

## Will Hope Change Early Adult Women's Views About Love

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### Article Info

Received: June 12, 2025

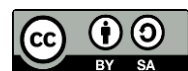
Revised: June 16, 2025

Accepted: June 25, 2025

### Abstract

Early adulthood ranges from 20-40 years. One of the important developmental tasks for early adults is having intimate relationships, (papalia, d.e., old, s. w., & feldman, 2008) That is why many adult women are often trapped in romantic relationships with men that will either end happily or end in misery depending on what hopes or expectations underlie and motivate women's relationships in the early adult stages. According to most women, love will fail if someone does not try to actively develop their entire personality until they reach a productive orientation: that the fulfillment of one's love cannot be achieved without the ability to love other people, without humility and determination, as well as confidence and discipline. While adult women believe that love is just a matter of luck, something that will come if someone is lucky, but that does not mean that adults think love is not important. Hungry for it, women entering adulthood often watch films and read countless stories about the romantic love of couples. Both those that will have a happy ending and those that will have a tragic ending. That's the reason why researchers studied whether hope changes the way adult women view love.

**Keywords:** Early Adulthood, Hope, Love



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Journal Homepage

<https://journal.minangdarussalam.or.id/index.php/djpe>

How to cite:

Nafila, M., Desmita, D., Fiqih, A., Li, W., & Ethan, T. (2025). Will Hope Change Early Adult Women's Views About Love *Darussalam: Journal of Psychology and Educational*, 4(1), 51–56. <https://doi.org/10.70177/innovatsioon.v2i1.237>

Published by:

Yayasan Minang Darussalam

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## INTRODUCTION

Adulthood is the longest period of human life, many changes occur during this period, both physical and psychological. Adulthood makes loving relationships a need that individuals must fulfill. Women are often required to marry before the age of 30 by their surroundings.

(Santrock, 2012) said that early adulthood is a term that is now used to refer to the transition period from adolescence to adulthood.

Early adulthood is a time of search, discovery, consolidation, and reproduction. This is a time filled with problems and emotional tension, social isolation, commitment and dependency, changing values, creativity, and adjusting to a new lifestyle. A person's roles and responsibilities will certainly increase with age. where they begin to let go of their dependence on other people, especially parents, from an economic, sociological and psychological perspective. They will try hard to become more independent and no longer depend on other people.

In early adulthood, the search for true love will begin, where individuals will have a more serious relationship. Some people will feel loved when you get help and a helping hand from partner.(Edwin Adrianta Surijah<sup>1</sup> et al., 2018). With love make the world more colorful, love makes the days feel more precious and not infrequently with love, sometimes a smile will appear by itself without any reason must be behind it (Laksono, 2022).

At first they just knew each other, became friends, and finally became friends. At the friendship stage, it is hoped that a warm and deep relationship with the opposite sex will develop. Through interactions and joint activities, friendship between the sexes does not rule out the possibility of a more serious relationship continuing. (Gambit, 2000) said that when going through a courtship period, individuals generally want to feel close to their partner, but not all individuals can go through this courtship period close to their partner.

A person's romantic relationship or love relationship definitely has hope. The concept of building hope is one aspect of capital psychological. (Royong et al., 2023) Hope represents individuals' judgments about their ability to clearly conceptualize goals, develop specific strategies to achieve those goals, and initiate and sustain the motivation to use those strategies. And love has complex components as explained in psychoanalytic theory (Wilyah et al., 2021), the personality structure consists of three aspects or systems, namely Id, Ego, and Superego.

(Ulfa et al., 2024) In psychology, hope is often defined as a feeling of optimism and anticipation positive towards the future. (Iopz, s.j.,& snyder, 2003) explain hope as an individual's belief in achieving the ability of a strong desire, regardless of the magnitude of the urge that marked the beginning of its existence. Hope is a thought or belief that allows individuals to maintain actions or behavior towards the goals they want to achieve. Hope is the energy that motivates someone to do their work. Hope is energy that is focused on one's goals and is a path that leads one to one's goals. Hope is a process of thinking about one goal, with motivation to achieve these goals (agency), and ways to achieve these goals (pathways) (Snyder, 2000)

Hope plays an important role in romantic relationships where individuals, especially women, place hopes in their partners, such as hopes of being loved, cared for, and hopes for the future. Seeing the importance of hope, researchers are very interested in studying more deeply whether hope changes the way adult women view love. The higher an individual's hope, the more it increases trust in their partner. Vice versa, the lower an individual's hope, then the individual's trust also decreases, especially in love relationships romantic.(Jukiro et al., 2024)

Talking about love and expressions of love certainly cannot be separated from Sternberg's (1987) love triangle theory which consists of three components. The first is intimacy. (Yudisia, 2013) said that intimacy can be expressed by sending messages means love, giving surprise gifts even if they are small or cheap, eating together, preparing things

your partner needs, listening to your partner's complaints, supporting your partner's hobbies, and also understanding your partner.

Second is passion. According to Dariyo (2008), passion can be expressed by giving physical touch to a partner, such as stroking their hair, holding hands, embracing, kissing, or having sexual relations. Third, namely commitment. Dariyo (2008) says that commitment can be expressed in any action or effort that increases a sense of trust, a sense of acceptance, a feeling of worth, and also a feeling of being loved by one's partner.

## RESEARCH METHOD

### *Research Design*

This study uses a qualitative, reflexive–thematic approach to explore how *hope* shapes early adult women's views about love. A qualitative design is appropriate to capture lived meanings, language, and interpretations that participants attach to hope and romantic beliefs. Semi-structured interviews are the primary method, supported by brief elicitation prompts drawn from the Adult Trait Hope framework (pathways and agency) to anchor discussion while keeping the inquiry exploratory rather than psychometric.

### *Research Target/Subject*

The study will be conducted over three months (e.g., March–May 2025) in a metropolitan university context and surrounding community. Data collection occurs in settings convenient and comfortable for participants—private meeting rooms on campus and secure online video calls—so that participation is accessible to both students and non-students.

### *Research Procedure*

Participants are early adult women aged 18–29 who self-identify as currently reflecting on romantic relationships (single, dating, or partnered). Recruitment uses purposive sampling via university counseling/wellness boards, social media calls, and snowball referrals to ensure variation in background and relationship history. Inclusion criteria are: age range, willingness to discuss experiences, and consent to audio recording; exclusion criteria are current acute psychological crisis requiring immediate clinical care. An estimated sample of 15–20 participants is targeted, with information power guiding final size.

### *Instruments, and Data Collection Techniques*

After ethics approval, recruitment materials are circulated and volunteers complete a short screening form and informed consent. Each participant completes a 45–60 minute semi-structured interview covering personal definitions of hope, perceived pathways/agency in love, formative experiences, and how hope influences expectations, boundaries, commitment, and coping after disappointment. With permission, participants optionally review a two-item hope vignette to stimulate reflection. Interviews are audio-recorded, transcribed verbatim, de-identified, and returned to participants for member reflections (clarifications or elaborations). A reflexive journal is maintained by the researcher to document positionality, assumptions, and analytic decisions.

### *Data Analysis Technique*

Analysis follows reflexive thematic analysis: familiarization with transcripts; initial coding that attends to semantic content and latent meanings; iterative development of candidate themes (e.g., “hope as compass,” “protective optimism,” “boundary-setting through hopeful agency”); review and refinement against the dataset; and definition/naming of final themes aligned to the research questions. Credibility is strengthened through triangulation across interviews and memos, member reflections on summary themes, and peer debriefing with a qualitative methods colleague. An audit trail (codebook snapshots, theme maps, decision logs)

supports dependability, while thick description enables transferability. Ethical considerations include informed consent, the option to pause/withdraw without penalty, provision of support resources after interviews, and strict confidentiality throughout the study.

## RESULTS AND DISCUSSION

The findings of this study indicate that hope plays a significant role in shaping early adult women's perspectives on love. Hope is perceived not merely as a positive feeling, but as a cognitive and motivational force that guides thinking, decision-making, and relationship building. Almost all participants described hope as a directional element in navigating relationships, whether in choosing a partner, setting standards, or maintaining commitment to personal values.

One of the key findings is that hope functions as a compass that helps women determine their course in relationships. Hope serves as a guide in identifying healthy connections, avoiding harmful relationships, and resisting compromises that conflict with life principles. Several participants expressed that their belief in the existence of a relationship aligned with their values made them more selective in engaging in romantic commitments. This aligns with positive psychology studies which emphasize that individuals with high levels of hope tend to have clearer life goals and relational directions.

Hope also emerged as a source of resilience after experiencing relationship failure. Many participants stated that although they had experienced heartbreak, they were able to view such experiences as opportunities for learning and growth. This perspective enabled them to reduce feelings of despair and rise again with a more mature outlook. Such findings are consistent with psychological literature that describes hope as a protective factor in the emotional recovery process.

However, the results also show that hope has a vulnerable side. Some participants admitted that excessive hope sometimes led them to idealize partners or relationships beyond realistic boundaries. This often resulted in deep disappointment when reality failed to meet expectations. In this context, hope requires direction and balance with realistic assessments so that it remains adaptive rather than becoming a source of emotional vulnerability.

Spiritual factors emerged as an important dimension that strengthened the relationship between hope and views on love. Most participants linked their hope to religious beliefs, perceiving love as both a blessing and a trust from God. This spiritual perspective expanded the meaning of love, viewing it not only as a personal relationship but also as a means of worship and self-development. Such an approach aligns with the perspective of Islamic psychology, which places love within the framework of moral values.

Hope also influenced how participants understood commitment in relationships. Those with high levels of hope tended to view commitment not merely as a formal agreement, but as a shared journey toward mutually agreed goals. They saw challenges in relationships as part of a process to be worked through together, rather than as reasons to end the relationship. This view is consistent with studies showing that hope can enhance perseverance in facing obstacles.

From a social perspective, hope encouraged early adult women to choose social environments that supported positive views on love. They tended to engage with friends or family who provided emotional encouragement, wise advice, and examples of healthy relationships. Such environments served as external factors reinforcing hope and protecting them from negative influences.

Hope also shaped how participants used past experiences as references for the future. Many acknowledged that previous relationships served as lessons to improve themselves, set boundaries, and refine criteria for an ideal partner. This reflective process illustrates that hope is not static, but evolves in response to accumulated life experiences.

In terms of psychological development, hope helped participants manage fears about relationship failure. They believed that every experience, whether successful or not, contained lessons that enriched their understanding of love. This meaning-making aligns with early adulthood developmental theories, which highlight the importance of emotional learning in forming relational identity.

Overall, the results suggest that hope can transform early adult women's perspectives on love, influencing partner selection, emotional management, and value formation. Well-directed and realistic hope serves as a psychological resource that fosters healthy relationships, strengthens emotional resilience, and broadens the meaning of love in a more holistic framework. Nevertheless, it is important to balance hope with rational assessment to avoid becoming trapped in idealization that may harm psychological well-being.

## CONCLUSION

Based on the results of research conducted by researchers, it can be concluded that love is definitely based on hope, which often determines the continuation of a romantic relationship, love is not always about a happy relationship and romantic love can also be extraordinary things that can be done with a partner. Hope plays a complex role in changing emerging women's perspectives on love. It is important for women to have realistic and healthy expectations, and understand that love is a complex process and requires effort from both parties. Positive and negative expectations can influence their perceptions, choices, and experiences in relationships.

## AUTHOR CONTRIBUTIONS

Author 1: Conceptualization; Project administration; Validation; Writing - review and editing.  
Author 2: Conceptualization; Data curation; Investigation.  
Author 3: Data curation; Investigation.  
Author 4: Formal analysis; Methodology; Writing - original draft.  
Author 5: Supervision; Validation.

## CONFLICTS OF INTEREST

The authors declare no conflict of interest.

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