

**RELATIONSHIP BETWEEN HOPE AND ANXIETY AMONG UNIVERSITY STUDENTS**

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**ABSTRACT**

The current study was designed to investigate the relationship between Anxiety and Hope among university students. Moreover gender differences in studying variables were also the focus of interest. The convenient sample of the study consisted of 250 students from different departments of University of Sargodha. Sample contained girls (n=125) and boys (n=125). DASS Anxiety scale and THS (Trait Hope Scale) were used in the study. Simple linear correlational analyses revealed that Anxiety and Hope has no relationship. Further t-test demonstrated non-significant gender differences in studied variables.

**Keywords:** Anxiety, hope.