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Mediating Effect of Hopefulness on the Effect of Underdog Narratives to Subjective Well-Being among Local State University of Cavite

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Abstract : Underdog narratives not only provides viewers with models of determination and hard work but that inducing hope may increase the likelihood that viewers will pursue their own goals in life. Although it has been proven that underdog narratives not only create a positive motivational state to the viewers but can also induce hope, little attention has been given to know if this underdog narrative affect the health outcomes or the subjective well-being of the viewers and if their hopefulness mediates on it. To address this gap, using underdog narratives as a predictor and hope as mediator, this study determined the effect of underdog narratives to the subjective well-being of the respondents, the relationship of hope and subjective well-being and last is the mediating effect of hopefulness. This study is an experimental research that uses a between subject design. Purposeful random sampling was used wherein the respondents must meet the following criteria to be part of the study. One hundred and twenty (N=120) Local State University students were assigned to different treatment conditions— underdog narrative, comedy, nature scenes—and a no exposure control group. Results show that there is a minimal difference on the subjective well-being of the respondents when exposed to different treatment condition although it is not significant. A moderate positive correlation between hope and subjective well-being also reveals in this study. And last the result also shows that there is no mediating effect of hopefulness to the subjective well-being of the subjects through exposure to underdog narrative.

Keywords : hope, hope theory, subjective well-being, underdog narratives
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