

Hope

Definition Of Hope

- A dictionary definition of hope is “a desire and the confident expectation of its fulfillment”.
- In the 17th century, a Dutch philosopher and theologian, Baruch de Spinoza, defined hope as a joy that comes from past or future images when something is in doubt. (The encyclopedia of positive psychology 2009)

- Hope is defined as “the process of thinking about one’s goals, along with the motivation to move towards those goals (agency) and the ways to achieve those goals (pathways)” (Snyder, 1995).
- Hope in positive psychology is **an overall perception that goals can be attained with beliefs and efforts**. To hope means to have the agency and the pathways to go after the desired goals. Positive psychology sees hope in terms of positive future expectations.

What is Hope?

- According to Snyder et al. (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 snap-shot of a person's current goal-directed thinking, highlighting the motivated pursuit of goals and the expectation that those goals can be achieved.

According to Snyder (2000) hope has 3 necessary ingredients

- **1. *Goal-oriented Thoughts***
 - **2. *Pathways to Achievement***
 - **3. *Agency Thoughts***
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- **Goals Thinking** – the clear conceptualization of valuable goals.
 - **Pathways Thinking** – the capacity to develop specific strategies to reach those goals.
 - **Agency Thinking** – the ability to initiate and sustain the motivation for using those strategies.

- Hope does not necessarily fade in the face of adversity; in fact hope often endures despite poverty, war and famine. While no one is exempt 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.
- There are some examples of hope which are as follows
- **1. Realistic Hope**

Example of hope continue..

- **2. Utopian Hope**
- **3. Chosen Hope**
- **4. Transcendent Hope**
- According to Eaves, Nichter, and Ritenbaugh (2016), transcendent hope encompasses three types of hope, namely:
 - *Patient Hope* – a hope that everything will work out well in the end.
 - *Generalized Hope* – hope not directed toward a specific outcome.
 - *Universal Hope* – a general belief in the future and a defense against despair in the face of challenges.

- Also referred to as existential hope, transcendent hope describes a stance of general hopefulness not tied to a specific outcome or goal; put simply, it is the hope that something good can happen.