

A Study on Hope among Riot Victims of Kokrajhar District of Assam

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Abstract: The present study was evaluated on hope on a traumatic riot experienced population of Kokrajhar District of Assam. In the present study 20 samples were undertaken out of which 10 were female and 10 were male. The findings showed that there that both male and female riot victims have hope for growth and development. This implies that there is a presence of high levels of positive mental health and both males and females are hopeful to leading a good and a healthy life post the riot attack.

Keywords: Riot, hope, trauma.

INTRODUCTION

Hope

The beginnings of a scientific study of hope dates back to the 1960s and 1970s. Since its importance into academic research, hope has been conceptualized in many ways and has been vital in a number of varying theoretical backgrounds. Hope has been described as a one-dimensional phenomenon [1-3], a two-dimensional phenomenon [4], a construct involving three factors [5], or as a phenomenon based on four primary “rules” [6], or five themes [7], or seven components [8].

Hope has been defined as the perceived capability to derive pathways to desired goals, and motivate oneself via agency thinking to use those pathways. It is observed that higher hope consistently is related to better outcomes in academics, athletics, physical health, psychological adjustment, and psychotherapy, Snyder, C. R. [9].

Hope has many facets: it can be seen as hopeful thinking, an emotion or a personality trait. Likewise, it can be seen as something, which transcends us, something close to our ultimate goals and spirituality. Positive psychology is a relatively new domain of Psychology as introduced by Seligman [10]. Hope as a positive expectation and desire for a particular thing to happen plays an important role in philosophy, theology, religious studies, anthropology, and behavioral and other social sciences.

Augustine describes hope, faith, and love as ‘graces’ rather than virtues. He held that love and hope are interdependent and that both of them are dependent on faith [11]. Hope has always been the center of attention for many social scientist and especially psychologists [12].

Numerous authors studied hope in the context of war trauma. Irving, Telfer and Blake [13, 9] investigated dispositional hope in Vietnam veterans, who showed markedly lower hope than the control sample. It was seen that higher hope levels were found in individuals with greater perceived social support from family and friends and these individuals also tended to use adaptive coping strategies.

The significant connection between dispositional hope and successful coping with problems was noted by Snyder [9]. His findings concluded that his model utilizes the concept of dispositional hope. Hope levels to a certain extent be influenced by life situations and also can be affected by adverse life situations. Hence, it should also be amenable to coping strategies that would allow restoring it to its former state.

A fairly complex approach to hope was adapted by Dufault and Martocchio [14] who defined hope as a “multidimensional life force characterized by a confident yet uncertain expectation of achieving a future good, which, to the hoping person, is realistically possible and personally significant”. As quoted, they identified six dimensions, which reflect the multidimensional nature of hope, and can either operate independently or in conjunction with each other [14]. The six dimensions are:

- Affective dimension is concerned with the emotions and sensations related to the hoping process. It covers the hoping person’s feelings of attraction to the desirable outcome or goal, feelings of both confidence and uncertainty

about the outcome, and a sense of personal significance of the object of hope for the person's wellbeing.

- Cognitive dimension has a wide range of thinking processes and cognitive strategies, e.g. identification of the object of hope, assessment of the probability of achieving the goal, discrimination of both internal and external hope-promoting factors from hope-inhibiting factors, and use of imagination.
- Behavioral dimension is influenced by various psychological, physical, social, and spiritual actions, i.e. specific behavioral activities aimed at achieving the desired goal.
- Afflictive dimension is connected to an individual's interpersonal relationships and connections to natural or spiritual world. It includes a sense of relatedness, intimacy, and mutuality.
- Temporal dimension views an individual's experience of time in relation to the hoping process. While hope is typically directed towards the future, it may also involve past (in the form of positive memories providing encouragement and belief in the possibility of hopes being fulfilled), and the present, which provides grounds for future goals and desires.
- Contextual dimension builds on the fact that hope is set and activated within a specific context. The contextual dimension focuses on life situations and circumstances that are a part of a person's hope, e.g. age, developmental period of the individual, and hierarchy of needs.

Riot Victims

Riot is a wild or a turbulent disturbance created by a large number of people. It is a violent disturbance of the public peace by three or more persons assembled for a common purpose or agenda. Riots often take place in reaction to a motivated grievance or out of dissent or disapproval. Riots have occurred due to poor working or living conditions, governmental oppression, taxation or conscription, conflicts between ethnic groups, or religious groups, the outcome of an event or frustration with fueled grievances.

Although the conventional "racism-poverty-lack-of-opportunity" explanation is overly broad and various dimensions yet we do think it is useful in explaining the makeup of the unruly and riotous crowd. Racism and poverty would clearly bring in concerns even if they have no connection to people's disposition to engage in rioting. However, these are indeed some worrying conditions to situations.

REVIEW OF LITERATURE

- Gilman, Schumm, and Chard [16] studied on war veterans with PTSD who participated in a six-week cognitive therapy programme. After the therapy, the effects of the intervention were measured. Higher hope levels in mid-treatment were shown to result in fewer posttraumatic stress and depression symptoms.
- Hullmann, Fedele, Molzon, Mayes, and Mullins [17] focused on posttraumatic growth and hope in parents of children with cancer. A correlation analysis showed that higher levels of hope were associated with greater overall posttraumatic growth as well as with higher scores in the following PTG domains: relating to others; new possibilities; personal strength; and appreciation of life. Based on their findings, the authors suggest that maintaining hope during the pediatric cancer experience may facilitate posttraumatic growth in parents.
- Lloyd and Hastings [17] explored hope and its connection to parental well-being in parents of school-aged children with intellectual disabilities. Lower levels of hope (agency and pathways) and a greater number of child behaviour problems predicted maternal depression, while higher levels of agency and less problematic child behaviour predicted positive affect in mothers. For fathers, low agency predicted depression and anxiety while positive affect was predicted by high agency.
- Truitt, Biesecker, Capone, Bailey, and Erby [18], studied the role of hope in adapting to uncertainty on a sample of 546 caregivers of children with a Down syndrome, suggested that maintaining hope in the face of uncertainty is important in the adaptation to stressors. However, the results also showed that the caregivers' motivation to reach goals for their children exceeded their pathways thinking capacity with respect to these goals.
- Gum and Snyder [9] explored the role of hopeful thinking in coping with a terminal illness, describing the strategies that can be used to maintain and even increase hope during the dying process.

Rational

The importance of hope in working with survivors of trauma was studied by Sympson [19]. The author used Snyder's hope theory as a framework to explain how an individual's response to a traumatic event can lead to the development of a posttraumatic stress disorder (PTSD) and, more importantly, how meaningful personal goals along with a belief in one's ability to achieve those goals can aid effective coping with trauma.

Kokrajhar, a BTAD District had seen a massive riot breakout that took place between the indigenous Bodo's and Adhivasi's of Assam in the year 2014. This led to a lot of violence, killings, displacement and bloodshed between the two communities. Hence, it is a sincere attempt to study the level of hope among males and females of Kokrajhar Riot

Victims of Assam.

Objective

To assess the level of Hope among males and females of riot victims of Kokrajhar District of Assam

Hypothesis

There will be no significant difference of level of Hope among male and female victims of Kokrajhar District of Assam.

METHODOLOGY

Samples: The population for the present study has been collected from males and females (aged 25-45 years of age) that experienced and were victims of riot of Kokrajhar District of Assam. A sample of 20 respondents was asked to take part in filling the questionnaire. Purposive sampling which is a technique in which a random group of subjects (samples) were selected for the study from a large group of population.

Statistical Technique

For the statistical calculations Mann Whitney U test has been used. The Mann Whitney U test is used to compare differences between two independent groups where the dependent variable is either ordinal or continuous but not normally distributed. The Mann Whitney U test is considered to be powerful non parametric test. It is a very powerful non metric alternative to the t test for assessing the difference between two independent samples having uncorrelated data.

Procedure

After selection of the topic and tool, data was collected from the male and female riot victims of Kokrajhar District. Prior conducting the study, a brief introduction of the study was given and rapport was build. Also proper consent was taken from each participant. Adult hope Scale (AHS) was used on both the group of participants. After completion of the test, each of the participants was thanked for their valuable inputs.

Tools

Adult Hope Scale (AHS) was used for the present study. It is a 12-item based questionnaire which aims to measure respondent’s level of hope. In this particular scale, it is divided into two subscales that comprise Snyder’s cognitive model of hope: (1) Agency (i.e., goal-directed energy) and (2) Pathways (i.e., planning to accomplish goals). Each item is answered using an 8-point Likert-type scale ranging from Definitely False to Definitely True. The authors recommend that when administering the scale, it is to be called as “The Future Scale”.

SCORING

SL. NO.	Males	Rank1	Females	Rank2
1	50	1	66	11
2	59	2.5	67	12.5
3	59	2.5	67	12.5
4	60	4.5	68	15
5	60	4.5	68	15
6	61	6	68	15
7	62	7.5	69	17.5
8	62	7.5	69	17.5
9	63	9.5	70	19.5
10	63	9.5	70	19.5
		Mean Scores : 55		Mean Scores : 155

By computing the data obtained by Mann Whitney U test by the formula

$$U1 = \frac{n1n2 + n1(n1+1)}{2} - R1, \text{ obtained } U1 = 100$$

$$U2 = \frac{n1n2 + n2(n2+1)}{2} - R2, \text{ obtained } U2 = 0$$

Here, n= sample size and R= rank scores for both the groups respectively. After consulting the N table applicable for Mann Whitney U test, it was found that p<27 (table value), thereby rejecting the hypothesis.

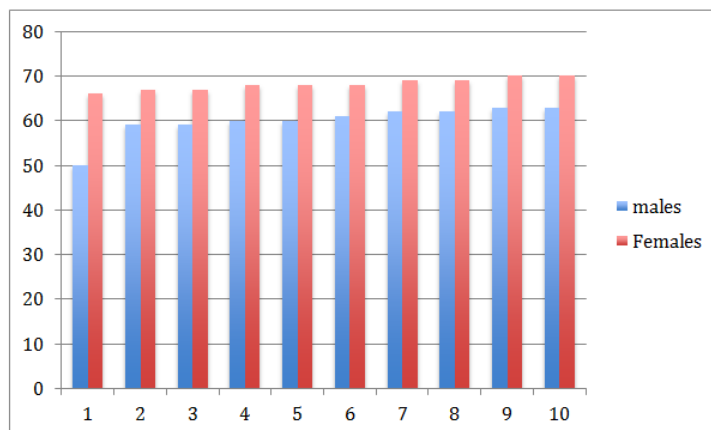


Fig-A: graphical representation of the raw scores of Hope of male and female riot victims

RESULTS & DISCUSSION

The purpose of this study was to examine the level of hope among riot victims of Kokrajhar district of Assam. The results obtained using the Mann Whitney U test clearly shows that p value was smaller than U value 27, i.e., $p < 27$.

Hence, the hypothesis, 'there will be no significant difference of level of hope among male and female victims of Kokrajhar District of Assam' is rejected. The mean scores obtained from both groups of riot victims male and riot victims female, show that the latter group showed high level of hope.

Taken together the findings suggest that both male and female riot victims have hope for growth and development. The study has well established the fact that even after exposure to riots and traumatic experiences, one may lead a life to positive growth with presence of hope in their lives. Such healthy mental state like hope can help in rebuilding self and surroundings and bring in positive changes in life. People become more resilient and strong and are willing to see the better side of life by being hopeful.

LIMITATIONS

The study had the following limitations

- Due to time constraints, the related issues could not be studied in details.
- The sample size was relatively small and hence cannot be generalized.
- The study was limited to only the adult age group.
- Basic statistical techniques were applied in the present study.

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