Influence of Human Rights Victimization on Happiness: Mediating Effect of Grit and Hope

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Abstract

Background/Objectives: This study examined at testing the mediating effects of grit and hope in the relationship between human rights victimization and happiness among college students.

Methods/Statistical Analysis: To analyze data, SPSS PC+ and SPSS macro process were. Frequency analysis, reliability analysis, correlation analysis, mediating effect anal-
ysis were performed. Bootstrapping method was used to test the mediating effects of grit and hope.

Findings: The results of the study were that human rights victimization is significantly and negatively correlated with grit, hope and happiness, while grit and hope is significantly and positively correlated with human right victimization. Secondly, after path analysis human rights victimization had a significant negative influence on grit, hope and happiness of college students. Thirdly, grit and hope have significant positive effect on human right victimization. Finally, grit and hope had mediating effect in the relationship between human right victimization and happiness.

Improvements/Applications: Results from this study implied that grit and hope can increase happiness when there is an increase in hope and grit of those students that are experiencing human right victimization.

Key Words: Human Rights Victimization, Hope, Grit, Happiness, Mediating Effect.

1 Introduction

The notion of human right victimization has become a prominent topic within educational system due to recent media headlines in many countries of the world. This because human right victimization is a very important factor in human psychological development[1]. In the world of today, it is often mistaken to rate the criterion for success and a great career for people with their academic success. It is often ignored that other traits such as hard work, consistency, stable personality also counts a lot in the success of a person[2]. Many examples where students have became very successful and well known professionally even though they didn’t have very sound academic backgrounds exist; people like Steve Jobs, Albert Einstein are great examples[3].

Angela Duckworth in 2008 came up with a term grit, where she said the reason why some people achieve more in life is because of their high-level grit[4]. She describes grit as effort and perseverance towards a long term goal. Grit requires working strenuously toward challenges, maintaining constant effort and interest over years despite some failures, adversity, and plateaus in progress. Individu-
als who possess grit approach achievement as a marathon; his or her advantage is stamina. On the other hand, disappointment or boredom signals to other people without grit will mean a time to change trajectory and cut losses, individuals who have a strong grit will stay the course to the end and that’s what makes them successful[4]. Grit is the motivated desire or perseverance to attain long term goals despite facing lots of challenges and obstacles. Students victimization is therefore an important causal factor in the development of several psychiatric disorders in both childhood and adulthood development[5].

Hope is the expectation of something which gives a special image of the future[6]. The adult hope scale (AHS) developed by Snyder defines hope as a positive motivational state based on an interactively derived sense of successful based on two things, namely: Agency (goal-directed energy), and secondly, pathways (planning to meet goals)[7]. The adult hope scale contains 12 items with four items measuring pathways thinking, another four items measuring agency thinking, and lastly four other items are fillers. Participants are expected to respond to each item using an 8-point scale ranging from definitely false to definitely true.

To achieve the objective of this research, it is designed to answer the following questions: What are the correlations among main variables? Does grit and hope mediate in the relationship between human rights victimization on happiness?

2 Methods

2.1 Research Model

The research model for this study is can be found in Figure 1. Following previous research studies, the research model that has been proposed for this study is that: human rights victimization would negatively predict happiness, while grit and hope would significantly and positively predict happiness because an individual with a higher grit and hope will experience higher happiness.
2.2 Participants

233 university students who took part in this survey in this research and they were selected using random sampling. Their universities are currently located in Southern city of Chungcheongnam Province and in Mupo city in Jeonnam Province in the Republic of Korea. Among these students, 149 (63.9%) were females, and 84 (36.1%) were males. Their mean age was 22.6 years (range, 19 to 30 years). Of these 233 students, 106 (45.5%) lived in metropolitan city, 88 (37.8%) lived in urban city, and the remaining 39 (16.7%) lived in rural area.

2.3 Research tools

2.3.1 Human rights victimization

The scale that has been developed by the National Human Rights Commission in 2014 was used with the original scale having 25 questions about victimization and discrimination[8]. Of these 25 questions, 15 items suitable for college students were used in this study [8]. Each of the question was measured in a 5-point Likert scale where higher scores where an indication of higher human rights victimization. In this study, the reliability of human rights victimization scale was high with Cronbach’s $\alpha$ value of 0.935.
2.3.2 Grit

The grit (Grit-O) scale developed by Duckworth & Quinn[9] was employed in this study with the sub-areas for the scale involving consistency of interest and persistence of effort directly related to grit. The scale has 12 questions in total. The measurements are recorded on a 5-point Likert scale, and the higher the score was an indication of higher level of grit. Cronbach’s $\alpha$ value for grit reliability was 0.835.

2.3.3 Hope

In order to measure hope, the Dispositional Hope Scale (DHS), developed by Snyder [10] and later translated to the Korean version of the Dispositional Hope Scale (K-DHS), that was adapted and validated by Choi et al. [11] was used. Hope is composed of four items of agency thinking that measure goal setting and four items on pathways that measure thinking on how to reach those goals. Measurements were done on a 5-point Likert scale. The higher the score, the higher the hope level. Cronbach’s $\alpha$ value for hope reliability was 0.878.

2.3.4 Happiness

To measure happiness, the shortened happiness scale developed by Seo et al.[12] was used in this study. This scale consisted of three items to measure the satisfaction of individual aspects (personal accomplishment, personality, health, etc.), relational aspects (such as relationships with others), and collective aspects (my group-workplace, community, etc.). These three items were measured in a 7-point Likert scale ranging from “not at all” (1 point) to “very much” (7 points). In addition, six questions about feelings during the past month were asked. They were also evaluated with a 7-point Likert scale ranging from ‘not agree at all’ (1 point) to ‘agree very much’ (7 points). The higher the score, the higher the level of happiness. The reliability of the happiness scale used in this study had a Cronbach’s value of 0.808.
2.4 Data analysis

For data analysis, SPSS PC + and SPSS macro process proposed by Hayes [13] were used. Path analysis, frequency analysis, reliability analysis and mediating effect analysis were performed. The mediating effect was determined by bootstrap method.

3 Results and Discussion

3.1 Correlation of main variables

Correlation analysis and descriptive statistics are shown in Table 1. Happiness correlated positively with grit and hope, and negatively correlated with human rights victimization. The mediating variables, grit and hope, were negatively correlated with human rights victimization. The correlation coefficients ranged from -.170 to .481 and there was no problem of multicolinearity.

Happiness exceeded the middle point of the scale from 7 points to 4.5225 points, and grit and hope also exceeded the middle point. Human rights victimization was lower than the middle score of five points.

Human rights victimization is negatively correlated on happiness, grit and hope. On the table, the highest point of significant negative correlation human right victimization to happiness r=-.362 (p < .01) There is significant positive correlation between grit and hope r =.436 (p <.01), that between grit and happiness r =.481 (p <.01) is positive while the correlation between grit and human rights victimization r=-.170 (p <.01) is negative. Also, there is significant negative correlation between human rights victimization and hope r =.324 (p < .01).

Mean and standard deviation among the college students in this two universities in South Korea (mean=2.0616, standard deviation= 0.73486).

<table>
<thead>
<tr>
<th>Table 1. Correlation analysis and descriptive statistics</th>
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<tr>
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<td>1.Grit</td>
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<td>2.Hope</td>
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3.2 Mediating effects of grit and hope

Looking at the result of analysis of each path coefficient, human rights victimization had a significant negative effect on grit ($\beta = -0.1043$, $p < .05$), happiness ($\beta = -0.3015$, $p < .001$) and hope ($\beta = -0.2365$, $p < .01$). On the contrary, grit ($\beta = 0.6557$, $p < .001$) and hope ($\beta = 0.3295$, $p < .01$) significantly and positively affected happiness.

Looking at the total effect of the path from human rights victimization to happiness it was $\beta = -0.4478$, but the direct effect of the path from human rights victimization to happiness decreased to $\beta = -0.3015$ when grit and hope were introduced as mediating variables. This means that grit and hope mediate in the relationship between human rights victimization and happiness.

![Figure 2: Path Analysis](image-url)
3.3 Verification of mediating effect

Table 3 shows the results of the bootstrapping analysis. The indirect effect of grit, -0.0684, is within the interval from 0.1355 to 0.0801 under a 95% confidence level in 5,000 corrected bootstrap samples, and is significant because it does not include 0 within this interval. In addition, the indirect effect of hope, -0.0779, is within the interval from -0.1436 to 0.0294 under 95% confidence level in 5,000 corrected bootstrap samples, and is significant because it does not include 0 within this interval. Therefore, indirect effects were all significant. On the other hand, the difference in indirect effect between grit and hope was not significant.

| Table 2. Indirect effect of human rights victimization on happiness |
|----------------------|---------|---------|---------|
|                     | Effect  | Boot SE | BootLCI |
| Total               | -.1463  | .0376   | -.2296  | -.0801 |
| Grit                | -.0684  | .0291   | -.1355  | -.0183 |
| Hope                | -.0779  | .0284   | -.1436  | -.0294 |
| (C1): Grit minus Hope | .0096   | .0436   | -.0817  | .0923 |

4 Conclusion

The objective of this study was to test out the mediating effects of grit and hope in the relationship between human rights victimization and happiness among college students. The conclusions of the study are as follows.

First, happiness correlated positively with grit and hope, and negatively correlated with human rights victimization. The grit and hope were negatively correlated with human rights victimization.

Second, human rights victimization had an effect on grit and then grit had an effect on happiness. In addition, human rights victimization had an effect on hope and then hope had an effect on happiness. Therefore, grit and hope mediated in the relationship between human rights victimization and happiness of university students.

Limitations of the study and suggestions for subsequent research are as follows. First, this study limited the analysis of mediation
and moderation variables between human rights and happiness of college students to grit and hope. In future research, it is necessary to study various more mediating and moderating variables. Second, as the human rights victimization not only hinders the happiness of college students but also causes many other psychological and social consequences, academic interests and efforts should be done in future studies. Third, Korean college students have a higher sense of human rights than in developing countries. In the future, research on human rights consciousness is needed not only for university students in Southeast Asia and Africa but also for various groups vulnerable to human rights.

References


status by helping others and knowing who helps whom. *Journal of personality and social psychology*, 91(6), 1123.


