

# Hope and Life Satisfaction of Young Indian Adults in Times of Lockdown

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## Abstract

The aim of the research was to study hope and life satisfaction of young Indian adults in times of lockdown. The objectives were to compare the difference in the goal directed energy between gender, to examine the difference in planning to accomplish goals between gender, to analyze the total hope score between gender and to measure the life satisfaction score between gender. 100 Young adults between the age group of 18-26 years were selected for the study out of which 50 were young men and 50 were young women. This study concluded that there is a significant difference in goal directed energy between male and female respondents and there is a significant difference in accomplished goals between male and female respondents. There is a significant difference in total hope score between male and female respondents.

**Key Words:** Hope, Life Satisfaction, Young Indian Adults, Lockdown.

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## I. Introduction

India has one of the youngest populations in the world. Over 600 million people, or almost one Indian in two, are under 25. The crisis caused by the pandemic is the most serious ever recorded since the country's independence in 1947. The COVID-19 pandemic has posed unprecedented stress to young people. Despite recent speculative suggestions of poorer mental health in young people in India since the start of the pandemic, there have been no systematic efforts to measure these.

The COVID-19 pandemic has had far-reaching consequences on the physical and mental health of individuals as well as the health of economies across the globe. While young people may be less susceptible to severe forms of the illness, suffering milder symptoms, lower morbidity, and better prognosis compared to adults (Ludvigsson 2020; Götzinger, Santiago-García, Noguera-Julián, et al, 2020), they have experienced an upsurge in stress (Ellis, Dumas, Forbes, 2020; Ozamiz-Etxebarria, Dosil-Santamaria, 2020) precipitating loneliness, anxiety and depression in many (Cao, Fang, Hou, Han, Xu, Don, et al, 2020; UK Youth, 2020).

In these times of crisis, it is important to spread the stories of hope and faith among individuals in this period of crisis. It is therefore important to have the resilience and a persevering attitude to overcome all the hurdles that are placed in life and reach the finishing point.

Hope is defined as the perceived ability to produce pathways to achieve desired goals and to motivate oneself to use those pathways (Lopez, Snyder, Rand, & Cheavens, 2009). Hope theory is compared to theories of learned optimism, optimism, self-efficacy, and self-esteem. Higher hope consistently is related to better outcomes in academics, athletics, physical health, psychological adjustment, and psychotherapy (Snyder, 2002).

Young adults between 18-26 years are in a critical period of development when successes or failures could strongly affect the trajectories of their lives, in addition, many of today's young adults confront challenges in making a successful transition to adult roles. Economic and social forces -- including the restructuring of the economy, widening inequality, the increasing diversity of the population, and advances in technologies -- have altered the landscape of risk and opportunity especially at a time when the COVID-19 pandemic has shaken the world to its core. Thus, people may experience difficulties due to the uncertainty and fear involved in a pandemic. But, having meaning in such periods increases life satisfaction.

In the literature hope was found to be correlated with life satisfaction (Valle et al., 2004) and personal adaptation and psychological well-being (Gilman and Huebner, 2006). It was also related to optimism and life satisfaction (Ciarrochi et al., 2007); meaning in life (Feldman and Snyder, 2005) and resilience (Wu, 2011).

How we perceive the future can greatly affect how we feel in the present. Even a currently positive situation is hard to bear when we know the future will be grim. Indeed, previous research has found that more hopeful people are happier. The concept of hope denotes a positive motivational state that is based on an interactively derived sense of successful agency (goal-directed energy), and pathways (planning to meet goals), (Snyder 2002). Our sense of life satisfaction is reflected in how we perceive our current situation and ultimately,

our perceived well-being. Life satisfaction is generally defined as the subjective evaluation of the overall quality of one's life, and is considered to be a key indicator of SWB (Diener and Diener 1995). However, both hope and subjective well-being are multidimensional concepts comprising emotion (i.e., anticipation and affect), cognition (expectation and satisfaction) and, to some degree, motivation. So far, little research has been done into how the COVID-19 pandemic is specifically affecting young people.

Therefore, this study aims to gain insight into the young adult's life satisfaction and hope in spite of the various challenges around them in the present situation and support them during and after the lockdown.

**Aim:** To study hope and life satisfaction of young adults in times of lockdown

**Objectives:**

1. To compare the difference in the goal directed energy between gender
2. To examine the difference in planning to accomplish goals between gender
3. To analyze the total hope score between gender
4. To measure the life satisfaction score between gender

**Hypothesis**

1. There will be significant difference in goal directed energy between gender
2. There will be significant difference in planning to accomplish goals between gender
3. There will be significant difference in total hope score between gender
4. There will be significant difference in the life satisfaction score between gender.
5. Higher the hope score higher will be the life satisfaction score.

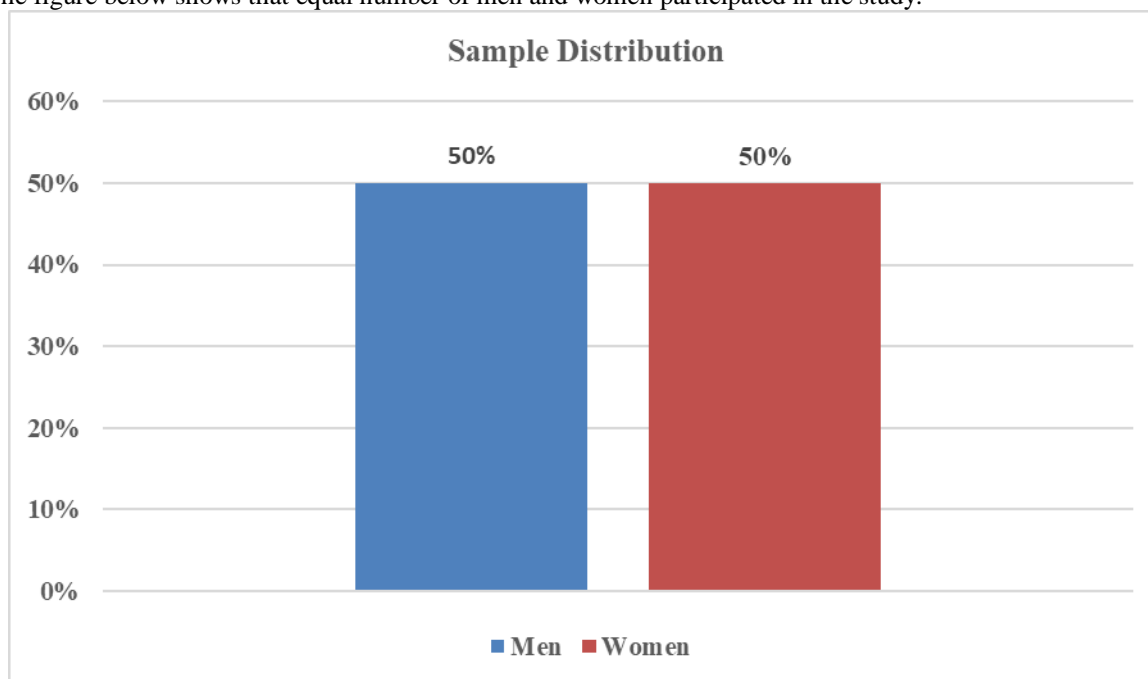
**II. Methodology:**

1. **Sample Selection:** Purposive sampling technique was used to collect data. 100 Young adults between the age group of 18-26 years were selected for the study out of which 50 were men and 50 were women.
2. **Data Collection:** Young adults were administered the Adult Hope Scale (AHS), (1991) and Satisfaction with Life Scale (1985).and scores will be calculated and analyzed.
3. **Tools to be used:**
  - a) Adult Hope Scale (AHS) Reference: Snyder, C. R., Harris, C., Anderson, J. R., Holleran, S. A., Irving, L. M., Sigmon, S. T., et al. (1991).
  - b) Satisfaction With Life Scale Reference: Diener, E., Emmons, R. A., Larsen, R. J., & Griffin, S. (1985).
4. **Data Analysis:** The data obtained was analyzed quantitatively. The questionnaire was coded for statistical analysis. Based on the objectives of the study, the mean, standard deviation, t-test and Chi Square were calculated to find the significant difference if any.

**III. Results and Discussion**

**1. Sample Distribution**

The figure below shows that equal number of men and women participated in the study.



**Fig. 1. Sample Distribution**

2. Age Wise Sample Distribution

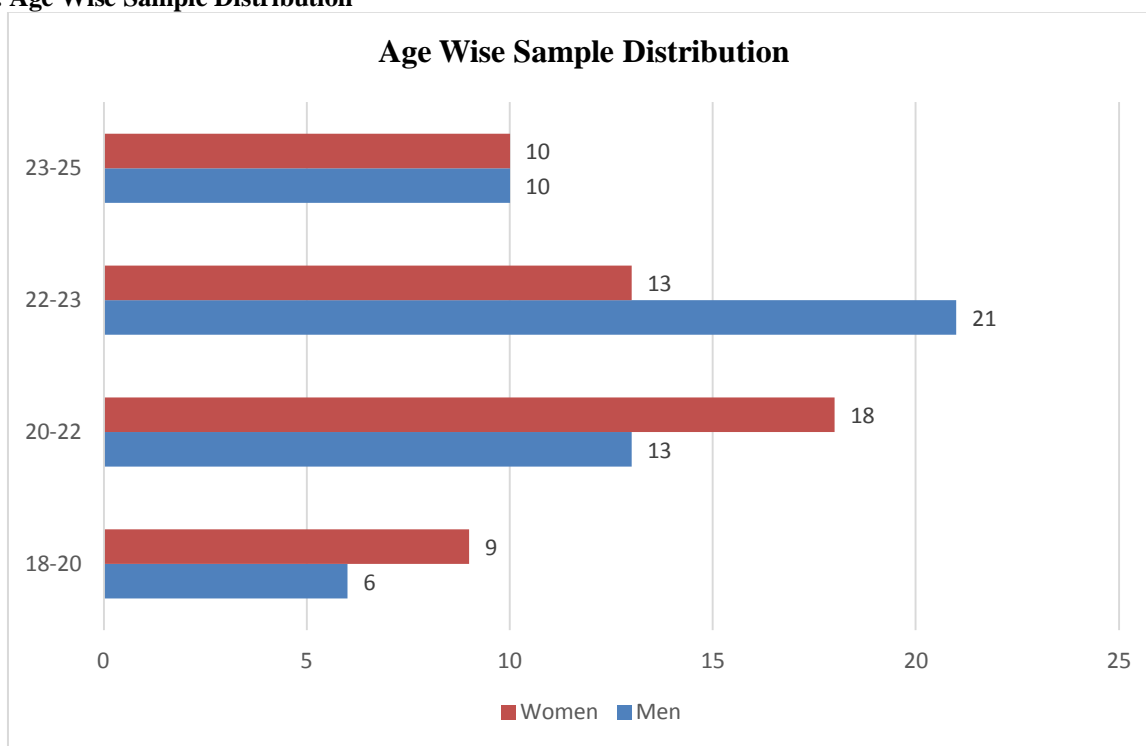


Fig. 2. Age Wise Sample Distribution

Maximum number men participants were in the age group of 22-23 where as in women it was in the age group of 20-22. The least participants in both the groups were from the age group of 18-20.

2. Goal Directed Energy and Gender

Null Hypothesis-1 There is no significant difference in goal directed energy between male and female respondents.

Alternate Hypothesis-1 There is no significant difference in goal directed energy between male and female respondents

To test above null hypothesis means scores of Goal Directed Energy of male and female respondents is obtained and presented in the following table.

Table 1. Goal Directed Energy and Gender- Mean Scores

	Mean	N	Std. Deviation	Std. Error Mean
Male Goal Directed Energy	19.9400	50	6.55405	.92688
Female Goal Directed Energy	23.8000	50	5.84843	.82709

Above table indicates that mean score of Goal Directed Energy for male respondents is 19.94 and for female respondents is 23.80. To test the significance difference between these mean scores paired t test is used and the results are as follows.

Table 2. Goal Directed Energy and Gender- Paired Difference

	Paired Differences		t	df	Sig. (2-tailed)
	Mean	Std. Deviation			
Male Goal Directed Energy	-3.86000	7.66388	-3.561	49	.001
Female Goal Directed Energy					

Above table indicate results of pair t-test. It is observed that p-value is 0.001. It is less than 0.05. Therefore t-test is rejected. Hence null hypothesis is rejected and alternate hypothesis is accepted therefore we can conclude that there is a significant difference in goal directed energy between male and female respondents. Mean score of Goal Directed Energy is significantly more for female respondents as compared to male respondents. According to Snyder (1994) goal attainment has been found to be associated with positive

emotions, whereas goal blockages are related to negative emotions (Diener, 1984). Hope is malleable therefore individuals need support from people around them to build their energy and ideas for the future.

**3. Accomplished Goals and Gender**

Null Hypothesis-2 There is no significant difference in planning to accomplish goals between male and female respondents.

Alternate Hypothesis-2 There is significant difference in planning to accomplish goals between male and female respondents.

To test the null hypothesis means scores accomplished goals between male and female respondents is obtained and presented in the following table.

**Table 3. Accomplished Goals and Gender- Mean Scores**

	Mean	N	Std. Deviation	Std. Error Mean
Male Goal Directed Energy	21.6200	50	5.65285	.79943
Female Goal Directed Energy	26.6600	50	5.04514	.71349

Above table indicates that mean score of accomplished goals for male respondents is 21.62 and for female respondents is 26.66. To test the significance difference between these mean scores paired t test is used and the results are as follows.

**Table 4. Accomplished Goals and Gender- Paired Difference**

	Paired Difference		t	df	Sig. (2-tailed)
	Mean	Std. Deviation			
Male Goal Directed Energy	-5.04000	7.60762	-4.685	49	.000
Female Goal Directed Energy					

Above table indicate results of pair t-test. It is observed that p-value is 0.000. It is less than 0.05. Therefore t-test is rejected. Hence null hypothesis is rejected and alternate hypothesis is accepted therefore we can conclude that there is a significant difference in accomplished goals between male and female respondents. Mean score of Goal Directed Energy is significantly more for female respondents as compared to male respondents. Research has proved that high hopers have positive emotional sets and a sense of zest that stems from their histories of success in goal pursuits, whereas low hopers have negative emotional sets and a sense of emotional flatness that stems from their histories of having failed in goal pursuits. High or low hope people bring these overriding emotional sets with them as they undertake specific goal-related activities.

**4. Total Hope Score and Gender**

Null Hypothesis-3 There is no significant difference in total hope score between male and female respondents.

Alternate Hypothesis-3 There is significant difference in total hope score between male and female respondents

**Table 5. Total Hope Score and Gender- Mean Scores**

	Mean	N	Std. Deviation	Std. Error Mean
Male Goal Directed Energy	41.5200	50	10.89887	1.54133
Female Goal Directed Energy	50.4600	50	9.70422	1.37238

Above table indicates that mean score of total hope score for male respondents are 41.52 and for female respondents are 50.46. To test the significance difference between these mean scores paired t test is used and the results are as follows.

**Table 6. Total Hope Score and Gender- Paired Difference**

	Paired Difference		t	df	Sig. (2-tailed)
	Mean	Std. Deviation			
Male Goal Directed Energy	-8.94000	13.50345	-4.681	49	.000
Female Goal Directed Energy					

Above table indicate results of pair t-test. It is observed that p-value is 0.000. It is less than 0.05. Therefore t-test is rejected. Hence null hypothesis is rejected and alternate hypothesis is accepted therefore we can conclude that there is a significant difference in total hope score between male and female respondents. Mean score of total hope score is significantly more for female respondents as compared to male respondents. This result is in contrast with a study done by Alvi & Mirza, Muhammad, 2018 where in the results

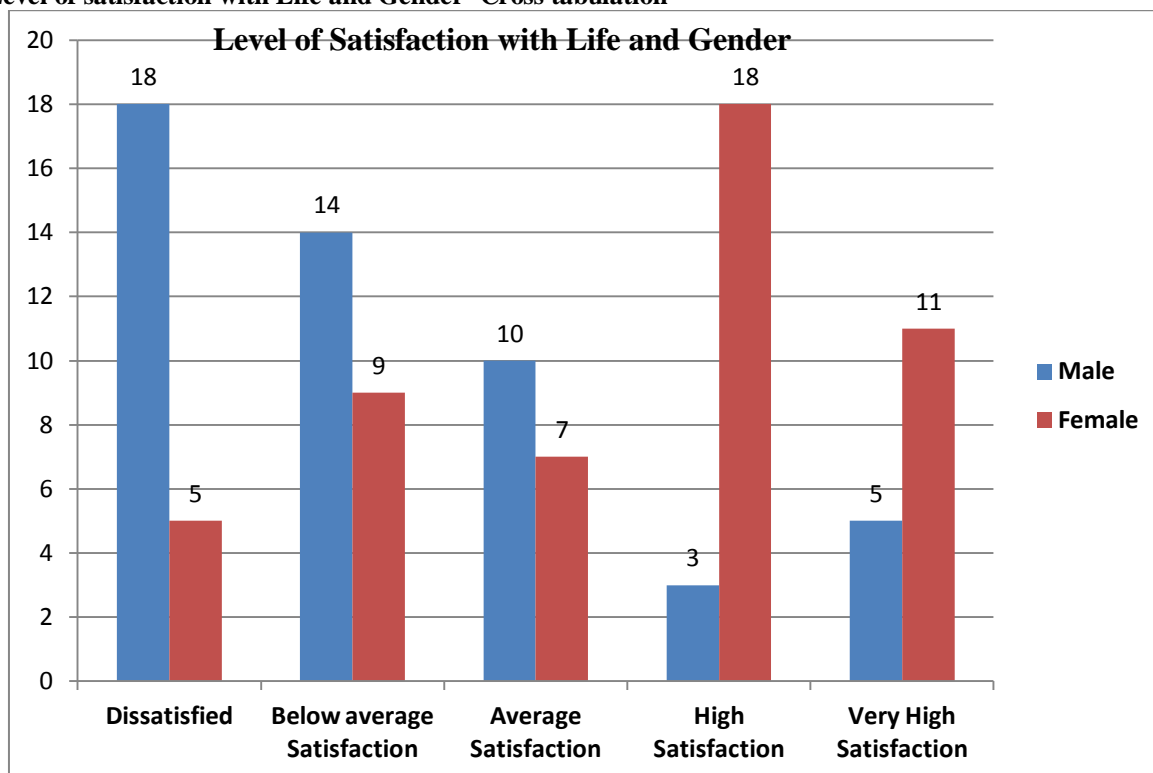
demonstrated that men are more hopeful than women. Similarly, a study done by Gonzalo, Gonzalo. Sanchez., Miret and Veiga in 2020 concluded that higher levels of hope were observed among male adolescents. In another study by Naik & Yadav (2017) showed that there were significant gender differences on hope and neuroticism where as gender differences were not seen on Optimism. Synder (1994) proposes that hope has no hereditary contributions but rather is entirely a learned cognitive set about goal-directed thinking.

**5. Level of Satisfaction with Life and Gender**

Null hypothesis: There is no association between gender and level of satisfaction.

Alternate Hypothesis: There is association between gender and level of satisfaction.

**Level of satisfaction with Life and Gender- Cross tabulation**



**Fig.1.Level of satisfaction with Life and Gender Cross tabulation**

The above figure indicates that level of satisfaction with life between male and female respondents. The results show levels of satisfaction with life is higher in females than males. 11 out of 50 (22%) females are very high in satisfaction as compared to males 5 out of 50 (10%). Similarly, 18 out of 50 (35%) females have high levels of satisfaction as compared to males 3 out of 50 (6%). 18 out of 50 (35%) males are dissatisfied with life as compared to females 5 out of 50 (10%).

Chi square test is done to find out the uniformity. The results of test are as follows:

**Table. 7. Level of satisfaction with Life and Gender Chi-Square Test**

	Value	df	p-value
Pearson Chi-Square	21.928 <sup>a</sup>	4	.000
N of Valid Cases	100		

Above results indicate that p-value is 0.000. It is less than 0.05. Therefore, null hypothesis is rejected and alternate hypothesis is accepted, therefore it can be concluded that there is association between gender and level of satisfaction in life. Proportion of male and female respondents at each level of satisfaction is not equal. It was found that the number of male respondents belonging to ‘Dissatisfied’ level is significantly more than number of female respondents. In the categories of ‘high satisfaction’ and ‘Very high satisfaction’ number of female respondents are significantly more than male respondents. It can be concluded that females are more satisfied in life than males. In many studies gender differences in life satisfaction were found to be significant yet small. Women reported higher levels of life satisfaction than men across all income, education, and employment groups (Joshnloo & Jovanović 2020). Gender differences in life satisfaction have been studied for a long time,

and individual studies in this area continued to show inconsistent results concerning gender group differences in their respective perception of life satisfaction.

#### **IV. Conclusion**

This study concluded that there is a significant difference in goal directed energy between male and female respondents and there is a significant difference in accomplished goals between male and female respondents. Since most studies include only one dimension of hope and subjective well-being, little is known about how different aspects of hope relate to different aspects of subjective well-being. There is a significant difference in total hope score between male and female respondents; mean score of total hope score is significantly more for female respondents as compared to male respondents. It can be concluded that females are more satisfied in life than males. Gender differences in life satisfaction have been studied for a long time, and individual studies in this area continued to show inconsistent results concerning gender group differences in their respective perception of life satisfaction.

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