

Though more materialistic youth may feel hopeful about their future, they may not always feel hopeful about their ability to solve problems that may arise.

Do Intrinsic and Extrinsic Motivation Encourage Different Facets of Hope?

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INTRO

- *Intrinsic life-goals* reflect desires to meet basic psychological needs such as competence, autonomy, and relatedness, but *extrinsic life-goals* reflect desires for external approval (Kasser, 2016; Ryan & Deci, 2000).
- Hope is a perception that one can reach desired goals (Snyder, 2002; Tong, Fredrickson, Weining, Lim, 2010; composed of:
 - **Hope agency** – confidence in ability to reach their goals
 - **Hope pathways** – confidence in ability to solve problems they may encounter
- More materialistic (i.e., extrinsic) youth may perceive a lack of internal resources to meet future challenges.

METHODS

- 184 youth (ages 14-21) participating in the *Champaign Area Relationship Education for Youth (CARE4U)* program
- Data collected at pretest

RESULTS

Predicting Hope Agency

	β	p-value
Intrinsic Life-Goals	.22	.003
Extrinsic Life-Goals	.24	.001

$R^2 = .11$

Predicting Hope Pathways

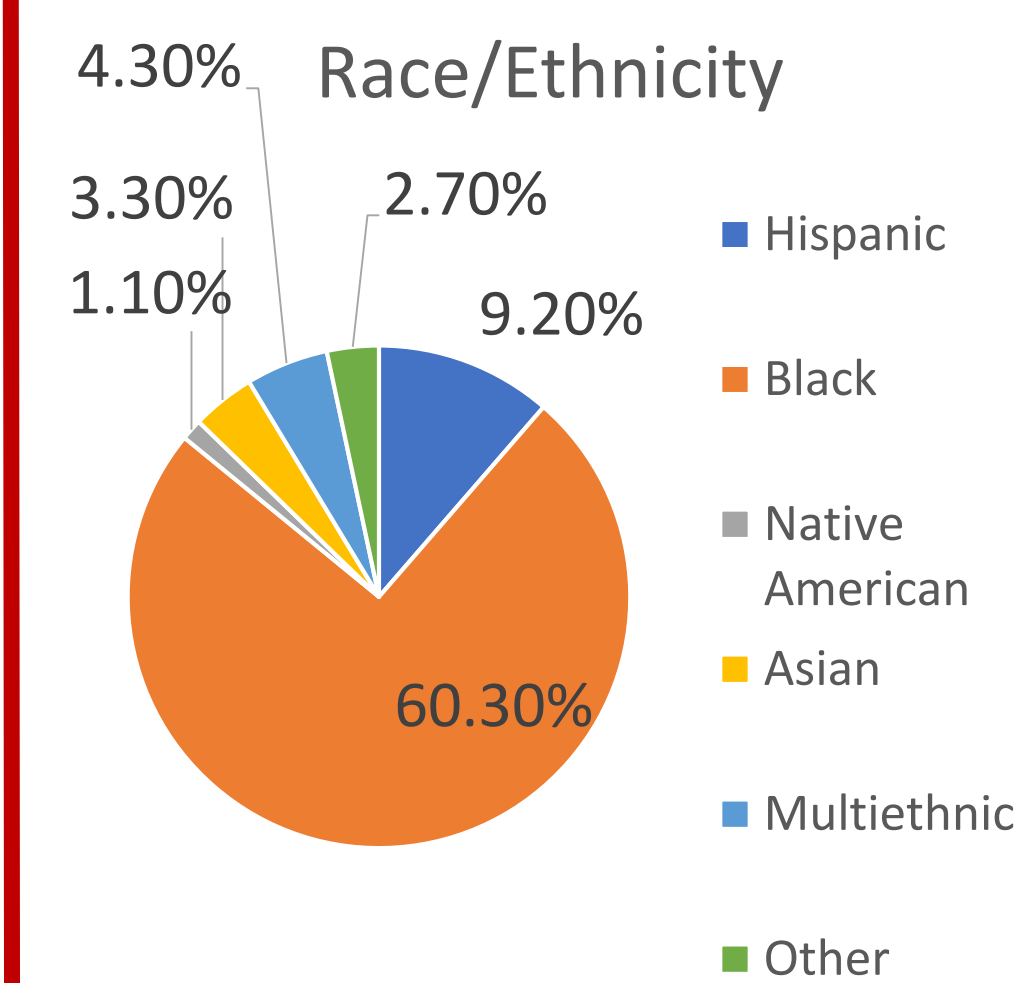
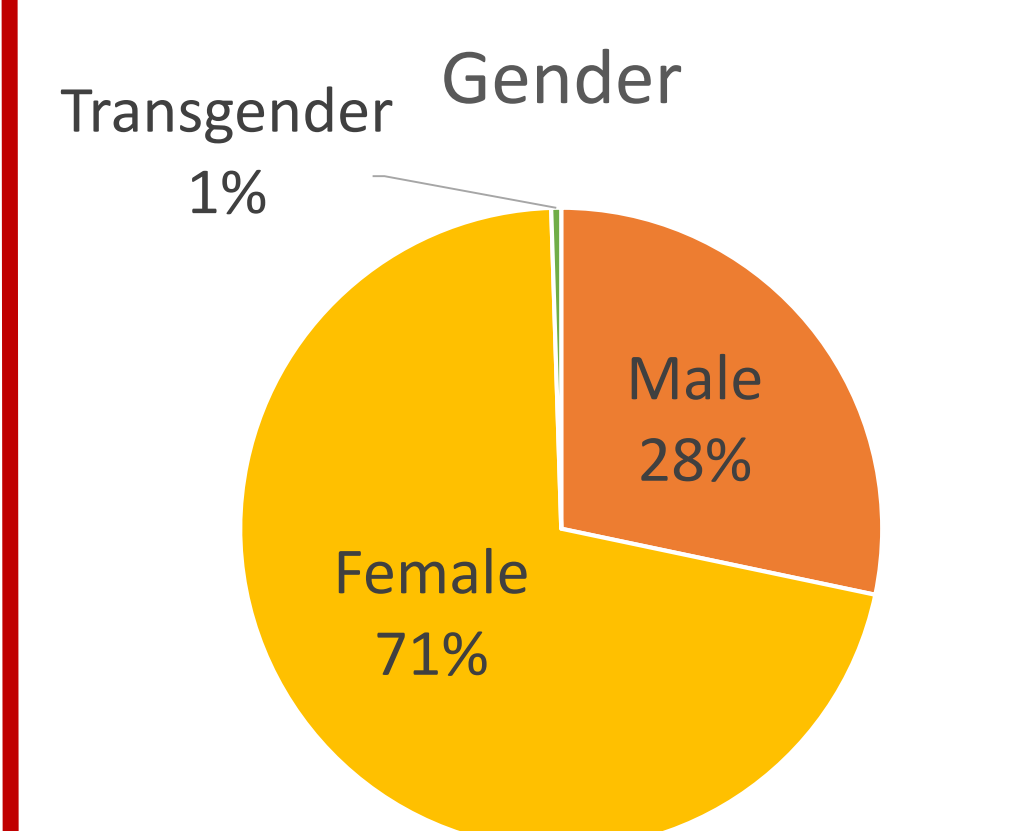
Intrinsic Life-Goals	.22	.003
Extrinsic Life-Goals	.06	.390

$R^2 = .05$

DISCUSSION

- Motivation to pursue life goals is linked to greater hope in general.
- An orientation toward intrinsic life-goals is associated with a fuller sense of hope: confidence in one's ability to reach goals and solve problems that may arise along the way
- A more materialistic orientation—focusing on being rich, having the right image, and being famous—is associated with a different kind of hopefulness: confidence in one's ability to reach goals, but not confident in their ability to solve problems
- Bolstering youths' confidence in their internal coping resources may be important work that can increase hope and goal-attainment; one method may be by emphasizing the importance of intrinsic life-goals

Demographics



Measures

- **Intrinsic Life-Goals.** The *Aspiration Index (AI)* assessed adolescents' life-goals (Kasser & Ryan, 1996). The intrinsic life goals subscale (personal growth, relationships, and community) constituted intrinsic life goals. All items were assessed on a 7-point Likert scale. $\alpha = .76$.
- **Extrinsic Life-Goals.** The *Aspiration Index (AI)* assessed adolescents' life-goals (Kasser & Ryan, 1996). The extrinsic life goals subscale (wealth, fame, and image) constituted extrinsic life goals. All items were assessed on a 7-point Likert scale. $\alpha = .80$.
- **Hope Agency.** The *Hope Scale* (Snyder, 2002) assessed different aspects of Hope. Hope Agency consisted of three items ("I am energetically pursuing my goals", 1 = Definitely False to 8 = Definitely True) $\alpha = .80$.
- **Hope Pathways.** The *Hope Scale* (Snyder, 2002) assessed different aspects of Hope. Hope Pathways consisted of three items ("If I should find myself in a jam, I could think of many ways to get out of it", 1 = Definitely False to 8 = Definitely True). $\alpha = .61$.

RESULTS

- Two linear regressions explored the associations between intrinsic and extrinsic life goals and hope agency and pathways
- Results supported hypothesis that intrinsic motivation would be associated with both aspects of hope
- Extrinsic motivation was only consistently associated with hope agency, but not hope pathways



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