

The Role of Perceived Social Support in Self Esteem and- Resilience among Young Adults

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ABSTRACT

The aim to conduct this research is to know the Role of perceived social support in self-esteem and resilience among young adults and whether there is any gender difference in this case or not. The result analysed total of 100 (n=100) number of participants (50 females and 50 males), Indians by nationality and between the age range (18-26) years. For data collection, tools used were Multidimensional Scale of Perceived Social Support, Rosenberg self-esteem scale and Nicholson McBride Resilience Questionnaire (NMRQ). The quantitative analysis was done using t test and Pearson's product-moment correlation. The result postulated that Perceived Social support plays a positive role and have a positive relationship with Self-esteem and Resilience. The higher the perceived social support, more will be the self-esteem of a person and has much more abilities to cope with problems in faster pace, than in individuals with less perceived social support. There are no significant gender differences found among them. Also, Perceived Social support has a positive correlation with self-esteem and resilience among young adults.

Keywords: *Psychology, mental health, social support, family, self-esteem, self-worth, life satisfaction*

Perceived social support is the idea that people view their friends, family, and other people as resources who will support them and aid them when they need it. Young adulthood is a stage of life when a person transitions from their adolescent years into adulthood. The period of life where perceived social support is most important is when people enter adult roles like marriage, parenthood, and full-time employment. It is also a developmental stage with significant long-term effects. Injury, mental health disorders, substance abuse, and sexual/reproductive health concerns are relatively common in young adults. The period of time when one's physical and sensory abilities are frequently at their top.

Interpersonal relationships here then play a huge role, as to provide them a feeling of constant support, comfort and are indispensable in helping young adults cope with stressors, acting as social support sources that protect them from psychological distress.

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Therefore, it's Important to have more of positive perceived social support rather than received social support to help them have a good concept of self, higher self-esteem and more confidence to deal with the new difficulties and distress they are going to face in this new stage, becoming more resilient to overcome the problems and get back to the pre-crisis situation little bit faster.

According to Mattanah et al. (2010), Individuals who sense social support are better able to deal with challenges and handle stressful situations (Chi et al., 2011). For maintaining good physical and mental health, perceived social support is crucial. Overall, it seems that having high-quality positive perceived social support can improve stress tolerance, help prevent the emergence of trauma-related psychopathology, lessen the functional repercussions of trauma-induced disorders like posttraumatic stress disorder (PTSD), and lower medical morbidity and mortality (Ozbay, F; et al).

While perceived social support is crucial for fostering resilience, self-esteem is also strongly influenced by it. Perceived social support fosters the development of positive self-concept, which has a direct and indirect effect on mental health through elevating self-esteem.

More positive self-esteem in young adulthood is correlated with higher perceived social support, and vice versa. According to research by Nolen-Hoeksema and Davis (1999), those with high self-esteem are more likely to feel social support, while those with low self-esteem are more likely to exhibit shyness, vulnerability, and negative emotions (Taylor, Peplau, & Sears, 2000). According to Coleman and Hendry (1990), those who have high self-esteem tend to be content, healthy, productive, and successful. They also spend more time overcoming challenges, accept others, and are less likely to succumb to peer pressure. According to the study, those with poor self-esteem tend to be nervous, pessimistic, have negative beliefs about the future, and have a tendency to fail. A person who has high self-esteem is better able to solve problems, make decisions, try new things, and take healthy risks. They are also more likely to speak up in groups and offer constructive criticism of other people's ideas.

Variables

Perceived social support-

The term "perceived social support" describes how people view their friends, family members, and other people as sources of practical, emotional, and all-around help when they are in need. Because perceived levels of caring, love, and support can lead to satisfying experiences, perceived social support has repeatedly been linked to wellbeing (e.g., Siedlecki et al., 2014). A person reaches this point when they feel that their internal personal relationships provide them with enough support and fulfilment.

Compared to actual social support, perceived social support is more advantageous. It is the cognitive assessment of being consistently linked to others in times of need (Barrera 1986). According to a review, improved physical and mental health outcomes are also associated with increased perceived social support. It has a good relationship with resilience, self-concept, self-esteem, fewer symptoms of depression, life satisfaction, etc.

The different types of social support include:

1. Emotional – Showing compassion, love, trust, and empathy.
2. Instrumental- Services and tangible assistance.
3. Informational - Tips, recommendations, and knowledge.

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4. Appraisal - knowledge that is helpful for one's own assessment.

Self esteem -

Confidence in one's own abilities or worth is referred to as self-esteem. Self-esteem includes one's self-perceptions as well as emotional states including joy, anguish, pride, and shame. You feel good about yourself and believe that you are worthy of other people's respect when you have a healthy sense of self-worth. Low self-esteem causes you to place little significance in your ideas and opinions. According to Rosenberg (1965), self-esteem is tied to one's sense of value and can be either specific or general.

Decision-making, relationships, emotional health, and general well-being are all impacted by self-esteem. Additionally, it affects motivation since those who have a healthy, positive self-view are aware of their potential and may be motivated to take on new challenges.

Key elements of self-esteem include:

- Self-confidence
- Feelings of security
- Identity
- Sense of belonging
- Feeling of competence

Factors That Affect Self-Esteem

There are many factors that can influence self-esteem. Your self-esteem may be impacted by:

- Age
- Disability
- Genetics
- Illness
- Physical abilities
- Socioeconomic status²
- Thought patterns

Resilience-

Resilience is the process and result of overcoming difficult or demanding life situations, particularly through mental, emotional, and behavioural flexibility and adaptation to internal and external challenges.

People that are resilient are better able to accept and adjust to their circumstances and go on. It's your capacity to endure hardship, recover, and advance despite setbacks in life," By Amit Sood.

The following are some variables that contribute to resilience: * Social support Research indicates that one's supportive social systems, which can include immediate or extended family, community, friends, and organisations, develop resilience in individuals through times of crisis or trauma.

- Self-confidence In the face of difficulty, one might avoid feeling helpless if they have a healthy sense of self and confidence in their abilities.
- Coping strategies Coping and problem-solving strategies provide someone the strength to face challenges head-on.

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- Communication abilities Having good communication skills enables individuals to seek assistance, mobilise resources, and take action.
- The ability to control potentially overwhelming emotions is referred to as emotional regulation (or seek assistance to work through them).

According to research that was published in the journal *Ecology and Society* in 2015, social institutions that offer support during times of crisis or trauma improve an individual's resilience. Relatives members, friends, the community, organisations, and extended family can all provide social support.

Realistic planning, self-esteem, coping mechanisms, communication prowess, and emotional control.

Need for the study-

To understand the importance of Perceived social support in Self-esteem and resilience level of young adults. Young adults who have positive perceived social support have higher level of confidence to tackle with issues and problems in different way than the ones with weaker or negative perceived social support. The majority of people with positive support have positive outlook towards life, have more positive self-esteem and they are able to come back to pre-crisis situation a little bit faster. This study will able to predict how having a positive perceived social support positively correlates with Self-esteem and Resilience.

REVIEW OF LITERATURE

National

- Safwa, K., & Shari, B. (2022) The goal of this study is to determine the relationship between young adults' relationships with their parents and their perceptions of social support. For the study, 134 young adults from India (105 females and 29 males) were chosen using a purposeful sampling method. The findings show no relationship between self-esteem and parental relationships, but do show a strong relationship between self-esteem and perceived social support. The study also discovered that, unlike gender or marital status, the amount of employment has an impact on young individuals' sense of self-worth.
- Ahammed, H. (2021) The purpose of this study is to better understand how parents of children with autism spectrum disorder feel about their quality of life, their stress as parents, and their perception of social support. 40 parents make up the study's sample. 40 biological parents who live in Bangalore, India were enrolled as study participants (23 men; 17 moms). According to the results of the independent t-test, there is no appreciable difference in the quality of life mean scores between moms and fathers of children with autism spectrum disorder. Parents of children with autism spectrum disorder were found to have a highly significant negative link between quality of life and parental stress, according to Pearson product moment correlation data.
- Rani, K. (2016) The purpose of the current study was to ascertain the relationship between Psychological Well-Being (PWB) and Perceived Social Support (PSS) in young working adults and (ii) investigate gender differences in this relationship. 286 people between the ages of 21 and 28 volunteered to take part in the study. The findings showed a substantial positive association between PSS and PWB, meaning

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that the greater the PSS level, the higher the PWB level. Additionally, there were noticeable gender disparities in the PSS, with women reporting higher levels of social support than males and women also reporting higher levels of support from two of the three types of sources: family and friends.

- Sharma, P. (2022) The aim of the study was to comprehend how basic psychological needs are met in relation to pupils' aggression and sense of self. 140 young adults who were college students participated in the study. The findings showed a substantial positive link between self-esteem and the fulfilling of fundamental psychological demands. Additionally, they showed a strong inverse relationship between violence and the fulfilling of fundamental psychological demands.
- Mohapatra, S. & Panda, S. (2022) The goal of the current study was to compare the effects of relapse on alcoholics' self-efficacy, perceived social support, and emotional intelligence. 100 alcohol abusers from various demographic backgrounds made up the sample. Ages of the participants ranged from 18 to 38, respectively. The findings showed a strong negative association between self-efficacy, emotional intelligence, and perceived social support and relapse in alcohol addicts. The implications for counselling alcoholics were also covered.
- Walia, P. (2020) The purpose of this study is to examine how senior citizens who are living at home or in institutions perceive their quality of life and social support. A cross-sectional survey of 120 seniors between the ages of 60 and 80 was undertaken for the study. This study compares older citizens who live at home and in institutions in terms of their quality of life, social support, and contentment.

International Researches-

- Liu, Q., Jiang, M., Li, S., & Yang, Y. (2021) The aim of this study is to examine the mutual effects of self-esteem and common mental health problems (CMHPs) as well as the mutual effects of self-esteem and resilience in early adolescence. The recruited participants were 1015 adolescents aged 12.7 years from two junior high schools. Self-esteem positively predicted resilience with the standardized direct effect of 0.279 and the opposite effect was 0.221. Social support was a protective factor for mental health status. The findings of mutual effects of self-esteem and CMHPs as well as self-esteem and resilience can provide researchers and practitioners with a conceptual framework that can help them build effective intervention methods to promote adolescent mental health status.
- Grey, I., Arora, T., Thomas, J., Saneh, A., Tohme, P. & Habib, R. (2020) The aim of the present study was to examine the role of perceived social support pertaining to a range of psychological health outcomes amongst individuals undergoing social isolation and social distancing during COVID-19. A total of 2,020 participants provided responses to an online cross-sectional survey. Individuals experiencing self-isolation had significantly higher rates of depression, irritability and loneliness compared to those who were not. The risk for elevated levels of depression symptoms was 63% lower in individuals who reported higher levels of social support compared to those with low perceived social support.

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- Bojmel, L., Shahar, G., Abu-Kaf, S. & Margalit, M. (2021) The aim of this study was to examine the potentially facilitating role of perceived social support vis-à-vis hope as well as the mediating role of loneliness between perceived social support and hope. assessed perceived social support, loneliness, and hope in 400 adults per country (N = 1,200). In all three countries, perceived social support predicted elevated hope, although the effect was smallest in the UK. Loneliness mediated this effect in all three countries, although full mediation was attained only in the UK.
- Paykani, T., Zimet, G., Esmaeili, R., Khajedaluae, A., & Khajedaluae, M. (2020) The aim of the current study was to assess the effects of perceived social support on compliance with stay-at-home orders in response to a COVID-19 outbreak during the Persian New Year (Nowruz) holidays. This cross-sectional survey was carried out based on phone interviews of 1073 adults aged over 18 years. 20.5% of participants reported poor compliance with stay-at-home orders during the first 2 weeks of Nowruz. Clear social gradients were not found in stay-at-home compliance. When controlling socio-demographic factors, perceived social support, interestingly, both fostered and hindered people's compliance with stay-at-home orders, depending on the source of support from family members, friends and a significant other person.
- Karaer, Y. & Akdemir, D. (2019) The aim of this study is to investigate parental attitudes, perceived social support, emotion regulation and the accompanying psychiatric disorders seen in adolescents who, having been diagnosed with Internet Addiction (IA), were referred to an outpatient child and adolescent psychiatric clinic. Of 176 adolescents aged 12–17, 40 were included in the study group. The results showed that the parents of adolescents with IA were more frequently inadequate in acceptance/involvement, supervision/monitoring and they had less emotional availability.
- Ikiza, F., & Cakar, F. (2010) This study investigates the relation between perceived social support levels and self-esteem levels of adolescents. It is a descriptive study. Participants were 257 adolescents from different high schools from Burdur, in Turkey. Results showed that according to gender, there is a statistically significant difference on the perceived peer and teacher support levels however there is no difference on self-esteem levels. A statistically significant positive relation between perceived social support levels and self-esteem levels of adolescents was found.

METHODOLOGY

Aim

To Study the effect of Perceived Social Support on Self Esteem and Resilience Among Young adults.

Objective

- To Study Gender Differences in Perceived Social Support, Self Esteem and Resilience among young Adults.
- To Study the Relationship Between Perceived Social Support and Self Esteem Among Young adults.
- To Study the Relationship Between Perceived Social Support and Resilience Among Young adults.

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Hypothesis

- H1- There Will Be Significant Difference between Perceived Social Support, Self Esteem and Resilience in males and females.
- H2- There Will Be Significant Relationship Between Perceived Social Support with Self Esteem and Resilience.

Sample

Sample of 100 Adolescents (50 = Male And 50 = Female).

Inclusion Criteria

- Age Range of Participants Were Between 18-26 years
- An Indian by Nationality.

Variable

- Independent Variable – Perceived Social Support
- Dependent Variable – Self Esteem and Resilience.

Tools Description

1. **Multidimensional Scale of Perceived Social Support (MSPSS)** - It Was Developed By Zimet GD, Dahlem NW, Zimet SG, Farley GK. The MSPSS Is A 12-Item Scale Designed to Measure Perceived Social Support from Three Sources: Family, Friends, And A Significant Other. Scores Are Given As '1' (Very Strongly Disagree) To '7' (Very Strongly Agree) With Maximum Score 84. The Reliability of Total Scale Was .88. This Tool Has Strong Factorial Validity and Moderate Construct Validity.
2. **Rosenberg Self Esteem Scale (RSES)** – It is developed by Rosenberg, M in (1965). A 10-item scale that measures global self-worth by measuring both positive and negative feelings about the self. The scale is believed to be uni-dimensional. All items are answered using a 4-point Likert scale format ranging from strongly agree to strongly disagree. Internal consistency for the RSE range from 0.77-0.88. Test-retest reliability range from 0.82-0.85.
3. **Nicholson Mcbride Resilience Questionnaire - (NMRQ)** is a 12 item measure on resilience, created by Mcbride]. it is measured on a five point likert scale, ranging 22 from 'strongly disagree' to 'strongly agree'. scores 0-37 a Developing Level of Resilience, Scores 38-43 Indicate an Established Level of Resilience, Scores 44-48 Indicate A Strong Level of Resilience and Scores 49-60 Indicate an Exceptional Level of Resilience. The Reliability Estimated by Cronbach's Alpha = .76

Statistical Analysis

Descriptive and Inferential Statistics Methods is to be done using SPSS Volume 25.

Expected outcome

Perceived social support will be given much more importance than the actual social support. Also, people will be able to know that how perceived social support impacts the self-esteem and problem coping skill in young adults.

ANALYSIS AND RESULT

Table 1. Represents the group statistics of all the three variables- Perceived Social Support, Self Esteem and Resilience.

Variables	Gender	N	Mean	Std. Deviation
Perceived Social Support	Male	50	62.12	13.38
	Female	50	64.82	15.5
Self Esteem	Male	50	20.7	5.37
	Female	50	21.28	6.5
Resilience	Male	50	43.34	7.88
	Female	50	42.05	7.64

Table 2. Represents 't value' for all the three variables - (Gender diff)

Variables	T-Value	DF	Sig (2-tailed)	Mean Difference	Std. Error Difference
Perceived Social Support	0.908	91	0.365	2.7	2.12
Self Esteem	0.48	95	0.63	0.58	1.13
Resilience	0.82	98	0.40	1.29	0.24

P<0.05 is considered as significant.

Perceived social support- Perceived social support, T value is 0.908 with a corresponding value of P is 0.365 which is more than 0.05. This implies that there is very minimal or no gender difference in perceived social support.

In Self-esteem and Resilience, T value is 0.48 with corresponding P (0.63) / and 0.83 with corresponding P (0.40) which is more than 0.05. Thus, there is no or minimal significant differences in Self-esteem and resilience across gender.

Table 3. Represents the significant Relationship between Perceived Social Support with Self Esteem and Resilience.

Dependent Variable	Perceived Social Support	N
Pearson's Correlation with Self esteem	0.472	100
Pearson's Correlation with Resilience	0.597	100

It represents correlation of Perceived Social Support with Self-esteem and Resilience.

Perceived social support with Self-esteem - The findings show-There is a significant positive correlation between Perceived social support with Self-esteem (r=0.472). This means the more the perceived social support, more will be the person's self-esteem. Or vice versa. They are positively correlated.

Perceived social support with Resilience- The findings show-There is a significant positive correlation between Perceived social support with Resilience (r=0.597). This means more the perceived social support; the person will be better in coping with the problem i.e., more resilient. They are positively correlated.

Hypothesis 2 (There Will Be Significant Relationship Between Perceived Social Support with Self Esteem and Resilience.) is ACCEPTED.

RESULT AND DISCUSSION

Perceived social support plays a very important role in our daily lives. Having someone you can rely on or 'having your back' is a very important and precious thing to have now days when people are so busy with their lives. It gives a person a sense of security and reassurance that whatever happens someone is there to protect them or help them whenever they need either in an everyday situation or a specific moment of crises (Taylor, 2011). Perceived social support is positively correlated with self-esteem, problem coping abilities, self-worth and well-being. It basically gives the perception that the person is valued and accepted. It also plays a Crucial role in your physical health, Studies have found that having a perceived social support can result in lower blood pressure and higher immunity when Facing some difficult tasks. Social support basically can be Perceived from three sources friends, family and significant other.

The purpose of this current study was to investigate the effect of Perceived social Support on Self-esteem and Resilience among young adults. The relationship was evaluated by studying each variable carefully. For the study a sample of 100 young adults (50 females and 50 males) between the age range of 18-26 were selected. A questionnaire was created which consisted of three standardize test - Multidimensional Scale of Perceived Social Support (MSPSS), Rosenberg Self Esteem Scale (RSES) and Nicholson McBride Resilience Questionnaire - (NMRQ). The questionnaire was administered using Google forms.

Upon data collection, SPSS volume 25 was used for analysis. Descriptive and inferential statistics was conducted to interpret the results. The t-test was conducted to enumerate the extent to which Perceived Social Support is influenced by gender differences. Pearson Correlation coefficient was calculated to enumerate the Effect or impact of Perceived social support with Self Esteem and Resilience in young adults. The results were calculated and it was found that mean of Perceived Social support (M=62.2 and F=64.82) doesn't show much gender differences or no gender differences. Males and females equally perceive their social support and it tends to impact their resilient skills and self-esteem in positive manner. The correlation between perceived social support with self-esteem and perceived social support with resilience were also found to be Positive. It was calculated by using Pearson's Correlation test.

Hence, it proved that Perceived Social support is positively correlated with self-esteem and resilience among young adults.

A obzay, F (2007) Positive perceived social support can enhance resilience to stress, help protect against developing trauma-related psychopathology, decrease the functional consequences of trauma-induced disorders, such as posttraumatic stress disorder (PTSD), and reduce medical morbidity and mortality. social support seems to moderate genetic and environmental vulnerabilities for mental illness, possibly by effects through other psychosocial factors, such as fostering effective coping strategies, and through effects on multiple neurobiological factors. Perceived social support may improve psychological health through its effect on self-worth, sense of security and belonging, which are components of higher self-esteem. Social support provides a reassurance of self-worth, as it gives the perception that one is valued and accepted by others.

CONCLUSION

Perceived social support has always been given one extra point more in the importance criteria as it is perceived to be more crucial in our lives than actual perceived support. It

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gives a feeling of Power, strength and courage as social support comes out from people you are surrounded by and around you. Having someone who you can rely on and who is your support in tough situations and helps you to deal with the crisis and grow upon them is very important in this fast and furious world. Humans basically perceived support from their Family, Friends and Significant other. Those, who are always by their side. A study by (Narayan, S) postulated that as a crucial coping mechanism, perceived social support can assist teenagers in creating positive self-images, boosting self-esteem, and improving self-evaluation. Also, Perceived Social support can help individuals to develop positive self-images, increase self-esteem, and improve self-evaluation as a key coping strategy. In addition to directly promoting mental health, social support can also have a positive impact on self-esteem, which has a knock-on effect on mental health. Hence this study was conducted to know the effect of Perceived social support on Self-esteem and Resilience in young adults with sample size of 100 voluntary young adults - 50 males and 50 females. The results were tabulated in the tabular form which showed That perceived social support positively impacts the person's Self-esteem and Resilience. Both are positively correlated. Individuals with High Perceived Social Support tends to have high level of self-esteem and Resilience levels. They have positive self-worth of themselves and are tend to cope better than individuals with lower perceived social support. Thus, Hypothesis one is rejected and Hypothesis two is accepted.

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Conflict of Interest

The author(s) declared no conflict of interest.

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