The aim of this master's thesis is to promote a deeper understanding of the experiences of hope in young adults. The key questions in this study were: What gives hope in a young adult’s life? And: How does a young adult configure hope? The theoretical perspective in this thesis follows the tradition that has been developed at the Åbo Akademi University.

Previous studies show that hope is essential for all human life and a fundamental resource in life. Hope also helps a person to overcome difficulties and has also been shown to be an essential nursing activity for both young and old, and for sick and healthy individuals. Hope must be understood from to current situation a person is in her life.

This study has a hermeneutical research approach and the research has been conducted through an empirical study amongst young adults. The collection of data occurred with essay questions on an internet page. 22 young adults in the age of 22-29 participated in this study.

The results of this study present aspects contributing to hope in young adults. These are; to give and receive love, to be confirmed for whom they are and what they do, to have the liberty to form their own lives, to feel secure and to have faith for the future and in themselves. The hope of young adults can be characterized and experienced in relations to other people, in a positive view of life, through experiences and through having and achieving goals. The young adult needs support to maintain their hope.