



The UNIVERSITY *of* OKLAHOMA
Hope Research Center

**Stand in the Gap Ministries
Life Launch
Brief Report 2019**

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Executive Summary

The purpose of this report is to provide Stand in the Gap Ministries with the results of a study designed to assess attitudes and perceptions of individuals in the Life Launch (LL) program. The objective of Life Launch is to establish mentorships that create a healthy environment where youth will grow in self-confidence and self-esteem, experience relationships with stable and committed adults, have an increased level of hope, and have an increase dependability, stability, and trustworthiness. A total of 30 youth participated in the program. The average age of participants is 17.8 years.

Hope Theory

Hope theory is a major component of the present study. **HOPE** is the belief that the future will be better and you have the power to make it happen. Hope has two components that work mutually together so that an individual can reach a desired goal:

pathways and agency. **PATHWAYS** refers to the steps a

person should take to reach a goal. **AGENCY** refers to a person's willpower or motivation to pursue those pathways (Snyder et al., 1991). High hope individuals have both pathways and agency. Research has

demonstrated that higher hope individuals have greater satisfaction with life, better coping skills, a

Pathways + Agency = Hope

buffer against anxiety, and a greater sense of a

meaningful life (Bailey et al, 2007; Feldman & Snyder,

2005; Lopes & Cunhe, 2008). Results from the present

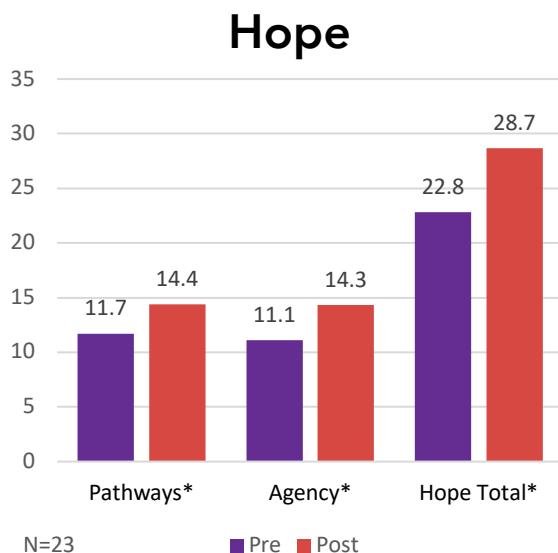
study show that individual's levels of pathways,

agency and total hope scores had a statistically

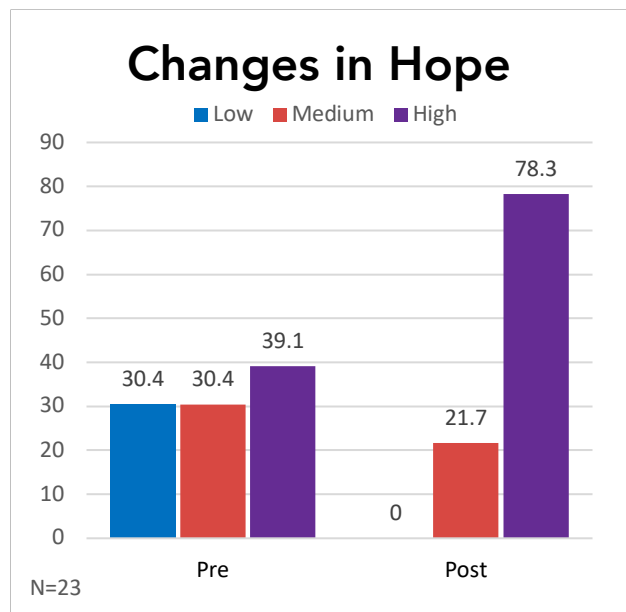
significant increase after participating in Life Launch [t

(22) = -3.149; p < .01]; [t (22) = -3.619; p < .01]; [t (22)

= -3.493; p < .01].



Additionally, hope scores were categorized as low, medium, and high to examine changes in scores. The graph illustrates that at pretest, 30.4% of youth had low levels of hope, 30.4% had medium levels of hope, and 39.1% had high levels of hope. At posttest, no youth had low levels of hope, 21.7% had medium levels of hope, and 78.3% had high levels of hope. This means that, at posttest, there



were 39.2% more high-hope individuals than at pre-test.

74%

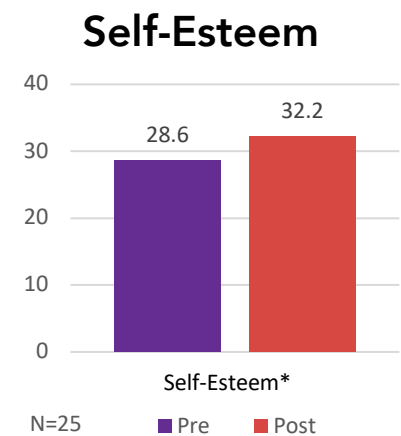
of individuals increased their level of hope

Finally, additional analysis indicates that 74% of individuals had an increase in hope scores from pre to posttest.

Related Variables

Other wellbeing variables were measured. These include self-esteem, spiritual well-being, and trust.

SELF-ESTEEM is a measure of global self-worth that examines both positive and negative feelings about the self (Rosenberg, 1965). Pre and posttest self-esteem mean scores increased from 28.6 to 32.2 after students participated in Life Launch [$t(22) = -3.908; p < .01$]. Additionally, a total of 74% of student's self-esteem increased after participating in the program.



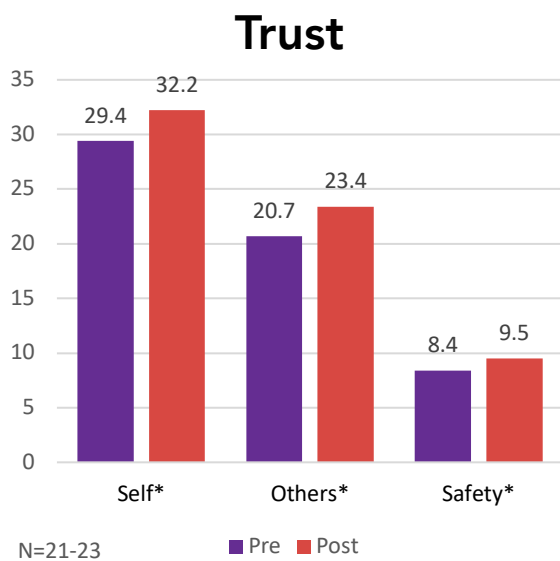
SPIRITUAL WELLBEING is a measure of religious wellbeing and existential wellbeing. **RELIGIOUS WELLBEING** is a person's belief in and relationship with God. **EXISTENTIAL WELLBEING** is a person's sense of

life purpose and satisfaction. Existential wellbeing pre and posttest mean scores increased from 15.0 to 16.8 after students participated in Life Launch [t (22) = -2.865; p < .01]. Religious

70% of individuals increased their level of existential wellbeing

wellbeing scores were not statistically significant from pre to posttest. Finally, a total of 70% of student's existential wellbeing increased after participating in the program.

TRUST is a person's assessment of the likelihood that they, other individuals or outside factors will perform in an expected manner and be consistent with their interests (Carrington, 2007). Trust in Self,



trust in others and safety were measured in the current study. Results from the present study show that individual's levels of trust for all three subscales had a statistically significant increase after participating in the LL program [t (20) = -2.959; p < .01]; [t (22) = -3.439; p < .01]; [t (22) = -2.272; p < .05].

Additional analyses indicates that 67% of student's trust in self increased, 78% of student's trust in others

increased, and 65% of student's sense of safety increased.

Overall, after participating in the Life Launch program, there were positive changes in study variables. Statistically significant findings were observed for hope, self-esteem, existential wellbeing and trust.