

Research Article

Positive Emotion and Resilience as Mediated by Hope among Emerging Adults During the COVID-19 Pandemic

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ABSTRACT

During the height of the pandemic, the most vulnerable individuals are young adults aged 15 to 29 years old, according to World Health Organization (2020). Thus, emerging adults must be resilient in this time of adversity. Previous studies are limited in their ability to examine the full range of emotions and their behavioral impact throughout the COVID-19 pandemic. To address the gap in the literature, this paper offers to look into the mediation effect of hope between positive emotion and resilience. Specifically, this paper identified the level of positive emotions, hope, and resilience among emerging adults. This paper also examined the correlation among the said variables. Furthermore, the current study examined the mediating role of hope between positive emotion and resilience. Participants were 379 emerging adults living within Nueva Ecija, ranging from 18 to 25 years old. Findings suggest while the pandemic may have significantly impacted various aspects of emerging adults' lives, such as their social relationships and academic pursuits, it did not necessarily lead to extreme emotional states. However, results showed that emerging adults had experienced a low level of resilience, although results showed that they are hopeful. Furthermore, the study

also found that positive emotion significantly correlates with resilience. Hope and resilience are significantly correlated. There is also a positive correlation between positive emotion and hope. Thus, mediation analysis suggests that hope is a mechanism that helps explain how positive emotions can promote resilience.

Keywords: Positive Emotion, Negative Emotion, Hope, Resilience, Emerging Adults, COVID-19 Pandemic

INTRODUCTION

The general public's mental health has been put at high risk during the COVID-19 pandemic (Golberstein et. al., 2020). Many people have reported to be suffering from different psychological issues such as anxiety, irritability, emotional distress, and mood disorders, including depressive symptoms, boredom, and loneliness (Wiley, 2020). Furthermore, the National Center for Mental Health or NCMH (2020) in the Philippines reported an increased number of people experiencing mental health issues due to lockdowns. During the hard lockdown, they recorded an average of 953 calls per month from March to May 2020 respectively. The calls were intended for help regarding mental health assistance and the top concern was anxiety-related issues. According to the World Health Organization (2020), during the height of the pandemic, the most vulnerable individuals are young adults aged 15 to 29 years old. In this age range, mental health-related mortality is also the second greatest cause of death.

Emerging adulthood, according to Arnet (2007), is a stage for persons in their late teens to mid-to-late twenties. Emerging adults are between the ages of 18 and 25. Arnett (2000) recognized that young adulthood is a stage wherein normative transitions happen. These normative transitions are investigated to be stressful (Duffy, Twenge, & Joiner, 2019). These include pressure for career development, financial freedom, interpersonal relationships, and abrupt changes such as living independently

The study by Shanahan et al. (2020) found that during the COVID-19 crisis, economic and social factors were more strongly and persistently linked to distress than virus-related health concerns among young adults. Compared to older populations, emerging adults are less susceptible to the virus. However, they are still affected by other effects of a pandemic, such as economic decline and restricted mobility (Reger et al., 2020). Interestingly, young individuals who have better well-being during the pandemic have taken the opportunity to set long-term goals, which leads them to be more optimistic for the future (Shanahan et al., 2020). During the pandemic, emerging adults suffered unemployment due to the economic shutdown Shahanan et al. (2020).

Meanwhile, younger individuals have been experiencing greater psychological distress during the pandemic due to school closures for an extended

period of time and social restrictions with family and friends (Holmes et al., 2020; Tan et al., 2020). The younger adults who are more exposed to social media and news reported having more psychological problems such as anxiety, somatization, and depression than older adults (Qiu et. al., 2020; Sfindla and Hadrya, 2020). Additionally, school closures that led to distance teaching modes have shifted the learning styles of students to virtual learning. This shift in learning had challenged college students to adjust from traditional learning to online learning which causes them high anxiety (Adnan and Anwar, 2020).

Positive and Negative Emotion

Wiley (2020) reported the emotional-damaging effects of the global pandemic such as home quarantine, isolation, daily routine changes, limited mobility, disruptive activities, and cancelation of planned social events. Meanwhile, there is no agreed-upon definition of emotion in the literature because emotions and their meaning vary from one culture to another. However, some researchers performed different studies and generated definitions of emotion. For instance, Diener and Emmons (1984) defined emotions as “multicomponent response propensities that are of short duration, and comprise cognitive processing, bodily reactions, and the subjective feelings or experience of emotion (i.e., affect)”. Emotions can be positive and negative.

According to the study by Zacher and Rudolph (2020) conducted in Italy between March and May 2020, during the early stage of the spread of the COVID-19 virus in the country, a decreased positive emotion and increased negative emotion were recorded. It is noted that the most felt negative emotions were fear, anxiety, and worry (Barari et al., 2020). On the other hand, others felt stressed (Emery et, al). depressed (Li et al., 2020), sad and frustrated (Elisondo, 2021), and angry (Stella et. al 2020). Negative emotions are psychologically damaging to individuals, especially without the presence of positive emotions (Ong et. al., 2006). On the other hand, the previous study by Li et al. (2021) revealed that during wave two of the COVID-19 pandemic, positive emotions such as hopefulness were observed among the Chinese people. Braun-Lewensohn, et. al (2021)’s study revealed that hope leads to positive outcomes. This suggests that having high hopes in trying times lessen the effect of stressful situations as a result of the pandemic.

Due to the negative effects of the COVID-19 pandemic on people’s physical health and mental health, studies have focused on negative emotions. Furthermore, the studies on the impact of the COVID-19 pandemic on young people highlighted the need for greater attention regarding how such age group shall withstand the COVID-19 adversity. Due to the negative effects of the COVID-19 pandemic on people’s physical health and mental health, studies have focused on negative emotions. Previous studies are limited in their ability to examine the full range of emotions and their behavioral impact throughout the COVID-19 pandemic. Therefore, this paper offers to investigate the role of positive emotions in boosting hope that will foster resilience in emerging adults. It’s also worth noting that even though the pandemic may be nearing its end in some parts of the world, it is still

ongoing in other regions, and there may be future pandemics or crises that could benefit from the insights gained from the research.

Resilience

Resilience may be viewed as a measure of stress-coping ability and, as such, could be an important target of treatment for anxiety, depression, and stress reactions (Conor & Davidson 2003). Filipinos, in particular, are known to be resilient despite hardships. According to the study by Tiangco (2006) and Basallajes (2013), the concept of resilience, or "*katatagang loob*" in Filipino is a natural characteristic of Filipinos. Resilient people are like bamboo trees that can keep up with the wind without falling or being damaged. In other words, being resilient, according to Tiangco (2006), is a significant skill that will help a person cope and bounce back after a hardship. While Conor and Davidson (2003) treated resilience as a positive adaptation from hardships. It is a personal trait of an individual to voluntarily and even forcibly bounce back after a challenging event in his life.

Hope

Hope is described as the belief in one's ability to deduce pathways to desired goals and push oneself to use those pathways through agency thinking (Snyder 2002; Snyder, Harris, et. al. 1991). The hope theory of Snyder et al. (1991) emphasized that individuals become hopeful and experience a high motivational state by having these two different but interrelated constructs: agency (will-power) and pathways (planning to meet goals). Agency or goals are important components of hope. The more people are driven to achieve goals, the more they become hopeful. While pathways thinking as a component of hope means that individuals are thinking about their capacity to find workable routes to reach coveted goals. Snyder et al. (2000) argued that people with good thinking or a proper mindset produce successful avenues to desired goals, thus lead to hope. Therefore, the hope model portrays a cognitive aspect of humans, but it does not necessarily mean that emotion is out of the equation (Karatat and Tagay, 2021). In fact, they found out that hopeful individuals tend to be happier and more optimistic.

Bernardo (2010) treats hope differently. He has developed a concept of internal and external locus of hope. In other words, hope simply refers to the expectation for the future. Hope weakens as age increases (Bailey and Snyder, 2007). Therefore, younger individuals are more hopeful than older ones. Meanwhile, hope can also be defined as an emotional process of psychological force or buffer that helps people be more resilient and cope with interruptions (Fredrickson, Tugade, Waugh, & Larkin, 2003). A recent study by Muyan-Yilik, & Demir (2019) concluded that hope significantly affects life satisfaction as well as positive and negative affect.

Hope and Resilience

In positive psychology, resilience and hope are discussed in different settings and contexts (Cheavens et. al, 2006). Hope is elicited when people are facing

challenges hence producing resilience to their well-being. Studying individuals with high levels of hope has resulted in a wealth of information about how these individuals overcome obstacles and find multiple ways to the goals they have set for themselves. Hope and resilience mostly come together as integrative factors for preventing mental health problems. The study of Gillespie, Chaboyer, Wallis, and Grimbeek (2007) found highly significant associations between hope and resilience, self-efficacy and resilience, and control and resilience among nurses and doctors.

Hope and its influence on resilience, on the other hand, has been also explored by empirical studies. According to Braun-Lewensohn, Abu-Kaf, and Kalagy (2021), during the COVID-19 pandemic, intrapersonal hope is an important factor in increasing resilience. Additionally, during the pandemic also, it is observed that hope predicts resilience among adults (Karatas and Tagay, 2020). Moreover, this implies that hopeful individuals tend to bounce back after an adversity.

In a study by Bernardo (2021), changes in people's social resources during community quarantine during the COVID-19 outbreak in Metro Manila may have an impact on their hope and psychological well-being. Earlier research, particularly among young adults has only begun to explore the concept of hope, while focus was given to older individuals. Demirtas and Uygun (2020), for example, looked into the significance of hope in mothers of disabled children and discovered that it was a strong predictor of positive well-being. The combination of hope and resilience seems to provide strength in the face of adversity. Hope, in particular, seems to develop protective elements and coping capacities that provide people with strength in difficult times (Harley & Hunn, 2015).

The COVID-19 pandemic is a time wherein resilience is widely talked about (Karatas and Tagay, 2020) because it has indeed significantly transformed the lives of people all over the world. It has been a difficult and unsafe phase. According to Hawryluch et. al (2004) during an unsafe situation, social support and physical connectedness with loved ones are vital for survival and resiliency. Yildirim and Arslan (2020) have found the important role of resilience as a mediator between hope and subjective well-being among adults during the pandemic. The study concluded that hopeful individuals have a high level of resilience that facilitates their subjective well-being and psychological health during the pandemic.

Theoretical Framework

Broaden and Build Theory of positive emotion was first proposed and made by Barbara Frederickson (1998). The theory holds the assumption that positive emotions (such as feeling happy, excited joyful, relaxed, etc.) broaden an individual's thoughts and attention which then builds enduring personal resources such as social support, skills, and resilience. The theory also emphasized that these built personal resources enhance mental health. The more positive emotions felt by people, it facilitates healthy cognitions and they become more open to new ideas. The built strong cognitions can be categorized as hope. Therefore, openness to

hearing new ideas, in other words being hopeful facilitates the ability to face challenges not just during the particular situation but in the long run as well.

According to Broaden and Build Theory, positive emotions stimulate widened and expanding thought-action tendencies rather than promoting specific action tendencies. These positive emotions alter our thoughts and attention, which can aid in having flexible and creative thinking and problem-solving strategies (Fredrickson, 1998). It is a theory in positive psychology that investigates the role of positive emotions in developing resiliency. This hypothesis was founded on the idea that pleasant feelings can strengthen resiliency and coping skills while simultaneously boosting awareness and reaction to situations.

This theory can be used in the study as it states how positive emotion, resilience, and hope are related. Based on the idea of the theory, positive emotion can help build coping strategies to endure negative emotions. In this study, positive emotions such as feeling happy, inspired, and strong can broaden thinking which is categorized as hope and that hope can aid in building resiliency or the capacity of an individual to cope with negative emotions such as stress.

Research Objectives

The current study explored to answer the following research problems. (1) to know the level of positive emotions, negative emotions, hope, and resilience among emerging adults during the Covid-19 pandemic; (2) to know the relationship among the variables: (a) positive emotion and resilience; (b) hope and resilience and (c) positive emotion and hope; (3) the study examined the mediating effect of hope to positive emotion and resilience.

METHODOLOGY

Research Design

The study employed a non-experimental research design. The study used correlational research in describing the relationship between positive emotions, hope, and their influence on resilience among young adults during the COVID-19 pandemic. The Principle of mediation was also used in the study.

Population and Locale of the Study

The study utilized a convenient sampling in selecting the respondents. The respondents were 379 emerging adults aged 18-25 living within Nueva Ecija. They were conveniently chosen through social media platforms. The respondents included students, married or not, and working young professionals.

Data Gathering Tools

Positive and Negative Affect Schedule (PANAS) created by Watson et al. (1988) was utilized to assess the participants' positive and negative emotions. It's a

self-administered questionnaire with two 10-item subscales for measuring positive and negative emotions. A greater total positive score suggests more of a positive emotion. Meanwhile a lower total negative score suggests less of a negative emotion. Internal consistency for the PANAS was found to be between Cronbach alpha .86 and .90 for positive affect and .84 to .87 for negative affect (Watson et. Al, 1988).

Adult Hope Scale (AHS) was developed by Snyder. It is a 12-item scale that assesses a respondent's level of optimism. The scale is broken down into two subscales that make up Snyder's cognitive model of hope: (1) agency and (2) pathways. Tolentino et. al (2019) found good internal reliability of the Adult Hope Scale in their study (Cronbach alpha of .74 to .84).

The 10-item Connor–Davidson Resilience Scale (CD-RISC-10) was used to measure the level of resilience among the participants. The scale was developed by Kathryn M. Conner and Jonathan R.T. Davidson. Each respondent's total score might range from 0 to 40. A higher score means a high level of resilience. Cheng et al. (2019) found satisfactory internal reliability of the CD-RISC-10 scale with a Cronbach alpha 0.90.

Data Gathering Procedures

In order to gather data for this study, the researcher used an online survey mode using Google Forms. The researcher posted a survey link with an attached informed consent sent via social media platforms such as Facebook.

Ethical Considerations

Different ethical considerations have been carried out in conducting the study. First, informed consent from the participants was secured. Secondly, participation is strictly voluntary. They may decline or stop answering the survey form whenever they feel uncomfortable participating. Third, the study secured safety among the respondents. The study did not cause any physical or mental harm to the respondents. The current study undergoes the process of review by the registered Ethics Review Committee with a protocol number of SLU-REC-SS 2022-077. Lastly, the confidentiality and anonymity of the respondents' information are being considered and protected.

RESULTS AND DISCUSSION

The study's main goal is to determine if hope can mediate the link between positive emotion and resilience. To answer the research problem number one to three, descriptive statistics analysis were used. Meanwhile, Pearson r Correlation analysis was deployed in analyzing the research problem number four. Lastly, the research used mediational regression analysis using PROCESS (Hayes, 2013) utilized to evaluate whether hope mediates the relationship between positive emotions and resilience. The current study's findings are presented in this section.

Participants' Level of Positive Emotions and Negative Emotions

<i>Variable</i>	<i>N</i>	<i>Mean</i>	<i>SD</i>	<i>Description</i>
Positive Emotions	379	29.16	9.29	Average
Negative Emotions	379	27.48	8.80	Average

The respondents' level of positive emotion and negative emotion is average which means that they maintained a state of emotional equilibrium. Respondents are experiencing both positive and negative affect. This suggests that while the pandemic may have significantly impacted various aspects of emerging adults' lives, such as their social relationships and academic pursuits, it did not necessarily lead to extreme emotional states.

According to previous literature, it is reported that different aspects of negative emotions have been found to be associated with the COVID-19 pandemic (Rezapour et al., 2022). These negative emotions are due to isolation and social distancing, which results in boredom, fear, stress, and anxiety (Capone & Caso, 2020). Due to these life-changing events, individuals have lost their normal life and human communication. For instance, these negative emotions of individuals could alter their life events in a more negative or self-defeating way (Rezapour et al., 2022). Thus, the effect of the COVID-19 pandemic has disrupted the mental well-being of individuals, which increases their level of negative emotion. (Capone & Caso, 2020). Labrague, De los Santos, and Falguera (2021) have found that Filipino students' loneliness peaked during the coronavirus pandemic. Meanwhile, their study suggests that resilience, coping behaviors, and social support buffer loneliness felt by the students.

Despite a significant increase in negative affect during the pandemic, it is still evident that the positive effect on individuals has remained stable (Deng et al., 2021), especially for individuals who are more resilient despite the enormous impact of the COVID-19 pandemic (Israelashvili, 2021). Sun et al. (2020) suggested that positive emotions elevate good mood and increase a resilient mindset. However, previous literature shows that during the peak of the COVID-19 pandemic, there were relatively fewer studies about positive emotions (Mesurando et al., 2022). Thus, the data presented in Table 1 shows a considerable result due to the negative impact of the pandemic.

Level of Hope and Resilience

<i>Variable</i>	<i>N</i>	<i>Mean</i>	<i>SD</i>	<i>Description</i>
Hope	379	44.92	9.75	Hopeful
Resilience	379	24.11	5.81	Low

Level of Hope

Findings show that the respondents are hopeful. This result suggests a reasonable degree of agency and pathway considering various unexpected life-changing difficulties, specifically the impact of the COVID-19 pandemic. In the study of Satici (2020) and Eliotte et al. (2009), they explained that hope motivates individuals to take necessary actions to achieve their life goals. Thus, a hopeful individual during a prolonged crisis is necessary to overcome such adversities. In comparison, the absence of hope may result in fatigue and a decrease in motivation in life (Amirav et al., 2021).

Consequently, people have anticipated that as the COVID-19 pandemic spreads, their hope will decline due to anxiety, depression, and uncertainties. On the contrary, using the two scales of Snyder, namely the Perceived Hope Scale (PHS) and the Dispositional Hope scale (DHS), the study of Amirav et al. (2021) revealed that individuals are more hopeful as compared to pre-pandemic findings. This is also supported by the hope theorists that hope never disappears but rather exists implicitly to each individual (Dufault & Martocchio, 1985; Larsen & Stege, 2010). Thus, a state of hopelessness does not mean the absence of hope (Twenge & Joiner, 2020). In fact, individuals mostly start searching for hope in times of fearful and stressful situations (Dorsett, 2010). This previous literature provides a sufficient explanation as to why the respondents of this study scored hopeful despite the various life-changing difficulties. Furthermore, Cleofas (2020) studied qualitatively the learnings and hope experiences of Filipino college students, during the COVID-19 pandemic. His study revealed that although they have some doubts about the future, these college students express optimism and hope. They also envision themselves overcoming the pandemic as adults who can bounce back and socially responsible ones.

Level of Resilience

The study's findings revealed that participants were experiencing low levels of resilience during the COVID-19 pandemic. This means that they may be struggling to cope with the stress, uncertainty, and changes brought on by the pandemic. It suggests that emerging adults in this study had difficulty adapting to various challenging situations in their life at the height of the Covid-19 pandemic.

Findings supported by the global survey of Wong et al. (2023), argue that young individuals with poorer financial situations and unhealthy behaviors were significantly correlated with low levels of resilience. Likewise, Killgore et al. (2020) also discussed that poor mental health outcomes (e.g., anxiety, depression, worry) due to the effect of the COVID-19 pandemic decreases the level of resilience among individuals. Moreover, low levels of resilience have also been found to be associated with low levels of exercise, unhealthy eating habits, and an increase in alcohol consumption (Collin et al., 2020).

Further, it is revealed younger people between 18-24 years old from both Western and Asian countries are more vulnerable to psychological distress during the pandemic (McGinty et al., 2020; Pierce et al., 2020; Rosselle et al., 2021; Jung et al., 2021). In contrast, older adults show higher levels of resilience (Smith et al., 2015; Elmore et al., 2011) which may be due to their longer life experiences in surviving challenging situations. One of the essential factors associated with the bounce-back of Filipinos is the immediate support they get from fellow Filipinos during the crisis. However, during the COVID-19 pandemic, many aspects of daily life were disrupted, including social connections Labrague and Ballad (2021). This lack of social connection may have had negative consequences for the resilience of Filipino emerging adults, as they may have felt isolated or disconnected from their social support networks.

Correlation between Positive Emotion, Hope, and Resilience

	<i>Positive Emotions</i>	<i>Hope</i>	<i>Resilience</i>
Positive Emotions	-	.437**	.421**
Hope	.437**	-	.640**
Resilience	.421**	.640**	-

***. Correlation is significant at the 0.01 level (2-tailed).*

Positive Emotion and Resilience

Positive emotions are positively correlated with resilience, which means that individuals who experience more positive emotions are likely to be more resilient during challenging times such as the COVID-19 pandemic. Previous studies have shown that positive emotion is significantly associated with a resilient mindset among individuals (Sun et al., 2020). However, due to the unprecedented impact of the COVID-19 pandemic, it limits the opportunities for positive emotion while negative emotion increases (Israelashvili, 2021). Surprisingly, the presence of positive emotion in individuals with resilient mindsets is consistent across different studies despite challenging situations. The study of Israelashvili (2021) and Huppert (2009), confirms this study’s finding, also suggesting that individuals with high levels of positive emotions also show high levels of resilience. On the contrary, individuals with high levels of negative emotion show poorer resilience. Hence, to support these findings, a meta-analysis of positive psychology interventions demonstrated that positive emotion significantly enhances the well-being of individuals and reduces

their symptoms of developing depression (Sin & Lyubomirsky, 2009). Likewise, Positive emotion also increases good moods (Sun et al., 2020), which also helps individuals become adaptive to stressful events (Moskowitz et al., 2020; Fredrickson et al., 2003; Lazarus, 2000). Therefore, the presented literature provides a sufficient understanding of how positive emotion is significantly correlated with the resilience of emerging adults, especially in times of challenging situations.

Positive Emotion and Hope

The study found that there is a significant relationship between positive emotion and hope. It appears that positive emotion and hope are related in some way. This means that as levels of positive emotion increase, levels of hope also tend to increase. Many studies have supported these findings in which positive emotion and hope are also necessary for the daily work engagement of individuals, specifically emerging adults (Ouweneel et al., 2012). In the same way, the study of Chang et al. (2019) among Chinese College students revealed that positive emotion contributes to agentic thinking and the broadening of pathway thinking of each individual. Thus, when individuals adapt to focus on their life goals, a positive emotion will also follow, which builds a greater expectation of successfully reaching their goals. This positive expectation is defined as the presence of hope (Gallagher & Lopez, 2009). In the same sense, when the goal is being pursued, positive emotion increases the level of goal-pursuit ability that allows individuals to become more hopeful in various aspects of their life (Chen & Chi, 2012). On the other hand, individuals with lower levels of hope have been associated with different negative emotions, such as being doubtful about their capacity to overcome life difficulties (Chen & Chi, 2015). Therefore, in times of adversity, specifically the emergence of the COVID-19 pandemic last 2019, it is vital that positive emotion and hope are developed for individuals, not only limited to a higher chance of reaching their goals but also a protective factor to their mental health.

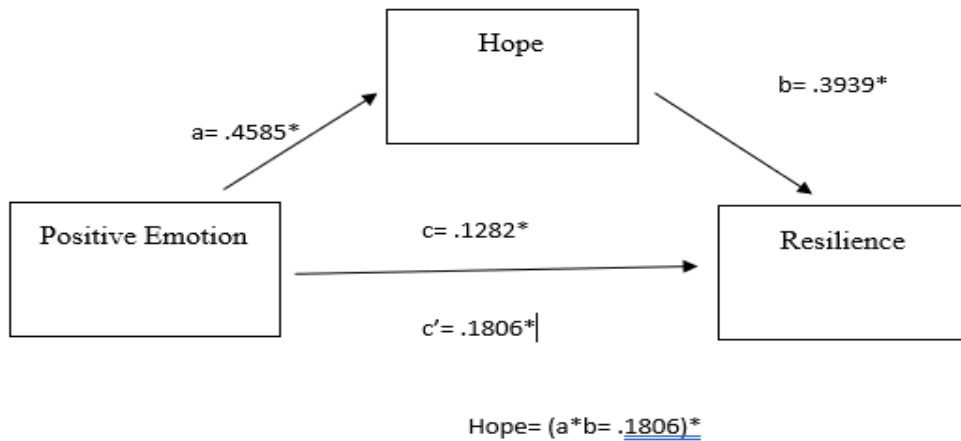
Hope and Resilience

Results have shown that there is a significant association between hope and resilience as well. Thus, fostering hope can also enhance resilience, which means that individuals who have higher levels of hope are more likely to be resilient during challenging times. Hope and resilience are both considered psychological traits which act as protective factors against various adversities (e.g., stress and anxiety) (Javier-Aliaga et al., 2022; Duggal et al., 2016). Kylma (2005) and Greiner et al. (2005) indicate that hope and resilience have been found to be great contributors to better physical and mental health outcomes among undergraduate students. Similarly, the presence of hope and resilience reduces psychological distress among emerging adults up to adulthood populations. Thus, the association of hope and resilience positively influences the quality of life and reduces the negative impact of life stressors (Duggal et al., 2016).

Furthermore, the study of Rivera et al. (2021) suggests that hopeful and resilient individuals had greater chances of achieving their goals and may

experience a higher level of satisfaction in their life. It indicates that individuals who possess high levels of hope and resilience tend to cope better with life stressors and experience a higher quality of life compared to those with lower levels of these traits. Moreover, hope and resilience is also a great contributor to maintaining psychological health. (Yildirim & Arslan, 2020). Therefore, emphasizing hope and resilience in various policies, programs, and even public health strategies related to mental health is an important matter to consider. The study suggests that individuals who possess high levels of hope and resilience are better equipped to handle life stressors such as financial difficulties, health issues, or relationship problems, and are less likely to experience negative consequences as a result. Interestingly, young individuals who had better well-being during the pandemic had taken the opportunity to set long-term goals, which lead them to be more optimistic for the future (Shanahan et al., 2020).

Simple Mediation Statistical Diagram



* significant at $p < .05$

Mediation Model

Path	a	b	Total Effect (c)	Direct Effect (c)	Indirect Effect (a*b)	Bootstrapped Confidence Interval	Significance
PE→H→Re	.4585	.3939	.3088	.1282	.1806	.1270-.2411	Sig

In order to conduct this analysis, three paths should be observed. Path C reveals that positive emotion, alone, significantly predicts resilience (B = .3088, p = .0001), which seems to be that those who were found to feel positive emotion in the sample were more likely to be resilient. On the other hand, Path A shows that positive emotion significantly predicts hope (B = .4545, p = .000), which meets the requisite for mediation. It seems that, in the sample, those who were found to have

positive emotion were more likely to be hopeful. Moreover, it can be observed in Path B that hope significantly predicts resilience ($B = .3939$, $p = <.001$), which appears to be that those who were found to feel positive emotion were more likely to be hopeful. It was also found that there is a significant positive indirect effect of positive emotion on resilience through hope, $ab = .1806$, 95% CI [.1270, .2411]. This suggests that positive emotion significantly predicts hope, which, in turn, significantly predicts resilience.

Then, in the same analysis, Path C' shows a significant effect ($B = .1282$, $p = .000$) and that the relationship is still significant, indicating a partial mediation. The coefficient of the indirect effect of positive emotion on resilience was found to be .1806, 95% CI [.1279, .2411]. This suggests that the relationship between positive emotion and resilience was still significant when hope was included in the model. It, therefore, indicates that, in this sample of emerging adults, the relationship between positive emotion and resilience appears to be partially explained by hope. Essentially, hope acts as a mechanism that helps to explain how positive emotions can promote resilience.

Numerous studies explored the link between hope and resilience, positive emotions and resilience but there is no specific literature that supports the mediation of hope between positive emotions and resilience. However, related studies support the findings of the study. In a study by Chang et. al., (2019) positive associations between positive emotions and life satisfaction were found as a function of hope. This finding is consistent with the broaden-and-build model of positive emotions. In support of partial mediation, even after integrating hope components in the model, the relationship between positive emotion and life satisfaction remained strong.

According to Soylu (2022), hope and positive emotions are unquestionably significant predictors of psychological resilience. Positive emotions have a strong connection to the well-being of individuals and societies. The essence of positive emotions is the capacity for optimism and a positive outlook on the past, present, and future. Hope also aids in navigating and continuing through life's highs and lows (Qadir 2021). High levels of hope are linked to higher degrees of psychological resilience and adaptability to hardship (Dimitriou, 2020). Hope is a powerful predictor of social support, social connectivity, and resilience (Cicek 2021).

Some studies have proven the significant relationship between positive emotions and resilience (Israelashvili 2021, Soylu, 2022). A recent study of Corrado (2022) proves the mediating effect of hope, on different variables such as self-efficacy and resilience in the relationship between post-traumatic growth and mental health during the Covid-19 pandemic, it was discovered that resilience and hope, as protective qualities, may be crucial in creating an intervention strategy to promote psychological health in a crisis. Additionally, it was discovered that hope significantly predicts general well-being, happiness, and resilience (Botor 2019).

Positive emotions, on the other hand, have a clear link to people's and society' well-being. The core of positive emotions is the capacity for optimism and a positive perspective on the past, present, and future. Hope also aids in navigating and

continuing through life's highs and lows (Qadir 2021). Studies have shown a significant and favorable relationship between hope and other characteristics including life satisfaction and meaning (Karaman et.al., 2020). In addition to acting as a mediator and moderator of the association between happiness aversion and sadness, hope has been demonstrated to be a key protective factor against depressive symptoms (Bloore et. al., 2020).

The broaden-and-build theory emphasizes that positive emotions broaden an individual's thoughts regarding possible actions, giving them ideas regarding positive thoughts. Additionally, it explains that positive emotions narrow down negative emotions since positive thinking dominates the mind (Fredrickson, 2004). The findings of the study support the assumption of the theory. Positive emotion significantly affects the ability to bounce back of emerging adults through the role of hope. When emerging adults feel and experience positive emotions, it broadens their ways of thinking which are considered in this study as hope. Therefore, they become hopeful about the future, which can be observed in their behaviors, such as trying new things and ideas. All these things are built upon feeling good that broadens ideas and thinking in new ways, these then lead to enhanced health and of course, it causes survival and self-fulfillment.

It was also mentioned in the broaden-and-build theory of positive emotions that when an individual experiences positive emotions, they will most likely experience less negative emotions (Fredrickson & Joiner, 2002). Moreover, Fredrickson (2000) also mentioned in her theory that people may enhance their psychological well-being and possibly their physical health by nurturing experiences of positive emotion in order to cope with negative emotions. This is in line with the result of the study wherein positive emotion shows a significant relationship with resilience which implies that when an individual experience a higher level of positive emotion, they experience a high level of resilience. The presence of positive emotions can help a person develop creative thinking, which can help them build resiliency which they can use to cope with negative emotions such as stress caused by the COVID-19 pandemic.

Past studies that used broaden-and-build theory also have similar results (Denovan&Macaskill, 2017; Krejtz et al., 2016). Meanwhile, a recent study (Howell, 2019) about the exploration of stress, subjective well-being, and gratitude among teachers also shows similar results where she also investigated the association between subjective well-being and stress and also used the broaden and build theory to support the result of their study. It is evident that having positive emotions lead to openness to hearing new ideas, in other words being hopeful facilitates the ability to face challenges not just during the particular situation but in the long run as well.

CONCLUSION

Despite the unprecedented nature of the pandemic and its impact on daily life, emerging adults maintained a relatively stable level of positive and negative emotions. Emerging adults appear to maintain a sense of hopefulness. Fostering hope could be an effective strategy for promoting resilience and well-being among this population. The pandemic has highlighted the importance of resilience among emerging adults. Despite being hopeful during the pandemic, emerging adults struggled to withstand adversity due to their low resilience levels. There is a positive correlation between positive emotion, hope, and resilience among emerging adults during the pandemic. Having a positive outlook and a sense of hope can contribute to a person's ability to withstand adversity and develop resilience. Hope partially mediates the relationship between positive emotion and resilience, suggesting that having a positive outlook can indirectly influence resilience through its effect on hope.

RECOMMENDATION

Emerging adults with low levels of resilience should engage more in activities that enhance their positive emotions (e.g., physical activities, hanging out with family and friends, gardening, etc.). Schools, industries, and administrators should create a new culture introducing positive emotion's significance. An intervention that focuses on promoting positive emotions, fostering hope, and addressing negative emotions may be more effective in enhancing resilience among emerging adults.

For helping professionals such as guidance counselors and psychologists, the findings of the study could provide helpful information in deciding whether an intervention is appropriate to enhance clients' hope and resilience. Moreover, something essential is to help clients to be aware of the things that give them positive emotions. Future researchers may examine other mediating variables, such as grit, social support, subjective well-being, and coping mechanisms, that may influence the relationship between positive emotion and resilience.

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