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## Types of hope and action styles of adolescents

### Abstract

The problem discussed in this article concerns the relationship between hope and action styles in adolescents. An action style is a way in which man perceives and responds to the outside world, and it may be aimed at securing oneself or interacting with the surroundings. The main aim of this analysis was to find out if, and to what degree, the level of hope is connected with action styles. The following hypotheses are proposed: H – 1. There is a relationship between hope and an action style. H- 2. Persons with different types of hope are characterised by different styles of action. H – 3. Persons with a high level of hope have a cooperation-oriented style. H – 4. Persons with a low level of hope are often characterised by a style aimed at protecting themselves. 149 persons aged 17 – 18 participated in the study. The following methods were used: the *Basic Hope Inventory (BHI-12)* – compiled by Trzebiński and M. Zięba, the *Hope for Success Questionnaire (KNS)* – adaptation of C. R. Snyder's questionnaire made by M. Łaguna, J. Trzebiński and M. Zięba, as well as the *Action Styles Questionnaire* by Z. Uchnast. The results obtained have allowed the researchers to form the opinion that hope helps individuals function better in the world. The way in which a person perceives the world and their own capabilities translates into the style of action which they choose. A person who is full of hope seeks self-actualisation as well as cooperation with others.

### Keywords

Hope, styles of action, character, youth.

### 1. Introduction

The fact that modern psychologists such as R. Cloninger as well as M. Seligmann and Ch. Petersen have shown considerable interest in the problem of human

character means that, albeit a little forgotten, it still remains an important and relevant issue. In his model R. Cloninger, includes the notion of character as the second, after temperament, component of personality. He understands character as a set of traits which are shaped in the process of self-development and which are connected with self-perception<sup>1</sup>. As far as Polish psychology is concerned, the current attitude towards the issue of character follows the one present in the mid-20<sup>th</sup> century studies by J. Pastuszka, who, like M. Seligmann and Ch. Petersen, i.e. representatives of positive psychology, exhibits an approach which is more descriptive than explanatory in character<sup>2</sup>. In his research, he concentrates more on describing the structure of man's character rather than on the role it plays in man's functioning within his surroundings.

W. Stern, however, presents a different approach to the problem of character, in which, rather than focusing on particular character traits, he goes further on to analyse the way in which character reveals itself in action. According to him, man expresses himself through contact with the outside world. It must be remembered, though, that people differ in their ability to establish direct relationships with their surroundings. This, in turn, depends on the way in which an individual perceives the outside world – whether they look at it as a threat or as a favourable environment<sup>3</sup>. In this approach, character is an individualised action style of a person, which can be oriented towards securing the status quo, i.e. meeting their basic needs, or towards their self-actualisation together with other people, which is expressed by their ability to appropriately participate and co-operate with other people in the realisation of both their own and their environment's potentialities<sup>4</sup>.

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<sup>1</sup> Cf. E. Hornowska, *Wykorzystanie psychobiologicznej koncepcji osobowości R. C. Cloningera w obszarze uzależnień*, 2007, available online: <http://www.narkomania.org.pl/czytelnia/25> (2.11.2009).

<sup>2</sup> J. Pastuszka, *Charakter człowieka. Struktura – typologia, diagnostyka psychologiczna*, Lublin 1959, TN KUL; Z. Uchnast, *Typy charakteru i ich korelaty osobowościowe w wymiarze „współdziałanie – zabezpieczanie się”* in: *Psychologiczne i pastoralne aspekty kapłaństwa*, B. J. Soiński (ed.), Poznań 2008, RW WT UAM, p. 121–133.

<sup>3</sup> Cf. A. Bulzak, A. Celińska-Miszczuk, *Style działania obronnego i synergicznego a psychologiczna jakość życia*, in: *Synergia w relacjach interpersonalnych i w organizacjach. Wybrane zagadnienia z psychologii kierowania*, Z. Uchnast (ed.), Lublin-Nowy Sącz 2009, TN KUL i WSB-NLU, p. 93–116.

<sup>4</sup> A. Celińska-Miszczuk, *William Stern personalistyczna perspektywa typologiczna*, „Studia z psychologii w KUL”, P. Francuz, W. Otrębski (ed.), 15 (2008), KUL, p. 11–26.

Abraham Maslow, in his typology of the sense of security syndrome<sup>5</sup>, presents a similar view on man's functioning in society. He divides human needs into basic and higher level growth needs. The fulfilment of basic needs is associated with a person's motivation for self-defence, which directs them to fulfil their physiological needs, and provides them with a sense of safety, belonging and self-esteem. Higher level needs, on the other hand, i.e. aesthetic, moral, religious and cognitive ones, involve a person's self-actualisation, i.e. seeking personal growth. These help the person to achieve their full potential.

This article focuses more on the functional aspect of character, i.e. the way it reveals itself in man's life. Here, character is understood as a style of action directed either towards securing oneself or towards co-operating with the surroundings. The way in which an individual perceives and adopts an attitude towards the outside world depends on a variety of factors, with hope seeming to be one of them. As recent studies have shown, hope plays a significant role both in man's quality of life and in the references and attitudes towards the social world<sup>6</sup>.

The authors of the article chose two approaches out of those that have attempted to look at the issue of hope through psychological conceptions. One of them is E. Erikson's<sup>7</sup> conceptualisation of hope as one of the key life forces and the quality of the ego, while the other follows C. R. Snyder's<sup>8</sup> cognitive concept of hope.

According to E. Erikson<sup>9</sup>, hope develops on the basis of the positive solution of an individual's first developmental conflict between basic trust versus distrust. Trust allows the infant to wait for an interaction with his or her environment which will provide him or her with minimum comfort. Distrust makes it impossible to establish effective communication, which brings about the lack of interpersonal relationship. This, in turn, leads to the distortion of the individual's

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<sup>5</sup> A. Maslow, *Motywacja i osobowość*, Warszawa 2009, PWN, p. 115–119.

<sup>6</sup> Cf. J. Jastrzębski, M. Kruk, *Struktura osobowości i poziom nadziei na sukces u osób korzystających z pomocy w ośrodkach MONAR*, „Serwis Informacyjny – Narkomania” (39) 2007, p. 33–39; C. R. Snyder, C. Harris, J. R. Anderson, S. A. Holleran, L. M. Irving, S. T. Sigmon, *The will and the ways: Development and validation of an individual differences measure of hope*, „Journal of Personality and Social Psychology” 60 (1991), p. 570–585.

<sup>7</sup> E. H. Erikson, *Dopełniony cykl życia*, Poznań 2002, Dom Wydawniczy Rebis.

<sup>8</sup> C. R. Snyder, *Conceptualizing, measuring, and nurturing hope*, Journal of Counseling and Development 73 (1995), p. 355–360.

<sup>9</sup> E. H. Erikson, *Dopełniony cykl...*

approach towards the world, especially to persons who are meaningful for him or her<sup>10</sup>. Hope, which is shaped during the first years of the child's life on the basis of the relationship between the child and his or her parent, is reflected in the person's later contacts with the outside world.

Following E. Erikson's theory<sup>11</sup>, J. Trzebiński and M. Zięba<sup>12</sup> call this quality of the ego basic hope, which they define as *an individual's belief that the world is characterised by two general and inter-related features, i.e. that it is orderly and sensible, and that, in general, it is favourably disposed towards people*. Basic hope is a relatively stable element of the structure of human personality, which is not purely cognitive in character because it manifests itself both in the way an individual interprets and predicts the sequence of events and in the feelings they have towards these events<sup>13</sup>. The beliefs that the world is sensible and favourably disposed towards people are in fact an individual's worldviews which form the basis for their interpretation of events (future events in particular) when they try to predict the sequence of events and to estimate their chances<sup>14</sup>.

For cognitive psychologists hope is a cognitive structure in which affects play a significant role. We can say, therefore, that it is a system of relatively stable beliefs. In his theory, C. R. Snyder<sup>15</sup> defines hope as *the process of thinking about one's goals along with the motivation to move toward those goals (agency), and the ways to achieve those goals (pathways)*. Thus, hope is a positive motivational state that is based on two interrelated types of belief which concern respectively: the possibility of realising one's plans (agency), and the ability to find a solution leading to the attainment of those goals (pathways). In this approach, hope is

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<sup>10</sup> E. H. Erikson, *The life cycle: epigenesis of identity*, in: *Developmental psychology*, H. Fitzgerald (ed.), New York 1970.

<sup>11</sup> E. H. Erikson, *Dzieciństwo i społeczeństwo*, Poznań 1997, Dom Wydawniczy Rebis; E. H. Erikson, *Dopełniony cykl...*

<sup>12</sup> J. Trzebiński, M. Zięba, *Nadzieja, strata, rozwój*, „Psychologia Jakości Życia” 3 (2003), p. 6; J. Trzebiński, M. Zięba, *Kwestionariusz Nadziei Podstawowej BHI-12*, PTP, Warszawa 2003, p. 4.

<sup>13</sup> J. Trzebiński, M. Zięba, *Nadzieja, strata...*, p. 6.

<sup>14</sup> J. Trzebiński, M. Zięba, *Kwestionariusz Nadziei...*, p. 4; M. Łąguna, *Nadzieja i optymizm a intencja założenia własnej firmy*, „Przegląd psychologiczny” 49 (2006) 4, p. 424.

<sup>15</sup> Snyder, C. R. *Conceptualizing, measuring...*, p. 335, as cited in: C. R. Snyder, H. S. Shorey, J. Cheavens, K. M. Pulvers, V. H. III Adams, C. Wiklund, *Hope and academic success in college*, „Journal of Educational Psychology” 94 (2002), p. 820.

associated with one's power to wait for the positive results of their own actions, which is why, in Polish psychology it is referred to as hope for success<sup>16</sup>.

While basic hope can serve as a source of positive expectations even when the type of problem or the circumstances undermine an individual's trust in their own capabilities, Snyder's hope focuses on situations in which a person perceives themselves as capable of solving their problems. Therefore, these two constructs can co-operate with each other, come into interactions with each other or act independently of each other, depending on a given situation<sup>17</sup>.

## 2. The problem and the research hypotheses

In view of the above, the authors of this article formulated the problem in the form of the following questions: 1. Is there a correlation between hope and an individual's style of action? 2. Are persons with a different type of hope characterised by different styles of action? In the studies presented in this article, the dependent variable are styles of action, while types of hope serve as the independent variable. Both of these variables are connected with an individual's beliefs about themselves and the surrounding world that are shaped on the basis of various experiences, which enables us to believe that there is a relationship between the two.

This research project aimed at verifying the following hypotheses about the interdependence between hope and an individual's style of action:

H – 1. There is a relationship between hope and action styles;

H – 2. Persons with different types of hope are characterised by different action styles.

Detailed hypotheses:

H – 3. Persons with a high level of hope are characterised by a style of action directed towards co-operation;

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<sup>16</sup> M. Łaguna, J. Trzebiński, M. Zięba, *Kwestionariusz nadziei na sukces*, PTP, Warszawa 2005, p. 5–8; C. R. Snyder, J. Cheavens, S. C. Simpson, *Hope: An individual motive for social commerce*, „Group Dynamics: Theory, Research, and Practice” 1 (1997), p. 107–108.

<sup>17</sup> J. Trzebiński, M. Zięba, *Nadzieja, strata...*, p. 11–13; E. Trzebińska, *Psychologia pozytywna*, Warszawa 2008, Wydawnictwo akademickie i profesjonalne, p. 97–98; M. Łaguna et al., *Kwestionariusz nadziei...*, p. 8–9.

H – 4. Persons with a low level of hope are more frequently characterised by a style of action directed towards self-protection.

### 3. Research method

#### The participants and the research method applied<sup>18</sup>

154 high school students aged 17–18 (82 females and 72 males) participated in the study. On account of the fact that some of the respondents failed to answer certain questions or responded to the survey in a haphazard way, finally 149 questionnaire forms were accepted for further analysis. The participants were pupils from Comprehensive School No. 1 in Tarnowskie Góry. Anonymous questionnaires were administered with the permission of the school authorities. They were carried out in class by groups of pupils who voluntarily agreed to take part in the period between April and May 2009.

#### Methods applied

*The Basic Hope Inventory (BHI-12)* was developed by J. Trzebiński and M. Zięba<sup>19</sup> as a tool used for self-recording. It consists of 12 study claims, including 9 diagnostic claims, as well as a five-step response scale. The result is the total sum of points which indicates the general level of one's basic hope. According to this questionnaire, the higher the result the stronger the basic hope. The reliability of the applied method was evaluated by means of the internal consistency indicator (Cronbach's alpha), which amounted to 0,70 in the research, and the survey proved to possess satisfying stability (0,62 correlation after two months). It must be stated that the conducted research confirmed the accuracy of the questionnaire<sup>20</sup>.

*The Hope for Success Questionnaire (KNS)* was developed by C. R. Snyder<sup>21</sup>. M. Łaguna, J. Trzebiński and M. Zięba<sup>22</sup> prepared the Polish version of this

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<sup>18</sup> The research was conducted during a seminar on general psychology, under the guidance of Prof. Z. Uchnast.

<sup>19</sup> J. Trzebiński, M. Zięba, *Nadzieja, strata, rozwój...*

<sup>20</sup> Cf. J. Trzebiński, M. Zięba, *Kwestionariusz Nadziei...*

<sup>21</sup> C. R. Snyder et al. *The will and the ways...*

<sup>22</sup> M. Łaguna et al., *Kwestionariusz nadziei...*

questionnaire. It is a self-reporting tool consisting of 12 study claims, including 8 diagnostic claims. The questionnaire has an eight-step response scale. The result is the total sum of points which indicates the general level of one's hope for success. The higher the score, the stronger the hope for success. Apart from this general scale, the questionnaire is equipped with two subscales: Agency (willpower) and Pathways (ability to find solutions). The reliability of the Polish version of the questionnaire was evaluated by means of the internal consistency indicator (Cronbach's alpha), which amounted to 0.82 for the whole of the scale, and 0.82 for the respondents' beliefs about their ability to find solutions (Pathways) and 0.74 for their beliefs concerning their strong will-power (Agency). The stability of this tool was evaluated at an interval of 2 months, showing the correlation to be 0.83. The accuracy of the application of this method was also confirmed<sup>23</sup>.

*The Action Styles Questionnaire (KSD)* was developed by Z. Uchnast<sup>24</sup>. This questionnaire is empirical-factorial in character, and it is made up of 120 statements which are assessed on a five-step Likert scale. In order to isolate the measurements, the *Principal Components (Oblique factors)* factorial method as well as the hierarchical rotation approach were used. The resulting statistical data allowed the researchers to isolate 12 factors. Six of them correlated positively with the respondents' sense of security and personal resilience, while the remaining six factors correlated negatively with the respondents' sense of security and personal resilience. This tool was used to describe the participants in terms of their character functioning. The factors are presented in Table 1.

**Table 1.** *KSD* factors<sup>25</sup>

ORIENTATION TOWARDS COOPERATION (C)	ORIENTATION TOWARDS SELF-PROTECTION (P)
<b>C1: Need for Self-Actualisation and Self-Actualisation of Others SAO</b>	<b>S1: Competitive, Resourceful CR</b>
1. Pro-active, Entrepreneurial skills PE-C	7. Leadership Skills, Need for Self-Esteem LE-P
2. Empathetic, Altruistic EA-C	8. Affective, Demonstrative AD-P
3. Spontaneous, Open SO-C	9. Inconsistent, Evasive IE-P

<sup>23</sup> Cf. M. Łaguna et al., *Kwestionariusz nadziei...*

<sup>24</sup> Z. Uchnast, *Typy charakteru...*

<sup>25</sup> Z. Uchnast, *Typy charakteru...*, p. 126.

ORIENTATION TOWARDS COOPERATION (C)	ORIENTATION TOWARDS SELF-PROTECTION (P)
<b>C2: Need for Self-Realisation SR</b>	<b>P2: Adaptable, Conservative AC</b>
4. Rational, Objective RO-C	10. Moody, Labile ML-P
5. Ambitious, Independent AI-C	11. Dovish, Adaptable DA-P
6. Responsible, Task-Oriented RT-C	12. Inhibited, Retreating Personality IR-P

The measurements for factors 1–6 range between 0.734 – 0.417, and for factors 7–12 they range between 0.743–0.333. It must be stressed that the questionnaire possesses high internal coherence, which is the lowest for factor AI-C (0.647), and the highest for factor ML-P (0.872). However, it is impossible to obtain the overall result because orientation towards co-operation is qualitatively different from orientation towards self-protection. Therefore, the researchers had to introduce an additional factor: Co-operation – Self-Protection<sup>26</sup>.

#### 4. Research results

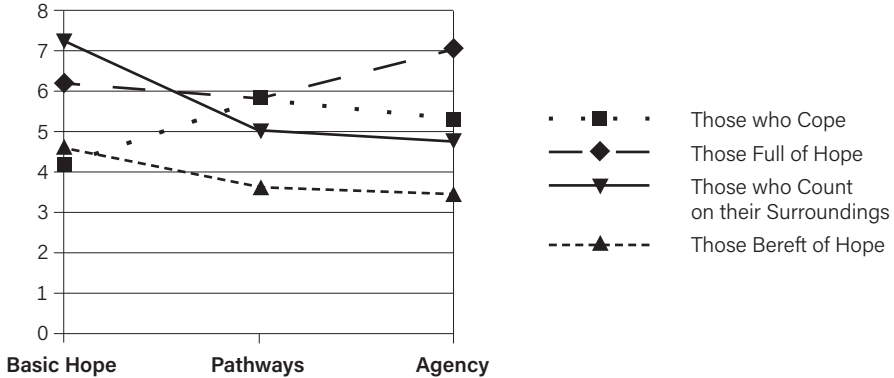
During the first stage of the research there were measured the averages and the standard deviations for the results of basic hope ( $M = 5.50$ ;  $SD = 3.60$ ), and those of hope for success ( $M = 5.09$ ;  $SD = 1.52$ )<sup>27</sup>. At the next stage, in order to carry out a deeper analysis and to get a better understanding of the obtained results, the researchers conducted a data clustering analysis by means of the *Quick Cluster Procedure*, *k-means* method. The results of the *Hope for Success Questionnaire (KNS)* and the *Basic Hope Inventory (BHI-12)* of all the participants ( $N=149$ ) were used as a basis for entering the typology stage. The data clustering analysis allowed the research group to distinguish, from among the four groups which were called: 1. Those who Cope (TC), 2. Those Full of Hope (FH), 3. Those who Count on their Surroundings (CS), 4. Those Bereft of Hope (BoH). The four groups differ from each other in terms of the scale of hope for success and the

<sup>26</sup> Z. Uchnast, *Typy charakteru...*, p. 127–128.

<sup>27</sup> The Kolmogorov-Smirnov test was used in order to assess whether the result distributions were similar to the normal distribution. It was found out that the distribution of the results obtained from the respondents of the *Basic Hope Questionnaire* differed from the normal distribution ( $K-S d=,17044$ ,  $p<,01$ ; Lilliefors  $p<,01$ ) just as the distribution of the results obtained from the *Hope for Success Questionnaire* ( $K-S d=,16159$ ,  $p<,01$ ; Lilliefors  $p<,01$ ) did.



basic hope scale. Figure 1 illustrates the results of the data clustering analysis carried out by means of the k-means method.



**Figure 1.** Profile of the average results obtained by particular groups in the *Basic Hope Inventory (BH-12)* and the *Hope for Success Questionnaire (KNS)*.

In order to obtain more detailed information about the isolated clusters, two additional variation analyses (ANOVA and MANOVA) were performed on the *KNS* and *BHI-12* results, which are presented in Table 2.

**Table 2.** Comparison of the four groups of people with different types of hope in terms of the results of the *Basic Hope Inventory (BHI-12)* and the *Hope for Success Questionnaire (KNS)*; the results of the ANOVA and MANOVA variation analyses and the Games-Howell multiple comparison procedure.

Distinguished Personality types	Type 1 Those who Cope (N=33)		Type 2 Those Full of Hope (N=44)		Type 3 Those who Count on their Surroundings (N=29)		Type 4 Those Bereft of Hope (N=43)		Differences (ANOVA)		Games-Howell procedure $\alpha=0,05$
	M	SD	M	SD	M	SD	M	SD	F	p	
<b>BHI-12 and KNS</b>											
<b>Basic Hope</b>	<b>4.21</b>	1.08	<b>6.20</b>	1.00	<b>7.24</b>	0.79	<b>4.58</b>	1.40	<b>53.78</b>	<b>.000</b>	[1-2,3] [2-3,4] [3-4]
<b>Pathways</b>	<b>5.79</b>	1.34	<b>5.82</b>	1.28	<b>5.03</b>	1.18	<b>3.63</b>	1.00	<b>30.24</b>	<b>.000</b>	[1-4] [2-3,4] [3-4]
<b>Agency</b>	<b>5.3</b>	0.92	<b>7.05</b>	0.71	<b>4.76</b>	0.95	<b>3.44</b>	1.03	<b>117.45</b>	<b>.000</b>	[1-2,4] [2-3,4] [3-4]
<b>MANOVA:</b>	F=57.51 df1=9; df2=348.18; p<0.01										

Taking into account the above-mentioned 4 types of hope, together with basic hope as well as the components of hope for success, the MANOVA statistical test revealed differences between these variables ( $F = 57.51$ ;  $p < 0.01$ ), which are statistically very important. The results of the ANOVA analysis showed that the statistically significant differences are present in all of the scales. The biggest difference, extremely significant statistically, was found in the Agency component (A, a subscale of Hope for Success;  $F = 117.45$ ;  $p < 0.001$ ). The lowest average score was obtained by the BoH group (Those Bereft of Hope;  $M = 3.44$ ;  $SD = 1.03$ ). From the statistical point of view, this group differed considerably in relation to the remaining three groups, i.e. Those who Cope (TC), Those Full of Hope (FH), and Those who Count on their Surroundings (CS). Additionally, there were other statistically important differences which occurred between the following types: TC and FH, as well as FH and CS. The analysis results also showed that Basic Hope (BH) is another component which differentiates these four types ( $F = 53.78$ ;  $p < 0,001$ ). In the course of the research, type CS (Those who Count on their Surroundings;  $M = 7.24$ ;  $SD = 0.79$ ) achieved the highest average result. This group was followed by the FH type (Those Full of Hope;  $M = 6.20$ ;  $SD = 1.00$ ), and next by the BoH type (Those Bereft of Hope;  $M = 4.58$ ;  $SD = 1.40$ ). The lowest average result was obtained by type TC (Those Who Cope;  $M = 4.21$ ;  $SD = 1.08$ ).

Another analysis in the form of a post-hoc multi-comparison Games-Howell test revealed statistically significant differences between the CS type and the remaining types, between the FH and the TC types, as well as types FH and BoH. The final component which, from the statistical point of view, significantly differentiates these types in terms of hope and by means of the ANOVA analysis is Pathways (P; subscale of Hope for Success;  $F = 30.24$ ;  $p < 0.001$ ). When it comes to the average results obtained in this component, the highest score was achieved by the Full of Hope type (FH;  $M = 7.05$ ;  $SD = 0.71$ ). Next came Those who Cope (TC;  $M = 5,30$ ;  $SD = 0.92$ ), followed by Those who Count on their Surroundings (CS;  $M = 4.76$ ;  $SD = 0.95$ ), with the last being Those Bereft of Hope (BoH;  $M = 3.44$ ;  $SD = 1.03$ ). The Games-Howell test showed that, statistically, the Pathways component significantly differentiated the Bereft of Hope group from the remaining types, as well as the FH from the TC and the CS types. The basic characterization of all these groups was carried out by comparing them with the most optimal group, i.e. Those Full of Hope. This is presented below.

### Type II – Those Full of Hope (FH)

This group consisted of the largest number of respondents, i.e. 44 persons, which constituted 29.53% of all the participants. The configuration of the respondents' results implies that they possess the ability to find the purposefulness of events happening in life. Generally, they have a positive outlook on life and they believe that it is possible for people to implement most of their plans and that, in case of difficulties, there will always be others ready to help (BH). These respondents not only perceive their surroundings as favourable but also believe in their own capabilities (BH). They think of themselves as resourceful and as those who can always find solutions to difficult situations (P), and their strong willpower enables them to bring their actions to conclusion despite all obstacles (A).

### Type I – Those who Cope (TC)

This type is represented by 33 persons, which constitutes 22.15% of all the participants, and they achieved extremely lower results in terms of basic hope than Those Full of Hope (FH). The obtained results imply that these particular respondents chiefly count on their own capabilities because they perceive the surrounding world as unpredictable and unfavourable. They do not see any purposefulness of events happening in life. With such an outlook on life, it is generally difficult to carry out one's plans or count on other people's support (BH). However, these respondents possess the ability to achieve their goals. Also, they rate their ability to find solutions in a very similar way to Those Full of Hope (FH), which means that they are capable of finding at least one solution to each difficult situation (P). Although their level of willpower is slightly lower than in the case of Those Full of Hope (FH), it is high enough to allow them to bring their plans to conclusion, even if any difficulties arise (A).

### Type III – Those who Count on their Surroundings (CS)

This group is represented by the lowest number of persons, i.e. 29, which constitutes 19.46% of all the participants. The results revealed their greatest diversity in particular scales. The respondents from this group possess higher basic hope than Those Full of Hope (FH), and therefore they hold a very firm belief that the surrounding world is sensible and that it is possible to easily find cause-and-effect dependencies there. The CS group strongly believe in the

purposefulness of events happening in life so they are able to deal with failures and losses which they experience. They are convinced that it is always possible to count on the favourable and helpful attitude of other people, and to make attempts to fulfil plans with high chances of success (BH). On the other hand, these respondents possess a slightly poorer ability to generate strategies for achieving goals (P) than Those Full of Hope (FH). Also, they are definitely less certain that they can bring all the actions they undertake to conclusion. Consequently, any obstacles can make them abandon further attempts to achieve their goals (A).

#### Type IV – Those Bereft of Hope (BoH)

This group is made up of 43 persons (28.86% of all the participants) who reveal a much lower level of basic hope in comparison with the Full of Hope (FH) type. It is difficult for them to understand events happening in the surrounding world or to find the purposefulness of those events. They are of the opinion that the world is rather unfavourable towards man so it is difficult to achieve one's goals and it is impossible to count on support from other people (BH). They perceive themselves as persons who are incompetent and unable to fulfil their plans. In comparison with Those Full of Hope (FH), these respondents reveal much poorer belief in their ability to find ways to achieve their goals (P) or to bring their plans to conclusion (A). For them each new obstacle raises great difficulties, which very often leads them to abandon their actions.

#### Relationships between the four distinguished types of hope with action styles

In order to assess whether there are any differences in the character structure of the persons representing these different types of hope and to establish which character variables differentiate them, the researchers used the ANOVA and MANOVA analyses to examine the participants' results obtained in the *Action Styles Questionnaire*. First, the differences in the six factors of Orientation towards Cooperation (C) were discussed, and next the factors of Orientation towards Self-Protection (SP) (cf. Table 1).

#### Orientation towards Cooperation (C)

The results of the research into particular groups are presented in Table 3.

**Table 3.** Comparison of the four groups of persons with different types of hope in terms of the results in the *Action Styles Questionnaire (KSD)* – Orientation towards Cooperation (C); the results of the ANOVA and MANOVA variation analyses and the Games-Howell multiple comparison procedure.

2 <sup>nd</sup> degree Factors Cooperation		Type 1 Those who Cope (N=33)		Type 2 Those Full of Hope (N=44)		Type 3 Those who Count on their Surroundings (N=29)		Type 4 Those Bereft of Hope (N=43)		Differences (ANOVA)		Games-Howell procedure $\alpha=0,05$
		M	SD	M	SD	M	SD	M	SD	F	p	
S A O	PE-C	<b>53.09</b>	6.80	<b>56.25</b>	6.55	<b>50.28</b>	7.90	<b>45.60</b>	8.40	<b>15.70</b>	<b>.000</b>	[1-4] [2-3,4]
	EA-C	<b>47.12</b>	9.96	<b>49.05</b>	7.76	<b>48.21</b>	10.56	<b>42.79</b>	9.16	<b>3.78</b>	<b>.012</b>	[2-4]
	SO-C	<b>56.88</b>	9.23	<b>55.18</b>	8.66	<b>52.76</b>	10.76	<b>49.51</b>	9.25	<b>4.54</b>	<b>.005</b>	[1,2-4]
S R	RO-C	<b>45.24</b>	8.73	<b>48.27</b>	9.22	<b>49.59</b>	9.93	<b>46.84</b>	10.29	<b>1.23</b>	<b>.300</b>	
	AI-C	<b>49.88</b>	6.12	<b>52.70</b>	7.87	<b>48.69</b>	8.61	<b>41.05</b>	8.53	<b>17.10</b>	<b>.000</b>	[1,2,3-4]
	RT-C	<b>44.39</b>	10.15	<b>49.32</b>	8.32	<b>48.14</b>	9.74	<b>41.12</b>	10.00	<b>6.29</b>	<b>.000</b>	[2,3-4]
<b>MANOVA:</b>		F=4.05; df1=18; df2=396.47; p≤0.001										

Taking into consideration the Orientation towards Cooperation factors (KSD) as well as the four types of hope distinguished in the research, the MANOVA variation analysis revealed differences between these variables, which are statistically very important ( $F = 4.05$ ;  $p < 0.001$ ). The results of the ANOVA analysis show that the statistically significant differences are present in all of the factors except for the Rational, Objective factor (RO-C). The greatest difference, however, and very important statistically, was found in the Ambitious, Independent factor (AI-C;  $F = 17.10$ ;  $p < 0.001$ ). The lowest average result was obtained by the BoH group (Those Bereft of Hope;  $M = 41.05$ ;  $SD = 8.53$ ). It must be added that, statistically, this group differs significantly in relation to the three remaining types, i.e. Those who Cope (TC), Those Full of Hope (FH) and Those Counting on their Surroundings (CS).

The second variable which significantly differentiates the four types from the statistical point of view is the Proactive, Entrepreneurial skills factor (PE-C;  $F = 15.70$ ;  $p < 0.001$ ), where the highest average result was achieved by the FH group (Full of Hope;  $M = 56.25$ ;  $SD = 6.55$ ), which was followed by the TC type (Those who Cope;  $M = 53.09$ ;  $SD = 6.80$ ), and by the CS type (Those who Count on their Surroundings;  $M = 50.28$ ;  $SD = 7.90$ ). The lowest average result

was obtained by the BoH type (Those Bereft of Hope;  $M = 45.60$ ;  $SD = 8.40$ ). The Games-Howell multiple comparison procedure revealed that statistically significant differences are present between the FH type and the CS and the BoH types, as well as types TC and Those Bereft of Hope.

The third factor which, in the ANOVA test, revealed statistically important results was the Responsible, Task-Oriented factor (RT-C;  $F = 6.29$ ;  $p < 0.001$ ). With regard to the average results in this factor, the highest score was achieved by the Full of Hope type (FH); next came Those who Count on their Surroundings (CS), followed by Those who Cope (TC). Those Bereft of Hope (BoH) achieved the lowest results. The Games-Howell test revealed that, statistically, the Responsible, Task-Oriented factor significantly differentiated types FH and BoH as well as the CS and BoH types.

Another factor in which the variation analysis showed statistically significant differences is the Spontaneous, Open factor (SO-C;  $F = 4.54$ ;  $p < 0.01$ ). In this factor, the order of the average results, from the highest to the lowest, was the following: TC, FH, CS and BoH (cf. Table 4). There were found statistically important differences between the TC and BoH types as well as the FH and BoH types. The last difference between the four distinguished types which proved statistically significant was recorded in the Empathetic, Altruistic factor (EA-C;  $F = 3.78$ ;  $p < 0.05$ ). The order of the average results of particular types, from the highest to the lowest, was as follows: FH, CS, TC and BoH. The multiple comparison procedure identified a statistically significant difference between types FH and BoH.

#### Orientation towards Self-Protection (SP)

Taking into account the factors of the Orientation towards Self-Protection (SP) dimension as well as the four types of hope, the MANOVA variation analysis revealed differences between these variables ( $F = 2.84$ ;  $p < 0.001$ ) which were statistically significant. The results of the ANOVA variation analysis revealed, on the other hand, that the statistically significant differences concern all the factors with the exception of the Affective, Demonstrative (AD-P) dimension. The results of both analyses of the four groups are illustrated by Table 4.

**Table 4.** Comparison of the four groups of persons with different types of hope in terms of the results in the *Action Styles Questionnaire (KSD)* – Orientation towards Self-Protection (P); the results of the ANOVA and MANOVA variation analyses and the Games-Howell multiple comparison procedure

2 <sup>nd</sup> degree Factors Self-Protection		Type 1 Those who Cope (N=33)		Type 2 Those Full of Hope (N=44)		Type 3 Those who Count on their Surroundings (N=29)		Type 4 Those Bereft of Hope (N=43)		Differences (ANOVA)		Games-Howell procedure $\alpha=0,05$
		M	SD	M	SD	M	SD	M	SD	F	p	
C R	LE-P	<b>54.70</b>	8.54	<b>52.34</b>	9.96	<b>52.79</b>	11.80	<b>48.33</b>	10.72	<b>2.64</b>	<b>.052</b>	[1-4]
	AD-P	<b>46.70</b>	11.20	<b>43.55</b>	8.66	<b>48.07</b>	12.60	<b>44.60</b>	10.05	<b>1.34</b>	<b>.264</b>	
	IE-P	<b>50.70</b>	8.31	<b>45.32</b>	9.03	<b>51.59</b>	8.16	<b>53.70</b>	8.91	<b>7.25</b>	<b>.000</b>	[2-1,3,4]
AC	ML-P	<b>47.33</b>	9.62	<b>43.80</b>	9.32	<b>49.21</b>	11.93	<b>51.77</b>	8.49	<b>5.10</b>	<b>.002</b>	[2-4]
	DA-P	<b>43.48</b>	11.45	<b>43.20</b>	9.43	<b>47.90</b>	9.31	<b>51.14</b>	9.07	<b>6.12</b>	<b>.001</b>	[1,2-4]
	IR-P	<b>48.97</b>	9.18	<b>45.18</b>	10.49	<b>51.76</b>	10.97	<b>53.65</b>	7.52	<b>6.28</b>	<b>.000</b>	[2-4]
<b>MANOVA:</b>		F=2.84; df1=18; df2=396.47; p≤0.001										

The greatest, statistically very important, difference between the four types of hope was recorded in the Inconsistent, Evasive factor (IE-P;  $F = 7.28$ ;  $p < 0.001$ ). The highest average score in this factor was achieved by the Bereft of Hope (BoH) type, followed by Those who Count on their Surroundings (CS), Those who Cope (TC) and, finally, Those Full of Hope (FH). The Games-Howell procedure, which was applied to compare particular types of hope, showed that there is a statistically significant difference between Those Full of Hope (FH) and the remaining three types, i.e. TC, CS, BoH.

Another factor which, from the statistical point of view, significantly differentiated the four types of hope was the Inhibited, Retreating Personality factor (IR-P;  $F = 6.28$ ;  $p < 0.001$ ). The averages achieved in this factor by representatives of all these different types of hope were as follows: the highest result was obtained by Those Bereft of Hope (BoH), followed by Those who Count on their Surroundings (CS), Those who Cope (TC) and, finally, Those Full of Hope (FH). The multiple comparison procedure showed that the statistically significant differences are present only between types Those Full of Hope (FH) and Those Bereft of Hope (BoH).

A similar level of statistical significance are the differences recorded in the four types of hope and in the Dovish, Adaptable factor (DA-P;  $F = 6.12$ ;  $p < 0.01$ ).

The average results in this factor were the following: the highest were achieved by the BoH, CS and TC types. The lowest average result was recorded in the case of type FH. The multiple comparison procedure revealed that, statistically, Those Bereft of Hope (BoH) differed significantly in the Dovish, Adaptable (DA-P) factor in relation to Those Full of Hope (FH) and Those who Cope (TC). A relatively high difference between the four distinguished types of hope was also recorded in the Moody, Labile factor (ML-P;  $F = 5.10$ ;  $p < 0.01$ ). The recorded arrangement of average results shows that the highest average was achieved by Those Bereft of Hope (BoH). This was followed by Those who Count on their Surroundings (CS), and Those who Cope (TC). The Full of Hope (FH) group obtained the lowest average. The analysis which meant to show between which of the groups can be found statistically significant differences proved that, indeed, there were such differences between two types of hope: FH and BoH.

It is worth mentioning one more statistically important difference revealed by the ANOVA variation analysis. The four types of hope were differentiated by the Leadership Skills, Need for Esteem factor (LE-P;  $F = 2.64$ ;  $p < 0.052$ ). The average result obtained by particular types of hope in this factor differentiated two types, i.e. Those who Cope, who achieved the highest average, and Those Bereft of Hope, whose average was the lowest. The above quantitative analysis of the recorded results makes it possible to psychologically characterise the distinguished four types of hope (measured by means of the *Basic Hope Inventory* and the *Hope for Success Questionnaire*) in terms of their character functioning (measured by means of the *Action Styles Questionnaire*).

The detailed analysis of particular types of hope (in terms of the second-degree factors) will be conducted by comparing each group with the Full of Hope (FH) type because the profile of these persons is the most optimal in terms of the experienced hope.

### Those Full of Hope

Persons who can be described as Those Full of Hope (FH) possess entrepreneurial skills, and they like to take matters into their hands (PE-C). In their actions, they are spontaneous and open towards other people (SO-C). However, the level of their empathy and the ability to show altruistic behaviours is rather mediocre (EA-C). In their actions, they are not always guided by what is rational or objective (RO-C). They are ambitious and independent (AI-C), and they present an average level of task-oriented skills or responsibility for their actions



(RT-C). Persons of this type possess leadership skills and they know how to earn esteem and respect from their surroundings (LE-P). They are emotionally stable (ML-P) and they do not demonstrate their emotional states too exaggeratedly (AD-P). They do not avoid difficult situations (IE-P), they do not feel inhibited by them, and they do not retreat when obstacles arise (IR-P). This type of persons try to actively change their surroundings instead of passively adapting to the circumstances they have found themselves in or to what their surroundings offer (DA-P).

### Those who Cope

There is only one statistically significant difference between Those Full of Hope (FH) and Those who Cope in terms of the second-degree factors. It implies that persons who can cope well tend to be more inconsistent and evasive in their actions (IE-P). With regard to the remaining second-degree factors, we can only talk about certain tendencies here. Those who Cope (TC) have a bit poorer entrepreneurial skills (PE-C) than Those Full of Hope (FH), while they are more spontaneous and open towards others (SO-C). However, the level of their empathy and the ability to show altruistic behaviours (EA-C) is lower than in the case of Those Full of Hope (FH). Also, they are less rational and objective in their interpretation of reality (RO-C) but more dependent on their surroundings (AI-C). In their general approach, they are less ambitious, less responsible and they have a lower level of task-oriented skills (RT-C). They are more moody and emotionally labile (ML-P), and they tend to feel inhibited and to be evasive (IR-P). However, like Those Full of Hope, they prefer to change their surroundings rather than passively adapt to them. Also, they do not want to compromise with the world (DA-P). Those who Cope possess slightly better leadership skills and the ability to earn esteem from their surroundings (LE-P) than Those Full of Hope (FH). They display a greater tendency to express their emotional states and to flaunt their emotions (AD-P).

### Those who Count on their Surroundings

The research revealed statistically significant differences between Those Full of Hope (FH) and Those who Count on their Surroundings (CS) in two second-degree factors, i.e. IE-P and PE-C. Those who Count on their Surroundings are characterised by a much lower level of initiative (PE-C) and they are a lot more

inconsistent and evasive (IE-P) in relation to Those Full of Hope (FH). Although, in the case of the remaining factors we can only talk about certain tendencies, it seems worth discussing them. Those who Count on their Surroundings (CS) are less spontaneous and less open in their relationships with their surroundings (SO-C) than Those Full of Hope (FH), though the level of their empathy and their ability to show altruistic behaviours (EA-C) are similar. Their general outlook on life is a bit more rational and objective (RO-C), but their sense of responsibility for their actions is slightly weaker (RT-C). Those who Count on their Surroundings are more dependent on their surroundings and less ambitious (AI-C). Also, they have a more retreating personality and feel more inhibited (IR-P) than Those Full of Hope, and they display a much greater tendency to adapt to their surroundings (DA-P) than Those Full of Hope (FH). Their leadership skills and their ability to earn esteem from the surroundings are similar (LE-P). They have a much greater tendency to demonstrate their emotional states to the world (AD-P), which is accompanied by much greater emotional lability (ML-P). It must be stressed that the profile of these persons is the least diversified in comparison with all the remaining groups.

### Those Bereft of Hope

Those Bereft of Hope (BoH) differ the most from Those Full of Hope (FH) in terms of their character functioning. The research revealed statistically significant differences in most of the second-degree factors. Those Bereft of Hope (BoH) are definitely less proactive and they possess much poorer entrepreneurial skills (PE-C), and they are much less open towards other people and much less spontaneous in their actions (SO-C). Also, they have a definitely lower ability to display empathic and altruistic behaviours (EA-C). They are much less responsible and possess a much lower level of task-oriented skills in their attitude to different situations (RT-C). This is connected with an equally lower level of ambition and a very strong dependence on their surroundings (AI-C). In comparison with Those Full of Hope (FH), Those Bereft of Hope (BoH) display a definitely higher level of tendency to adapt to their surroundings (DA-P) and to retreat. They have a much greater sense of inhibition (IR-P) and are characterised by an evasive attitude towards reality (IE-P). Also, their emotional lability is extremely higher (ML-P). In the case of the AD-P, LE-P and RO-C factors, we can only talk about certain tendencies. Like Those Full of Hope (FH), Those Bereft of Hope (BoH) do not have a tendency to demonstrate their emotional

states (AD-P). They have slightly poorer leadership skills and a lower ability to earn esteem and respect (LE-P). They are also less rational and objective in their assessment of the outside world (RO-C) than Those Full of Hope (FH).

During the next stage of the research project, the researchers tried to find the answer to the question whether there are any statistically significant differences between the four distinguished types of hope and the first-degree factors such as: the Need for Self-Actualisation and the Self-Actualisation of Others (SAO), the Need for Self-Realisation (SR), Competitive, Resourceful (CR) and Adaptable, Conservative (AC) (cf. Table 1). Here, like in the first stage of the research, the ANOVA and MANOVA variation analyses were carried out between the different types of hope and the first-degree KSD factors. The results of these analyses are shown in Table 5.

**Table 5.** Comparison of the four groups of persons with different types of hope in terms of the results in the *Action Styles Questionnaire (KSD)* – 1<sup>st</sup> degree Factors: the results of the ANOVA and MANOVA variation analyses and the Games-Howell multiple comparison procedure.

1 <sup>st</sup> degree Factors	Type 1 Those who Cope (N=33)		Type 2 Those Full of Hope (N=44)		Type 3 Those who Count on their Surroundings (N=29)		Type 4 Those Be- reft of Hope (N=43)		Differences (ANOVA)		Games- -Howell procedure $\alpha=0,05$
	M	SD	M	SD	M	SD	M	SD	F	p	
SAO	53.42	8.06	54.84	8.34	50.83	10.05	44.79	9.03	10.67	.000	[1,2-4]
SR	45.18	8.45	49.82	8.86	48.38	9.80	41.09	10.61	6.89	.000	[2,3-4]
CR	50.91	9.81	46.00	10.89	51.28	11.22	48.12	11.12	1.97	.121	
AC	45.88	9.68	42.41	10.14	49.21	11.97	52.67	7.99	8.47	.000	[1,2-4]
MANOVA:	F=5.65; df1=12; df2=375.99; p≤0.001										

Taking into consideration the four types of hope and the four first-degree factors of the *Action Styles Questionnaire (KSD)*, the MANOVA variation analysis revealed statistically significant differences between these variables ( $F = 5.65$ ;  $p < 0.001$ ). Further (ANOVA) analysis proved that statistically significant differences are present in three factors. The four distinguished types of hope are not differentiated by the Competitive, Resourceful (CR) factor. The factor which differentiates the types of hope the most is the Need for Self-Actualisation

and the Self-Actualisation of Others (SAO;  $F = 10.67$ ;  $p < 0.001$ ). This is followed by the Adaptable, Conservative factor (AC;  $F = 8.47$ ;  $p < 0.001$ ) and, finally, by the Need for Self-Realisation factor (SR;  $F = 6.89$ ;  $p < 0.001$ ).

With regard to the Need for Self-Actualisation and the Actualisation of Others (SAO) factor, the highest result was achieved by Those Full of Hope (FH;  $M = 54.84$ ;  $SD = 8.34$ ) and Those who Cope (TC;  $M = 53.42$ ;  $SD = 8.06$ ), while the lowest score belonged to Those Bereft of Hope (BoH;  $M = 44.79$ ;  $SD = 9.03$ ). The Games-Howell multiple comparison procedure helped the researchers to establish that there are statistically significant differences between Those Full of Hope (FH) and Those who Cope (TC) versus Those Bereft of Hope (BoH). In the Adaptable, Conservative (AC) factor, the highest average result was obtained by Those Bereft of Hope (BoH;  $M = 52.67$ ;  $SD = 7.99$ ), and the lowest was achieved by Those Full of Hope (FH;  $M = 42.41$ ;  $SD = 10.14$ ) and Those who Cope (TC;  $M = 45.88$ ;  $SD = 9.68$ ). The multiple comparison procedure revealed that the differences between the highest and the lowest results are statistically significant.

The third dimension in which the variation analysis revealed statistically significant differences between the different types of hope was the Need for Self-Realisation (SR) factor. The highest score belonged to Those Full of Hope (FH;  $M = 49.82$ ;  $SD = 8.86$ ) and to Those who Count on their Surroundings (CS;  $M = 48.38$ ;  $SD = 9.80$ ) while the lowest was achieved by Those Bereft of Hope (BoH;  $M = 41.09$ ;  $SD = 10.61$ ). The Games-Howell procedure showed that the differences between the groups with the highest average scores and the lowest average score are statistically significant.

The obtained results allowed the researchers to formulate a conclusion that Those Full of Hope (FH) are mainly oriented towards self-actualisation but with other people (SAO). The persons from the group of Those who Cope (TC) are also oriented towards self-actualisation and the self-actualisation of others (SAO). However, they also display behaviours which point to their competitive attitude (CR). The least definitely specified is the orientation of Those who Count on their Surroundings (CS) as they display all the possible action styles. For example, their attitude towards life is frequently competitive in character (CR) but at the same time they seek self-actualisation together with other people (SAO). Those Bereft of Hope (BoH) are oriented towards adapting to their surroundings and they behave in a conservative and cautious way (AC).

During the third and final stage of the research project, the researchers tried to find the answer to the question whether there are any statistically significant differences between the four distinguished types of hope and the

C-SP dimension, i.e. Co-operation – Self-Protection (cf. Table 1). The conducted ANOVA variation analysis proved that there are differences which are statistically very important. The results of these analyses are illustrated by Table 6.

**Table 6.** Comparison of the four groups of persons with different types of hope in terms of the results in the *Action Styles Questionnaire (KSD)* – Co-operation – Self-Protection (C-SP); the results of the ANOVA and MANOVA variation analyses and the Games-Howell multiple comparison procedure

Scale	Type 1 Those who Cope (N=33)		Type 2 Those Full of Hope (N=44)		Type 3 Those who Count on their Sur- roundings (N=29)		Type 4 Those Bereft of Hope (N=43)		Differences (ANOVA)		Games- Howell procedure $\alpha=0,05$
	M	SD	M	SD	M	SD	M	SD	F	p	
C-SP	51.82	4.88	54.52	6.44	49.34	7.55	44.42	6.52	19.26	.000	[1-4] [3-4] [2-3,4]

Taking into consideration the four types of hope and the Co-operation – Self-Protection (C-SP) factor of the *Action Styles Questionnaire (KSD)*, the ANOVA variation analysis revealed differences between these variables which are statistically very important ( $F = 19.26$ ;  $p < 0.001$ ). As shown in the table, the highest average result in the Cooperation – Self-Protection dimension was achieved by Those Full of Hope (FH;  $M = 54.52$ ;  $SD = 6.44$ ), followed by Those who Cope (TC;  $M = 51.82$ ;  $SD = 4.88$ ), and next by Those who Count on their Surroundings (CS;  $M = 49.34$ ;  $SD = 7.55$ ) and, finally, by Those Bereft of Hope (BoH;  $M = 44.42$ ;  $SD = 6.52$ ). The Games – Howell multiple comparison procedure allowed the researchers to establish that there are differences between Those Bereft of Hope and all the remaining types and that these differences are statistically significant. Statistically, the C – SP factor also significantly differentiates types FH and CS.

Those Full of Hope (FH) achieved the highest result in all of the four groups, which points to their need to cooperate with their surroundings. Persons from the group of Those who Cope (TC) are also oriented towards cooperation. Unlike this group, however, Those Bereft of Hope (BoH) are clearly oriented towards self-protection. However, it is difficult to unambiguously define the orientation of Those who Count on their Surroundings (CS) because these persons' score is very close to the average result, though a little lower, which implies their tendency towards self-protection.

## 5. Summary and analysis of the research results

The main aim of this research project was to investigate the question whether there is any relationship between hope and action styles. The research confirmed all the hypotheses and showed that hope contributes more to the appropriate functioning of a person. The way in which a person perceives the world and their own capabilities translates into the action style that they choose.

Those Full of Hope (FH), i.e. those who perceive the surrounding world as predictable in most of the cases and favourable, and who believe that they can find solutions to various situations they encounter and to bring matters to conclusion, are oriented towards self-actualisation together with other people, which means that they are oriented towards cooperation. These results correspond with the results of different studies conducted so far, which indicate that persons with a high level of hope create strong bonds with other people, with their family members, friends, invest more in building up relationships and possess greater social competences<sup>28</sup>.

Other studies carried out by American scientists show that in stressful situations persons with a high level of hope are capable of developing satisfying relationships with their families and friends, from whom they can get help and support<sup>29</sup>. In their relationships, they are interested not only in their own problems but also in their families' and friends' problems and goals<sup>30</sup>.

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<sup>28</sup> E. Rieger, *Correlates of adult hope, including high- and low-hope adults' recollection of parents*. *Psychology honors thesis*, Department of Psychology, Lawrence, University of Kansas as cited in: C. R. Snyder, *Hope Theory: Rainbows in the Mind*, „Psychological Inquiry” 13 (2002), p. 261; C. R. Snyder et al. *Hope: An individual motive...* as cited in: C. R. Snyder, *Hope Theory...*, p. 261; C. R. Snyder, B. Hoza, W. E. Pelham, M. Rapoff, L. Ware, M. Danovsky, et al. *The development and validation of the Childrens Hope Scale*, „Journal of Pediatric Psychology” 22 (1997) as cited in: C. R. Snyder, K. L. Rand, D. R. Sigmon, *Hope Theory: A member of the positive psychology family*, in: *Handbook of positive psychology*, C. R. Snyder, S. J. Lopez, (ed.), New York 2002, Oxford University Press, p. 261, 266.

<sup>29</sup> M. Crothers, G. Schraw, *Validation of the Mutuality Assessment Questionnaire*. Presentation, APA, Boston 1999 as cited in: C. R. Snyder, K. L. Rand, D. R. Sigmon, *Hope Theory...*, p. 266; B. R. Sarason, I. G. Sarason, G. R. Pierce, (ed.), *Social support: An interactional view*, Wiley, New York 1990 as cited in: C. R. Snyder, K. L. Rand, D. R. Sigmon, *Hope Theory...*, p. 266.

<sup>30</sup> C. R. Snyder, *The psychology of hope: You can get there from here*, Free Press, New York 1994 as cited in: C. R. Snyder, *Hope Theory...*, p. 262; C. R. Snyder et al. *Hope: An individual motive...* as cited in: C. R. Snyder, *Hope Theory...*, p. 262.

Z. Uchnast<sup>31</sup> conducted a comparative study of persons with different action styles in terms of their self-image. The study revealed significant differences between persons oriented towards co-operation and self-protection in terms of their ability to achieve their goals, their persistence and willpower. Persons oriented towards co-operation are characterised by greater trust in their own abilities in terms of achieving goals, initiating actions and bringing them to conclusion as well as a positive attitude towards life and other people. These character traits are connected with a high level of hope.

Persons Full of Hope are pro-active and exhibit entrepreneurial skills. They are open to different possibilities and towards other people. They are also independent, ambitious and spontaneous. They do not easily give way to their emotions, and they do not show off or act in a particular way just because other people act in that way. Persons of this type feel good in the role of leader. These results are in accordance with the results of the research carried out by J. Jastrzębski and M. Kruk<sup>32</sup>, which indicate that a high level of hope for success is accompanied by domination, firmness, dutifulness, boldness, entrepreneurial skills, good organisational skills, self-discipline and an awareness that there are principles to follow, as well as emotional stability and emotional maturity. These results are connected with the results obtained by J. Trzebiński and M. Zięba<sup>33</sup>, which show the relationship of basic hope with openness towards interpersonal experiences, and the results of American studies on the ability to adopt another person's perspective<sup>34</sup>.

Persons Bereft of Hope (BoH), i.e. those who perceive the world as unfavourable and unpredictable, for whom it is difficult to find solutions and who have weak willpower (Agency) are oriented towards adapting to the circumstances, i.e. seeking self-protection. They are unable to open towards new goals, and they hide from the world and from another man. Those Bereft of Hope (BoH) usually avoid taking the role of leader, they prefer not to flaunt their emotions and they avoid situations in which they could experience failure.

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<sup>31</sup> Z. Uchnast, *Typy charakteru...*, p. 11.

<sup>32</sup> J. Jastrzębski, M. Kruk, *Struktura osobowości...*, p. 36–38.

<sup>33</sup> J. Trzebiński, M. Zięba, *Basic Hope, Stress and Personality Growth. The 12th European Conference on Personality*, Groningen 2004; J. Trzebiński, M. Zięba, *Basic hope as a world-view: An outline of a concept*, „Polish Psychological Bulletin” 35 (2004) 3, p. 179.

<sup>34</sup> E. Rieger, *Correlates of adult hope...*, as cited in: C. R. Snyder, K. L. Rand, D. R. Sigmon, *Hope Theory...*, p. 266.



They are quite labile emotionally, they adapt to the circumstances which they find themselves in, and they are inhibited and have a retreating personality. Therefore, they lack motivation to make attempts to change their circumstances.

The obtained results have been confirmed by the research conducted by J. Jastrzębski and M. Kruk<sup>35</sup>, and they show that a high level of hope for success is connected with orientation towards experiencing one's own emotional states, the inability to control their attention, with their secretiveness and a fear to expose themselves, as well as anxiety, low self-esteem and a lack of belief in their own capabilities.

The American scientists achieved similar results, according to which persons with a low level of hope experience a feeling of loneliness as well as a fear and unwillingness to create close relationships with other people<sup>36</sup>. Z. Uchnast's research<sup>37</sup> revealed that persons oriented towards self-protection, unlike those oriented towards cooperation, exhibit a lack of belief in their own capabilities and avoid stressful situations.

This research has shown that there are differences between Those who Cope (C) and Those who Count on their Surroundings (CS), yet the differences are not statistically significant. Although, indeed, they are not statistically significant, the C – SP factor proves that Those who Cope (TC), who count mainly on their own capabilities, are more oriented towards cooperation. Those who Count on their Surroundings, however, who believe that it is possible to count on other people's goodwill or help, and who try to fulfil their plans with a high degree of probability of success, direct their energy more towards self-protection (here we can only talk about a certain tendency). If we combine this with the fact that there is a statistically lower number of significant differences between Those who Count on their Surroundings (CS) and Those Bereft of Hope (BoH) than between Those who Cope (TC) and Those Bereft of Hope (BoH), we might assume that people's beliefs about their own abilities to find solutions (Pathways) and their willpower (Agency) play a bigger part in choosing their action styles. This has also been confirmed by other studies not published yet.

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<sup>35</sup> J. Jastrzębski, M. Kruk, *Struktura osobowości...*, p. 36–38.

<sup>36</sup> L. Y. Thompson, C.R Snyder, L. Hoffman, S. T. Michael, H. N. Rosmussen, L.S Billings, *Dispositional forgiveness of self, others, and situations*, Non published manuscript, University of Kansas, Lawrence 2002 as cited in: C. R. Snyder, *Hope Theory...*, p. 262.

<sup>37</sup> Z. Uchnast, *Typy charakteru...*, p. 11.



When it comes to action styles of people with different types of hope, only the results concerning the competitive style seem surprising. The obtained data imply that, irrespective of the type of hope, each participant of the questionnaire sometimes exhibits competitive behaviours. Persons with particular types of hope do not differ statistically in this respect. The only differences recorded at the level of the second-degree factors imply that Those Full of Hope (FH) are less evasive and inconsistent, while Those Bereft of Hope (BoH) have poorer leadership skills and are less domineering. However, the only statistically significant difference was recorded between Those who Cope (TC) and Those Bereft of Hope (BoH). It was surprising to find that persons characterised by strong hope, and so oriented towards co-operation, achieve high results in the leadership skills factor, which is a factor relating to the competitive action style, oriented towards protecting oneself, while persons with weak hope, who self-protect themselves, obtain low results. Perhaps persons with a high level of hope become leaders because they have a vision and they know how to solve concrete situations, due to which they earn esteem from their surroundings. It must be mentioned that A. Bulzak and A. Celińska-Miszczuk<sup>38</sup> achieved similar results in their research. The Affective, Demonstrative factor does not differentiate persons with different types of hope. A lack of the relationship between orientation towards Co-operation and Self-Protection and the result in the Affective, Demonstrative factor were also revealed in the research carried out by A. Bulzak and A. Celińska-Miszczuk.

It can be seen that none of the groups differentiated in terms of a type of hope achieves high results in the factor relating to rational and objective attitude to reality, just as in the case of the results in the Responsible, Task-Oriented factor. This might be explained by the fact that the participants are only entering adulthood and, according to the characteristics of the growth development, they are only beginning to take responsibility for their own actions and are beginning to turn towards the outside objective world.

The results of this research project have also produced interesting implications which are valid for applied psychology. According to C. R. Snyder<sup>39</sup> as well as J. Trzebiński and M. Zięba<sup>40</sup>, it is possible for hope to develop. Therefore, it

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<sup>38</sup> A. Celińska-Miszczuk, *Williamsa Sterna...*

<sup>39</sup> C. R. Snyder, *Teaching: The lessons of hope*, "Journal of Social and Clinical Psychology" 24 (2005), p. 72–84.

<sup>40</sup> J. Trzebiński, M. Zięba, *Nadzieja, strata...*

is worth promoting the development of this resource because it will allow people to function more optimally within society and to work for their own good and the good of other people. C. R. Snyder<sup>41</sup> suggests that it is possible to teach hope at school because this would only require spending time with young people, establishing certain goals, helping young people in working out strategies to achieve them, boosting pupils' motivation and their self-esteem. If, additionally, the teacher is a person who, by their actions and emotions, can foster their pupils' belief in the fact that the world is sensible and favourable, they can also help young people to crystallise their basic hope. Obviously, the development of hope does not have to happen only at school. This could also happen in different groups which young people frequently belong to, and which are led by adults like, e.g., Scout groups or religious groups.

Also, it is worth making attempts to increase people's awareness, especially among those who work with children or young people, but also parents, that it is vital to boost in young people trust in the world and in their own capabilities.

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<sup>41</sup> C. R. Snyder, *Teaching...*

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