

# "Hope: the greatest driving force".

## Outlines:

### 1) Introduction:

#### Thesis Statement:

"Hope is the greatest driving force at all levels as it discourages despair and encourages people to strive for a successful life, peaceful society, national prosperity and international cooperation"

### 2) What does it mean by the term "hope"?

### 3) How hope is the greatest driving force at individual level?

#### 3.1 Hope helps to overcome difficult circumstances

(Research by Psychologist C.R Syder demonstrates that hopeful individuals maintain their motivation even in difficult situation).

(Viktor Frankl, survived Holocaust with the help of hope).

#### 3.2 Hope encourages individuals to bounce back from setbacks

(Study by the Psychologist Shane J. Lopez show that hopeful individuals exhibit greater resilience in the face of adversity).

3.3 Hope fosters positive mindset,  
leading to improved mental  
and physical health

(Research published in the  
Journal of "Personality and  
Social Psychology" suggests that  
maintaining hope is associated  
with lower level of depression  
and anxiety).

3.4 Hope drives individuals to  
set and pursue meaningful  
goals

(Students who maintain  
hope in their academic abilities  
are more likely to set  
ambitious academic goals  
and work hard to achieve  
them).

4) How hope is the greatest  
driving force at Society  
level?

4.1 Hope stimulates creativity  
and innovation by encouraging  
a society to explore new  
possibilities.

(Small pox vaccine by  
Edward Jenner)

(Efforts to roll out  
COVID vaccine)

x (I-Cube-Q of Pakistan's  
Lunar mission to explore  
the far sight of the moon).

4.2 Hope encourages the spirit of collective action in the society to achieve common goals

(Feminist movements to secure women's rights)

(American civil wars to secure the rights of the African American).

4.3 Hope helps to bring about social change by parting ways with the old norms.

(Malala Yousaf Zai advocated for girls' education with the hope to improve women literacy).

4.4 Hope helps a society to weather disasters by encouraging the spirit of charity and relief work

(Edhi Foundation).

5- How hope is the greatest driving force at National level?

5.1 Hope fosters national unity and cohesion by inspiring citizens to work towards a common vision for the future (Independence Movement of Pak)

5.2 Hope encourages leaders to

formulate policies to eradicate social issues like poverty and overpopulation

(China: Poverty alleviation policy (1979) lifted over 800 M people from poverty)  
(China: one child policy).

5.3 Hope persuades leaders/gov. to take corrective measures to curb global warming.  
(12 Billion Tsunami tree Project by Imran Khan)

6- How hope is the greatest driving force at International Level?

6.1 Hope helps in conflict resolution and peace building efforts between the two countries by encouraging dialogue and cooperation

(Oslo Accord b/w Israel & Palestine)

(Iran-Saudi Reapprochement)

6.2 Hope promotes peace and protect humanity from deadly wars by means of international organizations  
(UN after WWII)

6.3 Hope inspires global solidarity and collaboration in addressing shared challenges

(Climate Change: COP)

(Nuclear Arm Race: NPT)

\* (ethical use of AI)

7. Conclusion:

# Essay

"There is no medicine for the miserable but hope" (Shakespeare)

It shows the importance of hope in the difficult circumstances. Hope plays a crucial role in the life of an individual by encouraging him to overcome difficult circumstances and pursue meaningful goals.

Similarly, hope is required for a society to function effectively as it fosters the spirit of collective action to achieve common goals. Besides, hope helps to bring about social change. Furthermore, hope is the greatest driving force for a nation as it fosters the spirit of national unity and cohesion. Moreover, hope is of high significance in the international arena as it helps in peaceful resolution of conflicts and it fosters global collaboration to address shared challenges.

Thus, hope is the greatest driving force at all levels

as it discourages despair and encourages people to strive for a successful life, peaceful society, national prosperity and international cooperation.

Hope can be defined from different perspectives. Firstly, it means a specific instance of feeling hopeful about something. Secondly, it means to wish for something to happen. Moreover, it also means to be optimistic about future. Hence, hope can be defined from various dimensions.

Hope plays a huge part in the life of an individual by encouraging him to overcome difficult circumstances. In tough times, people lose confidence and the will to move forward in life; however, hope pulls them out of difficult circumstances like a saviour. For instance, Viktor

Frankl wrote in his book, "Man Search for Meaning", that hope helped him to endure the difficult conditions of concentration camp during the World War II. Similarly, ~~it has been~~ a Psychologist C. R. Syder contended that individuals maintain their motivation even in difficult circumstances. Thus, hope act as a saviour for an individual having difficult time in life.

Similarly, hope encourages individuals to bounce back from set-backs. At a particular stage in life, when an individual faces failure, he feels devastated. That individual loses all hope to be successful in life. However, the hope of getting successful helps an individual to overcome failure. A study by the Psychologist Shane J. Lopez shows that hopeful individuals exhibit greater resilience in the face of

adversity. Thus, hope encourages an individual to overcome failure in life.

Besides, hope fosters positive mindset, leading to improve the mental and physical health of an individual. It means, hope has a positive effect on the overall health of an individual. It has been validated by the study conducted published in the Journal of "Personality and Social Psychology". The study suggests that maintaining hope is associated with lower level of depression and anxiety. Undoubtedly, hope has a positive impact on the health and well-being of an individual.

Equally important, hope drives individuals to pursue meaningful goals in life. A hopeful individual is more likely to set ambitious targets for himself and

then strives to achieve them. For instance, students who maintain hope in their academic abilities are more likely to set set ambitious academic goals and work hard to achieve them. Thus, hope encourages an individual to set meaningful goals in life.

The preceding paragraphs proved the importance of hope in the life of an individual. Now, in the following paragraphs its importance for society will be explored.

Hope is the greatest driving force at society level as it stimulates creativity and innovation by encouraging a society to explore new possibilities. By fostering innovation, society tend to find new effective solutions for old problems. For instance, small pox disease was once incurable disease

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until its vaccine was discovered by Edward Jenner from living sources. Similarly, the casualties from COVID-19 were curbed by innovative mRNA vaccine of Pfizer. Thus, hope helps a society to find solution to its problems with creative and innovative mindset.

Likewise, hope encourages the spirit of collective action in the society to achieve common goals. Hope brings people together to achieve their similar goals. There are several instances in history where people joined hands with each other to achieve common goals. For instance, Feminist movements by women in the hope to secure their basic rights of suffrage, employment opportunities etc. Without a question, hope fosters the spirit of collective action in the society to achieve goals.

In the same way, hope helps to bring about social change by parting ways with the old norms. Hope encourages a society to adapt <sup>itself</sup> with the new realities and shuns the antediluvian customs. The norm of not letting girls to get education is rampant in society. In the hope to change this mindset and to improve the literacy rate, Malala Yousaf zai advocated for the education of girls. Thus, hope encourages social change and doing away with old customs.

Moreover, hope helps a society to weather disasters by encouraging the spirit of charity and relief work. Being hopeful about future, hope fosters the spirit of cooperation within the members of society to come forward for the help of disaster ridden people. For instance, wealthy people the member of society in trouble with money as

Pakistan leads on the list of giving charity. Similarly, Edhi Foundation comes forward to provide health relief to people injured in disasters. Hence, hope helps a society to overcome disasters by extending charity and relief work to disaster ridden people.

The preceding paragraphs threw light on the importance of hope for society. Now, the following paragraphs will explore its importance for a nation.

Hope is the greatest driving force at national level as it fosters national unity and cohesion by inspiring citizens to work towards a common vision for the future. In the hope of a better future, a nation strikes together for common goals. It has been proved from the independence movements of different nations. In

the hope of independent country, muslims of the sub-continent joined together for the independence movement of Pakistan. Thus, hope <sup>encourages</sup> national unity for common goals of the future.

Similarly, hope formulates encourages leaders to formulate policies to eradicate social issues like poverty and over-population. In the hope of eradicating the menace of social issues, hope inspires leaders to set targets for future. To eradicate poverty, the leadership of china devised a policy and lifted over 800 million people out of poverty. Similarly, through "One child Policy" the leadership of china controlled the problem of over-population. Hence, hope inspires leaders around the world to formulate policies for the prosperity of their people.

Furthermore, hope persuades governments to take corrective measures to curb global warming. Global warming poses threat to the survival of <sup>every organism</sup> people on earth. In the hope to reverse global warming, governments take initiative to reduce the negative impacts of global warming. For instance, 12 billion Tsunami tree project by the government of Pakistan to reduce global warming. Undoubtedly, the hope of mitigating the adverse impacts of global warming, encourages leaders to take remedial steps.

The preceding paragraphs explained the importance of hope for a nation. The following paragraphs will show its importance at international arena.

Hope is the greatest driving force at international level as it helps in

conflict resolution and peace building efforts between the two countries by encouraging dialogue and cooperation. Hope bridge over the differences between the two countries for a peaceful coexistence. For instance, the Oslo Accord between Israel and Palestine brought about the detente. Similarly, the hope of getting benefits <sup>from</sup> the friendship <sup>and avoid</sup> <sup>conflicts</sup> resulted in Iran - Saudi reapproachment. Thus, hope encourages conflict resolution for peace in the world.

Besides, hope promotes peace and protect humanity from deadly wars by means of international organizations. International organizations <sup>were founded in the hope to</sup> avoid conflicts and maintain peace in the world. For instance, the League of Nations (LON) was established in the aftermath of WWI and United Nations (UN), WW II.

Hence, different organizations are founded in the hope to prevent deadly wars and maintain peace in the world.

Moreover, hope inspires global solidarity and collaboration in addressing shared challenges.

Hope encouraged countries to build a strong front to global threats by helping each other. For instance, countries join together every year on the platform of the Cooperation of Parties (COP) to address the problem of climate change. Similarly, countries signed Non-Proliferation Treaty (NPT) to mitigate the ongoing nuclear arm race, which makes the world vulnerable to mutually assured destruction. Thus, hope encourages global community to cooperate in order to reduce global threats.

In a nutshell, hope is the greatest driving force at all stages of an individual life by helping

him to overcome difficulties and failures. Similarly, hope encourages a society to adapt to new realities and bring about social change. Likewise, hope results in national unity. Moreover, hope promotes international cooperation among countries to avoid conflicts. So, hope act as a light in the darkness of despair for all people around. As it has been rightly said:

“Hope sustains life.”

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