



HOPE AND RESILIENCE AMONG NONRESIDENTIAL INDIANS

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Running Head: Hope and Resilience

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ABSTRACT

The variables like Hope and Resilience are psychological traits that can act as protective factors against adversity. Hope is an optimistic state of mind that is based on an expectation of positive outcomes with respect to events and circumstances in one's life. Resilience is the process and outcome of successfully adapting to difficult or challenging life experiences. The main objective of this study is to examine the Hope and resilience among nonresidential Indians. A sample of 400 nonresidential Indians (268 males, 132 females) of South Indians who are working in Gulf countries. The sample was selected by using random sampling technique. The tools used were The Adult Hope Scale and Brief Resilience Scale. Personal data schedule was used to collect demographic variables such as sex, and age. The statistical technique used were Pearson Correlation, *t* test, One-way ANOVA and Duncan. The results showed that there was significant correlation between hope and resilience, and there was significant difference between the male and female nonresidential Indians in their resilience. This study also found that there was no significance difference between the nonresidential Indians who belonged different age groups for the variable hope, and for the variable resilience, 21 to 30 years age group had more resilience than other age groups.

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A.

INTRODUCTION

Hope is an optimistic attitude of mind based on an expectation of positive outcomes. Hope and resilience psychological traits that can act as protective factors against adversity. The evidence shows that the belief the future will be better is the mindset that drives resilient behaviors about non-residential Indians. Andreason, 2003 defined that Nonresidential Indian as an individual who works or live outside of their own home nation on a non-permanent basis.

Hope is an optimistic state of mind that is based on an expectation of positive outcomes with respect to events and circumstances in one's life. According to Snyder, Irving, and Anderson, (1991) hope is a positive cognitive state based on a sense of successful goal-directed determination and planning to meet these goals. In other words, hope is like a snapshot of a person's current goal-directed thinking, highlighting the motivated pursuit of goals and the expectation that those goals can be achieved.



Snyder's hope theory is a life-sustaining human strength comprised of three distinct components that is Goals Thinking - the clear conceptualization of valuable goals, Pathways Thinking - the capacity to develop specific strategies to reach those goals Agency Thinking primary ability to initiate and sustain the motivation for using strategies. No one is exempted from experiencing challenging life events, hope fosters an orientation to life that allows a grounded and optimistic outlook even in the most challenging of circumstances.

The term resilience is the process and outcome of successfully adapting to difficult or challenging life experiences, especially through mental, emotional, and behavioral flexibility and adjustment to external and internal demands. Psychological resilience is the ability to cope mentally or emotionally with a crisis or to return to pre-crisis status quickly. Resilience exists when the person uses mental processes and protecting self from the potential negative effects of stressors. People who develop psychological and behavioral capabilities that allow to move from the incident without long-term negative consequences.

When a person is bombarded by daily stress, it disrupts their internal and external sense of balance, presenting challenges as well as opportunities. The routine stressors of daily life can have positive impacts which promote resilience. It is still unknown that the correct level of stress is for each individual. Some non-residential Indians can handle greater amounts of stress than others.

It is important to note that resilience is not only about overcoming a deeply stressful situation, but also coming out of the said situation with competent functioning. Resiliency allows a person to rebound from adversity as a strengthened and more resourceful person. Antonovsky 1979, stated that when an event is appraised as comprehensible (predictable), manageable (controllable), and somehow meaningful (explainable) a resilient response is more likely.

The present study aims to understand hope and resilience among nonresidential Indians.

B. OBJECTIVES OF THE STUDY

The objectives of the study are:

1. To study the relationship between Hope and Resilience among non-residential Indians.
2. To study the influence of gender, and age on the variables Hope and Resilience among non-residential Indians.

C. HYPOTHESES

The following are the hypotheses formulated for the study:

1. There will not be any significant correlation between the variables Hope and Resilience among nonresidential Indians.
2. There will not be any significant difference among non-residential Indians categorized on the basis of sex (male, and female) for the variables Hope and resilience.
3. There will not be any significant difference between students categorized on the basis of age groups (21-30, 31-40 years, and 41-50 years) for the variable Hope and Resilience.

D. METHOD

The plan and procedure or method for the investigation is presented below under various headings.

a. Participants

The people who take part are referred to as participants, and the process of selecting a representative group from the population for the study is sampling. Random sampling method was used to select the participants for the investigation (Goodwin, 2010). The participants consisted of 400 non-residential Indians, Adequate representations were given to factors like sex, and age.

(b). Tools Used for the Investigation

1. The Adult Hope Scale (Snyder, Irving, & Anderson, 1991)
2. Brief Resilience Scale (Smith, Dalen, Wiggins, Tooley, Christopher, & Bernard, 2008)
3. A personal information schedule was prepared in order to collect the data regarding



relevant variables such as sex, and age. The personal information schedule was administered and suggested to fill the details without leaving any information incomplete.

b. Variables

The variables under the study are:

a. Categorical Variables:

- a. Sex
- b. Age

b. Study Variable:

- a. Hope
- b. Resilience

(c). Procedure for Data Collection

The data were collected using the scales The Adult Hope Scale, and Brief Resilience Scale. The data were collected from South Indians who are working in Gulf countries. Personal information schedule was also used to collect personal details of nonresidential Indians such as sex, and age.

E. STATISTICAL TECHNIQUES

The statistical techniques like the Pearson correlation, The t test, one-way ANOVA and Duncan were used for the present investigation and are explained below:

The Pearson Product-Moment Method of Correlation

The Pearson Product-moment method of correlation (Garrett, 2007) was used to find out the correlations between the variables.

a. The t test:

The t test is considered an appropriate test for comparing the significance of difference between the means of two samples (Garrett, 2010). Here test is used to compare the nonresidential Indians categorized on the basis of sex and age for the variable academic achievement.

b. One-way ANOVA

One-way analysis of variance technique was used to compare means of two or more samples. It may be mentioned that the ANOVA furnishes an overall test of significance of the difference among means of the three groups of subjects, for a variable. Analysis of Variance as explained by Garrett (2007) was carried out for

calculating the F ratios. The significance of the F ratio is found as per the various degrees of freedom in the F Table.

c. Duncan Test

It is a post hoc test (or multiple comparison test) used to determine the significant differences between group means in an analysis of variance setting (Garrett, 2007).

F. ANALYSIS AND DISCUSSION

The results obtained are presented below: **Results of Correlations**

1. Correlation between Hope and Resilience:

Pearson correlation was used for estimating the correlation between the variables, hope and resilience among non-residential Indians and the details are presented in Table 1.

The correlation between the variables hope and resilience on the sample (N=400), was found to be .513 which was significant at 0.01 level. This showed that the relation between hope and resilience as marked correlation. Hope and resilience are closely aligned constructs, both includes a tendency towards maintaining an optimistic outlook in the face of adversity.

2. THE t TEST RESULTS AND DISCUSSION

The t test was used to compare the non-residential Indiana categorized on the basis of sex for the variable Hope. The results obtained are presented below.

1. Sex-Wise Comparison:

1. Comparison of non-residential Indians Categorized on the Basis of Sex for the Variables Hope and Resilience:

The details of the t test used for the comparison of the male and female non-residential Indians for the variables Hope and Resilience are given in Table 2.

The Table 2 indicated the result of t tests for males (N = 268) and females (N = 132) for the variables under study. The mean value obtained for the males was 65.12 and for females was 63.58, and the standard deviations obtained were 9.53 and 11.45 respectively. The t value obtained was 1.43, which is not



statistically significant. It showed that there was no significant difference between males and females for the variable hope. The results further denoted that mean value obtained for the variable resilience among male was 19.39 and 19.94 respectively, and standard deviations obtained were 2.00 and 3.22 respectively. The t value obtained was 2.10, which is statistically significant at 0.05 level. Therefore the results showed that females had higher resilience than the males. Women tend to have poorer health status, but are more resilient and have longer life expectancy than men.

2. Age-Wise Comparison:

One-way ANOVA was used to compare the non-residential Indians categorized on the basis of age groups. The details are given below:

(a) Age – Wise Comparison of non-residential Indians :

1. Comparison of non-residential Indians categorized on the basis of different age groups for the variable Hope and Resilience:

The analysis of variance was done for comparing the non-residential Indians categorized on the basis of different age groups on the study variable hope. The details are given in Table 3.

The Table 3 revealed that there were no significant differences among non-residential Indians categorized on the basis of age groups for the variable hope. The F ratio obtained was 1.12 (df =2, 397), which was not significant statistically. The results showed that there were significant differences in the three age group for the variable hope and resilience. Post hoc comparison was done using Duncan test for identifying the differences existed among the age groups came out with the following results (vide Table 4).

Table 4 revealed that there were significant differences in resilience among the three age groups in two comparisons. The mean scores obtained for 21-30 years were 20.03, 31-40 years were 18.50 and 41-50 years were

19.31 respectively. The results showed that 21-30 years had significantly higher level of resilience when compared to both 31-40 years and 41-50 years. Therefore in this study the result showed that non-residential Indians in different age group had differences in their resilience. It may be because of resilience thinking in older adults help to accept the wear and tear of aging, while also dealing with problems and crises like losing a loved one, spousal caregiving, or acquiring a disability.

G. FINDINGS

1. There exist significant correlation between Hope and Resilience among non-residential Indians.
2. There didn't significant difference between non-residential Indians Categorized on the basis of sex (male, and female) for the variables Hope and Resilience.
3. There will not be any significant difference between non-residential Indians Categorized on the basis of age (21-30 years, 31-40 years and 41-50 years) for the variable Hope. For the variable Resilience 21-30 years age category had more resilience when compared with other age category.

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Table 1 Correlation among the Variables under Study for Non-residential Indians (N = 400)

Variables	r value
Hope	.513**
Resilience	

Note: ** indicates r value is significant at the 0.01 level

Table 2 Results of t test for the variables Hope and Resilience

Variables	Sex	N	Mean	Std. Deviation	t value	Sig.
Hope	Male	268	65.12	9.53	1.43	.15 NS
	Female	132	63.58	11.45		
Resilience	Male	268	19.39	2.00	2.10	.04*
	Female	132	19.94	3.22		

NS: indicates t value is not significant

Note: * indicates t value is significant at 0.05 level

Table 3

ANOVA results of Age wise Comparison of non-residential Indians for Hope and Resilience

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Variable	Source	Sum of Squares	df	Mean Square	F	Sig.
Hope	Between Groups	232.550	2	116.275	1.12	.33 NS
	Within Groups	41384.387	397	104.243		
	Total	41616.938	399			
Resilience	Between Groups	167.217	2	83.609	14.50	.00**
	Within Groups	2288.823	397	5.765		
	Total	2456.040	399			

NS: indicates F ratio is not significant

Note: ** the F ratio is significant at 0.01 level

Table 4.

Results of Duncan Test for Resilience: Comparison of the Age Groups

Sl. No.	Group	N	M	1	2	3
1	21-30 years	252	20.03	()	*	*
2	31-40 years	96	18.50	..	()	-
3	41-50 years	52	19.31	()

Note: * indicates significant difference between the groups compared

