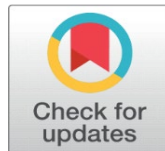


# A STUDY OF PERCEIVED SOCIAL SUPPORT AS RELATED TO RESILIENCE AMONG DIFFERENT AGE GROUPS

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## ABSTRACT

This research explored the psychological factors perceived social support as related to resilience among young and middle-aged group. Through quantitative approach involving questionnaire perceived social support and resilience was measured among young and middle-aged group. The sample that was selected for this study consisted young adults ranging from the age 17–26-year-olds and middle age adults ranging from the age 27–36-year-olds. A total of 100 responses were collected to get the suitable representation. Research revealed that the relationship between perceived social support and resilience was found to be positively correlated which means that as the social support increases the resilience level of the individual also increases which empowers an individual to deal with challenges of life. Perceived social support was positively correlated .287\*\* to resilience at 0.01 level of significance. Perceived social support is related to resilience because individuals who perceive themselves as having strong support from their social network may be better equipped to cope with adversity and bounce back from challenges. Feeling supported and cared for by others can provide a sense of security and confidence, which can booster one's resilience in navigating difficult situations.

**Keywords:** Perceived Social Support, Resilience, Well-Being



## 1. INTRODUCTION

People who experience crises, disappointments, or loss derive comfort from the support of family and friends (Procidano & Heller, 1983; Ptacek, Pierce, Dodge, & Ptacek, 1997). Such social support aids individuals in the maintenance of positive mental health and successful adaptation during stressful situations. Social support helps individuals cope with life changes or difficulties by providing them with situational needs (Xu & Burleson, 2001). Social support refers to the psychological and material resources provided by a social network to help individuals cope with stress. Such social support may come in different forms, and might involve: Helping a person with various daily tasks when they are ill or offering financial assistance when they are in need. Supportive social networks can come in different forms and play different roles in your life. Three of the main types of social support are emotional support, instrumental support, and informational support. Participation in social groups has a normative influence on behaviours, often influencing whether people eat a healthy diet, exercise, smoke, drink, or use illegal substances. Clearly, social groups can sometimes have a negative influence in this regard when peer pressure and influence leads to poor or even dangerous health choices. However, group pressure and support can also lead people to engage in healthy behaviours as well. Stressful events may require multiple resources and types of support. The effect of social support can be explained by two major hypotheses: the stress-buffering hypothesis, where it is thought social support can buffer the impact of

stressful life events, and the direct effect hypothesis, where social support has a positive effect on health, independent of stress levels. Perceived support measures maybe subjective to individual differences in perceptual, judgement and memory processes that may result in perception of supportive events (Lakey & Drew, 1997), or may be influenced by value judgements regarding the relationship contexts in which the supportive events occur (Sarason, Sarason, & Pierce, 1995).

Within the fields of counselling and psychology, extant research indicates a link between social support and resilience (Rutter, 1987; Smith, 1999; Werner, 1995). Resilience is basically thought of as positive adaptations or ability to sustain psychological health despite adversities (Herrman et al., 2011). The American Psychological Association (2014) defines resilience as “the process of adapting well in the face of adversity, trauma, tragedy, threats or even significant sources of stress. Resilience changes over time. It’s important to note that being resilient requires a skill set that you can work on and grow over time. Building resilience depends on personal behaviours and skills like self-esteem, as well as external things like social support and resources available to you. After spending decades studying how people deal with setbacks, Seligman found that there are three P’s – personalisation, pervasiveness, and permanence – that are critical to how we recover from hardship. The present study addresses these questions. Specifically, the majority of previous research has only focused on social support. However, present study explores the impact of perceived social support on resilience. This study also examines how different age groups perceive social support and its relationship with resilience. Young and middle age adults differ in perception of social costs of social support seeking, and whether the differences in young adults versus middle age adults’ propensity to social support stem from these differences in perceived costs and its relationship with resilience. The existing research has indicated the associations between social support, resilience and life satisfaction. Cobb introduces the social support as a protector against stress in a way that it largely affects social health and performance. Cobb explains that social support gives people the feeling of being loved, cared, respected, and belonging to a network of communication (Cobb, 1976). It has been suggested that although perceived and received support are considered separate constructs (Dunkel-Schetter and Bennett, 1990). Two principal models typically guide social support research: (1) the main effects model, and (2) the stress-buffering model (Cohen & Wills, 1985). The main effects model proposes social support to have a direct effect on outcomes irrespective of whether individuals are under high or low levels of stress; the stress-buffering model proposes social support to be related to outcomes as a function of stress (Cohen et al., 2000). Although perceived support is theorized to act primarily through the main effects model and received support through the stress-buffering model (Bianco and Eklund, 2001), researchers have often found evidence to the contrary. social support refers to the psychological and physical resources provided by social networks that help individuals cope with stress. In addition, social support has also been defined as accessible support for an individual from other individuals or groups (Ross, Holliman and Dixon, 2003). Social support, defined as either psychological or material resources, is regarded as protective resource that helps individuals cope with stress (Cohen, 2004). Social support provides physical and psychological advantages for people faced with stressful physical and psychosocial events, and is considered as a factor reducing the psychological distress when faced with stressful events (Brummett, Mark, Siegler, Williams, Babyak, Clap- Channing et al., 2005) and has been identified as crucial to the theoretical and causal impact of social relationships on health (Kaufman, House, Landis and Umberson, 2006). Social support represents the amount of support that a person perceives and reports receive it. Social support is a phenomenon that involves interactions of people so that when a person offers social interaction, it has an important role in his health (Marmot & Wilkinson, 2008). Social support alone is not important, but what is important is the belief in the existence of social support (Morovati and Rohani, 2008). Numerous studies have been performed on the effect of social support on health, quality of life, and especially mental health over the recent decades. However, each study has been performed on a different population, and has used different instruments, sampling methods and statistical populations, which have resulted in different results. People with more positive ethnical social relations and higher social support enjoy more efficient communication skills, which directs them away from depression and other mental problems (Ghasemipoor, Jahanbaksh, 2010). Resilience has been positively associated with indicators of mental health, such as life satisfaction and social support (Hu, Zhang, and Wang, 2015). Resilience is negatively correlated with mental illness, such as depression (APA, 2014). Numerous studies highlight social support’s protective role in mental health. For depression, research underscores the significance of parental support for children, while adults benefit from spouses, family, and friends (Garipey et al., 2016; Mohd et al., 2019). Low support relates to higher depression, anxiety, and self-harm during pregnancy (Bedaso et al., 2021). Those with weaker support face difficulties in depression recovery and social functioning (Wang et al., 2018). Anxiety among informal carers shows a negative link with perceived support (Priego-Cubero et al., 2023). Social support positively influences well-being in international students and children (Chu et al.,

2010; Bender et al., 2019). University students' well-being and LGB youth's adjustment tie to perceived support (Watson et al., 2019; Cobo-Rendón et al., 2020). Family support strongly predicts well-being among senior students (Gülaçtı, 2010). Amid COVID-19, higher social support links to lower depression, anxiety, and stress (Grey et al., 2020; Qi et al., 2020; Xiao et al., 2020; Ghafari et al., 2021; Liu et al., 2021). Numerous studies during the pandemic noted increased stress, physical issues, fatigue, loneliness, depression, and anxiety (Brailovskaia et al., 2021; Mansueto et al., 2021; Alhakami et al., 2023). In the Philippines, Tee et al. (2020) and Montano and Acebes (2020) reported widespread mental health concerns during strict quarantines. This crisis reignites interest in understanding how social support boosts mental well-being, given its consistent association with better mental health.

## 1.2. RESEARCH OBJECTIVES

- To assess the perceived social support among young adults and middle age adults.
- To assess the resilience among young adults and middle age adults.
- To study the corelation between perceived social support and resilience in young adults and middle age adults.

## 1.3. RESEARCH HYPOTHESIS

**H1-** There will be significant relationship between perceived social support and resilience.

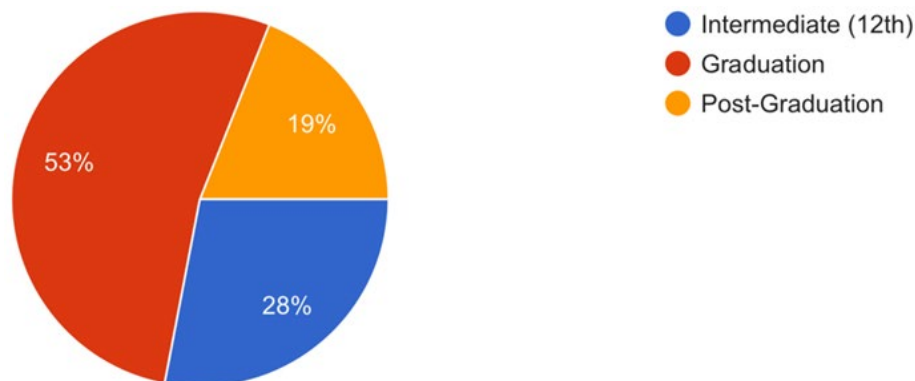
## 2. METHODOLOGY

For this study on the impact of perceived social support on resilience on young adults and Perceived Social Support as related to Resilience among different age groups middle age adults a quantitative method of study was used.

### Sample:

The sample that was selected for this research study consisted young adults ranging from the age 17–26-year-olds and middle age adults ranging from the age 45–54-year-olds. The questionnaires were used to collect the data. A total of 100 responses were collected to get a suitable representation. The non-Probability sampling method convenience sampling and snowball sampling was used for the data collection.

### Educational Qualifications



**Figure 1.1**

From the above graphical presentation, the educational qualifications of the respondents reflect a diverse range of backgrounds and skills sets. Majority respondents (53) hold a graduate degree pursuing different courses of life. Respondents who have completed intermediate (12th) (28) have just passes the school level of education. Respondents with postgraduate qualifications (19), such as master's or doctoral degrees.

### Age Group

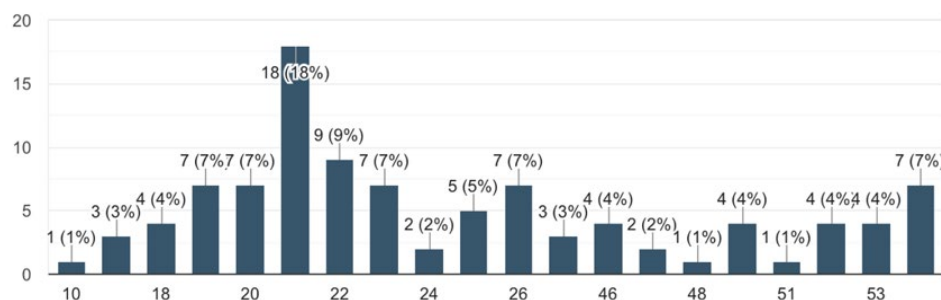


Figure 1.2

From the above graphical representation 18 respondents are the age of 21, 9 respondents are from the age of 22, 7 respondents are from the age of 23, 20, 19, 26, and 54 as well. 5 respondents are from the age of 25. 4 respondents are from the age of 18, 46-, 49-, 52-, and 53-year-old each. 3 respondents each are from the age of 45- and 17-year-olds. 2 respondents each are from the age of 24- and 47-year-olds. 1 each respondent is from the age of 51- and 48-year-olds respectively.

### Gender

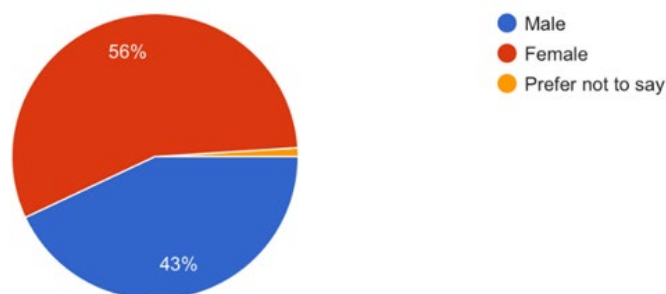


Figure 1.3

In the above graphical representation, most respondents are from female making up 56% of the total population, 43% of the respondents consisted of males. There was also 1% of the respondents which preferred not to say anything about the gender.

### Ethical Consideration

For the present research consent of every subject was taken before administering the questionnaire. Subjects were ensured about the confidentiality of their responses. Subjects were ensured that their responses will be used for research purpose only.

### Tools Used:

#### Nicholson McBride Resilience Questionnaire:

This is an abbreviated version of the Nicholson McBride Resilience Questionnaire (NMRQ). For each question, score yourself between 1 and 5, where 1 = strongly disagree and 5 = strongly agree. Be honest: understanding the specific areas in which you lack resilience will enable you to get the most out of our 10-point booster plan.

#### Social support scale:

The Multidimensional Scale of Perceived Social Support (Zimet et al., 1988) is a 12-item measure of perceived adequacy of social support from three sources: family, friends, & significant other; using a 5-point Likert scale (0 = strongly disagree, 5 = strongly agree).

## Data Analysis Method

SPSS 18.0 of windows software was used for the statistical analyses. To determine the sample characteristics and standard descriptive statistics, Means and Standard Deviations for sub groups were calculated. Pearson's Product Moment Coefficients of Correlation were calculated to find the simple correlations among different study variables and also between demographic and study variables.

**Table 1.2.** Correlational Matrix of the sample

	Social support	Resilience
Social Support	1	
Resilience	.287**	1

\*\*correlation is significant at the 0.01 level

Based on the data collected and analysed, the following results were obtained. Pearson's correlation is significant at the 0.01 level. Social support refers to the assistance, empathy, or companionship provided by others, such as friends, family, or community members, in times of need or crisis. Perceived social support refers to an individual's subjective evaluation or perception of the availability and adequacy of support from their social network. It focuses on how individuals perceive the level of support they receive rather than the actual support received. While social support is factual and concrete, perceived social support is subjective and based on individual perception. Resilience is the ability to adapt, bounce back, and recover from adversity, challenges, or setbacks. It involves coping effectively with stress, hardship, or trauma, and maintaining a positive outlook in the face of adversity.

Perceived social support can be closely related to resilience because individuals who perceive themselves as having strong support from their social network may be better equipped to cope with adversity and bounce back from challenges. Feeling supported and cared for by others can provide a sense of security and confidence, which can bolster one's resilience in navigating difficult situations.

One of the hypotheses of this study was to see if there's a significant correlation between perceived social support and resilience. Based on the data analysis conducted to derive the correlation between perceived social support and resilience, the coefficient correlation is .287\*\* which is significant at 0.01 level. This score of .361\*\* indicates there is a positive correlation between the two variables, this shows an increase in perceived social support leads to increase in resilience. This reflects a low level of positive correlation between perceived social support and resilience.

Based on the past studies, it was concluded, perceived social support mediated the association between resilience and anxiety and the indirect effect was stronger for high-risk nurses than low -risk nurses. Programs that enhance resilience and perceived social support should be designed and special attention should be paid to nurses from high- risk units (Tianya, et al. 2021).

This study as well as the past studies helps us get a better understanding of the relationship between perceived social support and resilience, further the positive correlation derived through data analysis indicates that the perceived social support can be used to increase the resilience of young adults as well as middle age adults. This study can be used to conduct further researches on the rural areas or on various other age groups as well. This study further can be used in educational counselling while dealing with young adults to increase their resilience by providing them with adequate perceived social support.

## CONFLICT OF INTERESTS

None.

## ACKNOWLEDGMENTS

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