

An exploratory investigation of individual and family correlates within racial/ethnic groups.

THE GIST: We used surveys to compare hope among racial/ethnic groups based on personal and family factors like age, sex, family income, family structure, hope levels of parents, and quality of parental relationships. Overall, hope levels across ages differed between groups, and the hope didn't differ between genders, except for Black and Latinx girls (who showed less hope than boys). The factor of financial stability impacted hope levels differently between racial/ethnic groups. Considering family, youth hope seems less about the structure (whether parents were together or divorced), and more about the quality of family relationships. When parents with high hope have good relationships with their children, children may have higher hope.

THE TAKEAWAY: Hope is worth having. The higher a person's hope levels, the higher a person's association with good outcomes like achievement, higher education, social skills, and overall well-being. High hope builds resilience to barriers like stress, anxiety, internalizing behaviors, and depression. Through increasing contextual understanding, we learned that timely intervention may benefit groups like Black and Latina girls and that parents and families can create safe spaces for hope. Hope research must consider context— even contextual influences like race/ethnicity, gender, and family.