

Future Orientation

Hamby, Taylor, Smith, & Blount, 2018

Future orientation is a meaning-making strength that involves using the desire for a better life or for self-improvement as a method of coping in the present. Looking toward the future as a source of hope can help to instill optimism and drive in children and adults alike, even while experiencing hardship. This five-item scale assesses the degree to which participants' hopes for the future influence their attitudes and actions in the present and was validated for use in adult populations (ages 18 and older).

Development and validation of measure: To establish reliability and validity for scale, we conducted a study with 440 youth from rural areas of the southeast, recruited through word-of-mouth and local community events. Domain level factor analyses were conducted for all measures of meaning-making. Two items were removed from the initial scale included in the survey due to ceiling effects, and the remaining six items included in the scale all loaded onto the same factor. Internal consistency (coefficient alpha) was .76. Validity was established in this sample through correlations with other strengths in the meaning-making domain, such as *Mattering* ($r = .36$), *Purpose* ($r = .50$), and *Relational Accountability* ($r = .53$).

Scoring: Answer categories were each assigned a value from 4 to 1. The total score can be a sum or mean of all the items. Participant's raw scores on each item were standardized into z-scores. The scale-level mean was calculated from the item-level z-scores for participants who responded to at least half of the items on the scale, with higher scores indicate greater future orientation.

Citation:

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1. The choices I make today are important for my future.
Mostly true about me..... 4
Somewhat true about me..... 3
A little true about me..... 2
Not true about me..... 1
2. I work hard now to make a good future for myself.
Mostly true about me..... 4
Somewhat true about me..... 3
A little true about me..... 2
Not true about me..... 1
3. I work hard to reach my goals.
Mostly true about me..... 4
Somewhat true about me..... 3
A little true about me..... 2
Not true about me..... 1
4. I try to live up to my potential.
Mostly true about me..... 4
Somewhat true about me..... 3

Youth measure

	A little true about me.....	2
	Not true about me.....	1
5.	I try hard in school, so I can have a bright future.	
	Mostly true about me.....	4
	Somewhat true about me.....	3
	A little true about me.....	2
	Not true about me.....	1
6.	I have talked to someone about my goals.	
	Mostly true about me.....	4
	Somewhat true about me.....	3
	A little true about me.....	2
	Not true about me.....	1