

## The Duality of Hope: The Development and Validation of a New Scale

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*The Hope Theory* (Snyder, 1994, 2000) emphasizes that the imagination of future success inspires individuals to go forwards. Hope includes two factors, agency thinking and pathway thinking, and can be termed as “enhanced hope.” However, Chinese culture values the strengths of *flexibility and calmness* derived from the persistence in face of failure and suffering. This culture-specific consideration is proposed and termed as “peaceful hope.” It includes transcendental adaptation and persisting effort. In this article, duality of hope and four factors, namely agency thinking, pathway thinking, transcendental adaptation, and persisting effort, were constructed to develop a new scale. Then, two empirical studies were conducted to test their validity.

In study 1, a survey was conducted and Taiwanese college students ( $N = 267$ ) were asked to complete a questionnaire that included the scales for four hope factors and other criteria variables, such as optimism, self efficacy, internal control, defensive pessimism, and social desirability. The results showed that participants had high tendency to the four hope factors. Through models competing, a higher-order model with two hopes (enhanced hope, peaceful hope) combining four factors (agency thinking, pathway thinking, transcendental adaptation, and persisting effort) and fitting indicators was undisputed and accepted. In addition, the new Hope Scale exhibited good convergent and discriminate validities.

In study 2, in order to test the increase validity of the new Hope Scale, another survey using the questionnaire was conducted. Data was collected from 665 Taiwan college students. In the questionnaire, besides the scale for four hope factors, scales for measuring life satisfaction, positive affection, hopelessness, and depression were also included. The results indicated that two peaceful hope factors (transcendental adaptation and persisting effort) explain additional variance over and above the contribution of the original enhanced Hope Scale in predicting both positive and negative adaptation. The enhanced hope predicted more positive adaptation (life satisfaction), while peaceful hope showed stronger negative correlation with negative adaptation (hopelessness). That is to say, peaceful hope led to less hopelessness. Finally, we discuss cultural aspects of hope research as the eastern peaceful hope component advances and complement the western hope theory.

**Keywords:** *agency thinking, cultural comparison, defensive pessimism, effort, hope*