

HOPE AND COPE: PROTECTIVE EFFECTS FOR MINORITY ADOLESCENTS,

Gavin M. Lee

Mentor: Scott C. Roesch, Ph.D.

This study examined relationships between hope and coping in minority adolescents. We hypothesized that high hope adolescents will use more adaptive coping styles and less maladaptive coping styles. Low hope adolescents will use more maladaptive coping styles and less adaptive coping styles. 141 low SES, first generation College students were recruited from a summer residential program at SDSU. The sample was mostly Mexican Americans (66.7%) with Asian Americans and African Americans as the remainder. Measures of hope and coping were completed upon entry to the program. Hope was significantly related to the most adaptive coping styles (r s ranged from .23-.49). Findings suggest that hope may serve as a protective factor and lead to resiliency in the face of stressful events.