

Navigating Emotions: The Influence of Hope and Trust on Anxiety and Happiness

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Abstract: In the 21st century, issues of people's psychological health and happiness are becoming more important, but related problems are not easily solved and are increasing. This study examined the impact of hope and trust on anxiety and happiness. To investigate whether hope and trust are effective in lowering anxiety and increasing happiness, a survey was conducted on 781 people, where 328 were men and 457 were women. The scales used have been recognized as having reliability and validity in previous studies. Statistical analysis was performed by confirming the internal consistency coefficient, factor analysis, and multiple regression analysis to determine the reliability and validity of the scale used and to test the hypotheses. Reliability and validity of the scale used were confirmed. The results showed that first, hope had a positive effect on lowering anxiety and increasing happiness. Second, trust had a positive effect on lowering anxiety and increasing happiness. Third, there were no interaction effects of hope and trust on anxiety and happiness. Fourth, there were differences in anxiety according to gender. Fifth, there were differences in hope according to age group. The findings of this study show that the higher the hope and the trust, the more effective it is to lower anxiety and increase happiness. Because hope and trust increase the power of positivity, anxiety lowers, and happiness increases. Furthermore, these suggest that hope and trust must be increased to help people enjoy mental health and well-being. To decrease anxiety and increase happiness, education and coaching to improve mental well-being are needed.

Keywords: Hope, Trust, Anxiety, Happiness

1. Introduction

In 2019, Korea joined the 30-50 Club, which refers to countries with a per capita income of more than 30,000 dollars and a population of more than 50 million, and was recognized as a country with national and population competitiveness. However, we are now living in an era of four devils where anxiety, dissatisfaction, distrust, and unhappiness are prevalent. According to positive psychology[1-4], in order to be happy, we must live happily and meaningfully, discover and develop our own strengths, and utilize them in our daily lives. And happiness is not a luck that comes from outside by chance, but is the result of effort and a product of choice[5][6]. Therefore, in order to live a happy life, you must make efforts to make yourself happy. In this study, we assume that the first thing we need to do in creating a happy life is to build hope and trust that everything will be fine, and find out whether these is hope and trust are actually effective in lowering anxiety and increasing happiness.

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2. Literature Review

Before investigating whether hope and trust are effective in lowering anxiety and increasing happiness, previous studies of hope, trust, anxiety, and happiness were reviewed.

2.1 Hope

Since Snyder's (1994) study on hope, research focusing on the cognitive perspective of hope, which divides hope into leading and path thinking, has been the mainstream, but recently, claims have been made that a multidimensional perspective of hope is necessary[7-10]. For example, Choi[11] composed hope into six subfactors based on cognition, emotion, and behavior. Assuming that it is, hope thinking include leading and path thinking, hope emotion consisting of ego emotion and future emotion, and hope action consisting of goal will and goal execution.

2.2 Trust

Trust is society's most important asset. In general, trust is the foundation of relationships as faith, will, and belief in others and is essential for the smooth functioning of society. A society with trust is safe and prosperous, while a society without trust is unstable and chaotic. Previous studies[12-15] on trust divide trust into three categories, including self-trust, trust to others, and trust to organizations. Self-trust is having confidence in yourself, believing in your abilities, respecting yourself, and being satisfied with your current self. Trust to others is the most common concept of trust and refers to trust to others. Trust to organization refers to trust in a company, local government, or government from the customer's perspective.

2.3 Anxiety

Anxiety is a natural emotion that anyone can experience. However, if anxiety gets worse, it not only interferes with daily life, but in serious cases, professional help may be needed. 30 to 50% of adolescents experience anxiety. when a person feel anxious, he or she would need to identify the cause of your anxiety and make efforts to resolve the cause. Anxiety is treatable, so those who have this may get professional help rather than suffering alone. Therefore, to help those who are suffering from this, efforts and specific measures must be put in place to lower the level of anxiety in adolescents. Scholars who study anxiety divide anxiety into state anxiety and trait anxiety[16][17]. State anxiety is a state of nervousness, worry, concern, and tension caused by activation and excitement of the autonomic nervous system. In other words, it is an emotional state experienced at a certain level of intensity at a specific moment. On the other hand, trait anxiety is defined as an individual's state of relatively stable tendencies. It is defined as an individual difference in the tendency to respond by increasing the intensity of state anxiety reactions in situations perceived as dangerous when exposed to stress.

2.4 Happiness

Happiness can have a significant impact on the quality of life. Happy adolescents form positive psychological resources such as self-esteem and self-trust in later life and can escape the temptations of various addictions more easily than those who are not happy[18][19]. Happy people perform better than unhappy people in subjective, objective, and social indicators of job performance , and happy people lead healthier and more active lives than unhappy people, and are able to make decisions more

easily, they also feel safer in the world[20]. Therefore, it is necessary to increase the level of happiness of teenagers. Previous studies on happiness[20-22]. Based on Seligman, the sub-components of happiness can be divided into mental and physical health, human relationships, positive experiences, and positive practices. Mental and physical health refers to a state of healthy body and mind, both physically and psychologically. Positive experience is a combination of positive emotion and experience and deals with how often and up to what extent one feels positive emotions and positive experiences. Human relationships are about relationships with people and include all relationships, including at home, work, and society. Positive practice refers to doing things that can increase happiness in order to enjoy a happy life and satisfying lifestyle.

2.5 Research Hypothesis

Because hope and trust in a healthy and happy life provide positive motivation and energy for the reason and direction of our lives[23-25], hope and trust will have a positive effect on escaping anxiety. Hope is a positive expectation about the future and provides psychological stability when facing uncertainty and threats. According to previous studies[26-28], people with high hope had low anxiety, high quality of life, and excellent coping skills. In addition, trust is the belief in oneself, others, and society that allows a person to feel a sense of control over the external environment that causes anxiety. According to previous studies[29-32], people with high trust have low anxiety, high social participation, and happiness was found to be high.

Just as they have a positive effect on lowering anxiety, hope and trust in a healthy and happy life provide positive motivation and energy for the reason and direction of our lives, so hope and trust have a positive effect on increasing happiness levels. In fact, hope increases happiness because it helps us find meaning and purpose in life through positive expectations about the future, motivates us to achieve our goals, reduces stress, and increases positive emotions and behaviors[33-36]. In addition, trust increases happiness because it provides a sense of belonging and security, increases positive emotions and behavior, and improves quality of life[37-39]. The research hypotheses are as follows.

Hypothesis I . Hope and trust have a positive effect on lowering anxiety.

Hypothesis I -1. Hope have a positive effect on lowering anxiety.

Hypothesis I -2. Trust have a positive effect on lowering anxiety.

Hypothesis I -3. Hope and trust have an interactive effect in lowering anxiety.

Hypothesis II . Hope and trust have a positive effect on increasing happiness.

Hypothesis II -1. Hope have a positive effect on increasing happiness.

Hypothesis II -2. Trust have a positive effect on increasing happiness.

Hypothesis II -3. Hope and trust have an interactive effect in increasing happiness.

3. Research Method

3.1 Participants

This study examined the effects of hope and trust on anxiety and happiness in various age groups, including teenagers and those in their 60s. An online survey was conducted on 781 people, including 324 men (41.48%) and 457 women (58.52%) living across the country, using a questionnaire containing scales on hope, trust, anxiety, and happiness. The composition ratio by gender and age

group is shown in [Table 1].

[Table1] Composition Ratio by Gender and Age Group

Age Group	Male	Female	Total
Under 10s	69(8.83%)	65(8.32%)	134(17.15%)
20s	61(7.81%)	101(12.93%)	162(20.74%)
30s	61(7.81%)	90(11.52%)	151(19.33%)
40s	50(6.40%)	108(13.82%)	158(20.235%)
50s	37(4.73%)	54(6.91%)	91(11.65%)
Upper 60s	46(5.88%)	39(4.99%)	85(10.88%)
Total	324(41.48%)	457(58.52%)	781(100.0%)

3.2 Scale

This study examined the effects of hope and trust on anxiety and happiness in various age groups, including teenagers.

3.2.1 Hope Scale

Hope was measured using a scale with a reliability and validity confirmed in a previous study[40]. The hope scale is a scale composed of three sub-factors including hopeful thoughts, hopeful emotions, and hopeful actions, and is a Likert 5-point scale with 8 questions each and a total of 24 questions. In previous studies, reliability was Cronbach's $\alpha = .95$.

3.2.2 Trust Scale

To measure trust, the trust scale used in a previous study was used [41]. The trust scale is a 5-point Likert-type scale consisting of a total of 16 questions, including 5 questions about self-trust, 4 questions about trust in others, and 7 questions about trust in the organization. The reliability of the previous study was Cronbach's $\alpha = .91$.

3.2.3 Anxiety Scale

To measure anxiety, the emotional stress scale developed in a previous study was used[42], which is a 5-point Likert-type scale consisting of a total of 14 questions, with seven questions about state anxiety and seven questions about trait anxiety. The anxiety score was calculated by adding the values of state anxiety and trait anxiety, and in previous studies, the reliability was Cronbach's $\alpha = .93$.

3.2.4 Happiness Scale

For happiness, reliability and validity were confirmed in previous study[43]. The happiness scale is a 5-point Likert scale consisting of a total of 22 questions with seven questions about mental and physical health, five questions about positive experiences, four questions about human relationships, and six questions about positive practices. The reliability of the previous study was Cronbach's $\alpha = .94$.

3.3 Data Analysis

Statistical analysis of the collected data was performed using the SAS 9.24 program. First, the reliability and validity of the scale used were examined. Reliability was confirmed by Cronbach's alpha value, which is the internal consistency coefficient, and construct validity was confirmed using

factor analysis. When examining construct validity, the principal axis factoring method was used as the factor extraction method, the initial value was squared multiple correlation (SMC), and the rotation method of the factor axis was the Varimax method, which is an orthogonal rotation. Next, through descriptive statistics and correlation analysis, the actual status of the youth's hope, trust, anxiety, and happiness was confirmed and the relationships between them were examined. In addition, analysis of variance (ANOVA) and Scheffe test were used to determine whether there were differences in hope, trust, anxiety, and happiness depending on age. Lastly, the established research hypothesis was reviewed by confirming the impact of hope and trust on anxiety and happiness through multiple regression analysis.

4. Result

Overall, the reliability and validity of the scale used were confirmed to be excellent, consistent with antecedent studies, and differences in anxiety by gender and hope by age were confirmed. With this result, it is confirmed that hope and trust were effective in lowering anxiety and increasing happiness in individuals, including adolescents.

4.1 Reliability and Validity of Scales Used

Reliability and validity of Scales were confirmed using internal consistency and factor analysis. As shown in [Table 2], there were high Cronbach Alpha coefficient above .90 and consistent factor structure of hope, trust, anxiety and happiness.

[Table 2] Cronbach Alpha and Number of Factor of Scales

	Antecedent Study	This Study	Antecedent Study	This Study
Hope	0.957	0.920	3 Factors	3 Factors
Trust	0.910	0.888	3 Factors	3 Factors
Anxiety	0.952	0.960	2 Factors	2 Factors
Happiness	0.943	0.940	4 Factors	4 Factors

4.2 The Relationship among Hope, Trust, Anxiety, and Happiness

The relationship between hope, trust, anxiety, and happiness included in the study was examined through correlation analysis. As shown in [Table 3], there was a significant positive correlation between hope, trust, and happiness, and a significant negative correlation with anxiety.

[Table 3] Correlation among Hope, Trust, Anxiety, and Happiness

	Hope	Trust	Anxiety	Happiness
Hope	1.000			
Trust	0.716***	1.000		
Anxiety	-0.487***	-0.463***	1.000	
Happiness	0.840***	0.744***	-0.554***	1.000

4.3 The Effects of Hope and Trust on Anxiety

The effects of hope and trust on anxiety were examined using multiple regression analysis. As shown in [Table 4], hope and trust were found to be effective in lowering anxiety. The explanatory power

(adjusted R²) of the entire model was found to be 29.6%, and as a result of testing the significance of the regression coefficient, the emotion of hope ($\beta=-0.296$, $t=-4.44$, $p<.001$) and self-trust ($\beta= -0.298$, $t=-6.23$, $p<.001$) was found to be highly influential. These research results support Hypothesis I-1, “Hope has a positive effect on lowering anxiety,” and Hypothesis I-2, “Trust has a positive effect on lowering anxiety.” However, the results of examining differences in anxiety using analysis of variance also showed a main effect of hope and trust, but no interactive effect of hope and trust on anxiety. These research results did not support Hypothesis I-3, which states, “Hope and trust have an interactive effect in lowering anxiety.”

[Table 4] Multiple Regression Hope and Trust on Anxiety(R²=.301)

	B	Standard Error	Beta	t	VIF
Intercept	5.002	0/158		31.58	
Hope_Thinkt	0.143	0.088	0.120	1.62	6.116
Hope_Emotion	-0.332	0.074	-0.296*	-4.44***	4.944
Hope-Action	-0.079	0.075	-0067	1.05	4.637
Self Trust	-0.346	0.055	-0.298	-6.23***	2.548
Other Trust	-0.110	0.040	-0.108	-2.75**	1.726
Org. Trust	0.052	0.049	0.043	1.05	1.865

4.4 The Effects of Hope and Trust on Happiness

The effects of hope and trust on happiness were examined using multiple regression analysis. As shown in [Table 5], hope and trust were found to be effective in increasing happiness. The explanatory power (adjusted R²) of the entire model was found to be 75.9%, and as a result of testing the significance of the regression coefficient, all subcomponents, except organizational trust, were found to have a positive effect on happiness, and the emotion of hope was found to have a positive effect on happiness. ($\beta=-0.258$, $t=6.61$, $p<.001$) and self-trust ($\beta=0.269$, $t=9.61$, $p<.001$) were found to be highly influential. These research results support Hypothesis II-1 and Hypothesis II-2. The results of examining differences in happiness using analysis of variance also showed that the main effect of hope and trust was significant, but the interaction effect of hope and trust on happiness was not found. These research results do not support Hypothesis II-3, which states, “Hope and trust have an interactive effect in increasing happiness.”

[Table 5] Multiple Regression Hope and Trust on Happiness(R²=.301)

	B	Standard Error	Beta	t	VIF
Intercept	0.366	0/158		31.58	
Hope_Thinkt	0.170	0.088	0.120	1.62	6.116
Hope_Emotion	0.224	0.074	-0.296*	-4.44***	4.944
Hope-Action	0.130	0.075	-0067	1.05	4.637
Self Trust	0.243	0.055	-0.298	-6.23***	2.548
Other Trust	0.096	0.040	-0.108	-2.75**	1.726
Org. Trust	0.033	0.049	0.043	1.05	1.865

4.5 Differences in Hope, Trust, Anxiety, and Happiness according to Gender

As shown in [Table 6], although it was not included in the research hypothesis, the results of examining differences in hope, trust, anxiety, and happiness by gender showed that there was a

significant difference only in anxiety. Overall, women (mean = 2.53, standard deviation = 0.76) had higher anxiety scores than men (mean = 2.38, standard deviation = 0.80), and significant differences were found in overall anxiety scores and trait anxiety. These research results show that women are significantly different in terms of anxiety level than men, and is caused by dispositional factors, not situational factors of anxiety.

[Table 6] Anxiety Difference according to Gender

Anxiety	Male	Female	Total	F Value
Anxiety	2.38(0.76)	2.53(0.80)	2.47(0.79)	7.27***
State Anxiety	2.28(0.82)	2.33(0.87)	2.31(0.85)	0.49
Trait Anxiety	2.47(0.79)	2.74(0.87)	2.63(0.85)	18.86***

4.6 Differences in Hope, Trust, Anxiety, and Happiness according to Age Group

Differences by age group showed significant differences only in hope. As presented in [Table 7], as a result of examining the differences in hope according to age, teenagers had the lowest hope scores, and significant differences were found not only in hope but also in the subcomponents of hope.

[Table 7] Hope Difference according to Age Group

Age Group	Hope	Hope_Thinkig	Hope_Emotion	Hope_Action
Under 10s	3.63(0.69)	3.62(0.69)	3.68(0.80)	3.59(0.71)
20s	3.87(0.65)	3.85(0.67)	3.92(0.71)	3.83(0.68)
30s	3.79(0.70)	3.79(0.74)	3.82(0.77)	3.76(0.70)
40s	3.87(0.61)	3.84(0.61)	3.88(0.64)	3.88(0.65)
50s	3.83(0.53)	3.80(0.54)	3.81(0.55)	3.86(0.59)
Upper 60s	3.77(0.59)	3.78(0.60)	3.71(0.64)	3.81(0.60)
Total	3.80(0.64)	3.78(0.66)	3.81(0.70)	3.79(0.67)
F Value	2.65*	2.17*	2.37*	3.38**

5. Discussion

In this study, it was examined whether hope and trust in various age groups, including adolescents, are effective in lowering anxiety and increasing happiness. According to the research results, first, differences in hope depending on age only appeared between teenagers and those in their 40s, with teenagers having the lowest level of hope and those in their 40s showing the highest level of hope. The fact that young teenagers have the lowest level of hope makes them aware of the seriousness of the situation and gives them a sense of crisis that they should not stand by like this. Second, there were no significant differences in trust, anxiety, and happiness depending on age. Third, hope and trust are effective in lowering anxiety, but there appears to be no interaction effect. In particular, the influences of the subcategory hope emotion and the subcategory self-trust were the highest. Showing consistent results with previous studies[40][41], these findings show that hope and trust are important in reducing anxiety, and that it is necessary to find ways to increase hope and trust when developing specific solution and treatment to reduce anxiety. Fourth, hope and trust showed only their main effects in increasing happiness, without an interaction effect. Like anxiety, it was shown that hopeful emotions and self-trust are the most important factors that increase happiness. These research results show that hope and trust are not only effective in lowering anxiety, but are also important in increasing happiness.

Therefore, interest and support regarding hope and trust are needed. Lastly, anxiety differed by gender, with women having higher anxiety levels than men, and there was a significant difference. Although the status of women has increased, the fact that women, who are still relatively weak, have higher levels of physical and psychological anxiety shows that more attention and support should be given to creating a safe life. Fourth, there was no significant difference in happiness depending on gender and age group.

5.1 Implication

Definitions, perceptions, and approaches to hope, trust, and happiness vary from person to person and are very subjective. Until now, we have placed more value on external factors such as economic wealth and success. Under the belief that economic abundance, advancement, and success will bring happiness and a happy life, our country's youth are driven to college entrance exams in a competitive system of comparison and ranking from an early age, and are struggling with the meaning of life, identity, and their desired goals. Even as college students, they put their worries on hold and live an unhappy life, impatient with the standards of employment and social success.

Now, for our country's youth to live truly healthy and happy lives, a train of hope must be created to move forward, not a torture of hope. Also, a world where everyone trust each other should be built, not a place of distrust. This study proposed hope and trust as effective ways to help adolescents live healthy and happy lives. The results confirmed that through hope and trust, one can overcome adversity and trials. This study is significant in that it provides empirical evidence and basic data that can be used to develop specific measures and implementation strategies that can reduce anxiety and increase happiness.

5.2 Limitation of Research

This study empirically demonstrated that hope and trust can reduce anxiety and increase happiness in the lives of people, including adolescents, but it has the following limitations. First, because this study mainly recruited research participants and collected data using a convenience sampling method, there are limitations in generalizing the results of this study. In follow-up research, it is necessary to apply research participants to youth and the general public across the country. Second, this study is a survey using questionnaires on hope, trust, anxiety, and happiness, so it has the limitation of being an evaluation based on subjective perception. Therefore, there is a need to increase the objectivity of research through follow-up research applying experimental methods to determine whether there is a direct causal relationship between hope and trust in lowering anxiety and increasing happiness. There is a need to develop counseling and education programs based on hope and trust and empirically verify causal relationships through experimental research. Finally, despite its academic and practical importance, research and programs on hope and trust in the field of youth are still lacking. Therefore, specific and effective research and programs that can increase hope and trust must be followed up.

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