ORIGINAL ARTICLE

Relationship of Purpose in Life and Hopelessness

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ABSTRACT

Background: Hopelessness is defined as experiencing negative presuppositions about the future that motivate suicidal patients to consider that suicide is the only practical approach for dealing with their apparently unfathomable issues.
Aim: To assess the correlation between purpose in life and hopelessness.
Study Design: Cross sectional prospective study.
Setting: OPD Sir Ganga Ram Hospital, Lahore.
Period: This study was conducted in psychiatry outpatient of sir gang arm hospital, Lahore from 16th December 2017 till 16th June 2018 for the period of 6 months.
Methods: Total 100 cases were taken for the study. One Hundred attendants of the patient presenting in the psychiatric OPD were taken. The study included attendants of psychiatric patients who were between ages 18-65 years either gender.
Results: It was found that purpose in life and hopelessness had a negative correlation i.e. Ɣ=-0.272 and were significantly associated with each other as indicated by a p value of 0.006. Among effect modifiers, gender was significantly associated with Purpose in Life and hopelessness as indicated by a p value of 0.008 and 0.000 respectively.
Conclusion: Purpose in life and hopelessness had a negative correlation and was significantly associated with each other i.e. the more Purpose in Life an individual has the lesser are the chances of experiencing hopelessness..
Keywords: Purpose in Life, Hopelessness, Beck's Hopelessness Scale, Depression

INTRODUCTION

Frankl, the founder of Logo therapy, proposed about the construct Purpose in Life. He characterized the idea as for recognition and comprehension of opportunity and freedom, responsibility and positive vision of one's life and the eventual fate of direction and the achievement of existential objectives, coordinating acknowledgment of hardship, life fulfillment, and self-satisfaction. At the point when this feeling of direction isn't met suitably, a negative subjective persuasive circumstance is created, just as sadness, attention to absence of authority over one's life and unavailability of principal objectives. Despite what might be expected, individuals with comprehension of direction have an extraordinary feeling of self-governance, self-autonomy and importance throughout everyday life, and are worried about the acknowledgment of evident and explicit individual crucial objectives[2]. Reason in life is connected to the advancement of individual's development since its event offers the required conditions from which satisfaction happens[2].
Hopelessness is defined as experiencing negative presuppositions about the future that motivate suicidal patients to consider that suicide is the only practical approach for dealing with their apparently unfathomable issues. Furthermore, hopelessness has been searched to

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be forecasting factor of ultimate suicide still when planning for past suicidal behaviors[3,4,5].

Garcia et al. confirmed[6] that purpose in life had a negative correlation with depression, (r= -0.824, t=-12.823 p<0.001) hopelessness, (r=-0.766 t=-10.525, p<0.001) and suicide risk, (r=-0.567, t=-6.074, p<0.001). Additionally, Marco et al. showed that purpose in life is a predictor of hopelessness, both additionally to suicide risk factors (r=-3.18, p<0.01), and also when interrelating with suicide risk factors (r=-1.28, p<0.01), thus sustaining connection of purpose in life with hopelessness[7]. Quite the opposite, an elevated level of purpose in life is positively associated with mental health and psychological well-being[8]. Many international studies have been conducted on the protective effect of superior sense of purpose in life, against the hopelessness, suicidal ideation and other markers of maladjusted coping but no such study has been done In Pakistan so far. Current study aims to assess the relationship of Purpose in Life with hopelessness in a Pakistani sample. By increasing awareness about importance of Purpose in Life for mental well-being a number of people can be prevented from developing hopelessness, suicidal ideation, depression, self-harm and other harmful attitudes towards their lives. Different research studies in positive psychology study experimental factors that directed towards life satisfaction[9], full participations in activities, making a maximum involvement by consuming one's personal strengths[10], and meaning based on investing in a little larger than the self. Vast information investigations of stream encounters have

reliably proposed that people experience significance and satisfaction when acing testing undertakings, and that the experience originates from the manner in which errands are drawn nearer and performed as opposed to the specific decision of assignment.

MATERIAL AND METHOD

This is a cross sectional prospective study which was done in Psychiatry Outpatient of Sir Gang Ram Hospital, Lahore. A sample size of 100 cases was selected by keeping type I error as 5% and 10% type II error and expected correlation as Ɣ=0.766[3] through non probability consecutive technique. One Hundred attendants of the patients presenting in the psychiatric OPD were taken. Any person with a previously diagnosed psychiatric illness was not included to avoid confounding. The researcher took written informed consent from all participants. Each participant was given questionnaires i.e., Purpose in Life (PIL) scale and Beck's Hopelessness Scale (BHS). All the data was entered and analyzed using SPSS version 12.0. All the quantitative data which includes age, BHS score and PIL scores were presented by mean and standard deviation. Gender was presented by frequency and percentage. Pearson correlation coefficient was applied between BHS ad PIL and a p value of ≤0.05 was considered significant. Data was stratified for age, gender, education and socioeconomic status to deal with the effect modifiers. Post-stratification Pearson correlation was calculated taking a p value of ≤0.05 as significant. The inclusion criteria for the study included attendants of psychiatric patients who were between ages 18-65 years either gender. On the other hand, an exclusion criterion was developed as previously diagnosed psychiatric illness.

RESULT

A total of 100 attendants of the patients presenting to psychiatry outdoor were included in the study from 16th December 2017 till 16th June 2018. The mean age of the participants was 37.36 with a standard deviation of 14.82 (table 1). The mean purpose in life score was 49.96 with a standard deviation of 22.68 (table 2). The mean beck's hopelessness scale score was 6.43 with a standard deviation of 4.171 (table 3). Out of 100 participants 42% were male and 58% were females (table 4). Pearson correlation coefficient was applied to see the relationship of purpose of life and hopelessness and it was found that these two were negatively correlated and significantly associated with each other as shown by the p value of 0.006 (table 5). Thus if purpose in life increases, the hopelessness decreases and vice versa. Post-stratification Pearson correlation coefficient was applied to see the impact of effect modifiers on hopelessness and purpose in life and it was found that only gender was significantly associated with them (table 6).

Table 1: Mean and Standard Deviation of Age (n=100)

Mean	37.36
Standard Deviation	14.82

Table 2: Mean and Standard Deviation of Purpose in Life (PIL) Scores (n=100)

Mean	37.36
Standard Deviation	14.82

Table 3:Mean and Standard Deviation of Becks Hopelessness Scale (BHS) Scores (n=100)

Mean	6.43
Standard Deviation	4.171

Table 4: Frequency of gender of participants

Gender	Frequency	Percent
Male	42	42.0
Female	58	58.0
Total	100	100.0

Table 5:Correlation of Hopelessness (As Scored By Beck's Hopelessness Scale) And PIL

Measures	Ɣ Correlation	P Value
Hopelessness & PIL	-0.273	0.006

P value of ≤0.05 is significant

Table 6:Effect of Gender on BHS and PIL

Measures	Ɣ Correlation	P Value
BHS	Male	0.000
	Female	
PIL	Male	0.008

Table 7:Effect of socioeconomic Status on BHS and PIL

Measures	Socioeconomic status	P value
BHS	Low	0.888
	Middle	
	high	
PIL	Low	0.127
	Middle	
	High	

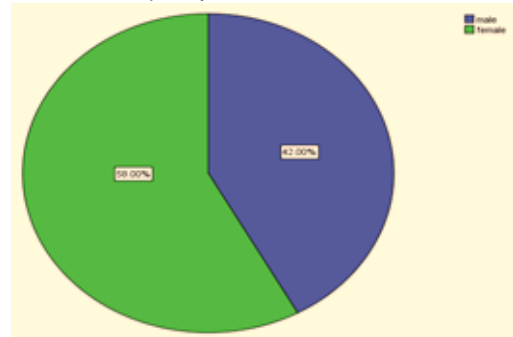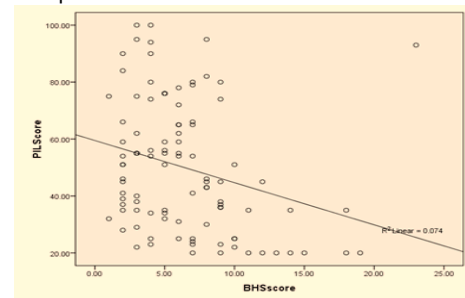P value of ≤0.05 is significant

Figure 1:Gender Frequency

Figure 2:Scatterplot Showing Linear Correlation Between Purpose in Life and Hopelessness

DISCUSSION

The current study assessed the relationship between purpose in life and hopelessness and found that they both were negatively correlated with each other and have a significant association. In a research study led by Joaquin Garcia in 2015 the connection between importance throughout everyday life and mental prosperity was evaluated and it was discovered that both were decidedly corresponded and altogether connected with one another. It was reasoned that importance in life is a huge indicator of mental prosperity of patients[6].

Another study directed by Joaquin Garcia et al In 2014, surveyed the relationship of importance of existence with sadness, misery and suicide chance. The exploration reasoned that there was negative connection between the significance throughout everyday life and dejection, sadness and suicide hazard. Consequently that demonstrated that the individuals who have an importance or a reason in life are more averse to end up discouraged, miserable or submit suicide[6].

Judith Johnson in 2011conducted a study to assess the impact of psychological resilience factor on suicide. The study revealed that a variety of psychological factor play a role in moderating suicide risk factors. The factors that were assessed were attribution style, levels of agency, perfectionism and hopelessness. It was found that risk was attenuated by a positive attribution style and higher levels of agency. On the other hand, suicide risk was amplified by higher levels of perfectionism and hopelessness. By knowing these factors, the identification of individuals who are in danger of suicide can be improved and appropriate management plan can be implemented[11].

In 2015, E. David Klonsky introduced a theory related to suicide. The theory of suicide hypothesized that suicidal ideation occurs as a result of pain and hopelessness. The other hypothesis given by him was that connectedness acts as a protective factor in those individuals who are suffering from pain and experiencing hopelessness. Thirdly the theory proposed that dispositional, acquired and practical contributors facilitate the progression of suicidal ideation to suicidal attempt. These three hypotheses were confirmed in the results of the study[12].

The current study also evaluated the impact of age, gender, socioeconomic status and education on purpose in life and hopelessness as previous studies have not shown any such associations. The results concluded that only gender acted as a significant effect modifier on purpose in life and hopelessness.

A lot of research is being carried out on the association between meaning in life, emotions and mental illness. One such study was conducted by Christos Pezirkianidis et al In 2016. It is said that main components of wellbeing are constituted by having a feeling of direction throughout everyday life and encountering positive feelings.

The study results concluded that having positive feelings associates decidedly with meaning in life and are negatively correlated with depression, anxiety and stress[13].

CONCLUSION

The study found that purpose in life and hopelessness had a negative correlation and was significantly associated with each other. Among the effect modifiers that were studied such as age, gender, socioeconomic status and education status only gender was associated significantly with hopelessness and meaning in life.

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