable than unfavorable ones. As a result, hope is a proactive, motivational energy that drives a person forward in the face of psychological obstacles. Optimism is defined as "the conviction that a favorable event is more likely than not." A cognitive approach of assessing the probabilities involved in one's life, such optimism may be sparked by an emotional upheaval.

The present study also found a favorable relationship between optimism and resilience (+0.39). Because of this, people's optimism and ability to bounce back from setbacks are both on the rise. The evidence presented here also supports this hypothesis (H2). Hope & resilience were shown to have a positive correlation in a research conducted on the effects of life events, resilience, hope, and mindfulness on a sample of college students. The connection between hope & resilience has been purportedly investigated in a number of research, however none of these studies really used a resilience measure. Research from an Indian viewpoint also shows a link between optimism and toughness. It was thought that hope was a protective factor, thus they conducted interviews with persons who had previously judged to be optimistic and resilient. Others have tried to quantify this connection by either ignoring the importance of resilience or evaluating it as if it were synonymous with psychological health. Hence, while hope is often thought to be a protective factor, it has

not been well assessed as such, nor has its role as a moderator of life events or resilience been thoroughly explored. In order to have hope, one must be able to imagine achieving certain objectives, to believe that they are within their reach, and to be motivated to take action by having already overcome obstacles in the past. Reacting with hope presumably have a lot in common to responding with resilience, given that both help individuals deal constructively with adversity. When things go wrong, yet you bounce back stronger than before, you have resilience. While pessimism is based on a failure to see obstacles, optimism is grounded on the belief that with hard work and perseverance, any objective is within reach. Some research suggests that optimism may play a role in building resilience. An individual's likelihood of returning to their pre-stressor level or functioning increases, for example, if they have hope (e.g., they can envisage a future goal and strive toward its accomplishment) in the face of frustration or a bad life experience. Problems with both directions may be found. Someone who is naturally hardy or who has a track record of miraculous recoveries may be more optimistic than others. Results from the present study also showed a favorable connection ( $r = 0.52$ ) between subjective well-being on resilience (H3).

## 6. CONCLUSIONS

Adolescent females were surveyed for this research, and their Hope, Resilience, and Subjective Well-Being were all measured and correlated. The research found strong positive relationships between hope, subjective well-being, and resilience, as well as between resilience and subjective well-being. The research emphasizes the need for positive mental health facilities at the tertiary level, where students may get instruction from certified mental health practitioners in techniques for cultivating optimism, bolstering resilience, and improving overall well-being. This will boost their academic performance and mental health. This contributes to the nation's social capital. Generalizability of findings may be improved by expanding the sample size. Future studies must include group comparisons that take into account variations in student demographics like as faculty affiliation, undergraduate/graduate status, and even gender. The outcomes of future study should be more objective & statistically valid if a more rigorous research design is used, along with sophisticated statistical approaches such as structural modeling or multiple regression.

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