

Research Paper

Influence of Self-Esteem, Perceived Social Support and Psychological Morbidity among Expatriates During COVID-19 Pandemic

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ABSTRACT

Self-esteem and perceived social support play an important role in psychological morbidity of an individual. Along with preexisting conditions, the unfortunate spread of COVID 19 pandemic has caused panic and worry. So far, research on expatriate academics has remained negligible. Support provided through social contacts in the host environment has long been recognized as critical for expatriate adjustment, the validity of which is examined. Internet technologies are changing the way individuals form and interact with social contacts and access social support. These technologies have the potential to offer expatriates new sources and means for accessing social support. Age and education level attained by the expatriates are explored as to how significantly they could act as moderators in the relationship between expatriates and society. Through this research we aim to understand the relationship between self-esteem, perceived social support and psychological morbidity among expatriates from gulf countries during covid 19 pandemic. We also use this research study to understand the relationship between psychological morbidity and self-esteem among expatriates from gulf countries during covid-19 pandemic. For this a correlational study is done using convenience sampling. The study was conducted among 60 adults of age group 35 to 55. Convenient sampling method was used to select the participants into the study. Participants were recruited to study based on the inclusion and exclusion of the criteria. The sample for the study included 60 adults and three questionnaires regarding self-esteem, perceived social support and psychological morbidity were administered to them. Appropriate statistical tools are used for the analysis of the study.

Keywords: *Self-Esteem, Perceived Social Support, Psychological Morbidity, Expatriates, COVID-19 Pandemic*

It is of no wonder that the impact of COVID-19 has been global, it has had adverse effects in the world economy which has left a lot of people around the world affected by job losses, and market crashes and so on. One of the major groups which has been affected by this situation was the expatriates who had suffered job losses and were forced to

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return to their homelands. This left them all in a circumstance of confusion and a complete lack of hope. As the COVID-19 cases rose throughout the world, the expatriates were brought to their homelands and quarantined. This situation created further dilemmas for them as a lack of mental support during this period can lead to psychological morbidity. The lack of emotional and social support can have adverse impacts on a person's Self Esteem. Hence it is of no doubt that the expatriate groups require social support during this dire time. Self-esteem can have a major influence on a person's Mental Health.

Variables

Three variables are taken in the research to analyse the self-esteem, perceived social support and psychological morbidity among expatriates. These variables help to find how much self-esteem and social support the expatriates receive and does that affect their psychological morbidity.

Self-esteem is known to be a person's overall subjective sense of personal wealth or value or how much an individual appreciates and like himself. Self-esteem is defined as a personality trait that it tends to be stable and enduring. Self-esteem is the subjective evaluation of individual's self-worth. "The self-concept is what we think about the self; self-esteem, is the positive or negative evaluations of the self, as in how we feel about it." (Smith and Mackie, 2007)

The three types of self-esteem are:

- Inflated Self esteem
- High Self esteem
- Low Self-esteem.

Individuals with inflated self-esteem are distinguished by their inability to listen to others and to critique themselves. These people will not be able to correct their own errors and as such, they will be constantly blaming others. Furthermore, they tend to undervalue or defame others, adopting hostile or aggressive behaviours towards them. (Bodens, 1996)

High self-esteem denotes the faith and belief in themselves and realize or accept that you are a great addition to this world. The person with high self-esteem recognizes that they might have a few weaknesses, but they also have a lot of strengths which really shape up who they really are.

Your glass is always "half full".

It refers to the incidence of both the physical and psychological deterioration as the result of mental health or as a result of psychological condition (Maslow, 1962).

Low self-esteem is characterized by a lack of confidence and feeling badly about oneself. People with low self-esteem often feel unlovable, awkward, or incompetent. They have a fragile sense of self that can easily be wounded by others.

Perceived social support

Perceived social support is the individual's perception on cognition that s/he has established reliable bonds with others and so that others provide support to them (Yamaç, 2009). The support the individual believes to be having can be from anyone whom he or she is affiliated to, for example, parents, siblings, relatives, friends, etc. There are 4 types of social support

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and they include emotional, instrumental, informational, companionship support. Social support theory emerged from publications by (Gala & Cullen, 2015)

Emotional social support includes the expression of love, care, kindness, etc. It is a form of nontangible assistance and it includes the warmth and nurturance provided by the person giving the support.

Instrumental social support, also known as tangible social support, includes providing the individual with tangible assistance such as materialistic assistance, financial assistance, etc. Informational social support includes getting advice, suggestions, and information regarding certain things in the individual's life from the people around him or her. This helps the individuals in solving problems in their life.

Companionship support deals with the individual feeling a sense of belongingness and this is what encourages individuals in engaging social activities.

Psychological morbidity

Psychological morbidity typically refers back to the results of each bodily and the mental deterioration because the end result of an intellectual or mental condition.

Mental Health Morbidity – the time period intellectual fitness morbidity typically talks approximately the prevalence of each of the bodily and mental deterioration because the end result of a intellectual or mental condition. The time period intellectual fitness morbidity typically applies to people who are acutely aware about their personal condition, no matter that the intellectual deterioration. It additionally suggests that the sufferers with intellectual infection or mental morbidity have more bodily fitness morbidity and mortality as compared to the alternative human beings with inside the standard population. Many different elements had been implicated and consist of a typically bad lifestyle, facet results of medication, and insufficient bodily healthcare. (George & Javes 2019)

Rationale of the Study

“Self-esteem and social support have a major correlation to an individual's mental health”. (Harandi, Taghinasab & Nayeri, 1998) Through this study we aim to strengthen the statement given above. For an individual returning to their homelands after losing their jobs will be a very difficult situation to imagine. An expatriate during these circumstances will be going through a period of changing emotions. We as a whole realize our lives are brimming with difficulties and wins, of high points and low points. In this day and age, we are quite mindful there are numerous stressors that can make us question ourselves. Furthermore, as uncertainty creeps into our brains, "I can't do that" or "I won't ever conquered this" become mantras that gotten increasingly hard to excuse. At the point when it turns out badly, our faltering (low) confidence can get us to settle on reckless choices, for example, enduring abuse or hurting ourselves (by utilizing drugs, turning out to be indiscriminate, creating dietary issues or enjoying restorative medical procedure), or hurting others (tormenting, cheating) in an exertion either to make others love us or to numb us to the agony of our own uselessness (Mann, 2004).

Any negative life occasion or response can make us question ourselves. We as a whole have times when things don't go as we might suspect they ought to. The world can feel forlorn in attempting to track down the correct assets to help us at these occasions — everything can

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be overwhelming and surprisingly befuddling. Frequently we place an excess of believability on the cynicism we have around us.

In life we are for the most part continually confronted with difficulties and changes. As we gradually have confidence in ourselves, we can find that despite the fact that we can't change our previous encounters, we can change the manner in which we consider them. Thus, we can change how we consider ourselves, yet additionally distinguish a path to a superior future.

As Viktor Frankl (1905 – 1997), specialist and Holocaust-survivor broadly said in his book *Man's Search for Meaning*, "Everything can be taken from a man yet a certain something; the remainder of the human opportunities – to pick one's disposition in some random situation, to pick one's own specific manner."

The improvement of better degrees of Self-regard can be accomplished by offering social help to those needing it. Social help may come in various structures. Here and there it may include assisting an individual with different day by day assignments when they are sick or offering monetary help when they are out of luck. In different circumstances, it could include offering guidance to a companion when they are confronting a troublesome circumstance. Also, at times it just includes giving mindful, sympathy, and worry for friends and family out of luck. Social help likewise encourages individuals to adapt to pressure. Stress has been appeared to have genuine wellbeing outcomes going from diminished insusceptibility to expanded danger of coronary illness. Being encircled by individuals who are mindful and strongly encourages individuals to consider themselves to be better fit for managing the anxieties that life brings. Examination has likewise shown that having solid social help in the midst of emergency can help decrease the degrees of creating self-destructive considerations in a person (Tomaka & Robinson, 2004).

REVIEW OF LITERATURE

Self-Esteem and Mental Health in Early Adolescence, development and Gender Differences is the study conducted by Bolognini, Monique; And Others in Jun 1996. It is a longitudinal study of a general population (n=219; M age 12, 13, and 14), was carried out between 1990 and 1993 over 3 years in Lausanne (Switzerland). Sought information on global changes in self-esteem during early adolescence, ways in which young people perceive themselves, differences between boys and girls regarding self-esteem, and relations between self-esteem and mental health. (KW) the study showed results that people with high self-esteem showed better mental health compared to the children who showed less self-esteem. It is also noted that boys showed more self-esteem than girls.

Perceived Social Support and Mental Health in cultural Orientations as Moderators by Shelton, Andrew J.; Wang, Chiachih D. C.; Zhu, Wenzhen in Oct 2017 investigated unique and shared effects of social support and cultural orientation on mental health indicators (depressive and anxiety symptoms, stress, and life satisfaction) of 896 college students. Results indicated that perceived social support predicted mental health variables and that cultural orientation variables (independent and interdependent self-construal) moderated this association. Also, people with perceived social support showed less mental health indicators. Conclusions and counselling implications for university counsellors are discussed on the basis of cultural orientation theory.

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Sources of Social Support and Mental Health among LGB Youth is the study conducted by Watson, Ryan J.; Grossman, Arnold H.; Russell, Stephen T in Jan 2019. In this study, the disparities in psychosocial adjustment have been identified for lesbian, gay, and bisexual (LGB) youth, yet research that explores multiple sources of social support among subgroups of LGB youth is sparse. Social support theory is used as a framework to analyse the ways that different sources of support might promote better psychosocial adjustment for LGB youth. Data from a diverse sample among LGB youth (N = 835) were used to understand how social support from a close friend, teachers, classmates, and parents might be differently associated with depression and self-esteem. We found that parent support and its importance to the participant were consistently related to higher self-esteem and lower depression for all youth, except for lesbians for whom no forms of social support were associated with self-esteem. Teacher and classmate support influenced some subgroups more than others. These results provide parents, clinicians, and schools as a roadmap.

Relational self-esteem in dissociations is the study made by Chiu, C.-D., Ho, H. L., & Tollenaar, M. S. (2021). Their research problem was on the *Psychological Trauma: Theory, Research, Practice, and Policy*. Schematic self-knowledge consists of internal representations that shape perceptions of how is related to one's surroundings and other people. These representations may include dysfunctional implicit self-evaluations, such as associations of the with self-negative attributes like shame, in trauma-spectrum disorders. The current study examines whether a negative relational self-association, that is, linking the self with rejection, characterizes dissociation. Method: One hundred six community participants with diverse early interpersonal experiences and mental health outcomes were recruited. Implicit relational self-evaluation was assessed by single-target implicit association tests. Dissociation and common psychopathological and psychosocial correlates such as anxiety, depression, self-esteem, and adverse interpersonal experiences were measured using standardized scales. Results: Individuals with more dissociative symptoms responded faster when pairing self-pronouns with rejection-related words than with acceptance-related words. The correlation between dissociation and this self-rejection association remained significant when statistically controlling for adverse interpersonal experiences and for depression, anxiety, and self-esteem. Conclusion: a self-association with being rejected characterized individuals prone to dissociation. This dysfunctional implicit self-evaluation may bias perceptions of other people's attitudes toward themselves, prompting maladaptive social behaviors that can hinder the development and maintenance of relationships in dissociative people.

The link between self-esteem and social relationships is the meta-analysis of longitudinal studies by Harris, M. A., & Orth, U. (2020). Theorists have long assumed that people's self-esteem and social relationships influence each other. However, the empirical evidence has been inconsistent, creating substantial uncertainty about whether relationships are in fact an influential factor in self-esteem development and vice versa. This meta-analysis synthesizes the available longitudinal data on the prospective effect of social relationships on self-esteem (48 samples including 46,231 participants) and the prospective effect of self-esteem on social relationships (35 samples including 21,995 participants). All effects controlled for prior levels of the outcomes. Results showed that relationships and self-esteem reciprocally predict each other over time with similar effect sizes ($\beta = .08$ in both directions). Moderator analyses suggested that the effects held across sample characteristics such as mean age, gender, ethnicity, and time lag between assessments, except for the self-esteem effect on relationships, which was moderated by type of relationship partner (stronger for general

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relationships than for specific partners) and relationship reporter (stronger for self-reported than for informant-reported relationship characteristics). The findings support assumptions of classic and contemporary theories on the influence of social relationships on self-esteem and on the consequences of self-esteem for the relationship domain. In sum, the findings suggest that the link between people's social relationships and their level of self-esteem is truly reciprocal in all developmental stages across the life span, reflecting a positive feedback loop between the constructs.

ADHD Coaching with College Students: Exploring the Processes Involved in Motivation and Goal Completion was a study conducted by Prevatt, Frances; Smith, Shannon M.; Diers, Sarah; Marshall, Diana; Coleman, Jennifer; Valler, Emilee; Miller, Nathan in the year 2017. College students with attention-deficit/hyperactivity disorder (ADHD) often experience increased academic difficulties, which can negatively impact graduation rates, employment, self-esteem, and mental health. ADHD coaching assists students with ADHD to reduce such difficulties. The present study evaluated the processes involved in ADHD coaching by examining undergraduate and graduate level students ($n = 23$) who attended individualized ADHD coaching sessions for 8 weeks. Specifically, the study examined the types of goals established, the use of weekly objectives (tasks to be completed), barriers to task completion, the use of incentives and consequences to increase motivation, and the role of task enjoyment and therapeutic benefit on task completion. The most common goals involved time management and academic performance. Results showed a significant effect for use of incentives/consequences on weekly task completion. Therapist-coach ratings were predictive of task completion, while client ratings were not. The primary barriers to task completion were lack of motivation and poor time management.

How state and trait versions of self-esteem and depressive symptoms affect their interplay was a longitudinal experimental investigation done by Braun, L., Göllner, R., Rieger, S., Trautwein, U., & Spengler, M. (2021). The study states that traits are important concepts in psychological research. They can be operationalized (a) by using measures that employ different time frames and (b) by applying statistical models that decompose the variance. However, the effects of using variations in states and traits by applying measurement and modeling approaches have yet to be merged and studied systematically. The present study addressed this topic by revisiting an intensively studied research question, namely: What is the longitudinal relation between self esteem and depressive symptoms? To do so, we created state and trait versions of questionnaires by systematically changing the time frame ("during the last 2 weeks" vs. "in general") that was used to measure self esteem and depressive symptoms and in addition, by using state-trait statistical models. We conducted an exploratory study ($N = 683$) and a confirmatory replication study ($N = 1,087$) with samples of university students, designed as a 2×2 longitudinal experiment with 4 time points spanning 1 semester. Our results indicated that first, consistently across the 2 studies, trait time frames revealed higher proportions of trait variance than state time frames. Second, across the 2 studies, the well-researched vulnerability effect, which postulates that low self esteem predicts depressive symptoms, only held when trait time frames for self esteem were applied and traditional cross-lagged models were used. Third, when controlling for stable trait differences, cross-lagged results were least consistent when trait time frames were used, which highlighted the interdependency involved in measuring and modeling states and trait.

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Different emotional profile of health care staff and general population during the COVID-19 outbreak. The aims of this study were to assess COVID-19 outbreak-related emotions, to identify vulnerable groups within health care workers (HCW) and to study the relationship between the emotional state and some environmental features. Method: We conducted a cross-sectional study on March 29 to April 5, 2020 based on a national online survey using snowball sampling techniques. A list of emotional states was compared in HCW and non-HCW and within HCW roles. The relationship between COVID-19 related symptoms, information, and protective measures and the emotional state was analyzed. Results: Fear ($p < .001$, $\phi c = .11$), irritability ($p = .001$, $\phi c = .08$), frustration ($p < .001$, $\phi c = .10$), anger ($p = .013$, $\phi c = .06$), and helplessness ($p < .001$, $\phi c = .13$) appear significantly more frequently in HCW compared to non-HCW. Within HCW, a higher percentage of physicians, especially the less experienced, significantly perceived uncertainty and frustration ($p = .001$, $\phi c = .13$ and $p = .025$, $\phi c = .10$, respectively), while a higher percentage of nurses significantly experienced sadness ($p = .024$, $\phi c = .10$). Having a confirmatory diagnosis of the disease was related to hypochondria sensation ($p = .026$, $\phi c = .10$). Sadness ($p = .035$, $\phi c = .09$), intolerance ($p = .058$, $\phi c = .09$), anger ($p = .024$, $\phi c = .10$), and helplessness ($p = .028$, $\phi c = .10$) appeared as the most relevant emotions when information was perceived as insufficient. Conclusions: The knowledge of the most prevalent different emotional patterns in HCW, as well as in the general population, will allow the detection of subjects at risk for the development of mental disorders and the implementation of therapeutic approaches in future similar situations of pandemic or outbreak of the current one.

Childhood maltreatment and resource acquisition in African American women: The role of self-esteem was the study conducted by Clark, S. M., Immelman, T. D., Hart, A. R., & Kaslow, N. J. (2021). It was the study on Childhood maltreatment and resource acquisition in African American women: The role of self-esteem. *Psychological Trauma: The Childhood maltreatment (CM) is a public health crisis that results in negative physical, mental health, and psychosocial (e.g., resource attainment) outcomes. Resource attainment is a critical outcome for marginalized populations, such as low-income African American women. This study addresses the gap in the literature regarding the association between CM and effectiveness of resource attainment and the potential mediating role of self-esteem in this association for African American women. Method: Data were gathered from a large public inner-city, university-affiliated health care system in the Southeastern United States. Participants selected were low-income African American women who have experienced intimate partner violence (IPV) and have attempted suicide in the prior year. The participants for this study completed the Childhood Trauma Questionnaire, the Beck self-esteem Scale, and the Effectiveness in Obtaining Resources Scale. Results: Mediation analyses using bootstrapping with 213 women revealed the powerful role self-esteem plays in explaining the link between CM and resource attainment in low-income African American women. Specifically, overall CM and four of its subtypes (emotional abuse, physical abuse, emotional neglect, and physical neglect) were all associated with decreased resource attainment via the effect of decreased self-esteem. Sexual abuse was the only subtype of CM not significantly associated with self-esteem nor effectiveness of resource attainment. Conclusion: This research highlights the importance of screening for CM, its subtypes, and resource attainment in this population and bolstering self-esteem through psychological interventions to increase women's capacity to effectively secure necessary community resources. Theory, Research, Practice, and Policy.*

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Identification, "oppositeness," authoritarianism, self-esteem and birth order by Harris, M. A., & Orth, U. (2020). This is one of a series of experimental studies of the process of identification based on a cognitive theory of identification. The present study then attempts to refute some psychoanalytic formulations of identification in which it is assumed that positive affect is a necessary condition for identification. The present discussion of identification has located the process in the individuals' conceptions of themselves. In the present study, an attempt is made to determine if the derived similar attribute (DSA) could influence an individual's performance of a clerical task, i.e., to see if identification as studied here is no deeper than a check mark on a rating scale or if it can affect a person's performance of a task. Subjects assembled in groups of 20 to 30 were very apparently assigned "different" sets of four tasks. Identification was operationally denned as the subjects' acquisition of the level of clerical ability of the model if they read that the model had worked on the same tasks as themselves. With regard to speed and accuracy of performance and evaluation of performance, the subjects manifested identification. Results showed that the subject's degree of interest in the set of four tasks on which he worked did not influence the tendency to identify, but high interest did appear to increase the tendency to generalize oppositeness. Subjects who were high in attraction to the model identified more than those low in attraction, while the latter appeared to generalize oppositeness more. Subjects low in authoritarianism identified and generalized oppositeness more than those low in authoritarianism, as indicated by actual performance in the clerical task.

Rosenbaum, M. E., & Stanners, R. F. (1961). Self-esteem, manifest hostility, and expression of hostility. In this study it was shown that Ss' with low self-esteem as measured by the self-esteem Scale, and high manifest hostility, as measured by Siegel's (1956) Manifest Hostility scale (MH scale), were found to have a high hostility response tendency. In the present study, arousal of hostility was stimulated by criticizing college Ss' performing tests, measured via TAT cards, and related to the measure of self-esteem. Ss' with a high degree of hostility arousal showed high MH scale scores but not low scores on the self-esteem Scale.

METHODOLOGY

Aim

To understand the relationship between self-esteem, perceived social support and psychological morbidity among expatriates from gulf countries during COVID-19 pandemic.

Research Problem

Will the level of self-esteem and perceived social support influence psychological morbidity?

Objectives

- To find the relationship between psychological morbidity and self-esteem among expatriates from gulf countries during COVID-19 pandemic.
- To find the relationship between psychological morbidity and perceived social support among expatriates from gulf countries during COVID-19 pandemic.
- To find the relationship between self-esteem and perceived social support among expatriates from gulf countries during COVID-19 pandemic.

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- To find the difference in perceived social support among expatriates from gulf countries during COVID-19 pandemic based on different age groups.
- To find the difference in psychological morbidity among expatriates from gulf countries during COVID-19 pandemic based on different age groups.
- To find the difference in self-esteem among expatriates from gulf countries during COVID-19 pandemic based on different age groups.

Hypothesis

- To conduct the investigation on the above objectives, following hypothesis were put forward.
- There will be no significant relationship between psychological morbidity and self-esteem among expatriates from gulf countries during COVID-19 pandemic.
- There will not be any significant relationship between perceived social support and psychological morbidity among expatriates from gulf countries during COVID-19 pandemic. 3) There will not be any significant relationship between self-esteem and perceived social support among expatriates from gulf countries during COVID-19 pandemic.
- There will be no significant difference in perceived social support among expatriates from gulf countries during COVID-19 pandemic based on different age groups.
- There will be no significant difference in psychological morbidity among expatriates from gulf countries during COVID-19 pandemic based on different age groups.
- There will be no significant difference in self-esteem among expatriates from gulf countries during COVID-19 pandemic based on different age groups.

Research Design

A correlational study will be done using convenience sampling. Convenience sampling is a type of nonprobability sampling in which people are sampled simply because they are "convenient" sources of data for researchers. In probability sampling, each element in the population has a known nonzero chance of being selected through the use of a random selection procedure.

Sample and Sampling

The study was conducted among 60 males of age group 35 to 55 who were expatriates. Convenient sampling method were used to select the participants into the study. Participants were recruited to study based on the inclusion and exclusion of the criteria.

Inclusion Criteria

- The study on the influence of self-esteem, perceived social support and psychological morbidity was conducted among men on an age range 35 to 60 years.
- The study on the influence of self-esteem, perceived social support and psychological morbidity was conducted on me with the knowledge on English language.
- The study on the influence of self-esteem, perceived social support and psychological morbidity was conducted on men.

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Exclusion Criteria

- Adults who have major mental disorders were excluded in the study on the influence of self-esteem, perceived social support and psychological morbidity among expatriates
- Adults who have no sufficient knowledge in English to fill the questionnaire were not included in the study on the influence of self-esteem, perceived social support and psychological morbidity among expatriates.
- Adults with serious health issues were excluded on the study on the influence of self-esteem, perceived social support and psychological morbidity among expatriates.
- Adults who are taking medications for a long time were excluded in the study on the influence of self-esteem, perceived social support and psychological morbidity among expatriates.
- Female Adults are not included in the study on the influence of self-esteem, perceived social support and psychological morbidity among expatriates.

Figure 1 Distribution of the educational qualification of the participants.

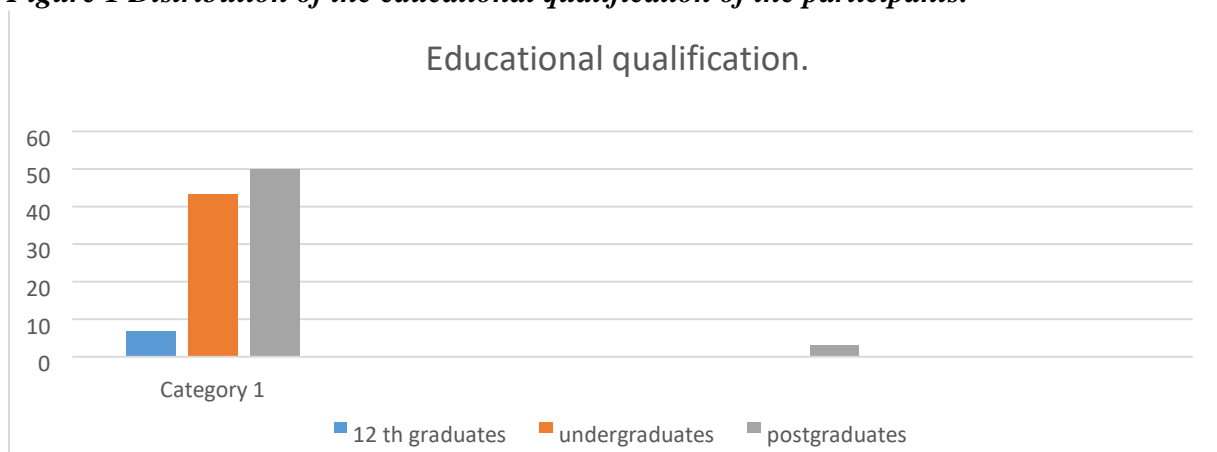
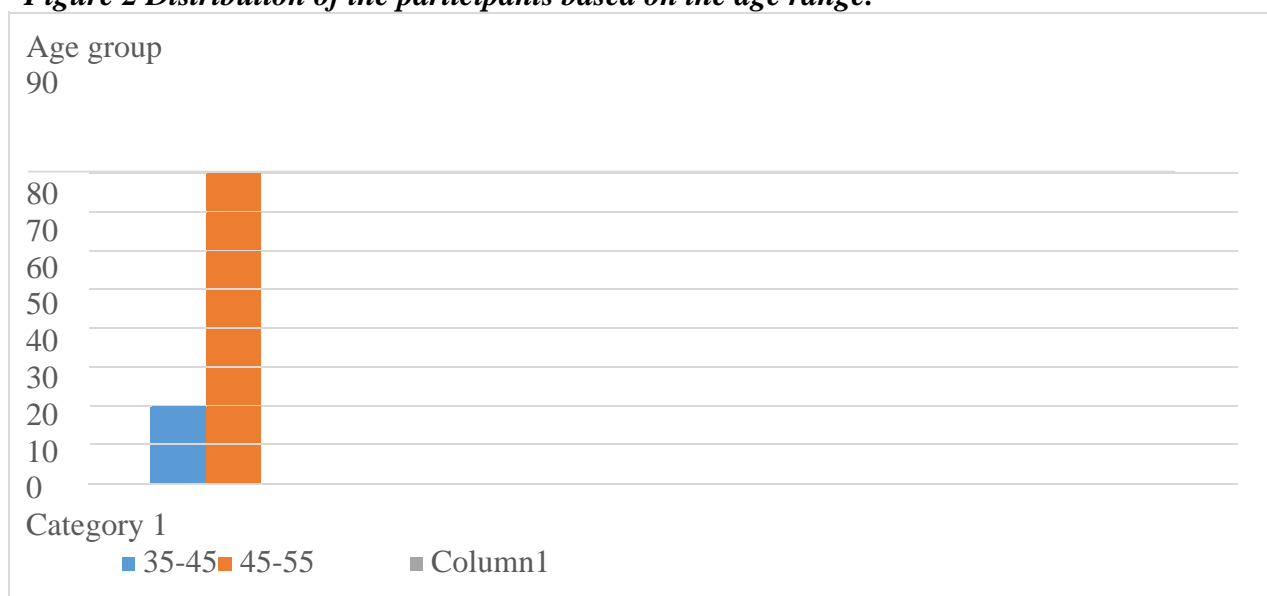


Figure 2 Distribution of the participants based on the age range.



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Ethical Consideration

Informed consent was obtained from the participants.

- The subject was given a brief idea about the questionnaire.
- The details of the subject are kept highly confidential and it will only be used for academic purposes.
- The subject had the freedom to quit the study at any point of time.
- The subjects were not pressured for filling the questionnaire.

Operational Definitions

- 1) **Self-esteem:** Self-esteem is an individual's subjective evaluation of their own worth. In this study it can be defined as the score obtained by the individual in Rosenberg self-esteem scale. (Morris Rosenberg 1953).
- 2) **Perceived social support:** Perceived social support is an individual's cognitive perception that s/he has established reliable bonds with others and that others provide support to them (Yamaç, 2009). In this study, it can be defined as the score obtained by the Individual in the Multidimensional Scale of Perceived Social Support (Zimet, Dahlem, & Farley, 1988)
- 3) **Psychological morbidity:** It refers to the incidence of both physical and psychological deterioration as a result of a mental or psychological condition. In this study it can be defined as the score attained by the individual in 12 GHQ (Goldberg 1970)

Tools

Socio demographic data sheet.

The socio-demographic data sheet includes name, age, gender, etc.

Rosenberg self-esteem scale

In Rosenberg self-esteem scale. (Morris Rosenberg 1953).

The Rosenberg Self-Esteem Scale is a 10-item self-report measure of global self-esteem. It consists of 10 statements related to overall feelings of self-worth or self-acceptance. The items are answered on a four-point scale ranging from strongly agree to strongly disagree. RSES is developed by the sociologist Morris Rosenberg, it is a self-esteem measure widely used in science researches. It uses a scale of 0-30 where a score less than 15 indicates a problematic low self-esteem. The Rosenberg Self-Esteem Scale presented high ratings in reliability areas; internal consistency was 0.77, minimum Coefficient of Reproducibility was at least 0.90.

Table 1 The reliability of self-esteem among expatriates.

Variable	Cronbach's Alpha
Self-esteem	0.865

The above table which shows the reliability of self-esteem have got Cronbach's Alpha score of 0.865 and so the data is highly reliable.

Perceived social support friend scale (PSS-Fr) Perceived social support family scale (PSS-Fa) (Mary E. Preciado and Kenneth). The questionnaire turned into allotted to understand the perceived social guide obtained from buddies and family. Three research are defined wherein measures of perceived social guide from buddies (PSS-Fr) and from family

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(PSS-Fa) have been evolved and validated. The PSS measures have been internally constant and regarded to degree legitimate constructs that have been break away every different and from community measures. PSS-Fr and PSS-Fa have been each inversely associated with signs and symptoms of misery and psychopathology however the courting turned into more potent for PSS-Fa. PSS-Fr turned into greater carefully associated with social competence. PSS-Fa turned into unaffected via way of means of both nice or bad temper states (self-statements), however the reporting of PSS-Fr turned into diminished via way of means of bad temper states. High PSS-Fr topics have been drastically decreased in trait tension and pointed out themselves greater to buddies and sibs than low PSS-Fr topics. Low PSS-Fa topics confirmed marked verbal inhibition with sibs. Most investigations have revealed MSPSS to be a three-factor construct which demonstrates good to excellent internal consistency and test-retest reliability (with a Cronbach's alpha of 0.81 to 0.98 in non-clinical samples, and 0.92 to 0.94 in clinical samples)

Table 2 The reliability of perceived social support among expatriates.

Variable	Alpha
Cronbach's	
Perceived social support	0.924

The above table which shows the reliability of perceived social support have got Cronbach's Alpha score of 0.924 and so the data is highly reliable.

General health questionnaire (GHQ12)

The 12-item General Health Questionnaire (GHQ-12) is widely used as a unidimensional instrument, but factor analyses tended to suggest that it contains two or three factors. Not much is known about the usefulness of the GHQ-12 factors, if they exist, in revealing between-patient differences in clinical states and health-related quality of life. The GHQ consists of 12 items, each assessing the severity of a mental problem over the past few weeks using a 4-point scale from 0-3. The score was used to generate a total score ranging from 0 to 36 with higher scores indicating worse conditions.

Table 3 The reliability of psychological morbidity among expatriates.

Variable	Cronbach's Alpha
Psychological morbidity	0.864

The above table which shows the reliability of psychological morbidity have got Cronbach's Alpha score of 0.864 and so the data is highly reliable.

Procedure

The sample used in the study included 60 men. The study was conducted using google form due to COVID19 pandemic. The type of sampling used was convenience sampling which is a type of non-probability sampling that involves the sample being drawn from the part of the population that is close to hand. Three questionnaires regarding the self-esteem, perceived social support and psychological morbidity was administered to the participants through google forms. The tools were distributed among the participants of the study using inclusion and exclusion criteria. Proper instructions were given to the subjects and they will be asked to fill the questionnaires carefully and clarifications will be provided.

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Data Analysis

The corrected data were edited based on the rules of the research, after loading the data into Excel, appropriate descriptive and inferential statistics was used to analyses the data and to test the hypothesis.

Table 4 Result of Kolmogorov-Smirnov^a test of normality of self-esteem among expatriates.

Variables	statistic	Df	sig
Self Esteem	.090	60	.200

Lilliefors Significance Correction

The Kolmogorov-Smirnov^a test of normality among expatriates pointed out that the significance of self-esteem is .200 ($p > .05$). This data illustrates that the data is normally distributed and it is lower bound of the true significance.

Table 5 Result of Kolmogorov-Smirnov^a test of normality of psychological morbidity among expatriates.

Variables	statistic	Df	sig
Psychological Morbidity	.0129	60	.015

Lilliefors Significance Correction

The Kolmogorov-Smirnov^a test of normality among expatriates pointed out that the significance of psychological morbidity is .015 ($p < .05$). This data illustrates that the data is not normally distributed and it is lower bound of the true significance.

Table 6 Result of Kolmogorov-Smirnov^a test of normality of perceived social support among expatriates

Variables	statistic	Df	sig
Perceived Social Support	.094	60	.200

Lilliefors Significance Correction

The Kolmogorov-Smirnov^a test of normality among expatriates pointed out that the significance of perceived social support is .200 ($p > .05$). This data illustrates that the data is normally distributed and it is lower bound of the true significance.

RESULT AND DISCUSSION

The results of the data analysis that was used to describe the sample and address the research questions and associated hypotheses are presented in this chapter.

Table 7 Mean and standard deviation of self-esteem, perceived social support and psychological morbidity (60).

Variables	Mean	Standard deviation
Self esteem	19.67	4.898
Perceived social support	63.70	11.824
Psychological morbidity	24.58	5.773

The above table shows the mean and standard deviation obtained by the three variables. Self-esteem obtained a mean score of 19.67 and a standard deviation of 4.898. the mean and

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standard deviation obtained by perceived social support are 63.70 and 11.824 and for psychological morbidity is 24.58 and 5.773 respectively.

Table 8 Mean, standard deviation, f value and t value and level of significance expatriates who belongs to different age groups.

Variables	Age	N	Mean	Standard deviation	F	t	sig
Psychological morbidity	1	39	24.05	6.139	1.204	-.972	.335
	2	21	25.57	5.016	1.056	-1.033	.307
Perceived social support	1	39	62.87	12.837		-.737	.464
	2	21	65.24	9.772	.499	-.799	.428
Self esteem	1	39	18.77	4.659		-1.982	.052
	2	21	21.33	5.003		-1.939	.060

The table above shows the age, number, mean, standard deviation f value, t value and significance for psychological morbidity, perceived social support and self-esteem among expatriates. The mean and standard deviation obtained for psychological morbidity by age group

1 is 24.05 and 6.139 and for the age group 2 is 25.57 and 5.016 respectively. The mean and standard deviation obtained for perceived social support are 62.87 and 12,837 for age group 1 and 65.24 and 9.772 for age group 2. The mean and standard deviation of self-esteem for the age group 1 is 18.77 and 4.659 and for the age group 2 is 21.33 and 5.003 respectively. It is also noted that the value of significance for the variables with age group 1 are 0.335, .464, .052 and for age group 2 are .307, .428, .060 respectively.

Table 9 The table depicts the result of Pearson correlation coefficient of variables self-esteem with psychological morbidity among expatriates.

Variable	Self- Esteem
Psychological morbidity	0.560**

**=p>0.05

The study shows that there is a significant relationship between the variables psychological morbidity and self-esteem. Therefore, the hypothesis which states that there is no significant relationship between psychological morbidity and self-esteem is rejected.

Table 10 The table illustrates the result of Pearson correlation coefficient of the variables psychological morbidity with perceived social support of family and friends among expatriates.

Variable	Psychological morbidity
Perceived social support	0.380**

**=p>0.05

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The study shows that there is a significant relationship between the variables psychological morbidity and perceived social support from friends and family. Therefore, the hypothesis which states that there is no significant relationship between psychological morbidity and perceived social support is rejected.

Table 11 The table represents the result of Pearson correlation coefficient of the variables self-esteem and perceived social support of family and friends among expatriates.

Variable	Self- Esteem
Perceived social support	0.551**

**= $p > 0.05$

The study stated that there is a significant relationship between the variables self-esteem and psychological morbidity. Therefore, the hypothesis which states that there is no significant relationship between perceived social support and self-esteem is rejected.

DISCUSSION

The aim of this study was to understand the influence of self-esteem, perceived social support and psychological morbidity among expatriates. The study included 60 males who came back to their homeland due to COVID-19 pandemic. The study was conducted on two different age groups as the age group 1 includes males from 35 to 45 years and group 2 includes men from 46 to 55. The data was collected using convenience sampling. Both Pearson's correlation and T Test were used to test the hypothesis and it was found that there is a significant correlation between the three variables.

The reliability scores for the various scales were obtained and the Cronbach's Alpha score of self-esteem among expatriates is highly reliable. It is also noted that reliability score for perceived social support from friends and family and psychological morbidity are high reliability as well.

The test for normality using Kolmogorov-Smirnov test was done for all the three scales that are self-esteem, perceived social support and psychological morbidity. For self-esteem and perceived social support, it is noted that the data is normally distributed and the normality score for psychological morbidity falls below significance level which illustrates that the data is not normally distributed.

The study focuses on how self-esteem and perceived social support from friends and family affects the mental and physical health of the expatriates and for that, GHQ 12 Questionnaire scale is used. Psychological morbidity, that is, anxiety combined with depression, is the psychiatric disorder most commonly associated with clinical diseases. These mental disorders may aggravate the physical symptoms associated with the disease, reduce adherence to treatment and prolong the postoperative recovery time. The other two variables are measured by using Rosenberg's scale for self-esteem and perceived social support scale (PSS-FR FA).

According to the results of the descriptive statistics obtained by the participants for self-esteem, perceived social support and psychological morbidity means that in the sample chosen the mean score for perceived social support from friends and family is the most

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which means that the expatriates are more influenced by perceived social support than self-esteem.

To find the correlation between the variables, Pearson's test for correlation was used. The results of the Pearson correlation test indicated that there is a significant positive correlation between self-esteem, perceived social support and psychological morbidity by 0.01 level of significance. Which indicates that the level of psychological morbidity is positively correlated and is influenced by self-esteem and perceived social support. So, we can conclude that there is a significant positive correlation between the variables.

The study was conducted to find whether there is a significant relationship between psychological morbidity and self-esteem among expatriates from gulf countries during COVID-19 pandemic and the Pearson correlation coefficient test of self-esteem with psychological morbidity shows that there is a significant relationship between the variable's psychological morbidity and self-esteem. Therefore, the hypothesis is rejected as the hypothesis stated that there is no significant difference between the two variables.

The objective of the study was to find out if there is a significant relationship between perceived social support and psychological morbidity among expatriates from gulf countries during COVID-19 pandemic and the Pearson correlation coefficient test of psychological morbidity with perceived social support shows that there is a significant relationship between the variables psychological morbidity and self-esteem. Therefore, the hypothesis is rejected as it stated that there is no significant difference between the two variables.

The motive of the study was to find if there is a significant relationship between perceived social support and self-esteem among expatriates from gulf countries during COVID-19 pandemic and the Pearson correlation coefficient test of perceived social support with self-esteem shows that there is a significant relationship between the variables psychological morbidity and self-esteem. Therefore, the hypothesis is rejected as it stated that there is no significant difference between the two variables.

The study was conducted to analyse whether there is a significant difference in perceived social support among expatriates from gulf countries during COVID-19 pandemic based on different age groups. But the hypothesis is rejected as there is a significant difference between the age groups as age group 1 obtained higher significance level compared to the second age group. So that the hypothesis is rejected as it stated that there will be no significant difference between the two age groups.

This study was conducted to find out whether there is any significant difference in psychological morbidity among expatriates from gulf countries during COVID-19 pandemic based on different age groups. But the hypothesis is rejected as there is a significant difference between the age groups as age group 1 obtained more significance level. So that the hypothesis is rejected as it stated that there will be no significant difference between the two age groups.

The study was conducted on expatriates to find out if there is any significant difference in self-esteem among expatriates from gulf countries during COVID-19 pandemic based on different age groups. But the hypothesis is rejected as there is a significant difference

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between the age groups. So that the hypothesis is rejected as it stated that there will be no significant difference between the two age groups.

Research on Self-Esteem and Mental Health in Early Adolescence: Development and Gender Differences (Bolognini & Monique, 1996) The results showed that children with more self-esteem showed lesser mental illness such as depression, stress and anxiety. This research supports the results of influence of self-esteem on psychological morbidity as people with more self-esteem showed higher mental stability.

This study investigated unique and shared effects of social support and cultural orientation on mental health indicators (depressive and anxiety symptoms, stress, and life satisfaction) of 896 college students. Results indicated that perceived social support predicted mental health variables and that cultural orientation variables (independent and interdependent self-construal) moderated this association. Also, people with perceived social support showed less mental health indicators. This research supports the results of influence of perceived social support on psychological morbidity as people with more self-esteem showed higher mental stability, (Shelton & Andrew, 2007)

SUMMARY AND CONCLUSION

Self-esteem is a person's overall subjective sense of personal wealth or value or how much an individual appreciates and like himself. Self-esteem is often seen as a personality trait that it tends to be stable and enduring. Perceived social support is an individual's cognitive perception that s/he has established reliable bonds with others and that others provide support to them (Yamaç, 2009). The support the individual believes to be having can be from anyone whom he or she is affiliated to, for example, parents, siblings, relatives, friends, etc. Mental morbidity generally refers to the incidence of both physical and psychological deterioration as a result of a mental or psychological condition. The term usually applies to those who are acutely aware of their condition, despite the mental deterioration also it is shown that patients with mental illness have greater physical health morbidity and mortality compared to the general population. Many factors have been implicated and include a generally unhealthy lifestyle, side effects of medication, and inadequate physical healthcare. The present study intended to find the influence of self-esteem and perceived social support among expatriates during the COVID 19 pandemic. The study was conducted on 60 male expatriates. The variables self-esteem, perceived social support and psychological morbidity are measured using Rosenberg's self-esteem scale, perceived social support scale (FR-FA) GHQ 12 questionnaire. The data is analysed using Pearson correlation coefficient test and T test. It was found that the self-esteem, perceived social support and psychological morbidity is significantly, positively correlated with self-esteem among expatriates. It also added that there is a significant difference in self-esteem, perceived social support and psychological morbidity among expatriates who belong to different age groups. These findings can be helpful to the expatriates during the COVID 19 pandemic. It also helps government and other agencies to make policies and also helps mental health professionals to help expatriates.

Findings from the study

- Psychological morbidity is significantly, positively correlated with self-esteem among expatriates.
- Perceived social support is significantly, positively correlated with psychological morbidity among expatriates.

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- Self-esteem is significantly, positively correlated with perceived social support among expatriates.
- There is significant difference in self-esteem of different age groups among expatriates.
- There is significant difference in psychological morbidity of different age groups among expatriates.
- There is significant difference in perceived social support of different age groups among expatriates.

Implications of the study

- The study will be helpful for the expatriates during COVID 19 pandemic.
- The study helps government and other agencies to make policies for expatriates.
- The study points out the psychological morbidity of expatriates.
- The study helps mental health professionals to help expatriates.

Limitations of the study

- Sample size for the study is limited due to the restrictions on COVID 19 pandemic.
- Findings of the study is not generalizable to the overall population of expatriates as nonprobability sampling is used.
- Many were reluctant to participate in the study.

CONCLUSION

The aim of this study is to understand the influence of self-esteem, perceived social support on psychological morbidity among expatriates. The study concluded that there is a significant correlation between psychological morbidity and self-esteem. There is significant difference in the self-esteem, perceived social support on psychological morbidity among expatriates with different age groups. There is a significant correlation between Perceived Social Support and psychological morbidity. Helped in better understanding about the mental health of the expatriates and it helps to come up with techniques to increase Perceived Social Support and self-esteem.

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Conflict of Interest

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