

# HOPE AS A THEORY OF CHANGE

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One College, Infinite Possibilities.



# Is Hope Important?



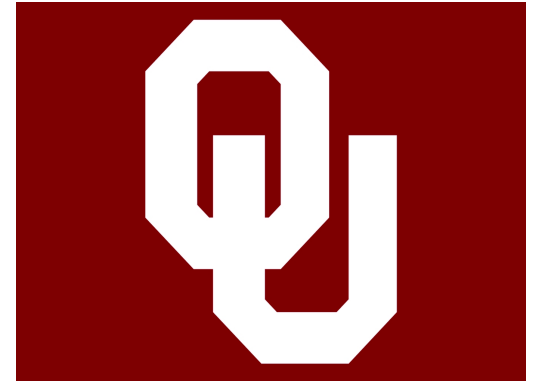


# The Desire to Flourish

“...the gross national product does not allow for the health of our children, the quality of their education or the joy of their play. It does not include the beauty of our poetry or the strength of our marriages, the intelligence of our public debate or the integrity of our public officials.

It measures neither our wit nor our courage, neither our wisdom nor our learning, neither our compassion nor our devotion to our country, it measures everything in short, except that which makes life worthwhile.”

- Robert F. Kennedy



# The Desire to Flourish

- ① Life, Liberty and the pursuit of Happiness.
- ① When asked what we want in life, we ultimately refer to the pursuit of happiness.
- ① Over the past century, well-being was based on the reduction of psychological problems. That is, going from a -8 to a 0.



# The Desire to Flourish

- Recently, social science researchers and practitioners have begun to ask....
  - What if we studied what is right with people?
  - What are the psychological traits (strengths) that allow individuals, groups, and communities to thrive?
  - What makes a life good?
- Research has identified 24 strengths that enhance our capacity to flourish.



# The Desire to Flourish

- ⦿ Improving these strengths allow us to:
  - ⦿ be more engaged,
  - ⦿ experience positive emotions,
  - ⦿ develop and maintain positive relationships,
  - ⦿ find meaning in the pursuit of our goals.
- ⦿ These strengths serve us best when we face adversity.
- ⦿ Empirical studies of the 24 strengths have demonstrated that hope is one of the top predictors of well being for both children and adults.

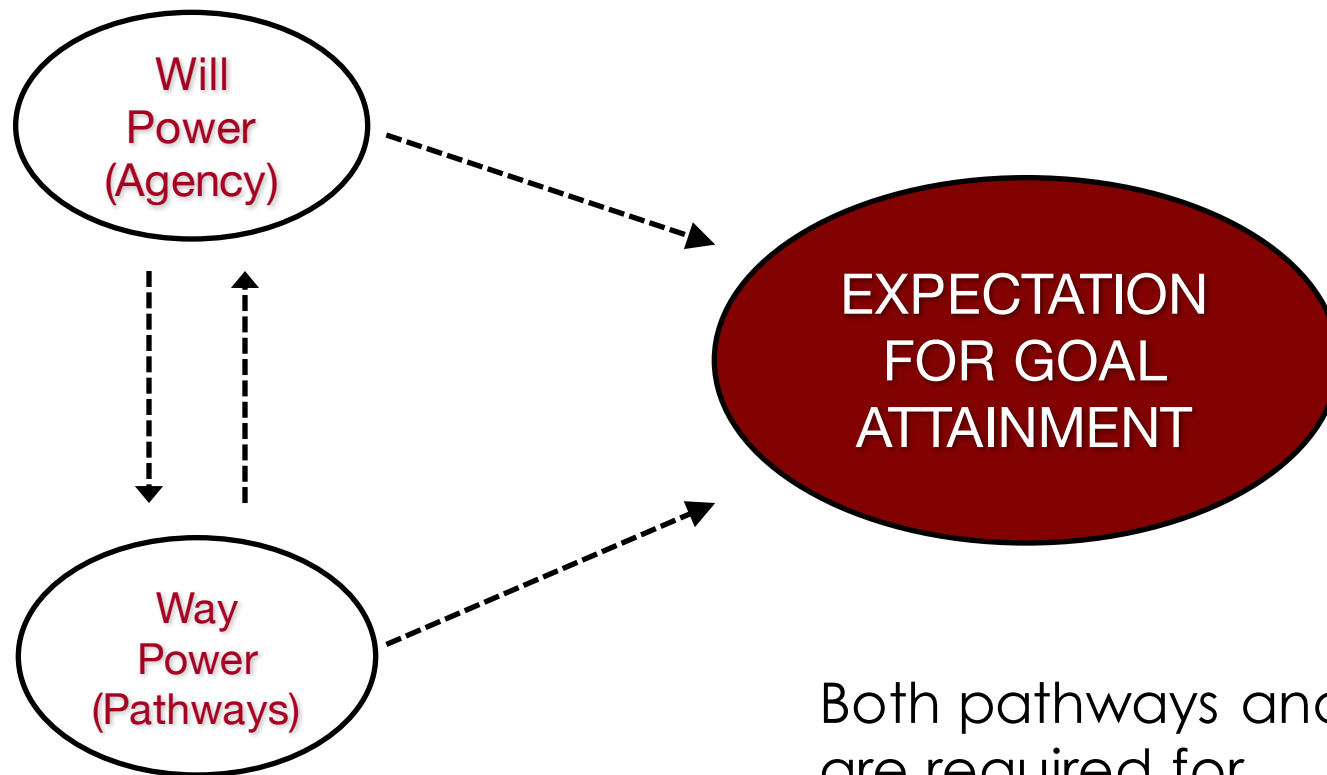


# HOPE THEORY

- ① Each of us are motivated to pursue goals.
  - ① Desirable goals
  - ① Subjective assessment of goal-related capabilities
  - ① The goal has some degree of probability
- ① Hope requires the ability to create credible mental strategies (pathways) to achieve the goal **and** the ability to direct and maintain mental energy (agency) to these pursuits.
- ① Pathways = Waypower and Agency = Willpower.
- ① High hope individuals often imagine multiple pathways that are crucial when encountering barriers.



# HOPE THEORY



Both pathways and agency are required for hope...agency without pathways is more likely a wish!





# THE SCIENCE OF HOPE

## Why Hope Matters

- Almost 2,000 empirical studies have been conducted on hope in the areas of:
  - Education
  - Social Service
  - Health Care
  - Organizations
  - Communities
- **Hopeful individuals, families, organizations, and communities Thrive.**



# The Science of Hope

## Why Hope Matters

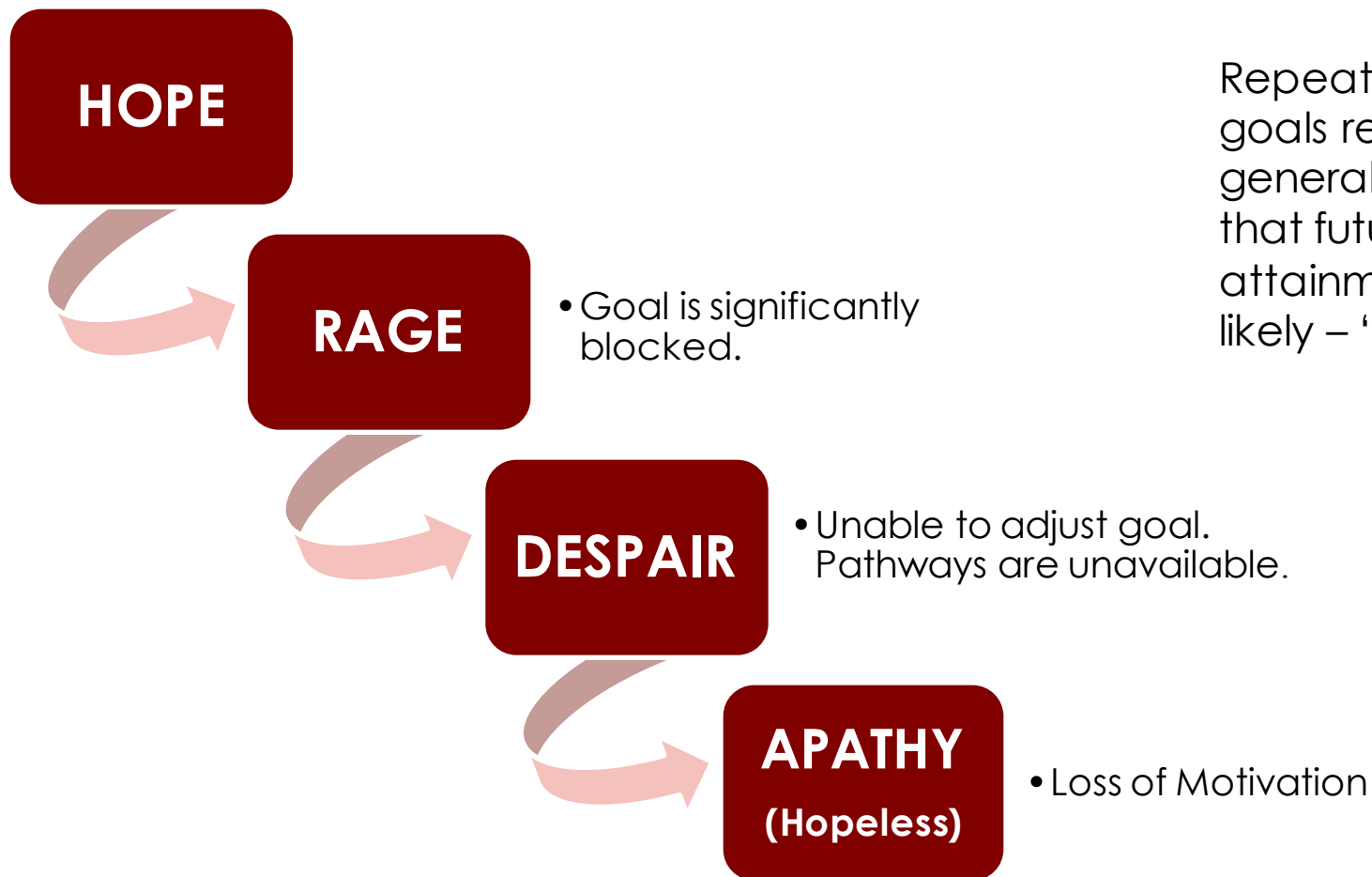
- ⦿ Low hope individuals recognize their deficiency in pathways and agency.
  - ⦿ Lack sense of long term goals.
  - ⦿ Feel blocked from their goals.
  - ⦿ Approach goals with negative emotion and focus on failure.
- ⦿ Individuals with low hope:
  - ⦿ Higher negative affect
  - ⦿ Higher likelihood of quitting goal pursuits.
  - ⦿ Higher anxiety and depression.
  - ⦿ Lower self-esteem.
  - ⦿ Lower problem solving skills.
  - ⦿ Higher likelihood of externalizing negative behaviors.

# The Science of Hope



**What is the opposite of Hope?**

# THE SCIENCE OF HOPE



Repeated failures at goals result in a general expectation that future goal attainment is not likely – “Why try?”



# THE POWER OF HOPE

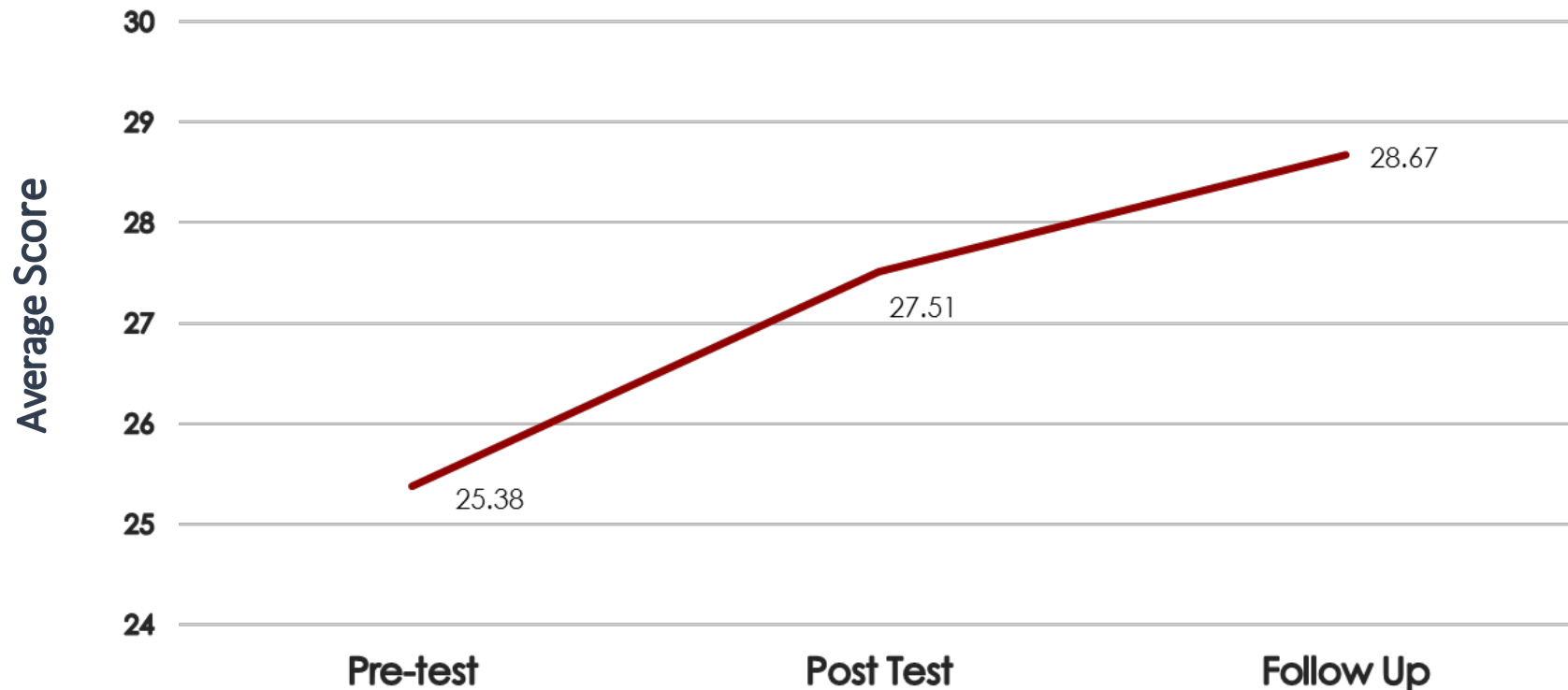
## **SAMPLE STUDIES FROM OUR CENTER**

- ☉ Child Abuse Pediatricians: Hope, Work Meaning, Compassion Fatigue, and Burnout.
- ☉ ACE and Hope.
- ☉ Hope and Parent Child Relationship
- ☉ How hopeful is Tulsa? A Community wide assessment of hope and its relationship to the built environment.

# THE POWER OF HOPE



## Camp HOPE California, Children's Hope Index



Hellman, C. M. & Gwinn, C. (Under review). Children exposed to domestic violence: Examining the effects of Camp HOPE on children's hope, resilience, and strength of character. *Journal of Family Violence*.



# THE POWER OF HOPE

## ① INCREASES IN HOPE WERE ASSOCIATED WITH:

- ① Higher energy (**zest**)
- ① Perseverance toward goals (**grit**)
- ① Ability to regulate thoughts and emotions (**self-regulation**)
- ① Expectation toward a positive future (**optimism**)
- ① Appreciation toward others (**gratitude**)
- ① Desire to seek out new things (**curiosity**)
- ① Awareness of others feelings (**social intelligence**)



# HOPE IN EDUCATION

- 2015 Gallup studied hope in approx. 1 million students:
  - 50% of students are engaged.
    - 21% are actively undermining the teaching & learning process.
  - 48% of students are hopeful.
    - 52% are stuck or discouraged.





# HOPE IN EDUCATION

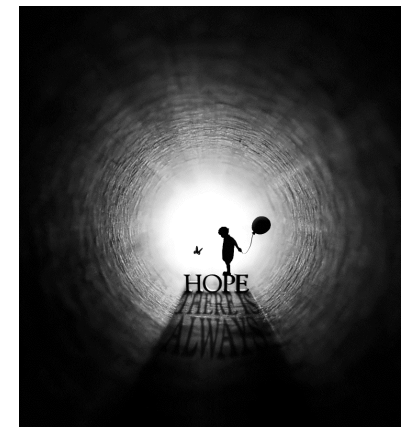
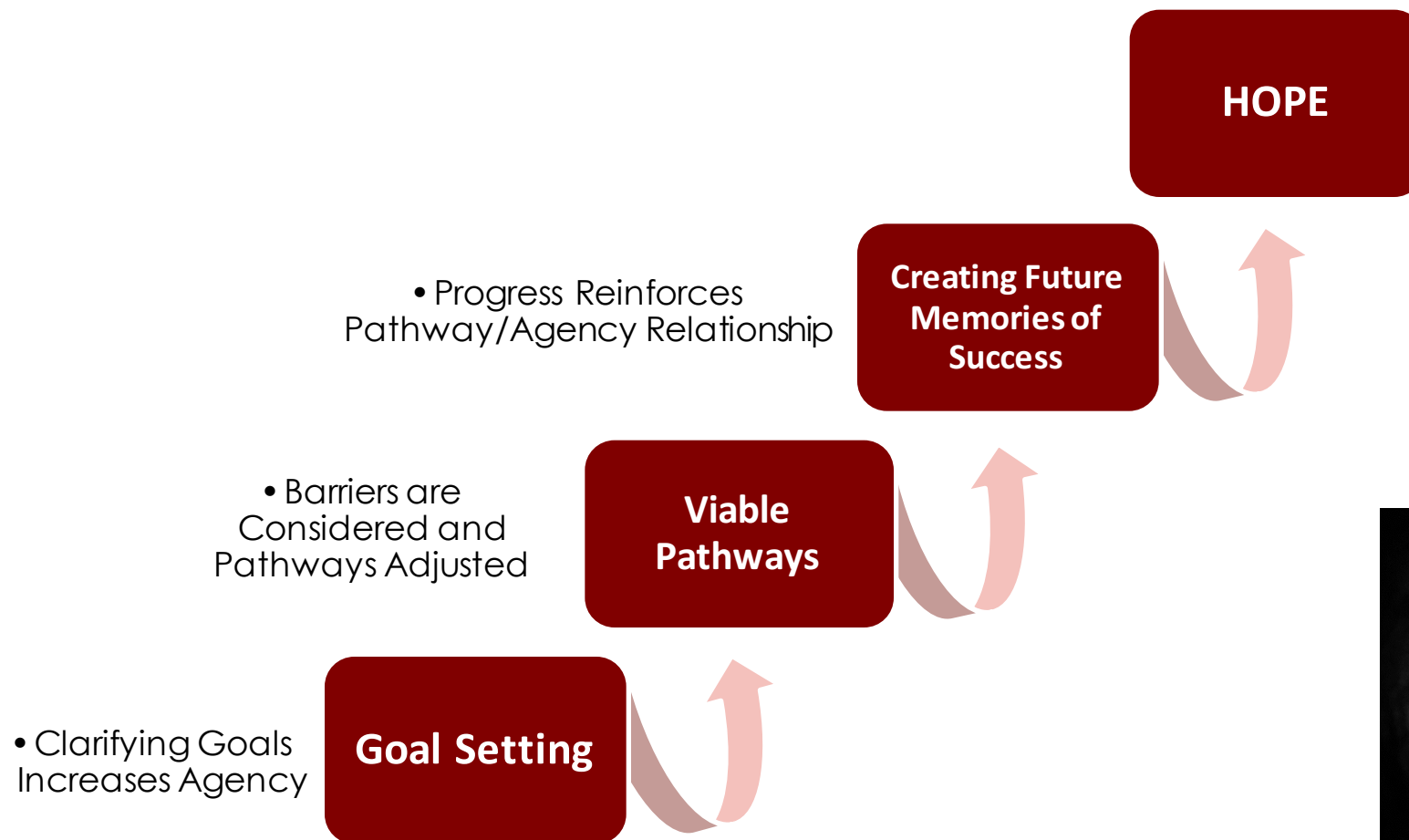
- ⑨ Hopeful students have better attendance, earn more credits, have higher GPA and graduation rates.
- ⑨ Hope is a better predictor of college success compared to HS GPA or the SAT/ACT exam scores.
- ⑨ Hopeful students have higher self-confidence, optimism, and emotional well-being.
- ⑨ Hopeful students exhibit better self-regulation and are more engaged in learning.
- ⑨ These students report lower depression, anxiety, and better problem-solving skills.

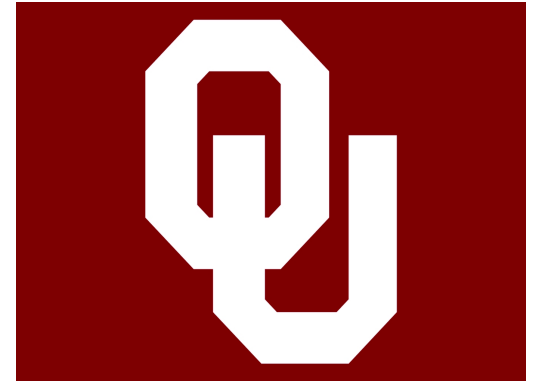


# HOPE IN EDUCATION

- ① Teacher hope and sense of calling predict commitment and retention.
- ① Hope predicts teacher engagement, positive coping, and well-being.
- ① Hope predicts positive interpersonal relationships, social competence, and interest in the goal pursuits of others.

# NURTURING HOPE





## NURTURING HOPE:

- ② **Making hope happen curriculum** (Pedrotti, Lopez & Krieschok, 2000) focused on elementary and middle school students.
  - ② Five week curriculum.
  - ② Introduction of hope with group discussion and activities.
    - ② Hope camera project.
  - ② Hope buddies
- ② G-POWER (**G**oals, **P**athways, **O**bstacles, **W**illpower, **E**valuate, **R**ethink and try again).

# MEASURING HOPE: AN EXAMPLE FOR THURSTON COUNTY.



- Application to Individuals, Organizations, and Communities
  - Adult Hope Scale (Snyder et al., 1991)
  - Hope Worksheet (Hellman et al., 2015)



# Thurston Thrives

## RESULTS FROM SURVEY (N=54)

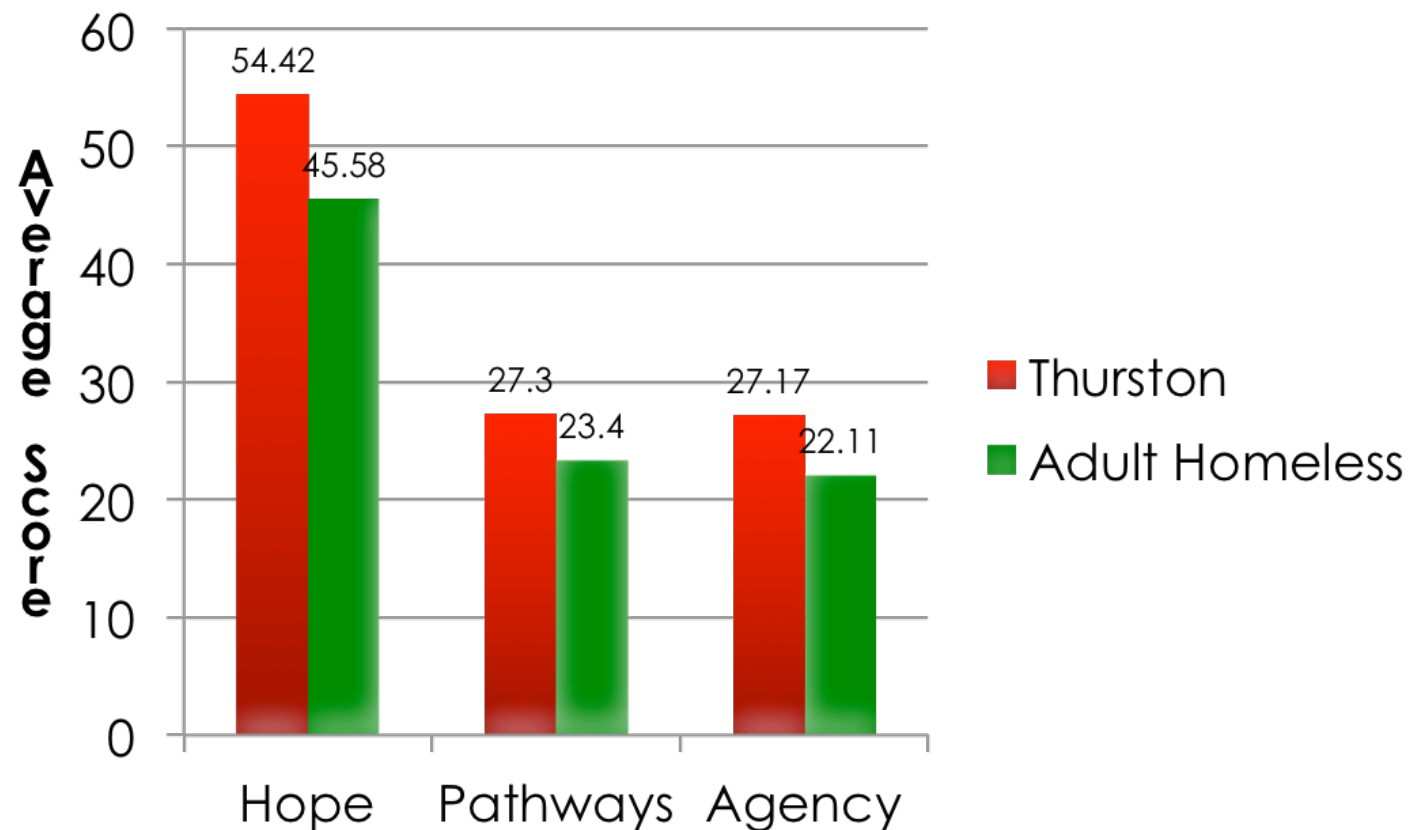
### *What we Measured:*

- ① **Hope** ( $\alpha = .86$ ; 8-item Adult Hope Scale – Snyder et al 1991).
- ① **Positive Affect** ( $\alpha = .85$ ; 6-item SPANE -- Diener & Biswas-Diener, 2009).
- ① **Negative Affect** ( $\alpha = .81$ ; 6-item SPANE -- Diener & Biswas-Diener, 2009).
- ① **Flourish** ( $\alpha = .85$ ; 8-item -- Diener & Biswas-Diener, 2009).
- ① **Life Satisfaction** ( $\alpha = .88$ ; 5-item SWLS– Diener et al 1985).



# Thurston Thrives

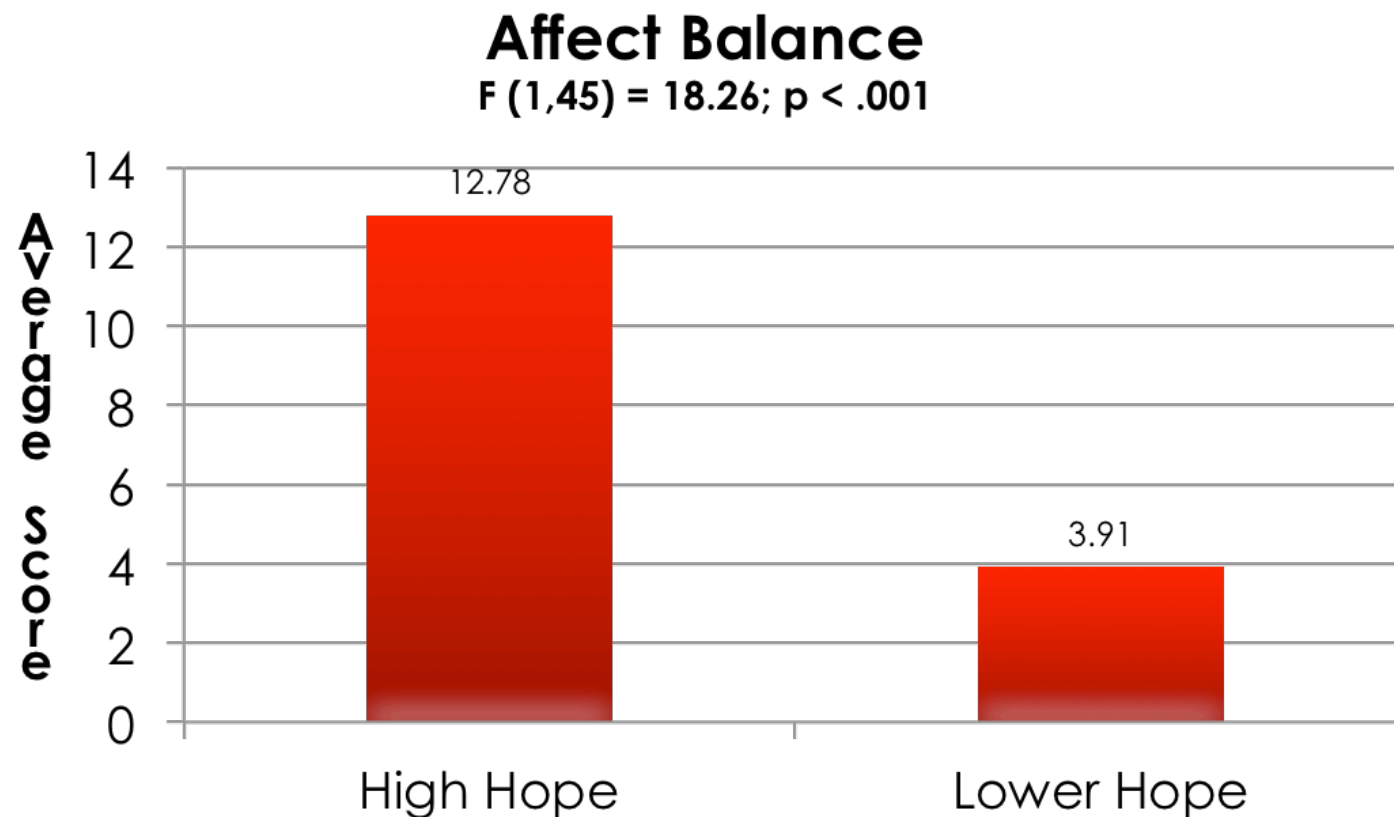
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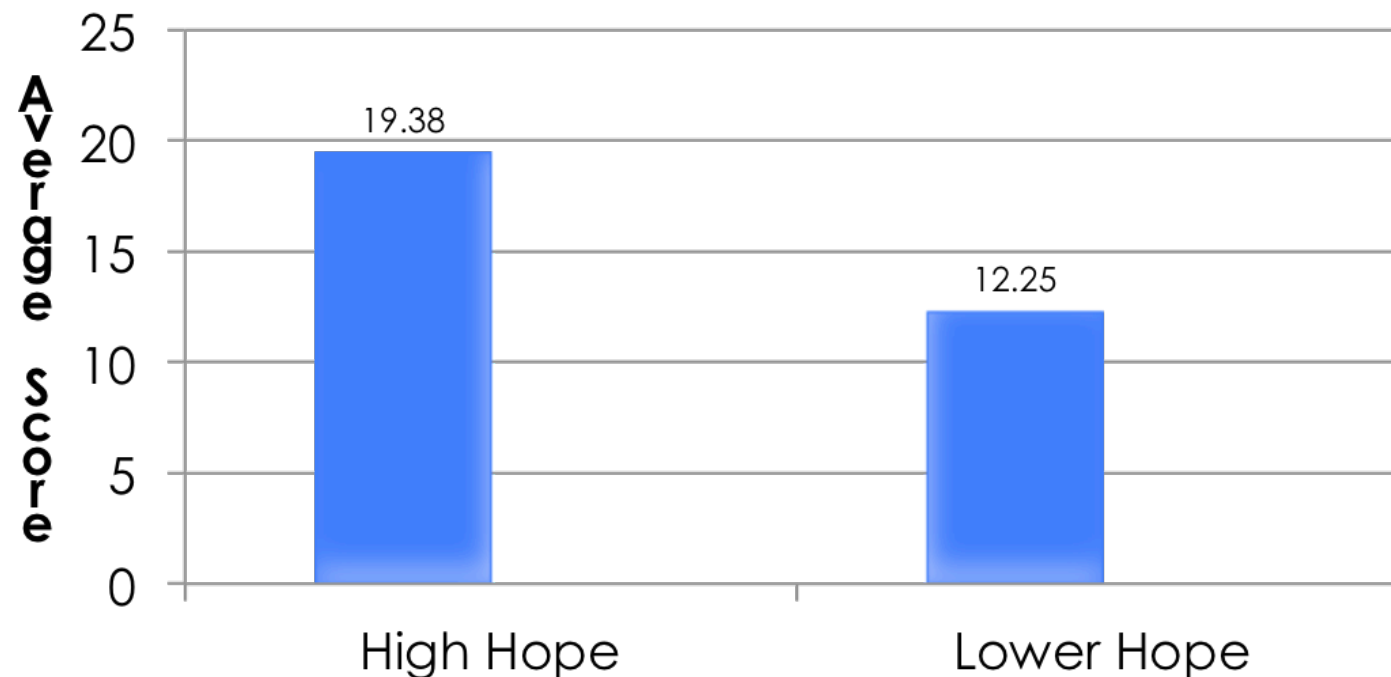




# Thurston Thrives

## RESULTS FROM SURVEY (N=54)

### Capacity to Flourish [F (1,47) = 13.51; P < .01]





# Thurston Thrives

## RESULTS FROM SURVEY (N=54)

### Correlations Between Hope and Well-Being

Variable	HOPE
Positive Affect	$r = .67^*$
Negative Affect	$r = -.68^*$
Flourish	$r = .81^*$
Life Satisfaction	$r = .77^*$



# THE POWER OF HOPE.

- ① Hope represents a theory of change that helps us understand how individuals, families, organizations, and communities thrive
- ① The power of hope is that it provides a common language for collective impact.

# The Science and Power of Hope



Questions?

