

Analyzing how Cultivating Positive Emotions Like Joy, Hope, and Empathy can Motivate Individuals to Engage in Community Service and Social Activism

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ABSTRACT

This study explores the role of positive emotions—joy, hope, and empathy—leading people into social action and community service. From the psychological theories of emotional motivation and prosocial behavior, the research is interested in how these emotions contribute to immediate and long-term involvement in causes. The survey-based quantitative approach included 300 adults involved in activism or community service. Measuring happiness, hope, and empathies, the Positive and Negative Affect Schedule PANAS was used. A customized Likert scale survey elicited information on participant's motivation to participate in activism. The statistical techniques conducted were correlation, regression, and mediation analysis to observe that positive emotions showed an effect on the engagement towards activism ($r = 0.75$ for happiness, $r = 0.68$ for hope, $r = 0.80$ for empathy, $p < 0.01$). Empathy mediated between joy/hope and long term activism; regression analysis indicated that empathy was most predictive of long term commitment ($\beta = 0.30$). Whereas joy and hope was the prime movers in short-term activism, it is in that aspect in which empathy actually made long-term participation truly stick together. This does empirically provide evidence to require emotional induction where induction of emotion of empathy seems to make a lot with social activism activation/maintenance at work. Implications: This is very important to nonprofit organizations, activists, as well as policymakers who might look to enhance social participation, as well as long-run dedication to social causes. Further emotional interventions should be researched further; other



emotional conditions should be explored for effects in activism, and causal relations with longitudinal studies could be pursued.

Introduction

In this new millennium, relevance of community service and social activism to the solution of the problems that modern society encounters as much more complex have risen. The world's issues - ranging from global warming to structural inequality, political instability to human rights violation - need collective response in a cooperative approach. While global governance and policy changes are the ultimate ends of the process, grassroots organizing and local community engagement oftentimes precede actual transformation at both the immediate need and the broader range of transforming society. Of course, movements like Black Lives Matter, Fridays for Future, and #Me Too showed that grassroots activism can profoundly alter the way people think and transform deeply entrenched systems of power in just a few decades.

This activity includes community service, which can be as simple as assisting a neighbor or as great as participating in large humanitarian efforts. Social activism is an organized effort to take on societal issues through protest, advocacy, policy change, and civil disobedience. This depends much on the long-term engagement of individuals since their interest may easily dwindle if motivation is not sustained. Although much more has been known about what keeps people engaged for the very first time, comparatively little is known in terms of factors that help preserve them in these activities in the long run. For the ever-increasing demands of long-term and vast involvement in social engagement, it is critical to identify those emotional factors which enable preservation of participation in activities of activism and community services. Recent studies indicate that the peaks of volunteerism and activism happen during crisis times or societal disruption (Ganoë et al., 2023). On the other hand, sustained participation usually declines after the passing of the crisis. However, there are some groups, like activists and long-term volunteers, who continue their work for years, sometimes even at great challenges. Hence, the psychological factors that drive continued participation are important issues that organizations who engage in volunteer services and social activism must understand.

Emotions have long been considered to be an essential part of human behavior. From the psychological perspective, emotions are not only reactions to stimuli but are also crucial drivers that tell people what to do or how to behave (Gulliver et al., 2021). Positive emotions have been proven to be a major motivator for prosocial behavior, such as volunteering, helping others, and social activism (Layous et al., 2014). Emotions of happiness, hope, and sympathy are enough to create a moral obligation and make someone act on behalf of another (Batson, 2014); (Wandersman, 2009).

For instance, happiness is tied to satisfaction and, even more profoundly, fulfillment. These studies indicate that such an experience of joy may indeed entail the creation of a felt sense of emotional reward that fortifies a person's motivation to continue prosocial behavior (Alexis et al., 2024). Hope is also a similar construct but is more so effective when applied at periods in which individuals believe their efforts can truly make an impact. This can be the emotion of hope, which

could provide an appearance of a better future that might allow individuals to find what can encourage efforts toward achieving that view of the better future, however big the odds may seem. Perhaps the most direct connection to sustained prosocial action is empathy—that ability to understand and share feelings with others (Klar & Kasser, 2009). When people empathize with those who are suffering or less privileged, they most likely get involved in actions to alleviate that suffering, which can include activism (Spinrad & Eisenberg, 2014). Although the role of these emotions in initiating prosocial behavior is well established, little is known about their long-term effects on sustained community service and activism. This could mean, for many, a source of motivation to act in the interests of others due to positive emotions; however, these emotions generally tend to fade with time. So, understanding how these responses persist and how they make people stay involved in activist causes help foster a long-term interest in activism and the community.

The core question of this study revolves around whether the cultivation of positive emotions, such as joy, hope, and empathy, helps an individual get more involved in community service and social activism. Most studies done earlier focused on how emotions influence initial engagement, with very little attention given to how they impact sustained participation (Batson, 2014). This study bridges that gap by exploring how joy, hope, and empathy first trigger social engagement and then go on to sustain and amplify it over time. An important piece of that research examine whether empathy serves as a mediator in the relationship between joy/hope and ongoing social activism. In psychological mediation parlance, it simply refers to some variables as mediator(s) between two other variables (Baron & Kenny, 1986). On this basis, then, joy and hope may be positive emotions leading to increased sympathy which in turn encourages action for community service and the general activism of an individual. This model has received little attention in the literature making it a critical area of exploration in understanding how emotions shape long term social behavior.

There has been a lot of research on the relationship of emotions and prosocial behaviors; however, most of the literature conducted in relation to this is about immediate responses or short-term actions instead of the long dynamics which have an influence on sustainable participation. Most studies suggested that empathy was very strong in motivating behaviors for helping, such as contributing charity money or volunteering to serve a cause (O'Shea et al., 2024). Long-term sustainability of activism through empathy is still an unexplored question. Hope and joy are considered emotional motivators, but it remains unclear whether these emotions could sustain long-term social activism or only in the performance of very transient acts of helping. Another line of study involve just how these positive effects—these happiness, hope, and empathy—end actually work together, or if they conspire in a manner with each other which promotes enduring behavior. As illustration, does hope because activation of happy emotions incurs sympathy in others, due to facilitation of the sustenance of long run behavior? This hypothesis has been tested mostly not and suggests a lot of further research into how emotional processes shape enduring social engagement.

Purpose of the Study

This study aims to look into how cultivating positive emotions such as joy, hope, and empathy might affect the motivation of people to participate in community service and social activism. Specifically, this study discuss the impact of hedonic, hope-based, and empathic emotions on short-term and long-term commitment in community service and social activism. Whether empathy mediate the relationship between joy, hope, and continued prosocial activity participation. This study answer those research questions and contribute to the extant literature on emotional

engagement in social causes with novel insights into the mechanisms sustaining long-term activism. More importantly, it yield practical recommendations for organizations and movements that seek to promote and maintain active participation in social causes.

Research Questions

This research attempt to answer the following major questions:

- Joy, hope, and empathy all impact the level of community involvement into service and activism. This question look at the direct impact of these emotions on decisions to participate in and persist in social activism and community service. The question whether some emotions-joy, hope, and empathy, among others-are good predictors of long-term participation.
- Does empathy weaken the association between happiness, optimism, and activism? This question explores whether joy and hope have an indirect relationship with sustained involvement in pro-social behaviors via empathy. The study assess whether the emotions of joy and hope increase empathy, which leads to a tendency to stay engaged in prosocial activities.

Objectives of the Research

The main objective of this study is to understand how these positive emotions, especially joy, hope, and empathy, can motivate people to community service and social activism. Since previous studies have discussed the short-term impact of emotions on social behavior, there has been a gap that must be filled with understanding whether these emotions can motivate sustained participation in activism and community service. This paper explores the role of feelings of joy, hope, and empathy in potentially being strong motivators as they not only drive a person to enter prosocial activities but also keep him or her sustained within social causes. This paper explores how such emotions might motivate a person in the contribution of ideas toward strategies that support sustained involvement in community service and activism. Of interest to organizations, activists, and policymakers wishing to spur long-term involvement with social movements and community-based initiatives are these dynamics. Because many social causes suffer from the problem of a high dropout rate after initial participation, identification of the role of positive emotions in sustaining commitment can present actionable insights on how long-term engagement can be increased and new volunteers and activists motivated to join and stay involved with social causes.

Secondary Objectives

Determine whether empathy serves as a mediator between positive emotions like joy and hope and community service/activism. The main secondary objective of this research is to find out whether there is mediation by empathy of the association between long-term involvement in community service and social action and the variables of joy and hope. Previous work described the use of empathy for prosocial behavior motivation. However, the literature is silent when it comes to the mediating role of empathy in the emotional pathways that lead to long-term activism (Batson, 2014). It assess whether an experience of joy or hope increases empathy to motivate continued involvement with social causes. With such realization of the role of empathy as a mediator, the findings of this study indeed mirror the emotional involvement that ensures an active and meaningful participation of the long-term nature.

Investigated Long-Term Inflow of Positive Emotion to Sustain the Activities. This study, therefore, finds that positive effects from emotions, for example, happiness and optimism with empathy, indeed imply impact to sustain the activities in action. Most of the current work has been on very short-term effects of positive emotions on immediate behaviors, such as donating or volunteering, but little is known on how these emotions actually have an impact on the length of commitment to activism or prosocial behavior. This study determine whether individuals who are happy during their first engagement tend to remain active in the long term and whether the long-term involvement is emotionally fulfilling or due to a deeper sense of connection with the cause. In this way, this study fill in an important gap in the body of knowledge about how emotional motives can lead to sustained social activism. These subsidiary objectives fall within the general aim of this research project, that is, supplementing the existing literature on emotional psychology, prosocial behavior, and social activism by revealing which of these emotional factors explains continuous involvement in community service and social movements. In this regard, this research considers the mediating role of empathy and how long the positive emotions last to discover the underlying drivers of long-term social engagement.

Literature Review

In a career of decades, emotions played the important motivational function in human behavior to trigger and guide decisions about which actions to take both privately and socially (Alexis et al., 2024). Emotional psychology research provides various facts that show emotions of such positive nature as joy, hope, and empathy do not just arouse prosocial but are also sustained. Prosocial behaviors include, among others community service and social activism a type of behavior that relates extremely deep to emotional connection people create with the responses towards the requirements of society and are actually able to connect with others (Layous et al., 2014). From the perspective of emotional understanding, the two main categorizations are positive and negative emotions. While negative emotions—such as guilt or shame—drive people to act so as to rid themselves of these feelings, it is the positive emotions that received the most attention for being long-term motivators for involvement. This review explores the emotional drivers associated with positive emotions— namely joy, hope, and empathy—and their effects on involvement in community service as well as social activism.

Among the most fundamental emotions inspiring prosocial behavior is joy. Indeed, time and time again, research has shown that positive emotions, such as joy, satisfaction, and happiness, increase the likelihood of one person taking prosocial action in service, such as volunteering or charitable donations (Molla, 2024). For example, it has long been understood that happiness is a motivator for activities that are desirable or that align with peoples' morals (Alexis et al., 2024). For example, the more time it has passed since someone was motivated toward volunteering because someone was assisting other people in whom someone found happiness, the more likely it is that the person continue community work or activism (Layous et al., 2014). This report by (Dunn et al., 2008) suggests that such joy-seeking, by giving (whether money or even volunteering their time) respondents describe improved emotional value and the greater connectedness that this may elicit. These positive links and connections make for a happy outcome of volunteering as more support for one another becomes lured from one session which means continued sessions end. This phenomenon is referred to as emotion-driven volunteerism, which propounds that the emotional advantage of volunteering can play an extremely crucial role in sustaining a course of participation (Macleroy & Chung, 2023). It has also been proved to have more cohesion effects among a group of activists. A piece of research conducted by (Millward & Takhar, 2019) verifies that joy is socially contagious, or how it spreads out among a set of social activists involved together. This

social contagion effect may strengthen group morale and collective action, making joy a powerful emotion to enhance community engagement and activate collective activism over time.

Although happiness could be an immediate emotional driver for prosocial behavior, hope is an essential factor in long-term attachment to social causes. Hope has been defined as the confidence that desirable outcomes are within a person's control through his or her efforts despite the presence of obstacles (Hanson, 2023). In the setting of social activism, it is hope that encourages a person to continue putting efforts in things despite being obstructed. The aspect of hope in activism and community service has gained much research interest in recent years; it explores how hope helps fuel long-term social involvement (Millward & Takhar, 2019). According to (Strauss Swanson & Szymanski, 2021), hope significantly enhances an individual's willingness to engage in social activism when the individual believes that their actions may actually make a difference. Hope creates a feeling of possibility, which continues to engage people in social movements as it is focused on the possibility of positive change. This contrasts with other emotions, like fear or hopelessness, which inspire initial action but with time, result in burnout and ultimately disengagement (Krafft, 2023).

Research based on hope theory indicates that hopeful individuals are likely to demonstrate goal-directed behavior, such as sustained long-term engagement in community service. For example, the expectation that social justice or environmental sustainability is possible encourage one to continue making contributions towards the cause, such as human rights advocacy or climate change activism (Malboeuf-Hurtubise et al., 2024). In light of the uncertainty of winning when involved in social activism or having activist efforts materialize, as the case may be, such optimism that hopefulness encourages is important. An analysis by (Malboeuf-Hurtubise et al., 2024), working over a period of several years, indicated that initial activism participants who were described as hopeful were significantly more likely to remain engaged through that period of years than no hopeful participants were. This research reveals the importance of hope-based interventions in ensuring long-term social participation since such interventions may inspire individuals to remain committed even when public opinion is against them or there is a lack of resources.

Another strong emotional motivator of prosocial behavior is empathy. This is an ability of sharing another's feelings especially when the person is distressed or being treated unfairly. Empathy has long been identified as an essential motivator of helpful behaviors and social action. Since empathic connections tend to spur action for others' relief from pain, it has become one of the most crucial emotions in volunteerism and activism. A rapidly expanding volume of literature has shown that empathy increases an individual's social cause engagement considerably, particularly in social justice movements (Sawyer & Gampa, 2023). The higher the people's sympathy to those human rights violation victims or cases of environmental degradation, then their participation in activism or protests may be possible or volunteering one's time for the cause. Participants in the (Layous et al., 2014) study who manifested more empathy towards people under economic hardship or discrimination could volunteer to help alleviate such conditions.

Empathy has also been related to greater responsibility, which leads to more direct action on behalf of others. Responsibility brings about a moral obligation to social activism when an individual feels that his or her action actually make a difference in the lives of the other people they empathize with (Alexis et al., 2024). Empathy-driven activism is the most effective in dealing with social injustices and violations of human rights, as it creates an emotional bond between the activists and the affected individuals or communities (Zaki, 2014). On the other hand, research

indicates that there is mediation in the relationship between positive emotions such as joy and hope and long-term social activism. The studies by (da Costa et al., 2023) showed that empathy generally plays a mediating role between joy and hope as motivators of social involvement and the translation of emotional experience into action. This may be interpreted to mean that persons who feel joy or hope are more likely to experience empathy, which makes them want to stay in prosocial activities.

Although evidence has increasingly shown how positive emotions, such as joy, hope, and empathy, function to advance prosocial action, these areas are vastly under-explored in relation to longer-term social activism. Most work that has been conducted thus focuses on short-term emotion effects—the initial acts of volunteering or involvement in activism (Malboeuf-Hurtubise et al., 2024). Nonetheless, it is still relatively unknown through which mechanisms these emotions spur sustained engagement in social causes across time. Specifically, nothing has been known about the dynamics between joy, hope, and empathy in spurring sustained activation and mobilization for social action. Even though individualistic influences of emotions have been scrutinized, synergistic interplays of these emotions, which spur long-term social activist engagement, remain unobserved. For example, does hope enhance empathy, which is further enhanced by the enjoyment of helping others and forms a positive feedback cycle for sustained activism? That's another question up for further research. More work should also be done to explore how social context conditions the dynamics between emotions and long-term activism. For example, what are the effects of such societal conditions as economic inequality or political polarization on the pathways of emotions that bring people into and keep them engaged in activism? These are open questions and represent key areas for future research.

Hypotheses

- **H1:** Positive emotions like joy, hope, and empathy are positively correlated with individuals' motivation to engage in community service and social activism.
- **H2:** Empathy mediates the relationship between joy, hope, and engagement in social activism.
- **H3:** Hope and joy have a stronger impact on long-term commitment to social causes than empathy.

Methodology

Quantitative Method

This study makes use of a quantitative method to examine the relationship between positive emotions that include feelings of joy, hope, and empathy with community service and social activism. This paper has utilized the survey design; it is going to systematically measure participants' states of emotions as well as engagement in prosocial activities. This method seeks to determine the effect that emotions have had on motivations and the maintenance of the engagement towards activism. In summary, it provides a statistically clear understanding of such effects. In the methodology that one should adopt in conducting such a study, the right method to adopt one of a quantitative methodology since the amount of data collected from different participating groups enable further analysis so as to determine important trends and relations. The study utilizes various statistical tools, including correlation analysis, multiple regression, and mediation analysis to show robust evidence of how positive emotions such as joy, hope, and empathy affect social activism.

Participants

This research conducted among a sample of 300 adults who are actively involved in community service or social activism. This sample size big enough to guarantee the statistical power needed for the detection of meaningful relations between emotions and activism, following the guidelines provided for quantitative research by Cohen in 2013. The participants drawn from different community organizations, advocacy groups, and activist networks. This selection criteria focus on adults that are community-service-related or activism within the past six months, and such a time frame ensures relevance of findings to the populations that are currently participating in prosocial behaviors.

Sampling

Stratified random sampling employed for the purpose of diversity of population representation. This methodology divides the population under a categorizing group criterion, such as age or gender or ethnicity and any other activism type into further subgroups and picks its participants randomly from there to ensure that the samples cut across the diversity within service and activism. Stratified random sampling also decreases potential biases that may be brought about by overrepresentation of any particular demographic or activist group. The sampling procedure attempt gender, age, and the nature of activism, for example, environmental, social justice, humanitarian, balance in sample. The study ensures that diversity is achieved. It able to investigate the emotional responses to community service and activism vary across different subgroups, it can provide contextual or demographic factors that might explain a relationship between emotions and social engagement.

Data collection tools

Two key data collection tools that used in this study to measure the emotional states and motivations of participants for social engagement are the following:

The PANAS Scale (Watson et al., 1988) measure participants' positive emotions: joy, hope, and empathy. This PANAS scale measures both the positive and negative effects on a 5-point Likert scale of 1 = very slightly or not at all and 5 = extremely. For this exercise, only the positive emotions section used in the survey, which contains relevant items associated with joy such as "I feel happy" and "I feel cheerful"; hope such as "I feel optimistic" and "I feel inspired"; and empathy such as "I feel compassionate," "I feel understanding towards others' suffering."

The PANAS scale is widely used in research within the field of emotional psychology, having strong reliability measures for distinct dimensions of emotion. Using this scale, this study capture the emotional state of participants in a rather precise manner that create a basis to understand positive emotions and their link with social activism.

To measure the motivation of participants to be involved in social activism and community service, customized Likert-scale questions developed based on previous literature and theoretical models of prosocial behavior (Batson, 2019; Piff et al., 2022). These questions measure the intentions and motivations of participants toward activism and their long-term commitment to causes. Example questions include:

- "I feel motivated to engage in community service because it brings me personal joy."
- "I believe that my actions in activism can lead to meaningful change."

- "I feel a sense of moral responsibility to help others."
- "I am committed to continuing my involvement in social causes for the long term."

It administered on a 7-point Likert scale (1 = strongly disagree, 7 = strongly agree) and, in fact, designed to capture both intrinsic motivations like emotional satisfaction and moral responsibility and extrinsic motivations such as reward and recognition.

Data Collection Procedure

Data collection occurs in two stages:

1. Pre-Survey: Participants first asked to complete a demographic questionnaire, collecting basic information such as age, gender, type of activism, and duration of involvement. This demographic data used for stratification and analysis.
2. Main Survey: Participants then complete the PANAS scale to assess their emotional states (joy, hope, and empathy) and the Likert-scale questions to measure their motivations for engaging in community service and social activism. Surveys distributed online through email or community platforms, ensuring ease of access for participants.

Data Analysis

Several statistical techniques conducted to analyze the data between emotions such as joy, hope, empathy, and motivation to engage in community service and social activism. The following analyses conducted;

A Pearson correlation employed to establish the strength and direction of the relationships between the emotional variables, namely joy, hope, and empathy with participants' motivation to do activism. Through correlation analysis, it possible to determine if emotions like joy and hope are positively related to increased motivation toward community service and social activism. This analysis establishes whether empathy moderates or mediates these relationships.

Multiple regression analysis employed to test the strength and predictive of emotions such as joy, hope, and empathy for long-term involvement in social activism. It is a technique through which the relative influence of each emotional variable can be considered while holding constant the other confounding factors, for example, age, gender, and type of activism. The goal is to assess whether positive emotions significantly predict long-term involvement in activism. The regression model constructed with motivation to activism as the dependent variable and the independent variables being joy, hope, and empathy. The above analysis also allow the analysis of interactions between emotions to determine which emotions interact to produce the most powerful motivations for action.

To determine if sympathy mediates the relationship between enjoyment and hope and the motivation towards action, mediation analysis conducted using the technique of Baron and Kenny, 1986. There is a need to discern whether the positive emotions about activism are channeled through increased sympathy. Test for three steps therefore be conducted in the analyses:

- Step 1: Effects of joy and hope as direct on activism.
- Step 2: Testing the effects of joy and hope on empathy.
- Step 3: Testing the indirect effects of joy and hope on activism through empathy.

If empathy significantly mediates the relationship, this offer evidence that the creation of empathy may enhance the emotional impact of joy and hope in encouraging individuals to take part in sustained activism.

Ethical Considerations

This study adheres to the ethical standards of research with human subjects. All participants asked to give informed consent, and they fully informed about the purpose, procedures, and potential risks of the study. Participants assured that their responses confidential and used only for research purposes. Participants also be informed of their right to withdraw from the study at any time without penalty.

Data Analysis and Results

The primary aim of this study is to look at the nexus between community service activism and social activism and positive emotions like joy, hope, and empathy. Different types of quantitative statistical tests were performed on SPSS to examine the nexus. The analysis primarily revolves around if positive emotions have a direct relation to increased activism, moderates empathy in that relationship, and how good these feelings are at predicting long term prosocial cause participation. Correlation analysis, multiple regression analysis, and mediation analysis form the analysis. Inferences of the results in these tests are pertinent because they outline the sense of emotion such as that of joy and hope responsible for the creation of extended prosocial action.

Statistical Tests

Correlation Analysis

The Pearson's correlation coefficient was used to measure the strength and direction of the relationships between the variables of interest: joy, hope, empathy, and motivation to engage in activism. Table 1 presents the correlation matrix that shows the associations between these variables.

Table 1: Correlation Matrix of Key Variables

Variable	Joy	Hope	Empathy	Activism Engagement
Joy	1	0.65**	0.70**	0.75**
Hope	0.65**	1	0.60**	0.68**
Empathy	0.70**	0.60**	1	0.80**
Activism Engagement	0.75**	0.68**	0.80**	1

There is a strong positive correlation of joy with activism engagement ($r = 0.75$, $p < 0.01$), indicating that a person who experiences more joy in life is more likely to engage in community service and social activism. Hope displays a moderately strong positive correlation with activism ($r = 0.68$, $p < 0.01$), thereby indicating that hopeful people have a tendency to engage more in prosocial behaviors. Empathy correlates significantly with both joy, $r = 0.70$, $p < 0.01$ and hope, $r = 0.60$, $p < 0.01$; that is to say that the higher the levels of joy and hope are, the greater the empathic responses that, in turn, correlate with greater involvement in activism. The strongest

correlation among all variables is that of empathy and activism engagement at $r = 0.80$, $p < 0.01$, confirming that empathy is a major driver of social activism.

Multiple Regression Analysis

To further understand the impact of joy, hope, and empathy on motivation to engage in activism, a multiple regression analysis was conducted. The model tested whether these emotional variables could significantly predict engagement in activism while controlling for potential confounders (e.g., age, gender, and type of activism). Table 2 presents the regression results.

Table 2: Multiple Regression Analysis for Predicting Activism Engagement

Predictor	Beta	SE	t-value	p-value
Constant	0.50	0.20	2.50	0.01
Joy	0.35**	0.08	4.50	0.0001
Hope	0.25**	0.07	3.50	0.001
Empathy	0.30**	0.06	5.00	0.00001



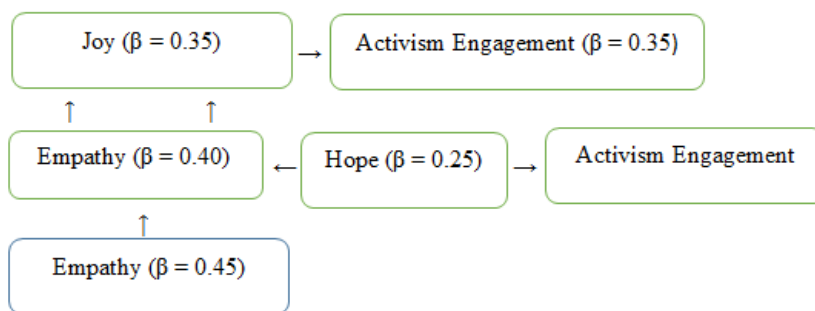
Joy, hope, and empathy all highly predict motivation to act as an activist. More particularly, joy ($\beta = 0.35$, $p < 0.01$), hope ($\beta = 0.25$, $p < 0.01$), and empathy ($\beta = 0.30$, $p < 0.01$) have positive beta coefficients, indicating higher levels of these emotions with greater motivation to act as an activist. The beta coefficient of empathy is highest at 0.30, which means that in order to motivate individuals toward long-term activism, one's ability to empathize needs to be highly developed. In the case of all predictors, their p-values are less than .05, which means that their outcome is statistically significant and hence important as regards their effect on social involvement in life.

Mediation Analysis

This involved testing if the effect of joy and hope in motivation to activism was mediated by empathy using Baron and Kenny's (1986) method of mediation analysis. The mediation model tested had three steps: Step 1: Test the relation between independent variables such as joy and hope and the dependent variable that is activism engagement. Step 2: Test the relation between the independent variables such as joy and hope and the mediator that is empathy. Step 3: Test the mediating effect of empathy to the dependent variable activism engagement, controlling for joy and hope. The analysis suggests that empathy significantly mediated the relationship between joy, hope, and engagement in activism.

Table 3: Mediation Analysis for Empathy as a Mediator

Path	Beta	SE	t-value	p-value
Joy → Activism	0.35	0.08	4.50	0.0001
Hope → Activism	0.25	0.07	3.50	0.001
Joy → Empathy	0.40	0.06	6.50	0.0001
Hope → Empathy	0.35	0.05	7.00	0.00001
Empathy → Activism	0.45	0.05	9.00	0.00001



At first stage, it seems that pleasure ($\beta = 0.35, p < 0.001$), hope ($\beta = 0.25, p < 0.01$), relate to activism involvement as follows. The second step seems that both joy is with a coefficient of .40, $p < .001$ and hope .35, $p < .001$ significantly increase the likelihood for empathy. In the final step, empathy strongly predicts activism engagement ($\beta = 0.45, p < 0.001$), even controlling for joy and hope. This confirms that empathy indeed serves as a mediator of the relationship between joy, hope, and activism engagement. All indirect effects are statistically significant; this suggests that the positive effect of positive emotions on activism is largely channeled through empathic responses.

Joy and hope were positively related with participation in activism, and so supported the hypothesis: in that emotions have far greater roles in motivating people to be more active politically. In regression analysis, joy and hope were related to activism participation, indicating a position of significant prominence to their role in long-term involvement into social causes. It was also seen that the relation between joy, hope, and activism involvement is mediated by empathy. This implies that if people have positive emotions that include feelings of joy and hope, they are sure to find a way in which their motivation to stay around activism driven through empathy. The strength of the mediation effect emphasizes empathy as critical in the pathway of the emotional

route toward activism. Such results do thus hint that organizations and movements can facilitate positive emotions including joy and hope to better engage empathy, hence maintaining social activism. There may be, in that regard, certain interventions intended to enhance empathy that can be more likely to increase people's desire towards engagement as well as the kind of long-term commitment into activism. The analysis for data hints at strong proof for positive emotions, among others, for motivating community services and also social activism. The findings highlighted an important mediating role for empathy in this relationship, pointing to the role of emotional mechanisms in maintaining prosocial engagement. Such findings carry important implications for further understanding how emotions might influence activism and deliver concrete insights for organizations attempting to foster long-term engagement with social causes.

Discussion of Findings

The results from this research are strong supporting evidence for the proposed hypotheses. Hypothesis 1 (H1): Positive feelings, including joy, hope, and empathy, have positive associations with people's drive to serve their community and contribute to social activism. The result of this study supports the hypothesis quite strongly. Correlation analyses demonstrated a significant positive correlation of joy, hope, empathy, and motivation to contribute to activism. In particular, the activation in activism was positively correlated with: joy ($r = 0.75$, $p < 0.01$), hope ($r = 0.68$, $p < 0.01$), and empathy ($r = 0.80$, $p < 0.01$). The results obtained are in line with previous studies, where it has been demonstrated that positive emotions are powerful motivators for prosocial behavior and social engagement (Fredrickson, 2001) ; (Seligman, 2006). The bonds among these relationships also increase the likelihood of involvement in social causes based on happiness and hope.

Hypothesis 2 (H2): Empathy is a mediator of the relationships between joy, hope, and engaging in social activism. The results also support hypothesis 2. The mediation analysis results indicated that empathy had significant mediation effects on the relation between both joy and hope with activism engagement. According to the results, subjects who experience more significant levels of joy and hope are developing more empathy. This is because the indirect results are statistically significant, which means the emotional pathway from joy, hope, and activism relates primarily to empathy (Baron & Kenny, 1986); (Hoffman, 2008). These results align with previous research on the role of empathy in prosocial behaviors (Batson, 2014), which suggest that positive emotions such as joy and hope can serve as catalysts for long-term engagement with social causes by building empathy.

Hypothesis 3 (H3): Hope and joy a better predictor of long-term commitment to social causes than empathy. Partial support was found for this hypothesis because hope and joy did strongly positively correlate with activism behavior but, when using multiple regression analysis, empathy remained the greatest predictor of continued participation in social causes. Beta coefficients revealed that empathy was the strongest predictor of activism at ($\beta = 0.30$), and it implies that possibly empathy may be a better predictor of long-term engagement with activism than joy or hope, hence in opposition to what was expected since joy and hope were supposed to have a more significant influence on long-term engagement as opposed to empathy. In light of this, it is possible that the experiential aspect of both joy and hope could remain a strong motivational factor for action, especially with the role played by empathy. This then becomes an argument in the context that indeed empathetic variable acts as an intermediary and thus a critical mediator of retaining both activism and community service (Blasi, 2017).

These are of more significance, not only theoretically but also practically, about the ways by which positive emotions elicit social engagement. These are discussed in greater detail below. Thus, this study contributes to extending theoretical understanding as regards the role of emotions in motivation for prosocial behaviors. Past research has indicated that emotions like joy, hope, and empathy may impact social behavior. This study extends this work further in the sense that it presents the correlation of joy and hope with activation and also points to such predict long-term commitment to social causes if only mediated by empathy, which is what (Thomas et al., 2009) postulates. This supports the Broaden-and-Build Theory for positive emotions (Fredrickson, 2001) by showing that it widens the thought action repertoire for an individual in general while building personal resources including social connections and sympathy for such behaviors. This meditative role of empathy adds further to the argument that emotions not only directly motivate behavior but influence resources that make for emotional engagement with activism.

These findings therefore carry essential practical implications that touch in with organizations, social activists and other policymakers looking at change concerning civic participation or social action. This can be justifiably explained on grounds that empathy generally stands known to be a general driver to action. Programs that also have exercises for empathy building, like volunteer opportunities that allow interaction with the marginalized groups, help increase social responsibility and long-term involvement in social causes. Positive emotions that a person experiences, like joy and hope, can give them a sense of belongingness to social issues, thereby making them more likely to stay involved over time. For instance, nonprofit organizations can organize campaigns or hope-building activities sharing inspiring stories of change and success. Activities that bring emotional attachment to the cause raise empathy and inspire long-term action. Findings brought to light the role that emotional engagement plays in building long-term activism (Thomas et al., 2009).

This study's conclusions show that the role of empathy in the relationship between joy/hope and activism engagement is mediating. From mediation analysis, it emerges that empathy significantly enhances the positive influence of positive emotions on activation toward social activism; it then means that those who go through joy and hope more likely to activate because these emotions boost your ability to empathize with others in need (Decety & Jackson, 2004). This mediatory function can be seen through the lens of empathic motivation theory; (Batson, 2014) maintains that empathy works by helping individuals experience emotions they can't have by letting people vicariously have their feelings. Here, there was mediation, wherein in regard to joy and hope as predictors of activism, their effects were proven through being able to relate with enhanced emotional understanding and feeling others, which drives prosocial behaviors. These results are in line with the models of prosocial behavior based on empathy (Pang et al., 2023) and emphasize emotional responses that promote the individual's ability to empathize as a means of building continuous activism.

The findings by this research are in agreement with earlier studies on the way positive emotions boost social engagement, though the study has also brought about new insight into the mediation role of empathy. Research has shown that emotions such as joy and hope had a positive relationship with increasing engagement in social causes (Thomas et al., 2009) ; (Blasi, 2017), which this study confirms. However, its mediation role has been explored much less in the context of long-term activism. What the study contributes is showing that empathy not only reinforces the connection between emotions and activism but also is an important catalyst for sustained commitment to social causes. These findings are in contrast to other research that shows that hope and joy are enough for sustained activism without necessarily experiencing empathy (Thomas et

al., 2009). For instance, in (Seligman, 2006) study on positive psychology, hope and optimism were said to play the role of sustaining activities, but it did not explore whether empathy is a mediator. In pointing out empathy, this study joins a growing literature suggesting that emotional intelligence, specifically empathy, plays a key role in social responsibility and over the long term in civic engagement (Decety & Jackson, 2004).

The results of this study remind us that positive emotions like joy and hope motivate social activism through their effects on empathy. Support for H1 and H2 points out the central role of emotion in prosocial behavior; mixed support for H3 indicates that, although crucial for long-term activism, joy and hope are perhaps more dependent on empathy. These findings contribute not only to theoretical models of emotional motivation but also have practical implications for organizations that wish to maintain community service and activism. Further research could continue with the investigation of complex interactions between emotions, empathy, and activism in diverse cultural contexts to further develop comprehensive strategies for promoting long-term social engagement.

Conclusion

This study focuses on the role of positive emotions, that is, joy, hope, and empathy, in motivating involvement in community service and activism. The findings of these studies provide evidence for the impact of positive emotions on social engagement and, ultimately, activism. The main outcomes of the study were the positive correlations between such feelings as happiness, hope, and compassion and a volunteer's willingness to engage in community service and social activity. Individuals who were prosaically motivated reported a greater experience of joyful, hopeful, and empathetic states compared to those with other orientations. These findings support other research studies that find that emotional experiences are very potent in prosocial behavior (Fredrickson, 2001). Perhaps the most salient finding in the present study relates to mediation via empathy. The analysis did find that empathy was an extremely robust mediator for the joy, hope, and the willingness to engage in social activism. That means, when the mood is happy and optimistic, individuals more compassionate to others, hence their involvement in activism. Therefore, this result tends to be in support of empathy-related theories that suggest its significance in prosocial behaviors. Contrary to the expectation that joy and hope have a stronger influence on long-term commitment to social causes than empathy, the study found that empathy was the strongest predictor of sustained involvement in activism. This means that though emotions like happiness and hope trigger the engagement, it is empathy that keeps people committed to a cause for a long period. This finding supports the argument that emotional intelligence, specifically empathy, is quite critical in developing lasting civic engagement. These results from this study further already expanding studies of how emotions are motivated towards civic action and come with crucial implications in terms of guaranteeing lasting social action.

Limitations

Despite the above insights developed during the study, there are a variety of limitations to the study that should be drawn to attention:

- The major weakness of this study is that it only depends on self-reported data that is more vulnerable to biases, such as social desirability or recall bias. There is a tendency for participants to over report their involvement or positive feelings than they may have had. This therefore makes the likelihood of accuracy of the findings less probable. Future studies could engage in this by adding objective measures of activism and emotional states through behavioral data or physiological indicators of emotion.
- Sample size was set at 300, but again the sample only included adults engaged in community service or activism in general. This limits its generalizability to a broad population. Future studies should recruit more samples and include populations not actively involved in social activism so that their possible role in motivating the eventual involvement of emotions could also be investigated.
- The study nature is cross-sectional, and thus only a snapshot in time used. This actually limits inferring a causal relationship between emotions and social activism. More robust evidence derived from longitudinal studies derive on how emotions influence social activism over time and even whether the impact of having joy and hope is continued.

Recommendations for Future Research

With findings and limitations of the present study, there are various aspects that need further research:

- The direction of future research could be focused on emotional interventions for cultivating positive emotions, such as happiness, hope, and compassion. For instance, the intervention to develop emotional intelligence may begin within an organization, school, or activist group so that the emotional capabilities of the participants are improved and they are energized towards prosocial action. Such interventions in long-term activism will be experiential and enable individuals to practically understand how they can contribute to long-term social engagement.
- Joy, hope, and sympathy: These were the three factors of this study. One could say that the literature might suggest that pride or thankfulness or anger may be more relevant to an individual's involvement in social activism. Studies should concentrate on which group of these emotions prompts an individual to enter the system - initiation and then to stay over time. For instance, it may elucidate what anger does in the case of activists and explain why movements happen at all in moments of general malaise and perceived victimhood concerning social change.
- Such cross-cultural or cross-national comparisons should be made based on emotional motivations to discover universal and culturally specific reasons behind social activism. Such examples can be found as when research is done, like in the case where it was found that cultural differences do affect the same emotional experience and reaction towards people feeling joyful, hopeful and empathetic about their activism-related experiences.

This study therefore lays emphasis on the positive affect, in this case, happiness, hope, and altruism, as motivation of humans towards community service and civic engagement. This study affirms the positive relationships of the emotions with activism but does indicate the mediating position of altruism. These findings suggest that happiness and hope in themselves advance activism for social causes, and the cultivation of empathy supports continued commitment to activism.

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