

# Hope and optimism: Wheels of wellbeing among adults

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## ABSTRACT

The present research was conducted to study the relationship of hope and optimism with wellbeing following the descriptive survey method. Further, relationship between hope and optimism was investigated. 120 adult male and female participants were compared for their hope, optimism and wellbeing scores on Ryff's psychological wellbeing scale, Life Orientation Test-R and Adult Hope scale. Results indicated significant positive correlation between hope and wellbeing ( $r=0.355$ ,  $N=120$ ,  $p<.01$ ), optimism and wellbeing ( $r=0.269$ ,  $N=120$ ,  $p<.01$ ), hope and optimism ( $r=0.234$ ,  $N=120$ ,  $p<.05$ ), Significant differences were observed among the hope, optimism and wellbeing scores of male and female participants. Results are discussed across the age groups and gender variables in terms of contribution of hope and optimism positive emotions in wellbeing.

**Keywords:** Wellbeing, hope, optimism, young, old, males, females

## INTRODUCTION

**Wellbeing** is a broad term, typically being dynamic in orientation which includes social, psychological and also subjective dimensions. It also includes health related behaviors. High level of wellness indicates positive aspect of an individual or a group. According to Naci and Loannidis 'wellness is described as the diverse and interconnected dimension of physical, mental and social wellbeing, extending beyond the traditional meaning of health and wellbeing'. It aims at achieving physical vitality, mental health, satisfaction on social level, fulfillment of personal motives thereby inducing a sense of accomplishment.

Many studies have observed the fact that employees' wellbeing is related with the kind of performance they are giving at work. Hedonic is all about being happy or 'feeling good' and it therefore tries to demonstrate wellbeing in terms of experiencing positive feelings. Eudemonic portrays the significance of having a well defined goal or purpose. People can only enjoy life if they have acquired an important life goal or work related goal.

**Hope** can be easily described and distinguished by optimism as showcased by Snyder and colleagues (1991; 2000). In a nutshell basically whatever a person has ever thought can be

summarized as whether it comes under hope category or not. An individual who can carve a path for himself to reach a preconceived destination and taking constant suitable steps towards that path is called a hopeful person. This trait makes a person flexible enough to shift the strategy in order to achieve the wanted piece of desire. Adult trait hope scale (Snyder et al., 1991) is used to measure this construct.

The starting point of any potential goal –pursuit activity is provided by one's dispositional agency and pathways. Next step in the hope model given by Snyder is goal outcome value. "Event sequence" begins with the agency and pathway parts which also highlight role of one another, assuming the goal has sufficient value. Theory of hope can be subdivided into four categories – a. Snyder described the goals that are valuable and uncertain. They basically provide the required direction and an endpoint for hope related thinking, b. Pathway thoughts are described as the different ways persons adopt to reach their goals and an individual's way of thinking in which s/he can achieve these routes, c. The motivation we require to get all things done is called agency thoughts, d. Barriers are described as blocks which stop us from achieving our desired goal. In such cases we use pathway thoughts to create new routes for our usage.

**Optimism** can be defined as to focus on positive rather than negative outcome. According to Seligman (1990) optimism can be defined as a way of dealing with day-to-day life where a person would clearly try to find source of all negative events happening in his life somewhere out of his immediate internal mental environment. Similarly, such a person would eventually find the core reason for all positive things within him, on permanent bases. Assuming optimism a stable characteristic across situations as well as time, Scheier and Carver (1985) told that a constant pattern of believing which an individual will procure positive results in life rather than bad is called optimism. This definition of optimism has come from the work of Scheier and Carver (1990) who demonstrated the procedure which an individual applies in regulation of himself, which gives them strength to continue on their path even if some difficulty arises, while they are on it as they have strong belief system, that no matter what they will ultimately achieve it.

## REVIEW OF LITERATURE

Ficher et al. (2018) in their study related to role of hope and optimism in anxiety and depression suggested that hope but not optimism was associated with low levels of symptoms of depression whereas optimism rather than hope was related to low levels of anxiety symptoms. Dixson et al. (2017) in a study demonstrated that hope clusters derived were almost consistent with the hope theory used, thus hope may be a very significant variable for evaluating academic and psychological risk in adolescence. Optimism, pessimism and hope among adolescents were observed having influence over the visions about future (Leaferrari et al., 2016). Kendall et al. (2009) in their study "Purpose, hope and life satisfaction in three age groups" stated in their findings that having identified a purpose in life was usually associated with higher satisfaction of life and the relationship between them was mediated by hope.

Everson et al. (1996) examined hopelessness and risk of mortality and incidence of myocardial infarction and cancer. Research examined the relationship among low, moderate and high levels of hopelessness and related causes, cause specific mortality and myocardial infarction incidences and cancer in a population- based sample of 2428 men aged 42 to 60, from the Kuopio ischemic heart disease study were taken as participants. Scheier and Carver (1992) conducted a study on “effects of optimism on psychological and physical wellbeing: theoretical overview and empirical update”, in which they demonstrated researches on beneficial effects of being optimistic on psychological and physical wellbeing. Green et al. (2007) in their study on the topic cognitive behavioral, solution focused life coaching – enhancing goal striving, wellbeing and hope demonstrated that the effect of this programme on the goal striving, wellbeing and hope of total 28 people was significantly enhanced.

In the backdrop of above introduction and literature review following objectives were developed to achieve in the current research:

### Objectives

- To study the relationship between hope and wellbeing of adult participants.
- To examine the relationship between optimism and wellbeing of adult participants.
- To study the relationship between hope and optimism of adult participants.
- To investigate differences among male and female adult participants with regard to their scores on hope scale.
- To examine differences for optimism scores of adult male and female participants.
- To examine differences for wellbeing scores of adult male and female participants.
- To investigate young and old age group differences among adult male and female participants with regards to their scores on hope, optimism and wellbeing scales, respectively.

### Hypotheses

- There is no significant positive relationship between hope and wellbeing of adult participants.
- There is no significant positive relationship between optimism and wellbeing of adult participants.
- There is no significant positive relationship between hope and optimism of adult participants.
- There is no significant difference for hope scores of adult male and female participants.
- There is no significant difference for optimism scores of adult male and female participants.
- There is no significant difference for wellbeing scores of adult male and female participants.

- Young and old age group will not be significantly different for scores on hope, optimism and wellbeing scales by adult male and female participants.

## METHOD

Study followed a mixed design to examine the statistical relationships as well as differences among constructs under study. 120 participants comprising 30 males and 30 females each in two age groups of young (25-35 years) and old (36-45 years) were selected through convenience sampling method. These participants were administered with Adult hope scale (AHS) by Snyder et al., (1991), and Life orientation test – revised (LOT- R) by Scheier & Carver (1992). For measuring psychological wellbeing, Ryff's psychological wellbeing scale (PWB) having 42 items was administered. Scale has six dimensions- autonomy, environmental mastery, positive relations, purpose in life, personal growth and self - acceptance.

## Results

After statistical analyses of obtained scores through SPSS following results were tabulated and discussed to test the framed hypotheses. Relationship between hope and wellbeing of participation was examined through Pearson correlation statistics and matrix reflected Mean scores (Table 1) and correlation index (Table 2) for both variables and related dimensions.

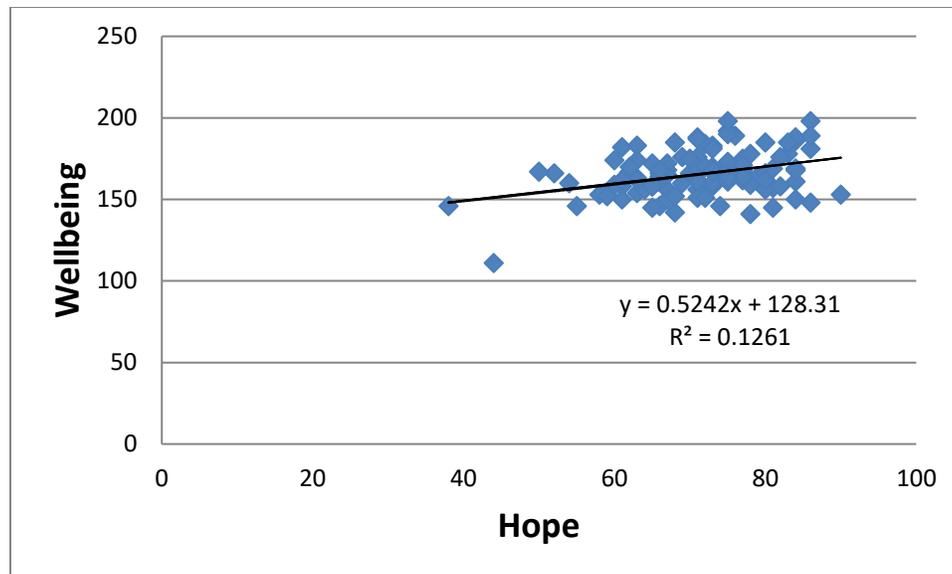
**Table 1: Mean and SD scores regarding hope and wellbeing of adult participants**

| Variable              | N   | M      | SD    |
|-----------------------|-----|--------|-------|
| Hope                  | 120 | 71.58  | 9.00  |
| Wellbeing             | 120 | 165.83 | 13.28 |
| Autonomy              | 120 | 27.13  | 4.39  |
| Environmental Mastery | 120 | 26.65  | 3.77  |
| Personal Growth       | 120 | 31.04  | 4.81  |
| Positive Relations    | 120 | 24.75  | 3.55  |
| Purpose in Life       | 120 | 29.82  | 4.97  |
| Self Acceptance       | 120 | 26.44  | 3.88  |

**Table 2: Correlation matrix for relationship among hope and wellbeing scores of the participants**

| Variable   |                     | Wellbeing | Autonomy | Environmental Mastery | Personal Growth | Positive Relations | Purpose in Life | Self Acceptance |
|--|---------------------|-----------|----------|-----------------------|-----------------|--------------------|-----------------|-----------------|
| <b>Hope</b>  | Pearson Correlation | .36**     | .03      | -.07                  | .27**           | .19*               | .32**           | .34**           |
| <b>Wellbeing</b>   | Pearson Correlation | 1         | .29**    | .47**                 | .59**           | .52**              | .60**           | .66**           |
| **Correlation is significant at the 0.01 level (2-tailed), *Correlation is significant at the 0.05 level (2-tailed). |                     |           |          |                       |                 |                    |                 |                 |

Above Table highlights the Pearson correlation coefficient results between hope and wellbeing of the participants. Six different dimensions of wellbeing in the wellbeing scale were also measured and results for relationship with hope of the participants are significant in all dimensions except autonomy ( $r=.03, p>.05$ ) and environmental mastery ( $r= -.07, p>.05$ ). Hope and wellbeing are positively significantly correlated ( $r=0.36, p<0.01$ ) whereas Personal growth ( $r=.27, p>.01$ ), positive relations ( $r=.19, p>.05$ ), purpose in life ( $r=.32, p>.01$ ) and self-acceptance ( $r=.34, p>.01$ ) were also positively related at significant level of testing. Hence, the first hypothesis stating that there will be no significant relationship between hope and wellbeing of adult population is hereby rejected. Similar results were found by Green et al. (2007) demonstrating positive relationship between hope and wellbeing of people in a study on cognitive behavioral, solution focused life coaching. Hope and wellbeing relationship is exhibited in following Fig.



Optimism and wellbeing were examined for their relationship and Pearson correlation statistics was administered on obtained scores. Results are tabulated as shown below in Table 3 and 4.

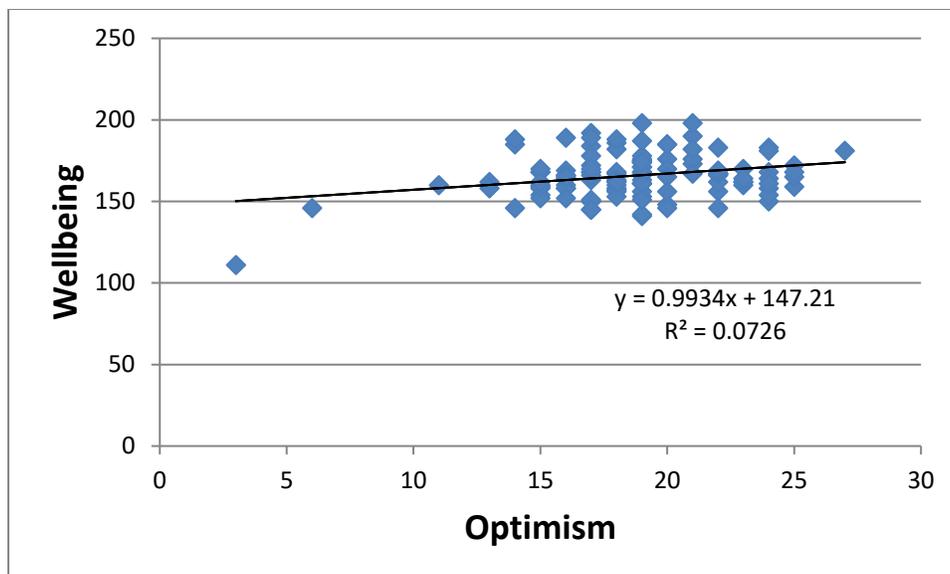
**Table 3: Mean and SD scores regarding Optimism and wellbeing of adult participants**

| <b>Descriptive Statistics</b> |          |             |           |
|-------------------------------|----------|-------------|-----------|
| <b>Variable</b>               | <b>N</b> | <b>Mean</b> | <b>SD</b> |
| Optimism                      | 120      | 18.74       | 3.60      |
| Wellbeing                     | 120      | 165.83      | 13.29     |
| Autonomy                      | 120      | 27.13       | 4.40      |
| Environ Mastery               | 120      | 26.65       | 3.73      |
| Personal Growth               | 120      | 31.04       | 4.83      |
| Positive Relations            | 120      | 24.75       | 3.57      |
| Purpose in Life               | 120      | 29.82       | 4.97      |
| Self Acceptance               | 120      | 26.44       | 3.86      |

**Table 4: Correlation matrix for relationship among Optimism and Wellbeing scores of the participants**

| Variable   |                     | Wellbeing | Autonomy | Environment Mastery | Personal Growth | Positive Relations | Purpose in Life | Self Acceptance |
|--|---------------------|-----------|----------|---------------------|-----------------|--------------------|-----------------|-----------------|
| <b>Optimism</b>  | Pearson Correlation | .27**     | .18*     | .07                 | .14             | .04                | .16             | .23*            |
|  | Sig. (2-tailed)     | .00       | .04      | .43                 | .14             | .68                | .07             | .011            |
| <b>Wellbeing</b>   | Pearson Correlation | 1         | .29**    | .47**               | .58**           | .52**              | .60**           | .66**           |
| **Correlation is significant at the 0.01 level (2-tailed), *Correlation is significant at the 0.05 level (2-tailed). |                     |           |          |                     |                 |                    |                 |                 |

The above data clearly demonstrates the positive correlation between the variables of optimism and wellbeing of adult population ( $r=0.27$ ,  $p<0.01$ ). Thus people who are optimistic have shown higher psychological wellbeing. Findings support the rejection of 2<sup>nd</sup> hypothesis that there is no significant relationship between optimism and wellbeing. Optimistic participants were found to have significant positive correlation between autonomy ( $r=0.18$ ,  $p<0.05$ ) and self-acceptance ( $r=0.23$ ,  $p<0.05$ ). Rest four dimensions of wellbeing were also positively correlated to optimism but could not achieve significant statistical level. Similar results were obtained by Scheier and Carver (1992) in their study on effects of optimism on psychological and physical wellbeing. Findings are demonstrated in Fig given below.



Furthermore, for 3<sup>rd</sup> objective hope and optimism scores were tested for relationship among them and the correlation statistics results are depicted in the following Tables.

**Table 5: Mean and SD scores of hope and optimism of adult participants**

| Descriptive Statistics |     |       |      |
|------------------------|-----|-------|------|
| Variable               | N   | Mean  | SD   |
| Hope                   | 120 | 71.58 | 9.00 |
| Optimism               | 120 | 18.74 | 3.60 |

**Table 6: Correlation matrix for relationship among Hope and Optimism scores of the participants**

| Correlations |                     |      |          |
|--------------|---------------------|------|----------|
| Variable     |                     | Hope | Optimism |
| Hope         | Pearson Correlation | 1    | .23*     |

\*. Correlation is significant at the 0.05 level (2-tailed).

The critical observation of the correlation matrix appears to show significant positive correlation ( $r=0.23$ ,  $p<0.05$ ). It highlights that the people who are hopeful are usually more optimistic

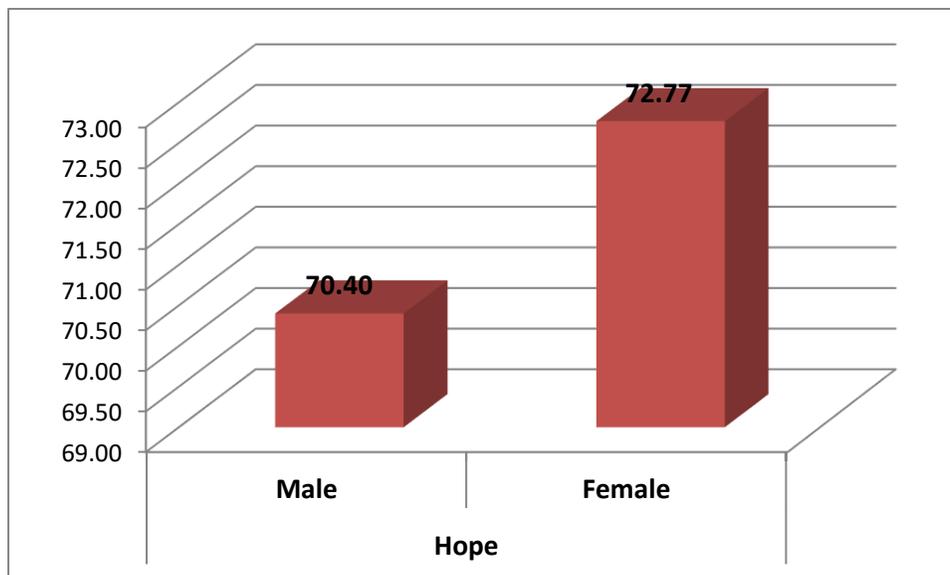
towards the life. A similar study was conducted by Chang et al. (2013) in which they highlighted that hope and optimism were related to each other for depressive symptoms in adults. The current research work also demonstrated the pattern of significant relationship between two positive emotions, e.g. hope and optimism. The 3<sup>rd</sup> hypothesis that there is no significant relationship between hope and optimism is hereby rejected.

Differences among male and female participants were observed and analyzed over the hope behavior and t-test statistical findings are demonstrated in following Table.

**Table 7: Descriptive statistics of responses of hope scale by male and female participants**

| Variable | Gender | N  | Mean  | SD   | 't' value | df  | p value |
|----------|--------|----|-------|------|-----------|-----|---------|
| Hope     | Male   | 60 | 70.40 | 8.68 | -1.45     | 118 | .151    |
|          | Female | 60 | 72.77 | 9.24 |           |     |         |

The mean of adult males for the hope scores was found to be lower (M= 70.40, SD= 8.68) than and for females (M= 72.77, SD= 9.24). However, the differences could not reach to a significant level (t = 1.45, df=118, p>.05). Both the groups were noticed to have almost nearby hope level. Now the female are also hopeful toward the life and their future as today’s society has started the importance of equal opportunity for men and women. Fourth hypothesis that there is no difference among male and female participants for the hope scores is not rejected. The findings are demonstrated in following Figure.

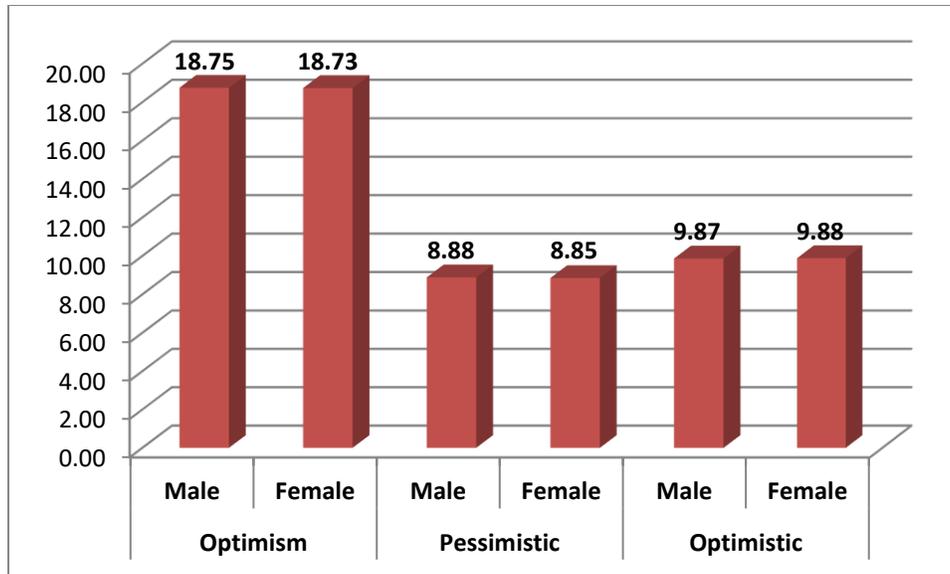


Furthermore, optimism and its two components were examined over the dimension of gender to explore the differences among male and female participants. Results are arranged in the following Table.

**Table 8: Descriptive statistics of responses on optimism scale by adult male and female participants**

| Group Statistics |        |    |       |      |           |     |         |
|------------------|--------|----|-------|------|-----------|-----|---------|
| Variable         | Gender | N  | Mean  | SD   | 't' value | df  | p value |
| Optimism         | Male   | 60 | 18.75 | 3.79 | .025      | 118 | .980    |
|                  | Female | 60 | 18.73 | 3.43 |           |     |         |
| Pessimistic      | Male   | 60 | 8.88  | 2.80 | .069      | 118 | .945    |
|                  | Female | 60 | 8.85  | 2.46 |           |     |         |
| Optimistic       | Male   | 60 | 9.87  | 2.11 | -.046     | 118 | .963    |
|                  | Female | 60 | 9.88  | 1.80 |           |     |         |

From the above results it is clearly evident that the male ( $M= 18.75$  and  $S.D = 3.79$ ) and female population ( $M= 18.73$  and  $S.D= 3.43$ ) could not reach to a significant level of difference ( $t= 0.025$ ,  $df= 118$ ,  $p$  value=  $0.980$ ) for the optimism scores. Similar insignificant differences were observed on pessimistic and optimistic dimensions of optimism emotion. The fifth hypothesis that male and female participants do not differ with regard to optimism scores is not rejected. Again on optimism emotion men and women in study population are almost equal for their scores which reflect the increment in women's optimism if ancient trends to be considered in the society. These findings are also communicative that women are improving on gender differences and filling the gap. Mean scores on all the dimensions are demonstrated in Figure given below.



For sixth objective data were analyzed in terms of male and female responses on wellbeing scale. The results are tabulated in the following Table.

**Table 9: Descriptive statistics of responses on wellbeing scale by male and female participants**

| Group Statistics |        |    |        |       |           |     |         |
|------------------|--------|----|--------|-------|-----------|-----|---------|
| Variable         | Gender | N  | Mean   | SD    | 't' value | df  | p value |
| Wellbeing        | Male   | 60 | 163.98 | 12.97 | -1.534    | 118 | .128    |
|                  | Female | 60 | 167.68 | 13.45 |           |     |         |
| Autonomy         | Male   | 60 | 27.05  | 4.96  | -.207     | 118 | .837    |
|                  | Female | 60 | 27.22  | 3.79  |           |     |         |
| Environ Mastery  | Male   | 60 | 26.75  | 4.02  | .293      | 118 | .770    |
|                  | Female | 60 | 26.55  | 3.44  |           |     |         |
| Personal Growth  | Male   | 60 | 30.33  | 4.88  | -1.617    | 118 | .109    |
|                  | Female | 60 | 31.75  | 4.71  |           |     |         |
| Positive         | Male   | 60 | 24.52  | 3.34  | -.715     | 118 | .476    |

|                 |        |    |       |      |        |     |      |
|-----------------|--------|----|-------|------|--------|-----|------|
| Relations       | Female | 60 | 24.98 | 3.79 |        |     |      |
| Purpose in Life | Male   | 60 | 29.27 | 5.15 | -1.215 | 118 | .227 |
|                 | Female | 60 | 30.37 | 4.76 |        |     |      |
| Self Acceptance | Male   | 60 | 26.07 | 3.62 | -1.065 | 118 | .289 |
|                 | Female | 60 | 26.82 | 4.08 |        |     |      |

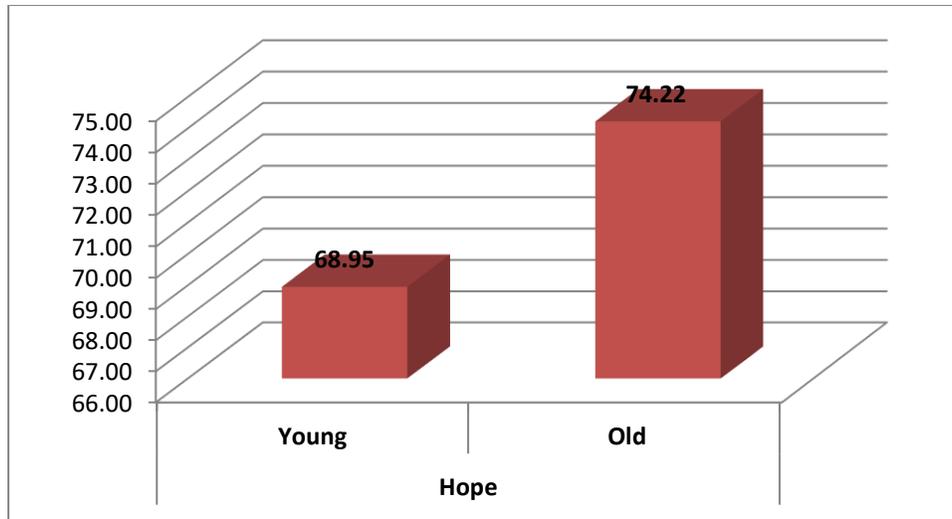
An in-depth look of results in above Table develops insight that mean score of wellbeing for males (M= 163.98, SD= 12.97) and for females (M= 167.68, SD= 12.97) were with insignificant differences (t= 1.534, df= 118, p>.05). However, female participants were higher on wellbeing scores than their counterparts, male participants. It is clearly evident from the analyses that wellbeing is improved in case of female in the population under study. Now, girls are also educated, health oriented and supported by family, society as equal as boys. Six dimensions of wellbeing scale were also observed having insignificant differences among girls and boys with regard to their scores on scale. Thus sixth hypothesis that male and female are not different with regard to their wellbeing could not be rejected.

Data on psychological constructs were analyzed with t-statistics to reveal the group differences among young and old participants for seventh objective of the study. Results are tabulated in the following Table.

**Table 10: Showcasing the Mean and S.D. scores of the young and old adult male and female regarding hope scales**

| Variable | Age   | N  | Mean  | SD   | 't' value | Df  | P value |
|----------|-------|----|-------|------|-----------|-----|---------|
| Hope     | Young | 60 | 68.95 | 8.87 | -3.34     | 118 | .001    |
|          | Old   | 60 | 74.22 | 8.41 |           |     |         |

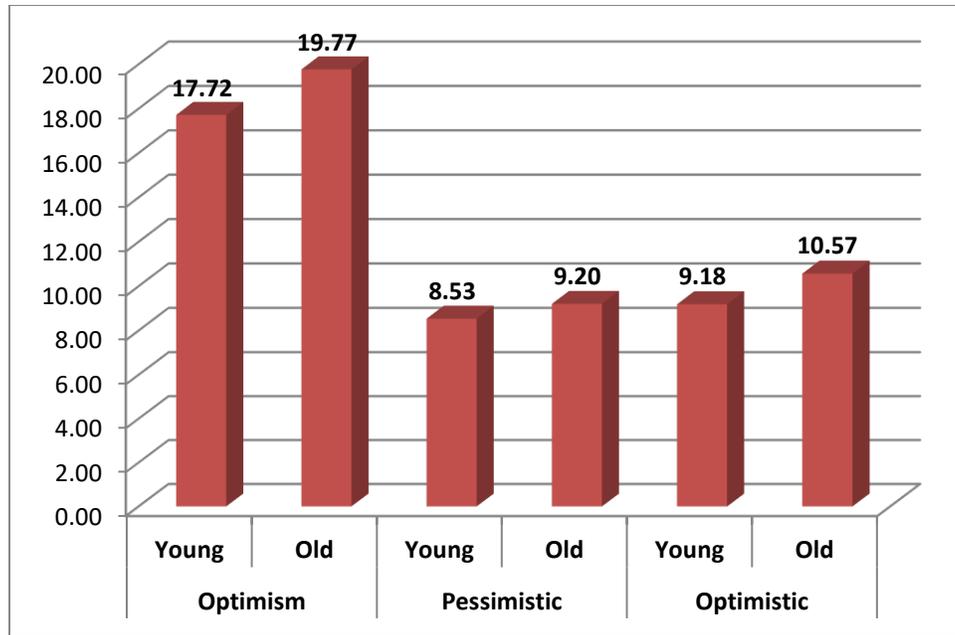
Older people are relatively more hopeful (M=74.22, SD= 8.41) towards life in comparison to younger (M=68.95, SD=8.887) which may be due to their understanding of life events; however this needs to validate in the future research. Group differences were statistically significant (t= - 3.34, df= 118, p<.01). Younger participants are with comparatively more stressful demands and which might have brought down their hope level. Differences are exhibited in the following Figure.



**Table 10: Optimism Mean, S.D. and ‘t’ statistics for young and old adult participants**

| Variable    | Age   | N  | Mean  | SD    | ‘t’ value | df  | p value |
|-------------|-------|----|-------|-------|-----------|-----|---------|
| Optimism    | Young | 60 | 17.72 | 3.975 | -3.24     | 118 | .002    |
|             | Old   | 60 | 19.77 | 2.872 |           |     |         |
| Pessimistic | Young | 60 | 8.53  | 2.703 | -1.40     | 118 | .165    |
|             | Old   | 60 | 9.20  | 2.516 |           |     |         |
| Optimistic  | Young | 60 | 9.18  | 2.251 | -4.13     | 118 | .000    |
|             | Old   | 60 | 10.57 | 1.294 |           |     |         |

Older people showed relatively higher optimism (M= 19.77, SD= 2.87) in comparison to younger (M= 17.72, SD= 3.97) which might be due to their experience in past which proved to be successful; needs to test in future research. Group differences were statistically significant (t= 3.24, df= 118, p<.05). Younger participants are with comparatively more demands and less experience that might be responsible for relatively low level of optimism emotions. Differences are exhibited in Figure given below.

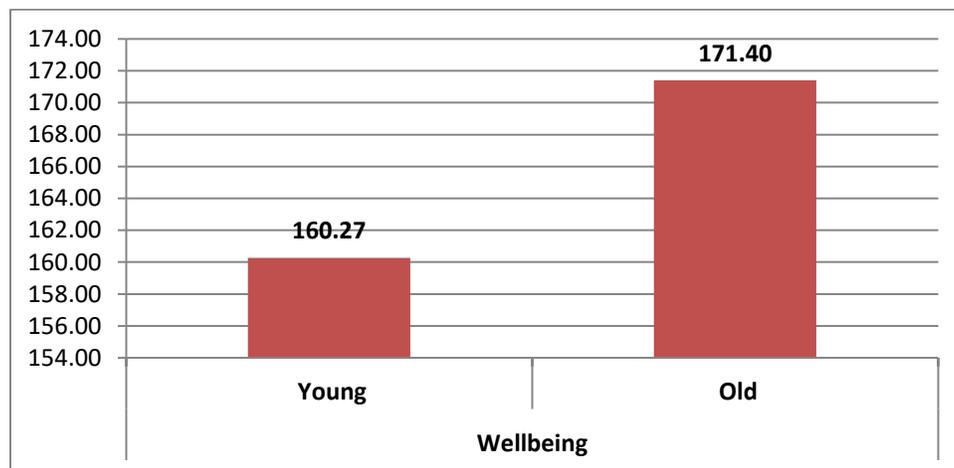


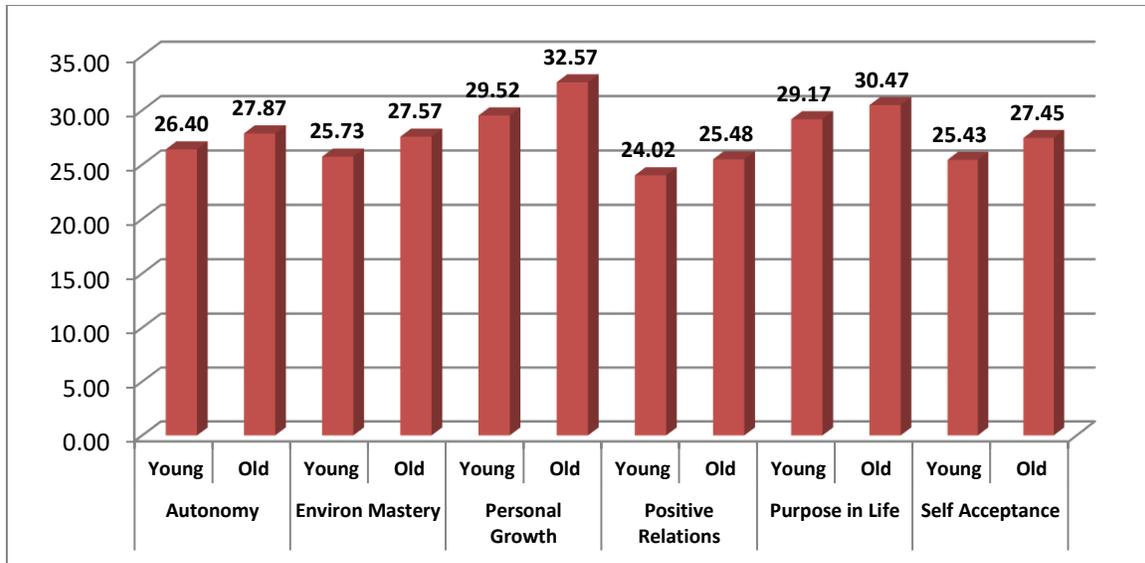
**Table 11: Showcasing Wellbeing descriptive statistics and group differences of young and old adult participants across gender dimension**

| Variable           | Age   | N  | Mean   | SD    | 't' value | df  | p value |
|--------------------|-------|----|--------|-------|-----------|-----|---------|
| Wellbeing          | Young | 60 | 160.27 | 12.45 | -5.04     | 118 | .000    |
|                    | Old   | 60 | 171.40 | 11.75 |           |     |         |
| Autonomy           | Young | 60 | 26.40  | 3.87  | -1.85     | 118 | .067    |
|                    | Old   | 60 | 27.87  | 4.79  |           |     |         |
| Environ Mastery    | Young | 60 | 25.73  | 3.74  | -2.77     | 118 | .007    |
|                    | Old   | 60 | 27.57  | 3.51  |           |     |         |
| Personal Growth    | Young | 60 | 29.52  | 5.14  | -3.63     | 118 | .000    |
|                    | Old   | 60 | 32.57  | 3.99  |           |     |         |
| Positive Relations | Young | 60 | 24.02  | 3.32  | -2.29     | 118 | .024    |
|                    | Old   | 60 | 25.48  | 3.68  |           |     |         |
| Purpose in         | Young | 60 | 29.17  | 5.69  | -1.44     | 118 | .153    |

|                 |              |    |       |      |       |     |      |
|-----------------|--------------|----|-------|------|-------|-----|------|
| Life            | <b>Old</b>   | 60 | 30.47 | 4.07 |       |     |      |
| Self Acceptance | <b>Young</b> | 60 | 25.43 | 3.81 | -2.95 | 118 | .004 |
|                 | <b>Old</b>   | 60 | 27.45 | 3.67 |       |     |      |

The above data indicates that the wellbeing levels of the older population are higher than the young population. The mean for older population came out to be (M=171.40, SD=11.75) and for younger population was (M=160.27, SD=12.45). Student t-test revealed significant group differences (t= 5.04, df= 118, p<.01) between young and old participants for their scores on wellbeing scale. Higher wellbeing among older participants might be due to their experience and coping strategies towards life demands, whereas young would take time to learn and manage day-to-day demand. In many other dimensions of wellbeing scale older participants were higher on their scores. Seventh hypothesis that young and old participants group are not different with regard to their hope, optimism and wellbeing scores is rejected. This again demonstrates their mastery over managing their psychological health.





## CONCLUSION AND DISCUSSION:

The main aim of this study was to analyze the impact of hope and optimism on the life of people and how these two variables are correlated to the variable of psychological wellbeing. For this the entire study was systematically divided into two groups of adults- young and old which have 30 males and 30 females each. Few objectives and hypotheses were framed to test and validate the relationship between the variables and study the differences among the groups.

The first objective was to study the relationship between hope and wellbeing of adult participants. It was concluded that yes they are significantly correlated. People who are hopeful have less negative thoughts about their life, health and various incidents occurring in their life thus their overall psychological wellbeing increases. In a study conducted by Green et al. (2006) on Cognitive- behavioural, solution-focused life coaching: enhancing goal striving, wellbeing and hope, it was demonstrated that participation in the above mentioned programme lead to greater goal oriented nature, wellbeing and hope. And findings of current study are also in line with the above research.

The second objective was to examine the relationship between optimism and wellbeing of adult participants, and the results demonstrated that they are strongly correlated. It can be attributed to the fact that the people who are optimistic generally does not allow negative thoughts to dwell in their minds. Scheier and Carver (1992) conducted a study on “effects of optimism on psychological and physical wellbeing: theoretical overview and empirical update”, in which they demonstrated researches on beneficial effects of being optimistic on psychological and physical wellbeing and present findings also resemble to these results.

The third objective investigated the relationship between hope and optimism and in this study it has been observed that these two are correlated to each other and have an impact on the positive emotions of individual. People who think positive are generally those who also believe that life is

hopeful and there is always a ray of hope even in the darkest hours. These findings are in line with the research done by Chang et al. (2013) which highlighted that optimism and hope were related to each other for depressive symptoms in adults.

The fourth objective revolves around the difference in the optimism scores for males and females. From this study it was observed that there was no significant difference in their scores. In today's era females have conquered many fields which were earlier considered as male dominated areas. Thus the perspective of society towards woman and also perspective of females towards themselves has seen a paradigm shift, which may be the basis of increment in optimism scores of female participants. Burke (1991) conducted a study on early work and career experiences of female and male managers and professionals: reasons for optimism and found no significant differences in the work done by the individual and consequent outcome of career.

The fifth objective emphasized on understanding the difference of wellbeing for adult male and female participants. According to the results obtained in current study, it is clearly evident that the wellbeing of females is greater than that of male. Glenn (1975) highlighted in his study on, the contribution of marriage to the psychological wellbeing of males and females, the heightened impact of both stress and satisfaction women as a whole derive from marriage as compared to men in general. The findings of current research support the results of Glenn (1975) study.

Sixth objective emphasized on the importance of understanding the difference for young and old on the scores of hope, wellbeing and optimism by adult males and females. For the older people hope scores were more as compared to the younger population. For the variable of optimism, the scores highlighted the slight increase in the optimistic attitude of older towards life as compared to the young ones. Similarly for wellbeing, older population scored more on wellbeing aspect. Results are supported by the findings of Keyes et al. (2002) who carried out a study on optimizing wellbeing: the empirical encounter of two traditions, showcasing the increased optimal wellbeing with age, education, level of extraversion and conscientiousness.

The last objective talked about the difference of hope scores of adult males and females, where females were found to be more hopeful than males. This can be owed to the paradigm shift that has occurred in the Indian society where society and people are on the whole not against the education, or working conditions of women. The finding are supported by the results of study conducted on topic role of hope in academic and sport achievement done by Curry et al. (1997) it was mentioned that hope lead to more athletic outcomes among participants which comprised of female cross- country athletes.

### **RECOMMENDATIONS:**

As stress and tension can easily enter in anyone's life these days, it becomes extremely important to find novel ideas, tools and techniques to combat them. It would be beneficial to make contrast and find some difference in the optimism levels of people of rural and urban areas in future researches. Similarly for hope and wellbeing the difference could be analyzed for people

belonging to the rural and urban areas. It would be very interesting to know the impact of socioeconomic strata on these variables, thus a study can be conducted to understand the impact of hope, optimism and wellbeing on people belonging to different socioeconomic levels. The young generation is the future of country, thus techniques promoting the importance of optimism and hopefulness should be demonstrated in classrooms, so that they can easily incorporate in their day to day life.

More researches can be done on positive psychology to emphasize its impact and importance in our life. Importance of family is indispensable. Thus researchers in future works should focus on understanding the impacts of a dysfunctional family on the hope, optimism and wellbeing levels.

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