

## Relationship of Social Support and Resilience in Providing Life Satisfaction among Young Adults

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### ABSTRACT

This study explores the complex interplay among young adults between life happiness, resilience, and social support. It is crucial to comprehend the nature of social support and resilience in today's society, as people must negotiate a variety of obstacles and transitions, in order to promote overall well-being. The study explores the ways in which resilience and social support help young adults have more life satisfaction. It was accepted that 150 young adults made up the sample for this study. The results show that among young adults, social support, resilience, and life happiness are significantly correlated. Resilience and general life satisfaction are positively correlated with higher levels of perceived social support. Resilience also shows up as a critical mediator in the association between life satisfaction and social support, demonstrating its critical function in reducing the negative consequences of stressors and improving wellbeing. The research emphasizes the need of helping young adults develop resilience-building techniques and social support networks in order to improve their general well-being and sense of fulfilment in life. Understanding the relationship between life happiness, resilience, and social support allows for the customization of treatments and policies that support young adults in creating healthy social networks and coping strategies.

**Keywords:** *Social Support, Resilience, Life Satisfaction, Young Adults*

The term "life satisfaction" describes a person's overall feeling of fulfilment and contentment in life. It involves contentment with a range of facets of life, such as employment, relationships, well-being, and reaching individual objectives. Both internal and external factors—such as finances and health—have an impact on life satisfaction. Examples of these include personality and values. Throughout this period of transition, it's critical for young adults to feel content with their lives. Happiness about life during this hectic time of work, school, and relationships encourages social interaction, self-assurance, good mental health, and even academic success.

- **Resilience:** The ability to rebound from failure, overcome obstacles and adapt to change are key skills for adolescents. A resilient attitude encourages perseverance, problem-solving abilities, and self-efficacy. These qualities lead to a greater sense of control over life experiences and ultimately life satisfaction.

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**Received: April 18, 2024; Revision Received: May 12, 2024; Accepted: May 16, 2024**

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- **Academic and career achievements:** Reaching academic and career goals brings a sense of accomplishment and determination. Successfully following these paths raises self-esteem, confidence, and direction, all contributing to greater life satisfaction.
- **Financial security:** Financial stress and anxiety can significantly impact young people's life satisfaction. Taking control of student loans, achieving financial independence, and having confidence in future financial security can greatly improve overall well-being.
- **Social support:** It is a safety net that is constructed via your interpersonal relationships. It's just having a community of people who provide you various amenities and a feeling of security, not just about having people nearby.

The sense of being taken care of, having help accessible, and feeling like you're a part of a helpful network is known as social support. Family, friends, co-workers, partners, online groups, and even mentors can be a member of this network. The help, inspiration, and resources that people get from their social networks—which include friends, family, classmates, and neighbours—are referred to as social support. includes a range of concrete, emotional, informational, and assessment support services that enhance people's well-being and capacity to handle stress and difficulties. The early years of adulthood are a time of great transition, with adjustments to living arrangements, relationships, work, and education. Young adults who have social support from friends, family, and mentors may make these transitions easier to manage by offering direction, inspiration, and useful advice.

### REVIEW OF LITERATURE

Afita, L., & Nuranasmita, T. (2023), The research being conducted looks into the connection among social support, psychological health, and anxiety in the community. The main points of emphasis are how husband and wife should manage the household and comprehend the concepts of mental hygiene. The study intends to define and characterize mental health and explore the connection between mental health and family well-being. Gathering in-depth information from a variety of sources, including books, journals, notes, and literature, is done through library research. A robust, well-functioning family with strong interpersonal links and good health provides a good foundation for the development of individual and community's mentalities, which can influence society and hasten the emergence of mental disorders.

Malkoç, A., & Yalçın, İ. (2015) The present research looked at the connections between university students' psychological health, coping strategies, social support, and resilience. Information was acquired about 309 Trakya University students participants were completed several instruments. The data were subjected to analyses using correlation, deviation, regression. Significant correlations were discovered between the research variables. The findings of the regression analysis demonstrated that receiving support from loved ones, friends, and significant others, resilience, coping mechanisms and psychological well-being were significantly predictors. There was some partial mediation of the relationship between psychological well-being and resilience. according to the results of the mediation study, by coping mechanisms and social support. In light of the body of current research, the consequences were examined, and recommendations for college counsellors were given.

Md Khalid, N. (2021). In this paper investigates the link of resilience and life happiness among Malaysian students, as social support is a strong predictor of resilience. A mediation

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model was employed in the study, which included 491 students, to test the approach of mediation. The findings showed that life satisfaction is highly impacted by resilience, and that resilience's impact on life satisfaction is mediated by social support. Enhancing social support networks and developing resilience could improve life satisfaction among university students in Malaysia. This study emphasizes the value of social support in the execution of intervention programs targeted at improving life satisfaction, and it has implications for improving life satisfaction amongst students in college.

### METHODOLOGY

#### *Objective*

- To measure the relationship of social support on life satisfaction
- To measure the relationship of resilience on life satisfaction
- To measure the relationship of resilience and social support

#### *Hypotheses*

- There will be a significant relationship of social support on life satisfaction.
- There will be a significant relationship of resilience on life satisfaction.
- There will be a significant relationship of resilience and social support.

#### **Sample**

150 young adults between the ages of 18 and 29 were included in the sample.

#### *Tools used*

- **Brief Resilience Scale:** The Short Versatility Scale (BRS) is a psychometric instrument Created by Karen E. Connor and Sandra L. Davidson in 2003, the BRS was at first intended to evaluate strength inside the post-horrible pressure problem (PTSD) people group yet has since been approved for use in more extensive populaces, including youthful grown-ups.
- **Satisfaction With Life Scale:** The satisfaction With Life Scale (SWLS) is a widely used psychometric tool designed to measure an individual's overall level of satisfaction in life. Developed in 1985 from Ed Diener and associates, the SWLS comprises a simple self-report questionnaire with five items on it.
- **Perceived Social Support: A Multidimensional Measure:** Its Complex Size of Seen Social Help (MSPSS) is a broadly utilized and very much approved instrument intended to quantify a singular's view of social help got from various sources. Created by Sheldon G. Zimet, et al. The MSPSS, a self-report measure developed in 1988, consists of 12 items, four of which are specific to each of the three social aid sources: Family Backing, Companions Backing, and other special.

### RESULT AND DISCUSSION

Table 1.

	AGE	LSS	BRS	MPSS
AGE.	1			
LSS.	.251**	1		
BRS	.064	.544**	1	
MPSS	.095	.317**	.447**	1

## DISCUSSION

The results of this study shed important light on the connections between young adults' life satisfaction, resilience, and social support. Though to varying degrees, resilience and social support were found to be important elements determining life satisfaction. Previous research showing the value of social networks and relationships in promoting individual happiness is confirmed by the positive link found across social support and life satisfaction. A greater degree of life satisfaction tend to be expressed by young adults who perceive higher amounts of social support. This emphasizes how important interpersonal relationships are for reducing stress and raising life happiness. These relationships can be with family, friends, or a particular someone. These findings have significant implications for programmes designed to improve the quality of life for young adults. Interventions aimed at social support networks should prioritise strengthening current ties, establishing new connections, and offering resources for seeking help when necessary. Similarly, resilience-building therapies should provide young adults with the skills and methods they need to cope effectively with stressors and challenges in a variety of areas of life. Life satisfaction and Resilience are more strongly correlated, which shows that overcoming adversity and adapting to new situations is a key factor in determining one's subjective well-being. People who are resilient exhibit increased psychological adaptability and coping mechanisms, which help them deal with obstacles in life more skillfully. They consequently have greater levels of life pleasure even in the midst of hardship. The significance of interventions aimed at enhancing resilience in fostering favourable mental health consequences for young adults is underscored by this discovery.

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### **Acknowledgment**

The author(s) appreciates all those who participated in the study and helped to facilitate the research process.

### **Conflict of Interest**

The author(s) declared no conflict of interest.

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***How to cite this article:*** Arshad, K. & Singh, S. (2024). Relationship of Social Support and Resilience in Providing Life Satisfaction among Young Adults. *International Journal of Social Impact*, 9(2), 101-105. DIP: 18.02.013/20240902, DOI: 10.25215/2455/0902013