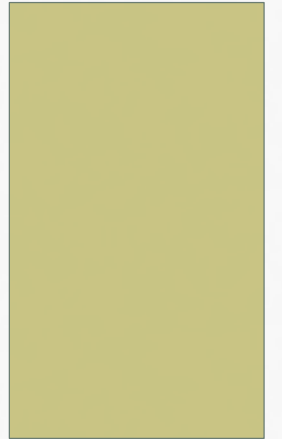


HOPE AND WELLBEING AMONG BELIZEANS

TAUNA GULLEY, PHD, RN, FNP
ALLIE BLEVINS HURST, BSN



HOPE AND WELLBEING AMONG BELIZEANS

Learning Objectives

- The learner will be able to describe the clinical implications of hope and wellbeing on health promotion teaching among adults.
- The learner will be able to describe strategies to enhance hope and wellbeing among adults.

Tauna Gulley, PhD, RN, FNP
Assistant Professor of Nursing
The University of Virginia's
College at Wise

I have no conflicts of interest to disclose

BACKGROUND

- Hope is rooted in spirituality.
- Hope is common but unique among cultures.
- Hope enhances subjective wellbeing.
- Hope enhances physical health.
- Nurses are in a unique position to instill hope.

PURPOSE

- To establish a profile of the community being served in order to accurately plan for and implement services.
- To describe the level of hope and subjective wellbeing among adults residing in a remote village of Belize, Central America.

BELIZE UVA WISE

- Since the Spring of 2009
- Mobile clinics, churches, and an established clinic
- Students perform health histories and physical assessments, obtain vital signs and dispense medications under direction of MD and NP
- Serve as interpreters



THE COMMUNITY

- Multicultural
- Scarce Resources
- Food
- Water
- Electricity
- Minimal Access to Health Care



THE COMMUNITY



HYPOTHESIS

- Rural Belizeans will have decreased levels of hope and will report low levels of subjective wellbeing.
- There will be a positive relationship between hopelessness and low levels of subjective wellbeing among Belizeans.

SAMPLE AND SETTING

- Sample
 - Adult males and females seeking health care at a clinic in Central America were invited to participate, N = 66.
- Setting
 - Remote village in Belize, Central America
- Data Collection Procedures
 - Data were collected while patients waited to see the provider. Both surveys were available in Spanish and English. Interpreters were available to translate to other native languages.
- Ethical Considerations
 - The Institutional Review Board at The Institution and the Medical Director of the Clinic reviewed and approved the study prior to data collection.

INSTRUMENTATION

- The Trait Hope Scale

- 12 item self report
- Likert scale
- Scoring
 - 8 to 40
 - 8 (lowest levels of hope)
 - 40 (highest levels of hope)

- The Satisfaction with Life Scale

- 5 item self report
- Likert scale
- Scoring
 - 5 to 25
 - 5 (minimal satisfaction with life)
 - 25 (high satisfaction with life)

INSTRUMENTATION

- Satisfaction with Life Scale

- In most ways my life is close to ideal.
- The conditions of my life are excellent.
- I am satisfied with my life.
- So far I have gotten the important things I want in life.
- If I could live my life over, I would change almost nothing.

- Trait Hope Scale

- I can think of ways to get out of a jam.
- I energetically pursue my goals.
- There are lots of ways around any problem.
- I can think of many ways to get the things that are important to me.
- Even when others get discouraged, I know I can find a way to solve a problem.
- My past experiences have prepared me well for my future.
- I have been pretty successful in life.
- I meet the goals that I set for myself.

RESULTS

- N= 66
- Satisfaction with Life Scale: $M = 15.95$
 - Average self report of Life Satisfaction
 - Cronbach's alpha coefficient was .69
- Hope Trait Scale: $M = 32.48$
 - Above average levels of hope
 - Cronbach's alpha coefficient was .78

DISCUSSION

- Average levels of satisfaction with life may indicate dissatisfaction in one or more life domains.
- Higher levels of hope can provide motivation to improve areas of dissatisfaction.
- Health care providers must nurture a positive, hopeful outlook. Improving some areas of life domains, such as health, would likely move the patient to a higher level of life satisfaction.
- Encourage better connections with family or friends.
- Goal Setting and Subjective Well Being
- Challenges of Short Term Missions

LIMITATIONS/FUTURE RESEARCH

- This study did not look at the differences between gender or age groups. Future research is needed to determine differences between these groups.
- Hope is an abstract concept. Qualitative research is needed to gain a better understanding of the meaning of hope.
- How does the definition of hope differ across cultures?

THANK YOU



REFERENCES

- Diener et al., (1985). The satisfaction with life scale. *Journal of Personality Assessment*, 49(1), 71-75.
- Snyder et al., (1991). The will and the ways: Development and validation of an individual differences measure of hope. *Journal of Personality and Social Psychology*, 60, 570-585.