

Correlates of Hope in Children and Adolescents | Kelly A. Drogan, Providence College

Background Literature

- **Hope** is the combination of *agency* and *pathways*
 - agency: “I believe I can reach my goals”
 - pathways: “I know the step I need to take in order to reach my goals”
- Hope + **adaptive coping strategies** associated with ↓ anxiety & depression
- ↑ **parental involvement** associated with ↑ hope

Hypotheses:

1. **Hope will be positively correlated with adaptive coping strategies and social support**
2. **Can certain coping strategies buffer the effects of low social support on hope in adolescents?**
3. **Children will be more hopeful than adolescents**

Method

- variables measured via online surveys
- Hope
- The Trait Hope Scale
 - The Children’s Hope Scale
- Coping
- Adolescent Coping Orientation for Problem Experiences
 - KidCope
- Social Support
- The Multidimensional Scale of Perceived Social Support
 - People in My Life

Participants

- Adolescents:
- *N* = 57
 - 46 female, 11 male
 - *M* age = 19.5 years
- Children:
- *N* = 45
 - 22 female, 23 male
 - *M* age = 9.7 years

Results

Hypothesis 1	<i>r</i>	<i>p</i>
Children: hope/coping	.516	<i>p</i> = .<001
Children: hope/social support	.301	<i>p</i> = .05
Adolescents: hope/self reliance (coping)	.601	<i>p</i> = <.001
Adolescents: hope/engaging in demanding activity (coping)	.508	<i>p</i> = <.001
Adolescents: hope/social support	.366	<i>p</i> = .005

Hypothesis 2	<i>r</i>	<i>p</i>
Children: social support/coping	.296	insignificant
Adolescents: social support/self reliance (coping)	.341	<i>p</i> = .01

Hypothesis 3	Children	Adolescents
Mean Hopefulness	69%	78%

Discussion

Hypothesis 1:
Hope and adaptive coping were significantly positively correlated for both children and adolescents; however, social support and hope were only significantly correlated for adolescents

Hypothesis 2:
Social support and coping via self reliance were significantly positively correlated in the adolescent sample, yet social support and adaptive coping were not significantly correlated in children

Hypothesis 3:
On average, adolescents were slightly more hopeful than children

- Limitations:**
- online & self report
 - lack of diversity
 - correlational research

Main Takeaway:
Adaptive coping was more predictive of hope in both samples; therefore, it is encouraged that educators and parents teach healthy coping strategies vs. stress in order to promote hope

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