

Positive Cognitive State

(Hope, Optimism, Self efficacy and Resilience)

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Cognition can be defined as the process by which someone's thoughts are organized, understood, and transformed into language with some degree of permanence.

(संज्ञान वह प्रक्रिया है जिसके द्वारा किसी के विचारों को व्यवस्थित किया जाता है, समझा जाता है और कुछ हद तक स्थायित्व के साथ भाषा में परिवर्तित किया जाता है)

Cognitive state refers to the information processing in a human brain, which is related to memory and perception, as well as thinking and reasoning. A cognitive state can be either conscious or unconscious depending on what an individual knows about the situation they are in.

(संज्ञानात्मक अवस्था मानव मस्तिष्क में सूचना प्रसंस्करण को संदर्भित करती है, जो स्मृति और धारणा के साथ-साथ सोच और तर्क से संबंधित है। संज्ञानात्मक अवस्था या तो चेतन या अचेतन हो सकती है, यह इस पर निर्भर करता है कि कोई व्यक्ति उस स्थिति के बारे में क्या जानता है जिसमें वह है)

In psychology, the **state of mind** can be defined as an individual's cognitive state. State of mind is a term used to describe the mental and emotional state of an individual.

The state of mind can be:

Positive: The state of being happy and content with life. A sense of optimism about circumstances, self, and future potential.

Negative: The state of feeling sad and depressed about life. A sense of pessimism about circumstances, self, and future potential.

Neutral: The state of just going through the motions without really caring about external circumstances.

HOPE

A process through which individuals actively pursue their goals

According to **Snyder et al. (1991)** hope is a human strength manifested in our perceived capacities to clearly conceptualize goals (goals thinking), develop strategies to reach those goals (pathways thinking), and initiate and sustain the motivation for using those strategies (agency thinking).

Hope is conceptualized as a dynamic cognitive motivational system. According to this conceptualization, emotions follow cognitions and not the other way round. *Hope leads to pursuit of learning goals and learning goals are positively related to success.*

Hope Theory

(Snyder, Rand & Sigmon - 2005)

Hope Theory

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graph TD; HT[Hope Theory] --- G[Goals]; HT --- PT[Pathways Thinking]; HT --- AT[Agency Thinking]; HT --- B[Barriers];
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Goals

Pathways
Thinking

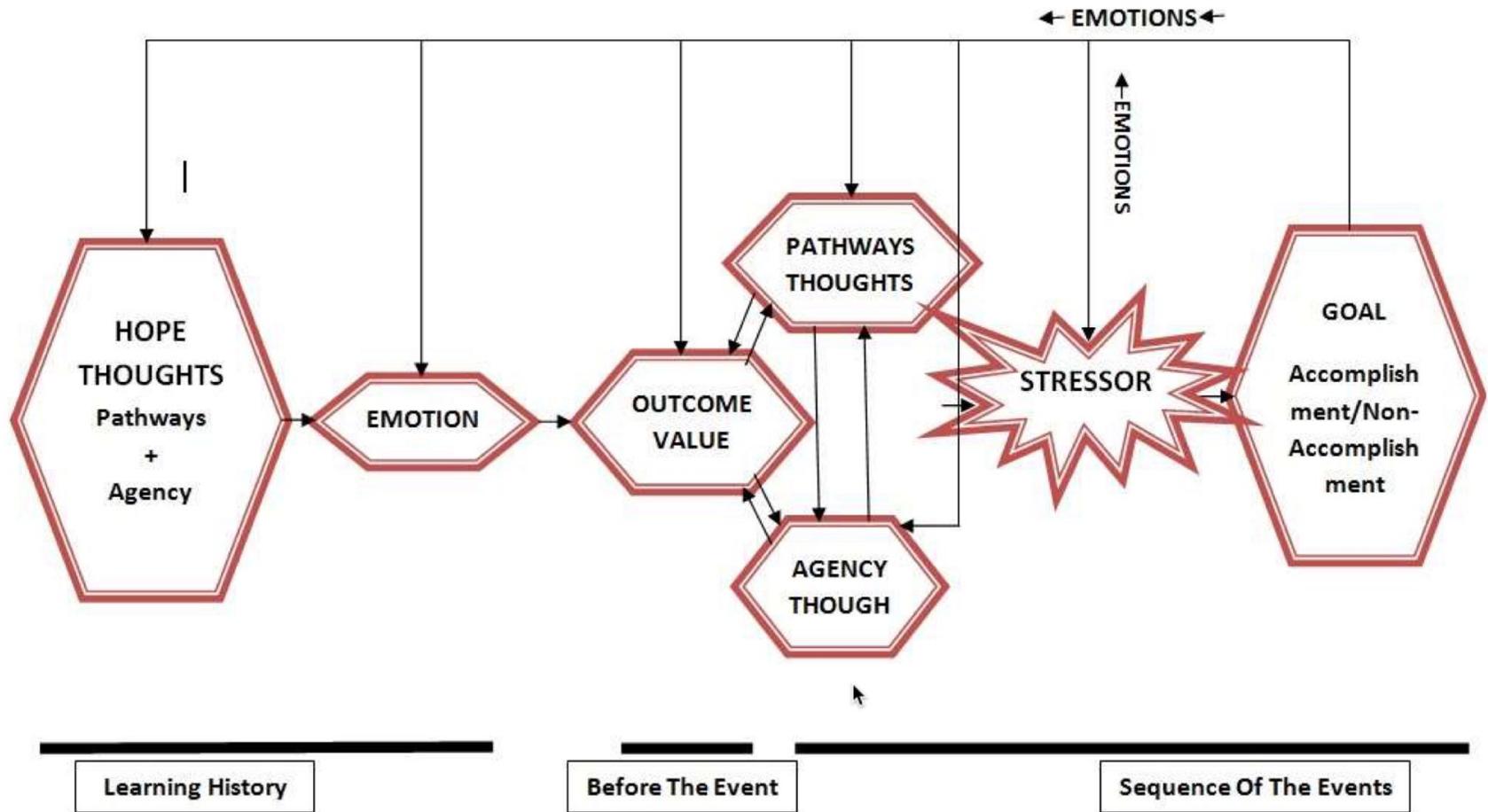
Agency
Thinking

Barriers

Hope theory has the following major components:

- 1- Goals:** Goals are the targets of mental action sequences and are the cognitive component in hope theory. Goals provide direction for hopeful thinking.
- 2- Pathway Thinking:** Pathway thoughts refer to the routes we take to achieve our goals and the perceived ability to produce these routes.
- 3- Agency Thinking:** This is the motivational component in hope theory. Agentic thinking reflects the self-referential thoughts regarding moving along a pathway as well as continuing to progress along that pathway.
- 4- Barriers:** Barriers block the attainment of our goals. The individual then has to make a choice to either give up or use pathway thoughts to create new routes.

Full Hope Model (Snyder, Rand & Sigmon, 2005)



The *outcome value* is important in the pre-event analysis phase. If the imagined outcomes are important, then the person moves to the event sequence analysis phase. Pathways and agency thoughts alternate and summate throughout this event sequence to influence subsequent success in any further goal pursuit.

Generally, goal attainment has been found to be associated with *positive emotions*, whereas failures are related to *negative emotions*. High hope individuals *view barriers as challenges* and use pathway thoughts to plan alternative routes. High hope is related to a number of beneficial outcomes like *academic achievement* and *lower levels of depression*.

Importance of HOPE

1-Academic achievement: Hope is significantly related to academic achievement.

2-Health: Hope predicts physical and mental health, subjective well-being, effective coping and healthy behaviors.

3-Athletics: Higher hope has been positively related to superior athletic performances.

4-Psychological Adjustment: Hope is related positively with positive affect and thoughts and negatively with negative affect and thoughts.

5-Psychotherapy: Hope provides a framework for understanding the shared processes for helping people in psychotherapy. *Hope therapy* aims to help clients formulate clear goals and produce various pathways to attain these goals.

Finally, it can be concluded that Hope should be enhanced in students, teachers and parents.