

Hope, Optimism, Self Compassion and Psychological Well-Being among Rural Young Adults

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ABSTRACT

Objective: Well being is a dynamic concept that includes subjective, social and psychological dimension as well as health related behaviors. In the present study the researchers intend to study the relationship of hope, optimism, self compassion and psychological well-being among rural young adults. **Methods:** The sample for the study comprises of 150 young adults from rural background. Their age ranged from 21-24 years. Adult hope scale by Synder, Harris by Anderson *et al.* (1991), Self compassion scale by Neff (2003), Life orientation test (LOT) Revised by (Scheier, and Carver, 1985) and Psychological well-being scale developed by Ryff (1995) were used for assessment procedures. The obtained data was collected and were analyzed by using frequency distribution and Pearson's correlation. **Findings:** The results showed there is positive relationship found between hope, optimism, self compassion and Psychological well-being. Further hope and optimism was found positively correlated with the dimensions of psychological wellbeing, where as self-compassion was not significantly correlated with the dimensions of psychological wellbeing, respectively.

Key Words : Hope, Optimism, Self-compassion and Psychological well-being

INTRODUCTION

Psychological well-being (PWB) refers to how people evaluate their lives. According to Diener (1997), these evaluations may be in the form of cognitions or in the form of affect. Psychological well being resides with in the experience of the individual (Campbell *et al.*, 1976). Psychological well being is an important determinant for adults to lead a healthy life and face challenges during college years. Research also revealed that there are various factors associated with the psychological well-being of individuals namely positive work attitudes, understanding, reaching out to people, maintaining good health, ability to sustain relationship, able to handle crisis effectively etc. (Molina *et al.*, 2011).

Subjective well being is an essential part of overall PWB but on its own it is not enough. So, the two important ingredients in PWB are the Subjective happy feeling (SHF), and Hedonic well-being (HWB). Subjective happy feeling brought on by something we enjoy and the feeling that what we are doing with our lives has some meaning and purpose. Hedonic well being is normally used to refer to the subjective feelings of happiness and less well known term Eudemonic well

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being is used to refer to the Purposeful aspect of PWB. The Psychologist Carl Ryff has developed a very clear model that breaks down Eudaimonic well being into six dimensions Autonomy, Environmental mastery, Personal growth, Positive relation with others, Purpose in life, and Self acceptance.

Factors like hope, optimism, and self compassion influences individuals psychological well-being. Hope has always been the center of attention for theologians, philosophers, sociologists and, recently, also psychologists (Scioli and Biller, 2009, 2010). Hope as character strength is also positively correlated with mental health. Together with zest and leadership, hope was found to be substantially related to fewer anxiety and depression issues (Park and Peterson, 2008). Hope along with kindness, social intelligence, self regulation, and perspective, functions as a buffer against the negative effects of stress and trauma (Park and Peterson, 2006, 2009). Hope is also negatively related to indicators of psychological distress and school maladjustment among adolescents (Gilman *et al.*, 2006).

The pioneer of the term optimism Scheier and Carver (1985) believed that optimism is the global generalized tendency to believe that one will generally experience good versus bad outcomes in life. Optimism is one's beliefs about the outcome of the goal directed behaviors and is directly concerned with the confidence one has, or the optimism one has that goals will be obtained. An optimistic person enjoys higher well being than pessimists in the absence of stressors. Although the mechanisms for this advantage are less well characterized, it is likely that the same active orientation that leads optimists to be resilient to stress also leads to greater well being in the absence of stress. Optimism was related to self esteem, low depression, low negative emotions and life satisfaction. Dispositional optimism has been linked to a range of positive Psychological and physical health outcomes including lower levels of reported depression fewer somatic complaints, and fewer Symptoms of Psychological distress and Optimism Positively associated with greater life Satisfaction.

Self-compassion is considered to be a healthy and adaptive attitude towards oneself, occurring both as a feature, as well as a state. Self-compassion entails being warm and understanding toward ourselves when we suffer, fail, or feel inadequate, rather than ignoring our pain or flagellating ourselves with self criticism. Self-compassionate people recognize that being imperfect, failing, and experiencing life difficulties are inevitable, so they tend to be gentle with themselves when confronted with painful experiences, rather than getting angry when life falls short of set ideals. Researchers found that self compassion is associated with other indicators of healthy Psychological functioning.

While reviewing the relevant literature it is intended that every studies highlight different variables related like Sun *et al.* (2016) examined the relationship between self-compassion components and psychological well-being among adolescents. They revealed self-compassion components facilitated psychological well-being following different. Dar and Wani (2017) found positively correlation between optimism, happiness and self esteem. Mehr and Adams (2016) investigated that self-compassion is positively correlated with age, and psychological well being, also self-compassion moderates the association between self rated health and depression. Hall *et al.* (2013) studied the role of self compassion in physical and psychological well being in college students. Findings support the association between self-compassion and psychological and physical well being. Thus results of this study support and expand prior research on self compassion. Hasnain *et al.* (2014) highlight the contribution of hope, optimism and happiness in psychological well-being of young adult. They revealed that there is significant contribution of happiness towards psychological well-being among the young adult assumes female. Further it is found that hope; optimism and happiness emerged as significant predictors of psychological well-being. Parveen *et al.* (2016) confirmed that there is significant correlation between optimism and psychological well-being. Also

insignificant difference was found between male and female adolescents on optimism and psychological well-being. Hutz *et al.* (2014) found significant differences between personality and positive psychology variables. Differences in correlations among the positive psychology variables were also found.

Need for the study :

Psychological wellbeing is a wide ranging, multifarious concept. It includes different aspects of everyday experience. According to many researchers psychological wellbeing is considered to be the composite measure of physical, mental and social wellbeing as perceived by each individual in rural areas women sphere of life is very much different from that of men's they are allocated to separate roles and society expects them to abide by them. From all aspects of life they are underprivileged and their psychological wellbeing is particularly ignored recently, it has been recognized that a rise in the standard of living alone is not enough. Increased emphasis must be given to social policy to psychological aspects and reformulation of societal goals. Keeping this in mind this study is the need for the current situation to explore the areas of psychological wellbeing as an indicator to determine the Quality of life of rural women.

Objectives :

1. To find out the relationship between hope, optimism, self compassion and psychological well-being among rural female young adults.

Hypotheses :

1. Hope would be found significant correlated with optimism, self-compassion and dimensions of psychological well-being.
2. There would be significant relationship found between optimism, self-compassion and dimensions of psychological well-being.
3. Self-compassion would be found significantly correlated with the dimensions of psychological well-being.

Variables :

In the present study hope, optimism and self-compassion are taken as independent variables and psychological well-being as dependent variables, respectively. However gender, father's education, mother's education, mother's occupation, and family income was taken as demographical variables.

METHODOLOGY

Samples :

The present study consists the sample of 150 young adults, between 21-24 years of age, selected through random sampling technique from Tamil Nadu state. Out of them 40 (26.66%) was male and 110 (73.33%) were females.

Tools used :

1. Twelve items adult hope scale constructed by Synder *et al.* (1991). All the 12 items are divided into three different groups. The first four items of the scale measure pathways thinking, second four items measure agency thinking and the last four items are fillers. Participant respond

to each item using 8 point scale ranging from definably false to definitely the and the scale taken only a few minutes to complete.

2. Self compassion scale (SCS) developed by Kristin Neff (2003) was used to measure the level of self compassion. The scale consists of 26 item with a 5 point likert response.

3. The life orientation test revised (LOT-R) by Scheier Carver (1985) was used for the measurement of life orientation among participants.

4. Psychological well being scale developed by Ryff (1995) was used the scale consists of six areas of psychological wellbeing viz., autonomy, environmental on mastery, personal growth, positive relation with others, purpose in life and self acceptance, respectively.

Procedure :

The present research was conducted on 150 young adults, between 21-24 years of age, selected through random sampling technique from Tamil Nadu State, India. Four different psychological instruments namely Adult hope scale by Synder, Harris, Anderson *et al.* (1991), Self compassion scale by Neff (2003), The life orientation Test (LOT) Revised (Scheier and Carver, 1985) and Psychological well being scale developed by Ryff (1995) were used for the assessment process. Before the administration of tools proper rapport was established with each subject and were informed about the meeting and were given the instruction regarding each tool, after that questionnaires were distributed among them and were asked to note down their responses therefore the data were collected. After that the collected data was systematically arranged and were analyzed by statistical tools through SPSS 20.0 Version.

RESULTS AND DISCUSSION

The present aimed to find the relationship of hope, optimism and self compassion on psychological well being. For this purpose the data was collected from students of rural arts and Science College by using standardized psychological tools. The obtained data were assigned for different responses according to the item, and the scores were arranged in tabular form. In order to examine the relationship between the variables Pearson's correlation coefficient was used. The obtained results are shown in Tables 1 and 2.

Table 1 : Frequency distribution of samples with respect to demographical variables

| Variables | Sub- Variables | No | % |
|---------------------|----------------|-----|-------|
| Gender | Male | 40 | 26.66 |
| | Female | 110 | 73.33 |
| Father's Education | Illiterate | 18 | 12 |
| | School level | 126 | 84 |
| | College level | 6 | 4 |
| Mother's Education | Illiterate | 15 | 10 |
| | School level | 132 | 88 |
| | College level | 3 | 2 |
| Mother's Occupation | Working | 27 | 18 |
| | Not Working | 123 | 82 |
| Family Income | Below 5000 | 49 | 32.7 |
| | 5001 - 10,000 | 77 | 51.3 |
| | Above 10,001 | 24 | 16.0 |

| Table 2 : Relationship between variables | | | | | | | | | |
|--|---|-------|-------|-------|-------|-------|-------|-------|-------|
| | H | O | SC | A | EM | PG | PR | PL | SA |
| H | 1 | -.148 | .56** | .09 | .32** | .32** | .29** | .20* | .19* |
| O | | 1 | -.17 | .34** | .27** | .27** | .26** | .19* | .16 |
| SC | | | 1 | .05 | .14 | .06 | .10 | .06 | .06 |
| A | | | | 1 | .37** | .59** | .43** | .52** | .32** |
| EM | | | | | 1 | .59** | .64** | .43** | .48** |
| PG | | | | | | 1 | .79** | .78** | .55** |
| PR | | | | | | | 1 | .76** | .73** |
| PL | | | | | | | | 1 | .72** |
| SA | | | | | | | | | 1 |

** Correlation is significant at the 0.01 level (2-tailed), *. Correlation is significant at the 0.05 level (2-tailed).

H=Hope, O= Optimism, SC= Self-Compassion, A= Autonomy, EM= Environmental Mastery, PG= Personal Growth, PR= Positive Relations, PL= Purpose in life, SA= Self-acceptance

The results of the present study indicates that hope is positively related with self-compassion ($r=.56$), environmental mastery ($r=.32$), personal growth ($r=.32$), positive relations ($r=.29$), purpose in life ($r=.20$), self-acceptance ($r=.19$). Therefore the first hypothesis “Hope would be found significant correlated with optimism, self-compassion and dimensions of psychological well-being” was accepted similar findings are reported by Wong and Lim (2009); Cooke (2007), they confirmed that hope has been positively correlated with well-being.

Simultaneously, optimism was positively correlated with autonomy ($r=.34$), environmental mastery ($r=.27$), personal growth ($r=.27$), positive relations ($r=.26$), and purpose in life ($r=.19$), respectively on the basis of these findings the second hypothesis “there would be significant relationship found between optimism and dimensions of psychological well-being” was also accepted. The results are consistent with the studies of Jahanara (2017) which confirmed that optimism is positively related to psychological well-being. Significant positive correlations were found between. Padhy *et al.* (2015) also reported that optimism is significantly related with psychological well-being.

However the third hypothesis “self-compassion would be found significantly correlated with the dimensions of psychological well-being” was rejected as the findings show that self-compassion is not correlated with dimensions of psychological well-being [autonomy ($r=.05$), environmental mastery ($r=.14$), personal growth ($r=.06$), positive relations ($r=.10$), purpose in life ($r=.06$), and self-acceptance ($r=.06$)], respectively. Tarber, Cohn, Casazza, Hastings, and Steele (2016) findings reflected that self-compassion, while not a full mediator between maltreatment and psychological well-being.

Further positively relationship was found between autonomy, environmental mastery, personal growth, positive relations, purpose in life, and self-acceptance. Findings also indicate that environmental mastery is significantly related with personal growth, positive relations, purpose in life, and self-acceptance. Also there is significant relationship found among personal growth, positive relations, purpose in life, and self-acceptance.

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