

An Examination of the Hopelessness Levels of Youngsters who Attend to Youth Centers in Central Anatolia Region in Turkey

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Abstract

The purpose of this study is to examine the hopelessness levels of youngsters who spend their leisure times at youth centers according to certain variables. The research population is composed of youngsters who are members of youth centers in Central Anatolia Region in Turkey. The research group is composed of 448 females and 450 males whose ages vary between 15 and 25 and who are members of youth centers in 11 provinces in the region. While questions were asked to take youngsters' personal details and opinions on leisure time, what was utilized to identify their hopelessness levels was Beck Hopelessness Scale (BHS) that was developed by Beck et al. (1974), adapted into Turkish language by Dilbaz and Seber (1993) and of which reliability and validity studies were performed by Durak and Palabiyikoglu (1994). The internal consistency coefficient for this study was found to be .81. Revealing the descriptive statistics of youngsters' hopelessness levels since they did not exhibit parametric characteristics and applying Mann-Whitney U test to examine whether their hopelessness scores varied according to gender, age, having personal talent, it was found that the hopelessness level differed according to all these variables ($p < 0.05$). According to perceived income level, leisure time sufficiency, exhaustion from daily life, efficient use of leisure time and leisure-constraining factors, Kruskal-Wallis-H test was used and it was seen that the hopelessness level differed according to all variables but exhaustion from daily life ($p < 0.05$). Consequently, the hopelessness levels of youngsters who spent their leisure time at youth centers was low while the hopelessness levels of those whose ages were between 15 and 18, who perceived the income level as being very low and very high, did not have personal talent, thought that they did not use their leisure time efficiently, perceived their leisure time as being very sufficient or very insufficient, and whose leisure-constraining factors were job and home household responsibilities were higher.

Keywords: Leisure time, Youth center, Hopelessness

1. Introduction

Nowadays, leisure time is considered to be a blessing of civilization and development especially in developed and industrialized countries and partly in developing countries such as Turkey within the development process of leisure time mentality. Indeed, the importance of leisure time within social life continues to become more apparent and increase due to reasons such as shortening daily and weekly working hours and increasing number of holidays, and changes in social life (Karakucuk, 2008). Recreational activities can be performed in periods of leisure time which can be defined as an episode occurring after the periods of working, sleeping, eating and other compulsory activities and can be also spent as however one wants to (Cordes and Ibrahim, 1996; Koshar, 2002; Torkildsen, 2005; Bucher 1972; Bucher et al., 1974; Edginton and Ford 1985; Hacıoglu et al., 2009; Kaya 1981; Kraus 1985). Having leisure time and the activities performed during leisure time directly affect other dimensions and values of individuals' lives on the condition of being directly or indirectly.

Karakucuk summarizes this situation in the following sentence: “One may think that leisure time is similar to a sword with two sharp edges.” If used positively, it may contribute to personal and social improvement; if used negatively, it may result in problems such as lack of discipline (Karakucuk, 2008).

Leisure time and recreation play an effective and apparent role in strengthening and reshaping the culture (Torkildsen, 2005). Individuals of modern societies feel the urge to satisfy their non-professional lives and act accordingly in addition to taking a rest. The need of recreation emerges within this context. Positive recreational experiences should help individuals achieve the happiness of success, therefore increasing the self-esteem and the confidence which make a more productive life possible. Hence, it will be easier for individuals to acquire positive perceptions for their future lives by raising their quality of life and taking more conscious steps towards self-actualization. In this sense, hope and hopelessness of individuals about their future gain importance.

Hope is the feeling of confidence stemming from hoping (TDK, 2005). In the Oxford English Dictionary, hope is defined as “a feeling of expectation and desire for a particular thing to happen.” In addition, wanting and expecting something to happen and believing something good is to happen is described as hoping for something. According to its archaic meaning, hope means a feeling of trust (Oxford, 2015). Hopelessness was defined by North American Nurses Diagnosis Association as “the subjective state in which an individual sees limited or no alternatives or personal choices available and is unable to mobilize energy on his or her own behalf” (Oz, 2004). It is also described as individuals' negative expectations of future; in other words, hopelessness is considered to be the degree of pessimism about future (O'Connor et al., 2000). Hopelessness includes individuals' lack of wellbeing, unwillingness and lacks of purpose as well as a negative cognitive assessment in which life events are assessed to be negative. Hopelessness is regarding present and future as being negative (Ottekin, 2009). Hope provides the individual with the feeling of having the ability to deal with negative situations that might be encountered in future. Negative cognitive functions cause stress and anxiety in individuals (Tufekciyasar, 2014).

Using leisure time efficiently and productively has increasingly gained a great importance for today's individuals. The most important reason is the rapid changes observed in the social institutions, value systems, cultural and social structures of countries that are developed and developing fast (Ortes, 2010). Youngsters who are the future of societies and how they spend their leisure times in the most productive way is a significant issue for our country too. There is a provision still in effect in the 1982 Constitution so that youngsters can have leisure times and stay away from harmful and bad habits. The most important dynamic that features our country across the world and especially in Europe is the young population. It is stated by authorities that this driving power will be an opportunity for both Turkey and Europe by 2040s provided that it is utilized efficiently (Gediz, 2012). In the literature, there is no definition of youth accepted unanimously. Some studies consider the age group of 12-24; some others regard the age group of 15-24 or 15-30 as youngsters. United Nations (UN), United Nations Educational, Scientific and Cultural Organization (UNESCO) and World Bank (WB) consider those in the range of ages 15-24 as “youngster” (Gur et al., 2012). In our country, youth centers are in operation to enable the young population to spend their leisure times efficiently.

1.1. Youth Centers and Recreational Activities

Youth centers are institutions under Youth Services and Provincial Directorates of Sports which enable youngsters to make use of their leisure time within the framework of social, cultural, artistic and sportive activities in accordance with their interests, wishes and skills, and help them take part in the society as active citizens and conduct studies to keep youngsters away harmful habits. Youth centers have purposes such as help youngsters make use of their free times in accordance with their interests, requests and talents; guide them to social, cultural, artistic and sportive activities; protect the mental and physical health of youngsters, enhance their feelings of national union and solidarity through social, cultural, artistic and sportive activities; meet their psychosocial needs, contributing to them in developing a healthy and balanced personality in their individual and social relationships; protect them from harmful habits; improve their knowledge abilities in accordance with their interests and talents; help them solve their problems; and provide them with guidance and counseling (Gazette, 2003, no: 25167). The scopes of youth centers include several socio-cultural, artistic, educational and sportive activities. Regarding the interests and wishes of the members and the environmental conditions, youth centers are allowed to perform other avant-garde activities upon the consent of provincial directorate (Gazette, 2003).

Table 1: Services Provided by Youth Centers under Ministry of Youth and Sports

Training and Education Courses	Fine Arts	Personal Development	Handicrafts	Sports
Turkish language	Art	Speed Reading	Turkish Paper	Taekwondo
Computer	Music	Body Language	Marbling	Table Tennis
Web Design	Folk Dances	Effective Communication	Hüsn-ü Hat	Fencing
Graphics	Drama	Time Management	Ornamentation	Badminton
AutoCAD	Caricature	Sign Language	Origami	Tennis
Photoshop	Poem	Oratory	Wood Engraving	Aikido
Mathematics	Literature	Career Planning	Model Planes	Basketball
Physics	Photography	Values Education	Jewelry Design	Volleyball
Geography	Cinema	Project Cycle	Wood Painting	Football
Geography		Leadership	Stained Glass	Handball
English		Problem Solving	Fabric Dyeing	Swimming
Ottoman Turkish language		Diction	Filigree	
Arabic		Motivation	Calligraphy	
German		Fight against Stress	Ceramics	
French		Anger Control		
History		Creative Drama		
		Teamwork		

<http://genclikmerkezi.gsb.gov.tr/>

As seen in Table 1, youth centers provide youngsters with the opportunity to participate to several recreational activities in which they can spend their leisure time productively. Within this context, youth centers have become important institutions from the aspect of providing positive recreational experiences. Determining the hopelessness levels of youngsters who spent their leisure time at youth centers according to some variables in the study is important in terms of predicting whether the aims of those centers' recreational activities was achieved and reconstructing them accordingly.

2. Material and Method/Research Methodology

2.1. Research Sample

The population of the research conducted to examine the hopelessness levels of youngsters who made use of their leisure time at youth centers according to certain variables is composed of youngsters who are members of youth centers in Central Anatolian Region in Turkey. The research group is composed of 448 females and 450 males whose ages vary between 15 and 25 and who are members of youth centers in 11 provinces in the region. The distribution of youth centers is given in Table 2.

Table 2: Distribution of the Research Sample according to Youth Centers

N= (898)		
Youth Center	n	%
Aksaray	96	10.7
Ankara	171	19.0
Cankırı	71	7.9
Eskisehir	50	5.6
Kayseri	60	6.7
Kirikkale	80	8.9
Konya	55	6.1
Nevsehir	93	10.4
Nigde	83	9.2
Sivas	43	4.8
Yozgat	96	10.7
Total	898	100

2.2. Data Collection Tool

In this research, Beck Hopelessness Scale (BHS) developed by Beck et al. (1974) was used to obtain personal details and opinions on leisure times of youngsters who spend their leisure times at youth centers; the scale aims to determine the pessimism level of the individual about future. Beck Hopelessness Scale which includes 20 items consists of expressions which state feelings and thought toward future. For answering the BHS, the individual is asked to mark the choice of “true” for the statements which suit most, the choice of “wrong” for the ones which suits least. There are 11 true answer keys, 9 wrong answer keys. If the answer is yes to the statements 2, 4, 7, 9, 11, 12, 14, 16, 17, 18, and 20, the score is 1; if the answer is no to the statements 1, 2, 5, 6, 8, 10, 13, 15, and 19, the score is 1 again. Otherwise answers are awarded with 0. The total score obtained represents the “hopelessness” score. The points which can be obtained from the scale vary between 0 and 20. The level of the obtained score indicates that the hopelessness of the individual is high. Within the scope of their study, Beck and Steer (1988) classified the subjects into four groups; and they stated that 0 - 3 indicate no hopelessness, 4 - 8 indicate slight hopelessness, 9 - 14 indicate mild hopelessness and 15 – 20 indicate severe hopelessness. The reliability and validity study of Beck Hopelessness Scale was performed by Seber (1993) and its validity study again was performed by Durak and Palabiyikoglu (1994), and the internal consistency coefficient of the scale was found to be .86. The internal consistency coefficient for this study was found to be .81.

2.3. Analysis of the Data

Frequency and percentage calculations were made for the demographics of the research group. The distributions of the variables according to the groups were examined, and it was concluded evaluating the normality of the distributions and the homogeneity of the variances that the distributions did not exhibit parametric quality. Hence, Mann-Whitney U test was utilized to examine whether their hopelessness scores varied according to gender, age, having personal talent, revealing the descriptive statistics of the hopelessness levels of youngsters who spent their leisure time at youth centers, while Kruskal-Wallis-H test was used according to perceived income level, leisure time sufficiency, exhaustion from daily life, efficient use of leisure time and leisure-constraining factors. When multiple variables were examined, paired comparisons were made with Mann-Whitney U test to determine between which groups there was a difference.

3. Results

As for the hopelessness levels of youngsters who spent their leisure time in recreational activities at youth centers, it is seen that most of them had very slight and slight hopelessness levels (Table 3). While the hopelessness scores of youngsters who spent their leisure time at youth centers did not differ according to the exhaustion from daily life (Table 9), it is seen that the scores differed according gender, age, perceived income level, leisure time sufficiency, having personal talent, efficient use of leisure time (Table 4; Table 5; Table 6; Table 7; Table 8; Table 10; Table 11).

Table 3: Hopelessness Levels of Youngsters who make Use of Their Leisure Time at Youth Centers

N= (898)		
Hopelessness Level	n	%
Very slight	390	43.4
Slight	324	36.1
Mild	161	17.9
Severe	23	2.6

Frequency and percentage distributions of the hopelessness levels of youngsters who spent their leisure time at youth centers are given in Table 3. As for the hopelessness levels of youngsters who spent their leisure time at youth centers, it is seen that 79.5% of them had very slight and slight hopelessness levels. It was discovered that the hopelessness levels of youngsters who generally spent their leisure time at youth centers were low.

Table 4: Comparison of the Hopelessness Levels of Youngsters who make Use of Their Leisure Time at Youth Centers according to Gender

Gender	N	Mean Rank	Mean Total	U	z	p
Female	448	413.90	185426.00	84850.000	4.122	.000*
Male	450	484.94	218225.00			

* p<0.05

The analysis results obtained from the comparison of the hopelessness levels of youngsters who spent their leisure time at youth centers according to gender are given in Table 4. Based on the results of Mann-Whitney U test which was applied to test the hopelessness levels of youngsters who spent their leisure time at youth centers according to gender, there is a statistically significant difference between females and males [$Z= 4.122$; $p<0.05$]. The hopelessness levels of male youngsters who spent their leisure time at youth centers are higher than those of female youngsters.

Table 5: Comparison of the Hopelessness Levels of Youngsters who make Use of Their Leisure Time at Youth Centers according to Age

Age	N	Mean Rank	Mean Total	U	z	p
15-18	511	469.99	240165.00	88408.000	2.732	.006*
19-24	387	422.44	163486.00			

* $p<0.05$

The analysis results obtained from the comparison of the hopelessness levels of youngsters who spent their leisure time at youth centers according to age are given in Table 5.

Based on the results of Mann-Whitney U test which was applied to test the hopelessness levels of youngsters who spent their leisure time at youth centers according to age, there is a statistically significant difference between youngsters of age 15-18 and youngsters of age 19-24 [$Z= 2.732$; $p<0.05$]. The hopelessness levels of youngsters of age 15-18 who spent their leisure time at youth centers are higher than those of youngsters whose ages are between 19 and 24.

Table 6: Comparison of the Hopelessness Levels of Youngsters who make Use of Their Leisure Time at Youth Centers according to Perceived Income Level

Income	N	Mean Rank	sd	χ^2	p
Very low	67	482.96	4	14.163	.007*
Low	74	549.80			
Moderate	639	437.05			
High	103	433.77			
Very high	15	443.57			

* $p<0.05$

The analysis results obtained from the comparison of the hopelessness levels of youngsters who spent their leisure time at youth centers according to perceived income level are given in Table 6. Based on the results of Kruskal-Wallis-H test which was applied to test the hopelessness levels of youngsters who spent their leisure time at youth centers according to perceived income level, a statistically significant difference was found between the hopelessness levels [$\chi^2(4)= 14.163$; $p<0.05$]. Based on the results of Mann-Whitney U test which was applied to determine which level causes the difference according to these findings, the hopelessness levels of youngsters who perceived their income levels as low are higher than those who perceived their income levels as moderate [$Z= 3.593$; $p<0.05$] and high [$Z= 2.982$; $p<0.05$]. In addition, youngsters who perceived their income level as very low and very high had the highest hopelessness level.

Table 7: Comparison of the Hopelessness Levels of Youngsters who make Use of Their Leisure Time at Youth Centers according to Leisure Time Sufficiency

Leisure time sufficiency	N	Mean Rank	sd	χ^2	p
Very insufficient	73	535.47	4	18.815	.001*
Insufficient	204	464.80			
Moderate	312	447.55			
Sufficient	260	405.12			
Very sufficient	49	505.63			

* $p<0.05$

The analysis results obtained from the comparison of the hopelessness levels of youngsters who spent their leisure time at youth centers according to leisure time sufficiency are given in Table 7.

Based on the results of Kruskal-Wallis-H test which was applied to test the hopelessness levels of youngsters who spent their leisure time at youth centers according to leisure time sufficiency, a statistically significant difference was found between the hopelessness levels [$\chi^2(4)= 18.815$; $p<0.05$]. Based on the results of Mann-Whitney U test which was applied to determine which variables cause the difference according to these findings, the hopelessness levels of youngsters who stated that their leisure time was very insufficient were higher than those of youngsters who stated that their leisure time was insufficient [$Z= 2.031$; $p<0.05$], moderate [$Z= 2.598$; $p<0.05$] and sufficient [$Z= 3.833$; $p<0.05$]; and youngsters who stated that their leisure time was insufficient compared to youngsters who stated that their leisure time was sufficient [$Z= 2.519$; $p<0.05$]; youngsters who stated that their leisure time was very sufficient compared to youngsters who stated that their leisure time was sufficient [$Z= 2.434$; $p<0.05$] had higher hopelessness levels.

Table 8: Comparison of the Hopelessness Levels of Youngsters who make Use of Their Leisure Time at Youth Centers according to having Personal Talent

Personal Talent	N	Mean Rank	Mean Total	U	z	p
Yes	680	431.57	293465.50	61925.500	3.675	.000
No	218	505.44	110185.50			

The analysis results obtained from the comparison of the hopelessness levels of youngsters who spent their leisure time at youth centers according to having personal talent are given in Table 8. Based on the results of Mann-Whitney U test which was applied to test the hopelessness levels of youngsters who spent their leisure time at youth centers according to having personal talent, there is a statistically significant difference between youngsters who have personal talents and not [$Z= 3.675$; $p<0.05$]. The hopelessness levels of youngsters who have no personal talents are higher.

Table 9: Comparison of the Hopelessness Levels of Youngsters who make Use of Their Leisure Time at Youth Centers according to Exhaustion from Daily Life

Leisure time sufficiency	N	Mean Rank	sd	χ^2	p
Very much	153	468.77	4	2.282	.684
Much	172	450.08			
Moderate	349	451.17			
Less	152	424.63			
Never	72	451.57			

The analysis results obtained from the comparison of the hopelessness levels of youngsters who spent their leisure time at youth centers according to exhaustion from daily life are given in Table 9. Based on the results of Kruskal-Wallis-H test which was applied to test the hopelessness levels of youngsters who spent their leisure time at youth centers according to exhaustion from daily life, no statistically significant difference was found between the hopelessness levels [$\chi^2(4)= 2.282$; $p<0.05$].

Table 10: Comparison of the Hopelessness Levels of Youngsters who make Use of Their Leisure Time at Youth Centers according to Efficient Use of Leisure Time

Leisure efficiency	N	Mean Rank	sd	χ^2	p
Yes	319	404.41	2	38.640	.000*
No	152	561.65			
Partly	427	443.27			

* $p<0.05$

The analysis results obtained from the comparison of the hopelessness levels of youngsters who spent their leisure time at youth centers according to efficient use of leisure time are given in Table 10. Based on the results of Kruskal-Wallis-H test which was applied to test the hopelessness levels of youngsters who spent their leisure time at youth centers according to efficient use of leisure time, a statistically significant difference was found between the hopelessness levels [$\chi^2(2)= 38.640$; $p<0.05$]. Based on the results of Mann-Whitney U test which was applied to determine which variables cause the difference according to these findings, youngsters who thought that they used their leisure time efficiently compared to those who did not think so [$Z= 6.040$; $p<0.05$] and thought that they used their leisure time partly efficiently [$Z= 2.098$; $p<0.05$]; and youngsters who thought that they used their leisure time partly efficiently compared to those who thought that they used their leisure time inefficiently [$Z= 4.954$; $p<0.05$] had lower hopelessness levels.

Table 11: Comparison of the Hopelessness Levels of Youngsters who make Use of Their Leisure Time at Youth Centers according to Leisure-Constraining Factors

Constraining Factor	N	Mean Rank	sd	χ^2	p
School/lesson	406	425.35	6	16.229	.013
Job	71	511.46			
Economy	79	487.22			
Time planning	159	437.71			
Household responsibilities	68	497.38			
Transportation	40	391.83			
Other	75	494.17			

* $p < 0.05$

The analysis results obtained from the comparison of the hopelessness levels of youngsters who spent their leisure time at youth centers according to leisure-constraining factors are given in Table 11. Based on the results of Kruskal-Wallis-H test which was applied to test the hopelessness levels of youngsters who spent their leisure time at youth centers according to leisure-constraining factors, a statistically significant difference was found between the hopelessness levels [$\chi^2(6) = 16.229$; $p < 0.05$]. Based on the results of Mann-Whitney U test which was applied to determine which variables cause the difference according to these findings, youngsters whose leisure-constraining factors were job [$Z = 2.098$; $p < 0.05$], household responsibilities, [$Z = 2.184$; $p < 0.05$], other factors [$Z = 2.068$; $p < 0.05$] compared to those whose leisure-constraining factors was school/lesson; and youngsters whose leisure constraining factors were job [$Z = 2.497$; $p < 0.05$], household responsibilities [$Z = 2.379$; $p < 0.05$], and other factors [$Z = 2.051$; $p < 0.05$] compared to those whose leisure-constraining factor was transportation had higher hopelessness levels.

4. Discussion and Result

Based on the findings of this research conducted to examine the hopelessness levels of youngsters who spent their leisure time at youth centers, it is seen that youngsters who made use of their leisure time at youth centers had low hopelessness levels, and the hopelessness scores did not differ according to exhaustion from daily life while they differed according to gender, age, perceived income level, leisure time sufficiency, having personal talent, efficient use of leisure time and leisure-constraining factors. As for the hopelessness levels of youngsters who spent their leisure time at youth centers, it is seen that 79.5% of those youngsters had very slight and slight hopelessness levels and this indicates a low hopelessness level. There have been studies in which the hopelessness levels were found to be lower than the studies by the researchers on different fields and with different study groups (Cinar and Karcioglu, 2012; Ismailoglu and Orkun, 2014; Yıldız, 2011; Yurdagül and Oltuluoglu, 2011).

This study was applied to the youngsters whose ages varied between 15 and 24. As for the studies investigating the hopelessness level within this age range, the hopelessness level was found to be low similarly to this study (Coskun, 2010: 49; D. Ozmen, Dundar, Cetinkaya, Taskin, E. Ozmen, 2008; Tufekciyasar, 2014: 33; Tumkaya, Aybek, Celik, 2010; Tumkaya, Celik, Aybek, 2011; Yenilmez, 2010). For research's results concerning the variables, the hopelessness levels of male youngsters who made use of their leisure time at youth centers were higher than female youngsters. While certain studies revealed that the hopelessness level did not differ according to gender (Aydın, Erdogan, Yurdakul, Eker, 2013; Coskun, 2010: 50; Dogan, 2012; Gencay, 2009; Gudmundsdottir and Thome, 2014; Kilic, Tektas, Pala, 2014; Tufekciyasar, 2014; Tumkaya, 2005; Tumkaya et al, 2011; Ulucan, Kilinc, Kaya, Turkcapar, 2011; Vatan and Dag, 2009; Yenilmez, 2010), other studies similarly found that males had higher hopelessness levels than girls or women (Arsel and Batigun, 2011; Deveci, Ulutasdemir, Acik, 2011; Lester, 2015; Kabasakal and Bas, 2014; Oguzturk, Akca, Sahin, 2011; Ozer, Beydag, Cengiz, Kiper, 2006; Sahin, 2009). It is seen in many studies, the hopelessness levels of girls and women are lower than males'.

The reason may be the different roles assumed by females and males socially. From the aspect of roles and responsibilities, according to Ann Oakley, since males are the patriarch, the one who earn a living for the family and the gender which is active in politics, religion, professional and occupational life (Bhasin, 2003:1, 11), one may think that they may have higher hopelessness levels due to anxiety and stress. Some research conducted on this field found that age does not have an impact on hopelessness (Agir, 2007: 196; Dereli and Kabatas, 2009; Deveci et al, 2011; Gudmundsdottir and Thome, 2014; Kiziroğlu, 2012: 32; Özer et al, 2006; Tuzgol, 2014;

Tufekciyasar, 2014: 39; Ucaner and Ozcelik, 2010; Yildiz, 2011). Contrary to these studies, the research conducted by Akandere, Acar, Baştug (2009) with mentally, physically and mentally-physically disabled parents; the research conducted by Tumkaya et al. (2010) with teenagers from poor families; the research conducted by Tumkaya (2005) with teenagers living with family and at orphanage; and the research conducted by Kabasakal and Bas (2013) with teacher candidates found that the older the age gets, the higher the hopelessness level becomes. On the contrary, it was seen in this research that the older the age got, the lower the hopelessness level became and the hopelessness levels of the participants whose ages varied between 19 and 24 were higher than the levels of participants whose ages varied between 15 and 18. The youngster has to deal with the subjective and objective situations stemming from the rapid changes in the body and the sexual maturity during the adolescence period. It is evident that all teenagers need time to find their identities, improve their confidence and overcome the changes that affect them negatively during this period (Yavuzer, 2003:287).

In addition, youngsters in our country have to choose their occupational tendencies and careers while creating an identity for themselves and trying to understand what is going on. In Turkey YGS-LYS (Exam for Transfer to Higher Education - Undergraduate Placement Exam) coincide with the adolescence period. Hence, it can be expected that the adolescent students who have failed in these exams important for their academic career steps may experience learned helplessness and hopelessness (Cevik and Gundogdu, 2015). While some researchers found that the hopelessness increases as the income level decreases, similarly to this study, in terms of perceived income level (C. Sahin, 2009; Ozer et al., 2006; Ozmen et al., 2008), others stated that perceived financial status have no impact on the hopelessness level (A. Sahin, 2002; Dereli and Kabatas, 2009; Deveci et al., 2011; Kodan, 2013). Moreover, it has been also stated in the studies on the financial status, occupational and professional elements effective in setting the living standard and the hopelessness that those who are anxious and scared about not being able to find job after graduation among students have high levels of hopelessness (Aydm et al., 2013; Ceyhan, 2004; Dereli and Kabatas, 2009; Ismailoglu and Orkun, 2014). It is also seen that the ages of youngsters who participated to the research varied between 15 and 24. As for this age range, ages 15-19 are considered to be teenagers; ages 20-34 are considered to be young adults within the psychosocial development periods of Erikson (Sugarman, 2001). The youngsters who participated to the research are composed of young adults and teenagers within this context. Teenagers' transition from school life to business life during this period represents a very important point in certain niches, in other words, the intersection of educational system and labor market. At this point, most youngsters encounter with important risks in the attempt (and often their parents' attempts) that provide continuity in their living flow. This period is very significant for affecting the future life possibilities for youngsters and plays an important role in determining the amount of income they will get and the chances of acquiring occupational security (Bilton et al., 2008: 83). That is why the hopelessness levels of the participant youngsters who perceived their income levels as low in the research can be expected to be higher.

As for hopelessness level according to the variable of the perception of leisure time sufficiency, in other words, regarding the amount of leisure as being sufficient or insufficient, those who perceived their leisure time as very insufficient and very insufficient had the highest hopelessness level. In addition, the hopelessness levels of the youngsters who thought that they did not use their leisure time efficiently were higher than the youngsters who thought that they used their leisure time efficiently. Despite being few, studies on leisure time and hopelessness level have revealed that individuals with insufficient leisure time have higher hopelessness level (Deveci et al., 2011; Tokuc et al., 2009). Other two variables that may affect the way that they make use of their leisure time are having personal talent and leisure-constraining factors. When the results are taken into consideration according to these variables, it is seen that the hopelessness levels of youngsters were lower than youngsters who had no personal talent and youngsters whose leisure-constraining factors were job or household responsibilities had higher hopelessness levels than youngsters whose leisure-constraining factors were transportation or school. One of the most important problems of modern people is that their time is not enough or their jobs do not allow them to spare leisure time for themselves. Insufficiency of time for some, inability to manage time well for others is a serious problem (Aydogan and Gundogdu, 2006).

Karakucuk (2008: 52) stated that leisure time, if used positively, may contribute to personal and social improvement; if used negatively, it may result in problems such as lack of discipline. According to Beck et al. (2003), hopelessness is a basic human experience and an important phenomenon to be investigated. Feeling hopeless causes someone to fail to deal with people and/or issues to be addressed.

People who lose hope in accordance with a certain goal cannot use their real energy efficiently, failing to succeed and affecting others' feelings and thoughts negatively despite the possibility of succeeding. The inevitable result should be unhappiness here (Kuloglu, 2001: 24). According to the results of the study performed by Cevik and Gundogdu (2015) on stress, hopelessness and learned helplessness, there is a positively, very strong relationship with hopelessness and having a hobby. In previous studies performed on the concept of hopelessness which indicates keeping off positive emotions and thought integrity, it was concluded that positive thoughts affect human life positively; negative ones impact people's lives in a negative way (Burger, 2006: 332). According to the research results, it can be said that making use of leisure time effectively and having personal talents and hobbies in accordance with the activities to be chosen are effective in diminishing the hopelessness. Since the life quality of individuals who plan their times well will be high, it is natural that they exhibit more hopeful approaches toward their futures. In this sense, it is thought that, differently from other studies, the hopelessness level is high in the research because youngsters who regarded their leisure time as very sufficient could not spend it well or plan the time well. Hence, the psychosocial development of other age groups of pre-adulthood period, that is, youngsters should be taken as serious and youngsters should be taught how to plan their times well and use the time efficiently and guided in accordance with their talents to have positive experiences while making use of their leisure time.

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