

Subjective Happiness and Hope*

Felicidad y esperanza subjetiva

Enviado: febrero 13 de 2014 | Recibido: octubre 18 de 2014 | Aceptado: octubre 18 de 2014

HAKAN SARIÇAM**

Dumlupınar University, Turkey

ABSTRACT

The aim of this research is to examine the relationships between subjective happiness and hope. The participants were 435 university students. In this study, the Integrative Hope Scale and the Subjective Happiness Scale were used. The relationships between were examined using correlation analysis and Structural Equation Model (SEM). In correlation analysis, trust and confidence, positive future orientation, and social relations and personal value sub factors of hope were found positively related to subjective happiness. On the other hand, lack of perspective sub factor of hope was found negatively correlated to subjective happiness. Structural Equation Model showed that subjective happiness was predicted positively by trust and confidence, positive future orientation, and social relations and personal value. However, subjective happiness was negatively explained by lack of perspective. According to standardized beta coefficients ($\beta = 0.34$), the most significant predictor of subjective happiness was trust and confidence. Results were discussed in the light of the related literature.

Keywords

happiness; hope; future; trust; confidence

RESUMEN

El objetivo de esta investigación es examinar las relaciones entre la felicidad subjetiva y la esperanza. Los participantes fueron 435 estudiantes universitarios. En este estudio, se utilizaron la Escala de Esperanza Integrativa y la Escala de Felicidad Subjetiva. Las relaciones fueron examinadas usando análisis de correlación y modelo de ecuaciones estructurales (SEM). En el análisis de correlación, la verdad y la confianza, la orientación positiva al futuro, y las relaciones sociales y los subfactores de valores personales de esperanza presentaron una relación positiva con la felicidad subjetiva. Por otro lado, la falta del subfactor de perspectiva de esperanza se encontró una correlación negativa con la felicidad subjetiva. El Modelo de Ecuaciones Estructurales mostró que la felicidad subjetiva se predijo positivamente por la verdad y la confianza, orientación positiva al futuro, y las relaciones sociales y el valor personal. Sin embargo, la felicidad subjetiva se explicó negativamente por la falta de perspectiva. De acuerdo con los coeficientes beta estandarizados ($\beta = 0.34$), el predictor más importante de la felicidad subjetiva fue la verdad y la confianza. Los resultados se discuten a la luz de la literatura relacionada.

Palabras claves

Felicidad; esperanza; futuro; la confianza; confianza

doi:10.11144/Javeriana.upsy14-1.shah

Para citar este artículo: Sariçam, H. (2015). Subjective happiness and hope. *Universitas Psychologica*, 14(2), 685-694. <http://dx.doi.org/10.11144/Javeriana.upsy14-1.shah>

* Artículo de reflexión

** Psychological Counseling. Correo electrónico: hakansaricam@gmail.com

Introduction

Traditionally in psychology, the focus has been on identifying and treating abnormal structures such as depression, anxiety, stress and etc. This is critically important for those facing mental problems however; it provides an incomplete picture of mental health (Snyder & Lopez, 2007). Within the field of Positive Psychology, the early definitions made by Diener (2000), describe happiness as having positive affect and life satisfaction over experiencing less negative effect. In other words, positive psychology focuses on well-being, happiness, flow, personal strengths, wisdom, creativity, imagination and characteristics of positive experiences (Marujo & Neto, 2008; Seligman & Csikszentmihalyi, 2005). What about positive experiences? Myers and Diener (1995) focused on happiness in order to explain positive experiences. Happiness identified as 'a state of well-being and contentment' or 'a pleasurable or satisfying experience'. Happiness is often used in place of subjective well-being term in the psychology (Lyubomirsky, Sheldon, & Schkade, 2005; Sheldon & Lyubomirsky, 2004; Sagiv, Roccas, & Hazan, 2004). Put another way, happiness is an emotion combined with other positive emotions, resulting in subjective well-being. Diener (2000) identifies subjective well-being as being positive emotions of person are much more than negative emotions and life satisfaction.

Happiness has two affective constituents. One of them is called affective constituent refers to 'hedonic level' is 'the degree to which the various affects a person experience are pleasant', Second of them, cognitive constituent is called 'contentment' is "the degree to which an individual perceives his aspiration to be met" (Brülde, 2007; Chekola, 2007; Haybron, 2003; Kashdan, 2004; Sirgy *et al.*, 2006; Veenhoven, 2005). Due to these two dimensions of happiness, Haybron (2003) and Chekola (2007) defines happiness as having two parts: psychological happiness focusing on state of mind and prudential happiness focusing on well-being. Indeed, happiness depends on both cognitive and emotional components. In this respect, it could be argued that happiness presents the individual as a whole. Namely,

subjective happiness is an essential factor for social happiness or life satisfaction.

Hope

Conventional psychologists have examined to hope level by means of hopelessness, because they have worked on problem-focused. In other words, hopelessness is central to the concept of recovery from mental disorders, both as a trigger of the recovery process and as a maintaining factor (Bonney & Stickley, 2008; Whitley & Drake, 2010). Hopelessness is a trigger factor for depression (Çetintürk, 2001; Wong & Lim, 2009), besides it is evaluated under the symptoms of depression (Farina, Hearsh, & Popovich, 1995). However, in recent times, positive psychologist offer a number of reasons why hope is a relevant variable in mental health practice and research: In this view, subjective well-being is increasingly viewed as a primary outcome of therapeutic strategies, and hope is considered an important factor associated with well-being (Slade, 2009).

The process of thinking about one's goals, along with the motivation to move toward (agency- goal-directed energy) and the ways to achieve (pathways- planning to meet goals) those goals (Snyder, 1995). Positive thoughts and expectations for the future among people had a positive influence on their resilience. In this context, hope to be the best predictor for resilience was in line with the literature suggesting that hope encourages resilience (Benard, 1999; Brooks, 2006; Gizir, 2004; Masten, 2001; Ong, Edwards, & Bergeman, 2006; Snyder *et al.*, 2000). Moreover, hope is a protective factor for human adaptation, and for psychotherapeutic change (Magaletta & Oliver, 1999; Hayes *et al.*, 2007), being consistently identified as a key factor in psychological counseling by client, family members and therapists in various settings (Schrang, Stanghellini, & Slade, 2008; Redlich, Hadas-Lidor, Weiss, & Amirav, 2010).

The present study

Hope and subjective happiness have been extensively studied in the last decades within the frame-

work of positive psychology which give emphasis on human growth and strengths as well as well-being. Happiness is associated with well-being (Ahuvia, 2002), life satisfaction (Linley, Nielsen, Gillett, & Biswas-Diener, 2010), flourishing (Diener, *et al.*, 2009) positively, unlike major/minor depression (McGreal & Joseph, 1993; Layous *et al.*, 2011), neuroticism (Joseph *et al.*, 2005). Although the relationships between subjective happiness and other concepts have been widely examined, much less research has focused on subjective happiness and its relationship with hope. Hope may be one of the most important structures to understand subjective happiness, because it has not only positive dimensions such as trust and confidence, lack of perspective, positive future orientation, and social relations and personal value but also negative dimensions like as lack of perspective. The another reason for relations of these concepts: Hope has also positive relations with psychological well-being (Magaletta & Oliver, 1999), life satisfaction (Wong & Lim, 2009), optimism (Scheier & Carver, 1993), Carver & Scheier, 2000b), internal locus of control (Gizir, 2004), resilience, self-efficacy (Bandura, 1997; Zimmerman, Bandura, & Martinez-Pons, 1992), while negative relationships with depression (Çetintürk, 2001), anxiety (Onwuegbuzie, 1998), external locus of control (Gizir, 2004), pessimism (Carver & Scheier, 2000b) like subjective happiness. The purpose of this study was to examine the dimensions of hope as related to subjective happiness. Hence, it was hypothesized in this study that as hope and its positive characteristics increase, subjective happiness may increase or vice versa. However, if lack of perspective increase, subjective happiness may decrease.

Method

Participants

The present research was carried out with a sample of 435 university students 218 of whom (50%) were females, 217 (50%) were male students from different grade levels enrolled in different departments of Education Faculty in Sakarya University and

Dumlupınar University, Turkey. The departments of these students were early childhood education (n=111), psychological counseling and guidance (n=72), social sciences education (n=78), primary education (n=120), Turkish literature (n=30), and special education (n=24). Their ages ranged from 17 to 31 years and their mean age was 23.42 years. 91 students (21%) were freshmen, 85 (19.5%) were sophomores, 122 (28%) were juniors and 137 (31.5%) were seniors students.

Instruments

Subjective Happiness Scale: Happiness was measured by using Subjective Happiness Scale- (Lyubomirsky & Lepper 1999). Doğan and Totan (2013) had done Turkish adaptation of this scale. The scale consists of four items (e.g., I think I am a happy person), and each item was presented on a seven-point Likert scale (1 = very unhappy, 7 = very happy). The total scores ranged from 4 to 28, with a higher score indicating higher subjective happiness. The goodness of fit index values of the Turkish university students group model were (NFI= 0.92, CFI= 0.93, IFI= 0.93; GFI= 0.96, RMSEA= 0.019, RMR = 0.066). The internal consistency coefficient (Cronbach alpha) for the Turkish SHS was 0.65 for university students and 0.70 for community sample.

Integrative Hope Scale (Schrack, Woppmann, Sibitz, & Lauber, 2011). The Integrative Hope Scale contains 23 items on a 6-point scale (1 = I disagree, 6 = I agree). The scale has four sub-dimensions: Trust and confidence (TC, nine items, e.g., "I have deep inner strength"), lack of perspective (S-E, six items, e.g., "It is hard for me to keep up my interest in activities I used to enjoy."), positive future orientation (S-E, four items, e.g., "There are things I want to do in life."), and social relations and personal value (AL, four items, e.g., "I have someone who shares my concerns"). A Turkish adaptation study was carried out by Sarıçam and Akın (2013). As original form and that the four-dimensional model was well fit ($\chi^2/df= 2.75$, RMSEA=0.062, CFI=0.94, IFI=0.94, NFI=0.90, and SRMR=0.063). Factor loadings ranged from 0.25 to 0.67. Internal consistency coefficients were

found as 0.76 for overall scale and as 0.80, 0.71, 0.68, and 0.45, for four subscales, respectively. Corrected item-total correlations ranged from 0.24 to 0.57.

Procedure

Permission for participation of students was obtained from related department managers. Teachers voluntarily participated in research. Prior to administration of scales, all participants were informed about purposes of the study. Relationships between two variables (Subjective happiness and hope) and their sub-dimensions were tested using Pearson Product Moment Correlation Coefficient at .01 probability level. Moreover, data were analyzed by means of confirmatory factor analysis and structural equation modelling (SEM) using the LISREL 9.1 program. SEM is a statistical methodology that takes a confirmatory approach to the analysis (Byrne 2006). In this approach a hypothesized model of relations between variables is tested statistically to determine the extent to which it is consistent with the data, which is referred to as the goodness of fit. If the goodness of fit is adequate it supports the plausibility of the relations among the variables. To assess model fit, we used well-established indices such as GFI, AGFI, CFI, NFI, RFI, IFI, SRMR and RMSEA as well as the chi-square test statistics. For the GFI, AGFI, CFI, NFI, RFI, and IFI indices, values greater than 0.90 are typically considered acceptable and values greater than 0.95 indicate good fit to the data (Byrne 2006; Hu & Bentler, 1999).

For well specified models, SRMR and RMSEA of .06 or less reflect a good fit (Hu & Bentler, 1999). For the analysis of data SPSS 17 and LISREL 9.1 were utilized.

Results

Inter-correlations and Descriptive Data

Table 1 shows the inter-correlations of the variables, means, standard deviations, and internal consistency coefficients of the variables used.

When Table 1 is examined, it is seen that there are significant correlations between hope, dimensions of hope and subjective happiness. Hope ($r=0.61$, $p<0.01$), trust and confidence ($r=0.46$, $p<0.01$), positive future orientation ($r=0.41$, $p<0.01$), social relations and personal value ($r=0.34$, $p<0.05$) related positively to happiness. In contrary, lack of perspective ($r=-0.33$, $p<0.01$), was found negatively associated with happiness. There were also significant correlations between dimensions of hope.

Structural Equation Modeling

Hypothesized model was examined via structural equation modeling (SEM). According to this model, subjective happiness is predicted by trust and confidence, lack of perspective, positive future orientation, and social relations-personal value. Figure 1 presents the results of SEM analysis, us-

TABLE 1. Descriptive statistics, alphas, and inter correlations of the variables

Variables	1	2	3	4	5	6
1. Trust and confidence	1					
2. Lack of perspective	-0.48**	1				
3. Positive future orientation	0.57**	-0.46**	1			
4. Social relations and personal value	0.39**	-0.40**	0.42**	1		
5. Hope	0.76**	-0.64**	0.69**	0.53**	1	
6. Happiness	0.46**	-0.33**	0.41**	0.34*	0.61**	1
Mean	43.76	29.60	17.44	15.83	106.63	23.13
Standard deviation	7.81	8.36	7.12	14.95	13.69	9.48
Alpha	0.77	0.82	0.71	0.70	0.64	0.88

* $p<0.05$, ** $p<0.01$

Source: own work

ing maximum likelihood estimations. The model demonstrated excellent fit ($\chi^2/df = 2.31$, GFI = 0.90, AGFI = 0.91, CFI = 0.89, NFI = 0.90, RFI = 0.91, IFI = 0.90, SRMR=0.053 and RMSEA = 0.059) and also accounted for 34% of the subjective happiness variances.

Discussion and conclusion

According to the results of the study, there is a statistically significant relationship between hope and happiness. Besides, the hope plays a role as predictive factor of happiness on the Turkish university students. As we mentioned before, previous research findings emphasized that high scores of hope is not only positively related to psychological health (Allott, Loganathan, & Fulford, 2002), psychological strength (Valle, Huebner, & Suldo, 2006), psychological well-being and self compassion (Raque-Bogdan, 2010), self-esteem (Ciarrochi, Heaven, & Davies, 2007), life satisfaction and optimism (Bailey, Eng, Frisch, & Snyder, 2007),

but also negatively related to burnout (Pompili *et al.*, 2010), anxiety (Cunningham, Gunn, Alladin, & Cawthorpe, 2008), worry (Shinn *et al.*, 2009), depression (Arnau *et al.*, 2007), stress (Landis *et al.*, 2007), rumination (Michael & Snyder, 2005) and our study results are supported by all these findings. The current study conducted with the Turkish culture also supporting the previous studies. Studies have shown that subjective happiness is associated with self-perceptions of well-being (Ryan & Deci, 2001), satisfaction with life (Diener, 2000; Suh *et al.*, 1998), life orientation (Doğan & Akinci Çötök, 2011), subjective vitality (Akın, 2012), satisfying relationships, positive emotions (Diener & Seligman, 2002), emotional intelligence (Extremera, Dura'n, & Rey, 2007), and self-enhancing bias (Lee & Im, 2007) positively. But it has negative correlations with Internet addiction (Akın, 2012), depression (Doğan & Akinci Çötök, 2011), low self-esteem (Diener, & Seligman, 2002; Ryan, & Deci, 2001) and stress (Argyle, Martin, & Lu, 1995). All findings

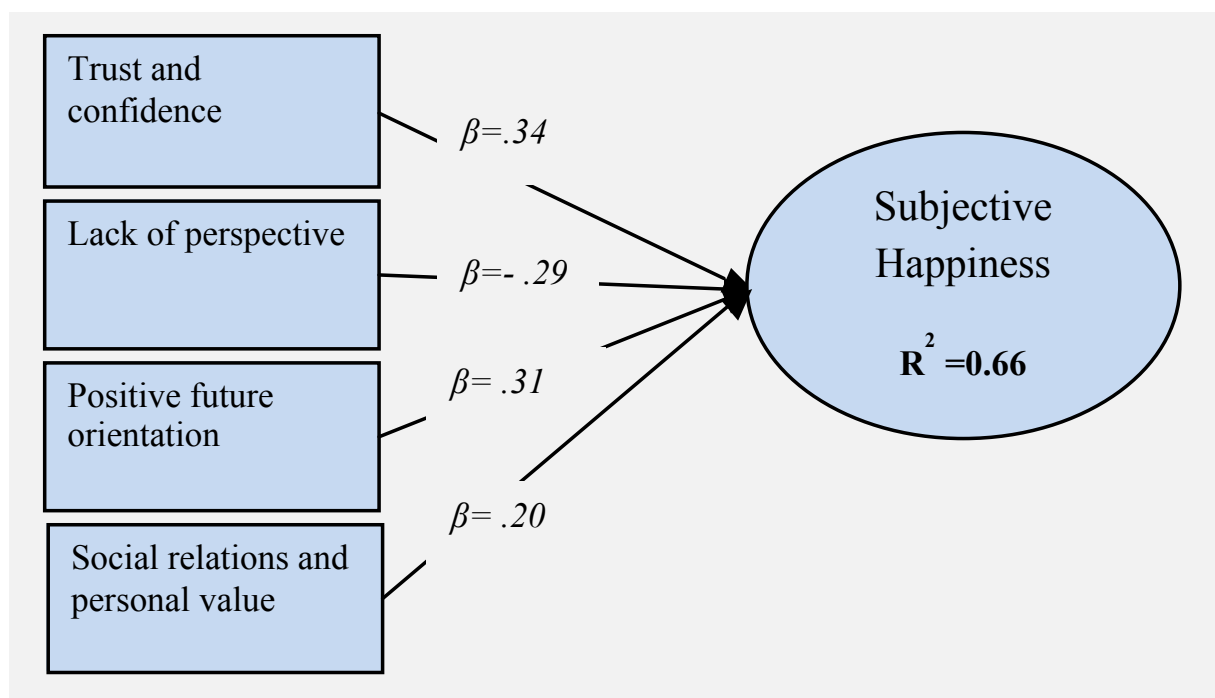


Figure 1: Path analysis between hope and subjective happiness

Source: own work

showed that subjective happiness and hope have positive or negative relationships between same concepts. Hence, there is a correlation between these two structures. Briefly, as expected, correlational results of the study showed that subjective happiness had a positive relationship with hope. The implication is that tendency to accept lack of perspective may indicate a risk for subjective happiness (Sheldon & Lyubomirsky, 2004).

Most people try hard to find happiness. However, it is seen that those who struggle cannot get it. Sometimes, happiness is something that comes naturally, something that comes from time to time, a kind of life satisfaction (Tiefenbach & Kohlbacher, 2013). Yet, it is necessary to think that everything goes well if you have a proper job, a good health and a good relationship in that life satisfaction (Csikszentmihalyi & Hunter, 2003). If any of them is lacking, the sadness is likely to occur (Griffin, 2007; Veenhoven & Hagerty, 2006). Sadness is one of the most important trigger of depression that source of hopeless. Therefore, if subjective happiness increases, hope levels can rise or vice versa. In other words, subjective happiness and hope are necessary for life satisfaction.

The purpose of this study was to examine the dimensions of hope as related to subjective happiness. This study demonstrates that the hope associated with subjective happiness. Also this investigation is the first to explore the relationships between hope and subjective happiness. Although many studies have suggested that subjective happiness can substantially influence hope (Lu & Hsu, 2013), no research has addressed the factors that might mediate these relationships. In other words, subjective happiness and literature is unclear about how subjective happiness increases hope or vice versa. This research suggests that the encouragement of could be subjective happiness highly beneficial for rising hope. Consequently, this research shows that subjective happiness has a direct impact on the hope. People high in trust and confidence, positive future orientation, and social relations-personal value are more likely to be happy than those high in lack of perspective.

This study has some limitations. First of all, the sample presented here is limited to education faculty university students. For that reason, it is questionable whether the findings can be generalized to different departments and age groups. Second as correlational statistics were utilized, no definitive statements can be made about causality. Finally, this research was limited by the use of self-report scales and did not use a qualitative measure of integrative hope and subjective happiness. Despite these limitations the finding that really stands out in this study is the importance of the subjective happiness in relation to hope.

In conclusion, this research reports that the hope related to subjective happiness significantly. Students high in hope are more likely to experience subjective happiness. For this reason, current study would further our understanding of the significant predictors of subjective happiness, without forgetting that more research is needed to examine the antecedents of the hope.

References

- Ahuvia, A. C. (2002). Individualism/collectivism and cultures of happiness: A theoretical conjecture on the relations between consumption, culture and subjective well-being at the national level. *Journal of Happiness Studies*, 3, 23-36.
- Akın, A. (2012). The relationships between internet addiction, subjective vitality, and subjective happiness. *Cyberpsychology, Behavior, and Social Networking*, 15(8), 404-410. Doi: <http://dx.doi.org/10.1089/cyber.2011.0609>.
- Allott, P., Loganathan, L., & Fulford, K. W. M. (2002). Discovering hope for recovery: A review of a selection of recovery literature, implications for practice and systems change. *Canadian Journal of Community Mental Health*, 21(2), 13-34.
- Argyle, M., Martin, M., & Lu, L. (1995). Testing for stress and happiness: The role of social and cognitive factors. In C. D. Spielberger, & I. G. Sarason (Eds.), *Stress and emotion* (pp. 173-187). Washington, DC: Taylor & Francis.

- Arnau, R., Rosen, D., Finch, J., Rhudy, J., & Fortunato, V. (2007). Longitudinal effects of hope on depression and anxiety: A latent variable analysis. *Journal of Personality*, 75, 43–64.
- Bailey, T., Eng, W., Frisch, M., & Snyder, C. (2007). Hope and optimism as related to life satisfaction. *Journal of Positive Psychology*, 2(3), 168–175.
- Bandura, A. (1997). *Self-efficacy: The exercise of control*. New York: Freeman.
- Benard, B. (1999). Applications of resilience: Possibilities and promise. In M. D. Glantz, J. L. Johnson (Eds.), *Resilience and development: Positive life adaptations*. (pp. 269–277). New York: Kluwer Academic/Plenum.
- Boehm, J. K., & Lyubomirsky, S. (2009). The promise of sustainable happiness. *Handbook of Positive Psychology*, 667–677.
- Bonney, S., & Stickley, T. (2008). Recovery and mental health: a review of the British literature. *Journal of Psychiatric and Mental Health Nursing* 15, 140–153.
- Brooks, J. E. (1994). Children at risk fostering resilience and hope. *American Journal of Orthopsychiatry*, 64(4), 545–553.
- Brooks, J. E. (2006). Strengthening resilience in children and youths: Maximizing opportunities through the schools. *Children & Schools*. 28(2), 69–76.
- Brülde, B. (2007). Happiness theories of the good life. *Journal of Happiness Studies*, 8(1), 15–49.
- Byrne, B.M. (2006). *Structural equation modeling with EQS: Basic concepts, applications and programming*. Mahwah, NJ: Erlbaum.
- Carver, C. S., & Scheier, M. F. (2000a). Optimism, pessimism, and self-regulation. In E. C. Chang (Ed.), *Optimism and pessimism* (pp. 31–52). Washington, DC: American Psychological Association.
- Carver, C. S., & Scheier, M. F. (2000b). Optimism. In C. R. Snyder (Ed.), *Coping: The psychology of what works* (pp. 182–204). New York: Oxford University Press.
- Çetintürk H. (2001). Yatılı ilköğretim bölge okulu II. Kademe öğrencileriyle normal ilköğretim okulu II. Kademe öğrencilerinin depresyon ve umutsuzluk düzeyleri açısından karşılaştırılması [Comparison of students studying in the second grade of secondary school and boarding secondary school in terms of hopelessness and depression]. Unpublished Master Thesis. Atatürk University, Erzurum.
- Chekola, M. (2007). Happiness, rationality, autonomy and the good life. *Journal of Happiness Studies* 8, 51–78.
- Ciarrochi, J., Heaven, P. C., & Davies, F. (2007). The impact of hope, self-esteem, and attributional style on adolescents' school grades and emotional well-being: A longitudinal study. *Journal of Research in Personality*, 41, 1161–1178.
- Csikszentmihalyi, M., & Hunter, J. (2003). Happiness in everyday life: The uses of experience sampling. *Journal of Happiness Studies*, 4, 185–199.
- Cunningham, S., Gunn, T., Alladin, A., & Cawthorpe, D. (2008). Anxiety, depression and hopelessness in adolescents: a structural equation model. *Journal of the Canadian Academy of Child and Adolescent Psychiatry*, 17(3), 137–144.
- Diener E. (2000). Subjective well-being: The science of happiness and a proposal of a national index. *American Psychologist*, 55, 34–43.
- Diener, E. (1984). Subjective well-being. *Psychological Bulletin*, 95, 542–575.
- Diener, E., Wirtz, D., Tov, W., Kim-Prieto, C., Choi, D., Oishi, S., & Biswas-Diener, R. (2009). New measures of well-being: Flourishing and positive and negative feelings. *Social Indicators Research*, 39, 247–266.
- Diener, E., & Seligman, M. E. P. (2002). Very happy people. *Psychological Science*, 13, 81–84.
- Doğan, T., & Totan, T. (2013). Psychometric properties of Turkish version of the Subjective Happiness Scale. *The Journal of Happiness & Well-Being*, 1(1), 21–28.
- Doğan, T., & Akinci Çötök, N. (2011). Adaptation of the Short Form of the Oxford Happiness Questionnaire into Turkish: A validity and reliability study. *Türk Psikolojik Danışma ve Rehberlik Dergisi*, 4(36), 165–172.
- Extremera, N., Dura'n, A., & Rey, L. (2007). Perceived emotional intelligence and dispositional optimism–pessimism: Analyzing their role in predicting psychological adjustment among adolescents. *Personality and Individual Differences*, 42, 1069–1079.

- Farina, C. J., Hearth, A. K., & Popovich, J. M. (1995). Hope and hopelessness: Critical clinical constructs. Thousand Oaks, CA: Sage.
- Gizir, C. A. (2004). *Academic resilience: An investigation of protective factors contributing to the academic achievement of eight grade students in poverty*. Unpublished doctoral dissertation. Middle East Technical University, Ankara.
- Griffin, J. (2007). What do happiness studies study? *Journal of Happiness Studies*, 8, 139-148.
- Haybron, D. M. (2003). What do we want from a theory of happiness. *Metaphilosophy*, 34(3), 305-329.
- Hayes, A. M., Feldman, G. C., Beevers, C. G., Laurenceau, J.-P., Cardaciotto, L.A., & Lewis-Smith, J. (2007). Discontinuities and cognitive changes in an exposure-based cognitive therapy for depression. *Journal of Consulting and Clinical Psychology*, 75, 409-421.
- Hills, P., & Argyle, M. (2002). The Oxford Happiness Questionnaire: A compact scale for the measurement of psychological well-being. *Personality and Individual Differences*, 33, 1073-1082.
- Hills, P., & Argyle, M. (2001a). Happiness, introversion-extraversion and happy introverts. *Personality and Individual Differences*, 30, 595-608.
- Hills, P. & Argyle, M. (2001b). Emotional stability as a major dimension of happiness. *Personality and Individual Differences* 31, 1357-1364.
- Hu, L. T., & Bentler, P. M. (1999). Cut off criteria for fit indexes in covariance structural analysis: Conventional criteria versus new alternatives. *Structural Equation Modeling*, 6, 155.
- Joseph, S. Linley, P. A., Harwood, J., Lewis, C. A., & McCollam, P. (2005). Rapid assessment of well-being: The Short Depression-Happiness Scale (SDHS). *Psychology and Psychotherapy: Theory, Research and Practice*, 77, 463-478.
- Kashdan, T. B. (2004). The Assessment of subjective well-being. *Personality and Individual Differences* 36, 1225-1232.
- Landis, D., Gaylord-Harden, Noni K., Malinowski, S., Grant, K., Carleton, R., & Ford, R. (2007). Urban adolescent stress and hopelessness. *Journal of Adolescence*, 30, 1051-1070.
- Layous, K., Chancellor, J., Lyubomirsky, S., Wang, L., & Doraiswamy, P. M. (2011). Delivering happiness: Translating positive psychology intervention research for treating major and minor depressive disorders. *The Journal of Alternative and Complementary Medicine*, 17(8), 675-683.
- Lee, J. Y., & Im, G. S. (2007). Self-enhancing bias in personality, subjective happiness, and perception of life events: A replication in a Korean aged sample. *Aging and Mental Health*, 11, 57-60.
- Linley, P. A., Nielsen, K. M., Gillett, R., & Biswas-Diener, R. (2010). Using signature strengths in pursuit of goals: Effects on goal progress, need satisfaction, and well-being, and implications for coaching psychologists. *International Coaching Psychology Review*, 5(1), 6-15.
- Lu, F. J., & Hsu, Y. (2013). Injured athletes' rehabilitation beliefs and subjective well-being: the contribution of hope and social support. *Journal of Athletic Training*, 48(1), 92-8. doi: <http://dx.doi.org/10.4085/1062-6050-48.1.03>.
- Lyubomirsky, S., Dickerhoof, R., Boehm, J. K., & Sheldon, K. M. (2011). Becoming happier takes both a will and a proper way: An experimental longitudinal intervention to boost well-being. *Emotion*, 11(2), 391-402.
- Lyubomirsky, S., Sheldon, K. M., & Schkade, D. (2005). Pursuing happiness: The architecture of sustainable change. *Review of General Psychology*, 9(2), 111-131.
- Lyubomirsky, S., & Lepper, H. A. (1999). A measure of subjective happiness: Preliminary reliability and construct validation. *Social Indicators Research*, 46, 137-155.
- Lyubomirsky, S., & Tucker, K. L. (1998). Implications of individual differences in subjective happiness for perceiving, interpreting, and thinking about life events. *Motivation and Emotion*, 22(2), 155-186.
- Lyubomirsky, S., & Ross, L. (1997). Hedonic consequences of social comparison: A contrast of happy and unhappy people. *Journal of Personality and Social Psychology*, 73, 1141-1157.
- Magaletta, P. R., & Oliver, J. M. (1999). The hope construct, will, and ways: Their relations with self-efficacy, optimism, and general well-being. *Journal of Clinical Psychology*, 55(5), 539-551.
- Marujo, H., & Neto, L. M. (2008). Programa VIP: Hacia una Psicología positiva aplicada (VIP Program:

- towards an applied Positive Psychology). In C. Vázquez & G. Hervás (Eds.), *Psicología Positiva Aplicada (Applied Positive Psychology)* (pp. 311–336). Bilbao, Spain: Declee de Brower.
- Masten, A. S. (2001). Ordinary Magic: Resilience process in development. *American Psychologist*, 56(3), 227-238.
- McGreal, R., & Joseph, S. (1993). The Depression- Happiness Scale. *Psychological Reports*, 73, 1279-1282.
- Michael, S. T., & Snyder, C. R. (2005). Getting unstuck: the roles of hope, finding meaning, and rumination in the adjustment to bereavement among college students. *Death Studies*, 29, 435–458.
- Myers, D. G., & Diener, E. (1995). Who is Happy?. *Psychological Science*, 6(1), 10-19.
- Ong, A. D., Edwards, L. M., & Bergeman, C. S. (2006). Hope as a source of resilience in later adulthood. *Personality and Individual Differences* 41, 1263–1273.
- Onwuegbuzie, A. J. (1998). Role of hope in predicting anxiety about statistics. *Psychological Reports*, 82(3), 1315-1320.
- Pompili, M., Innamorati, M., Narciso, V., Kotzalidis, G. D., Dominici, G., Talamo, A., ... Tatarelli R. (2010). Burnout, hopelessness and suicide risk in medical doctors. *La Clinica terapeutica*, 161(6), 511-4.
- Raque-Bogdan, R. (2010). *Self-compassion, hope, and well-being of women experiencing primary and secondary infertility: an application of the biopsychosocial model*. Unpublished Master Thesis. College Park: University of Maryland.
- Redlich, D., Hadas-Lidor, N., Weiss, P., & Amirav, I. (2010). Mediated Learning Experience (MLE) intervention increases hope of family members coping with a relative with severe mental illness. *Community Mental Health Journal*, 46, 409–415.
- Ryan, R. M., & Deci, E. L. (2001). On happiness and human potentials: A review of research on hedonic and eudaimonic well-being. *Annual Reviews Psychology*, 52, 141–166.
- Sagiv, L., Roccas, S., & Hazan, O. (2004). Value pathways to well-being: Healthy values, valued goal attainment, and environmental congruence. In P. A. L. S. Joseph (Ed.), *Positive Psychology in Practice* (pp. 68–85). Hoboken, NJ: Wiley.
- Sarıçam, H., & Akin, A. (2013). The Adaptation of Integrative Hope Scale to Turkish: The Study of Validity and Reliability. *Adıyaman University Journal Of Social Sciences*, 6(15), 1-21.
- Scheier, M. F., & Carver, C. S. (1993). On the power of positive thinking: the benefits of being optimistic. *Current Directions of Psychological Science*, 2(1), 26-30.
- Schrank, B., Woppmann, A., Sibitz, I., & Lauber, C. (2011). Development and Validation of an Integrative Scale to Assess Hope. *Health expectations*, 14(4), 417–428.
- Schrank, B., Stanghellini, G., & Slade, M., (2008). Hope in psychiatry: a review of the literature. *Acta Psychiatrica Scandinavica*, 118, 421–433.
- Seligman, M. E. P., & Csikszentmihalyi, M. (2005). Positive psychology: An introduction. *American Psychologist*, 60(5), 410-421. <http://dx.doi.org/10.1037/0003-066X.60.5.410>
- Seligman, M. E. P., & Csikszentmihalyi, M. (2000). Positive psychology: An introduction. *American Psychologist*, 55(1), 5-14. <http://dx.doi.org/10.1037/0003-066X.55.1.5>
- Sheldon, K. M., & Lyubomirsky, S. (2004). Achieving sustainable new happiness: Prospects, practices, and prescriptions. In A. Linley & S. Joseph (Eds.), *Positive psychology in practice* (pp. 127-145). Hoboken, NJ: John Wiley & Sons.
- Shinn, E. H., Taylor, C. L., Kilgore, K., Valentine, A., Bodurka, D. C., Kavanagh, J., ... Basen-Engquist, K. (2009). Associations with worry about dying and hopelessness in ambulatory ovarian cancer patients. *Palliat Support Care*, 7(3), 299-306. <http://dx.doi.org/10.1017/S1478951509990228>.
- Sirgy, M. J., Michalos, A. C., Ferriss, A., Easterlin, R.A., Patrick, D., & Pavot, W. (2006). The Quality-Of-Life (QOL) Research Movement: Past, Present and Future. *Social Indicators Research*, 76, 343-466.
- Slade, M. (2009). *Personal Recovery and Mental Illness. A Guide for Mental Health Professionals*. Cambridge: Cambridge University Press.
- Snyder, C. R. (1995). Conceptualising, measuring and nurturing hope. *Journal of Counseling and Development*, 73, 355-360.
- Snyder, C. R., & Lopez, S. J. (2007). *Positive psychology: The scientific and practical explorations of human*

- strengths. Thousand Oaks, CA, US: Sage Publications.
- Snyder, C. R., Feldman, D. B., Taylor, J. D., Schroeder, L. L., & Adams, V., III. (2000). The roles of hopeful thinking in preventing problems and enhancing strengths. *Applied & Preventive Psychology*, 9, 249-270.
- Suh, E., Diener, E., Oishi, S., & Triandis, H. (1998). The shifting basis of life satisfaction judgments across cultures: emotions versus norms. *Journal of Personality and Social Psychology*, 74, 482-493.
- Tiefenbach, T., & Kohlbacher, F. (2013). *Happiness and life satisfaction in japan by gender and age*. Working paper. Deutsches Institut Für Japanstudien.
- Valle, M. F., Huebner, E. S., & Suldo, S. M. (2006). An analysis of hope as a psychological strength. *Journal of School Psychology*, 44, 393-406.
- Veenhoven, R., & Hagerty, M. (2006). Rising Happiness in Nations 1946-2004: A Reply to Easterlin. *Social Indicators Research*, 79, 421-436. <http://dx.doi.org/10.1007/s11205-005-5074-x>.
- Vennhoven, R. (2005). Apparent quality of life in Nations. *Social Indicators Research*, 71, 61-68.
- Veenhoven, R. (1991). Questions on happiness: Classical topic, modern answers, blind spots. In M. Argyle, N. Schwarz, & F. Strack (Eds.), *Subjective well-being: An interdisciplinary perspective* (pp. 7-26). Oxford: Pergamon.
- Whitley, R., & Drake, R. E. (2010). Recovery: a dimensional approach. *Psychiatric Services* 61, 1248-1250.
- Wong, S. S., & Lim, T. (2009). Hope versus optimism in Singaporean adolescents: Contributions to depression and life satisfaction. *Personality and Individual Differences*, 46, 648-652.
- Zimmerman, B. J., Bandura, A., & Martinez-Pons, M. (1992). Self-motivation for academic attainment: The role of self-efficacy beliefs and personal goal setting. *American Educational Research Journal*, 29(3), 663-676.

Copyright of Universitas Psychologica is the property of Pontificia Universidad Javeriana and its content may not be copied or emailed to multiple sites or posted to a listserv without the copyright holder's express written permission. However, users may print, download, or email articles for individual use.