

Hope in Adolescents: An Overview from Developmental Phases and Gender

by Yulia Ayriza, Rita Eka Izzaty

ABSTRACT

Hope, as one of the positive emotion resources, is very essential for adolescents in performing psychosocial adaptations to go through a turbulent developmental phase. There are still inconsistent results from a number of researchers regarding differences in hope due to the influence of age and gender which need to be followed up with more research on this, in order to provide input for appropriate interventions in accordance with adolescents' developmental stage and gender when they experience problems along the process of their development. This study aims to investigate whether there are differences of adolescents' hope due to their developmental phases (age) and gender.

The respondents involved 400 female and male adolescents who are currently attending junior and senior high schools with an age range of 13-20 years, consisting of 17.40% early adolescents and 82.60% late adolescents, and 84% females and 16% males. Data collection was carried out by applying the Snyder's Hope Scale which was distributed to respondents through an online Google Forms. The collected data were analyzed using the t-test technique.

The results showed that there was no significant hope difference between early adolescents and late adolescent with $t(377) = .68, p > .05, 95\% \text{ CI} [-1.55, 3.17]$, and there was no significant hope difference between female and male adolescents with $t(377) = .408, p > .05, 95\% \text{ CI} [-1.18, 1.52]$. Thus it can be concluded that there were no significant hope differences among adolescents, both in terms of developmental phases and gender. It implied that interventions on adolescent hope can be carried out without paying attention to these demographic variables.

Kata Kunci: *Keywords: Hope, adolescent, developmental phase, gender.*