Attitude of University Students towards Hope

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Abstract
The focus of present study was to investigate the attitude of university students towards hope. The descriptive survey method was used to collect the data from seventy five university students (28 female and 47 male) through convenience sampling technique by hope inventory was used to collect the data. The objective and hypotheses of the study have been tested by using percentage and t-test. Results shows that majority of university students (86.67%) have average attitude towards hope; and university students differ in hope with respect to gender.

Keywords: Attitude, Hope and University Students.

Introduction
Hope is versatile human characteristic and essential emotion to understand the human responses like goal setting, copying and changing the behavior, however it is not classified as a basic emotion (Averill, 1994), but consider one of the important factor for human survival. Snyder et al., (1991) defines hope as “a positive motivational state that is based on an interactively derived sense of successful (a) agency (goal-oriented energy) and (b) pathways (planning to meet goals).” During 1960s and 1970s, various scholars define hope in different way, like (Cantril, 1964) Farber (1968) Frank (1975) Melges & Bowlby (1969) Menninger (1959) Schachtel (1959) “hope is ‘the perception that one’s goals could be attained’. “Hope includes a belief that one knows how to reach one’s goals (Pathways) and a belief that one has the motivation to use those pathways to reach one’s goals (Agency)” (Snyder, Rand, & Sigmon, 2005). Hope is considered, “as character strength” (Peterson & Seligman, 2004) and as, “a cognitive focused member of the positive psychology family” (Snyder & Lopez, 2005). Snyder et al., (1992) defines “hope as a two-dimensional construct that involves a person’s determination to pursue goal-directed behavior (i.e., agency) and one’s ability to find ways to meet those goals (i.e., pathways).”

Review of Literature
After the existence of positive psychology number of researchers have been conducted which highlight the importance of hope in various areas like Singh, Singh, Singh & Srivastava (2013) reported dimension of hope are significantly and positively correlated with psychological well-being. Whereas, Yotsidi, Pagoulatou, Kyriazos & Stalikas (2018) found that hope plays an important role in academic and job performance, and is positively correlated with well-being. Kirmani, Sharma, Anas & Sanam (2015) found the significant positive relationship among the hope and resilience, hope and, subjective wellbeing and resilience and subjective wellbeing. Rymbai & Sungoh (2016) also reported significant relationship between hope and happiness of female post graduate students. Findings also show gender differences. Day, Hanson, Maltby, Proctor and Wood (2010) revealed that hope is associated with better academic achievement, higher likelihood of graduating from universities. Similarly, Feldman, Rand and Khali (2009) reported that hope significantly contributes in students’ achievement.

Statement of Problem
An attempt has been made in this present study to Attitude of university students towards hope.

Objectives
1. To know the level of attitude of university students towards hope.
2. To find the difference in attitude of university students towards hope with respect to gender.

Hypotheses
1. University students have positive attitude towards hope.
2. There exists no significant difference in the attitude of female and male university students towards hope.

Delimitation
The present study was delimited to students of Lovely Professional University.
Design of the Study
The descriptive survey method was used to collect the data from seventy five university students (28 female and 47 male) through convenience sampling technique by hope inventory was used to collect the data. The objective and hypotheses of the study have been tested by using percentage and t-test.

Results and Discussion
Analysis of data, result, and interpretation of findings has been done keeping in view the objectives and hypothesis of the study.

Result Pertaining to Level of Attitude of University Students towards Hope
The objective of the study was to know the level of attitude of university students towards hope. After administering hope inventory to know the level of attitude of university students towards hope, Mean score and standard deviation for of attitude of university students towards hope was calculated. University students who scored below (Mean-1Standard Deviation) were considered as having low attitude towards hope whereas university students who scored above (Mean+1Standard Deviation) were considered as having high attitude towards hope. Those university students whose scores were greater than (Mean+1Standard Deviation) and less than (Mean+1Standard Deviation) were considered as having average attitude of university students towards hope. Numbers and Percentages of university students towards attitude towards hope in different levels of hope were calculated and results have been presented in table 1.

Ha: University students have positive attitude towards hope.

Table 1: Numbers and Percentages of University students in different Levels of Attitude towards Hope

<table>
<thead>
<tr>
<th>Level of Attitude towards Hope</th>
<th>Number</th>
<th>Percentage</th>
</tr>
</thead>
<tbody>
<tr>
<td>Low</td>
<td>00</td>
<td>0</td>
</tr>
<tr>
<td>Average</td>
<td>65</td>
<td>86.67</td>
</tr>
<tr>
<td>High</td>
<td>10</td>
<td>23.33</td>
</tr>
<tr>
<td>Total</td>
<td>75</td>
<td>100</td>
</tr>
</tbody>
</table>

Interpretation
Table 1 show that out of the 75 university students that constituted the sample population, 65 exhibit attitude towards hope. The number of university students with poor attitude towards hope is 0 and those with high attitude towards hope are 10 students. The corresponding percentages of university students in poor, average and good hope of are 0, 86.67 and 23.33 respectively. It may be concluded that majority of university students have average attitude towards hope. Therefore, it is concluded that university students have average attitude towards hope.

Result pertaining to the difference in Attitude of University Students towards Hope with respect to Gender
The objective of the study was to find out the difference in attitude of university students towards hope with respect to gender. After administering the hope inventory pertaining to university student’s attitude towards hope, Mean, SD, SED and critical ratio were computed and results have been presented in the table 2.

Ho: There exists no significant difference in attitude of female and male university students towards hope.

Table 2: Significance of difference between mean of Attitude of Female and Male University Students towards Hope

<table>
<thead>
<tr>
<th>Group</th>
<th>Number</th>
<th>Mean</th>
<th>SD</th>
<th>SED</th>
<th>t’-value</th>
<th>Remark</th>
</tr>
</thead>
<tbody>
<tr>
<td>Female</td>
<td>28</td>
<td>62.93</td>
<td>10.45</td>
<td>2.64</td>
<td>2.02</td>
<td>Significant</td>
</tr>
<tr>
<td>Male</td>
<td>47</td>
<td>68.26</td>
<td>11.37</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Interpretation
Table 2 shows mean score, standard deviation, standard error of difference and critical ratio of attitude of university students towards hope. The mean score of attitude of females and males towards hope are 62.93 and 68.26 respectively. The standard deviation in case of females is 10.45 and that of males is 11.37. The value of critical ratio comes out to be 2.02 which is significant at 0.05 levels of confidence. So, it may be concluded that females and males differ significantly from each other on their attitude towards hope. Hence the hypothesis of the study, there exists no significant difference in attitude of females and males university students towards hope, is rejected.
Conclusions
1. Majority of university students (86.67%) have average hope.
2. University students differ in hope with respect to gender.

Implications
The study can help in following ways
A. To help teacher in motivating their students.
B. The study will help students in academic performance.
C. To help students in academic achievement.
D. This research will help to understand the importance of hope in classroom setting and examination.

References