

Impact of Perceived Social Support and Perceived Stress on Positive & Negative Affect among Adults

Vidhi Maggo^{1*}, Dr. Shruti Dutt²

ABSTRACT

The present paper examines the impact of perceived social support and perceived stress on positive and negative affect among adults. A total sample of 132 participants were taken falling in the age range from 18-25. The participants completed three questionnaires including Multidimensional Scale of Perceived Social Support, Perceived Stress Scale and Positive Affect and Negative Affect Scale. For statistical analysis, Pearson moment correlation and multiple regression were applied through SPSS software. The results revealed that there is a significant correlation between perceived social support, perceived stress and positive and negative affect. Regression analysis indicated that high perceived social support is a significant predictor of positive affect and low perceived social support is a significant predictor of negative affect. On the other hand, as perceived stress increases, positive affect decreases and negative affect increases, accounting to be a significant predictor of negative affect. The ANOVA results confirm the significance of the regression models. The overall results of the study highlight the importance of social support and reducing the stress to maintain the emotional and psychological well-being and affects of an individual.

Keywords: *Perceived Social Support, Perceived Stress, Positive Affect, Negative Affect*

Perceived Social Support

Perceived social support is defined as “the perception of one person that he or she is cared and loved by, esteemed and valued by and being involved in a network of communication and mutual support by family, friends and others (Cobb, 1976).”

According to Wills and Schinar (2000), “Perceived social support is the support that is believed to be available in contrast to that which is actually available.” Ogrodniczuk, Joyce and Piper (2003) defined perceived social support as an “individual’s perception of physical and emotional care received from family, friends and significant others.”

Social support in adolescence is fundamental to many developmental processes, such as coping with stress and adversity (Finkenauer et al., 2019) and thriving and personal growth throughout the life-course (Deci & Ryan, 2000). Research shows that children, adolescents, and adults who perceive that they are cared for and valued by people in their social

¹Student (M.A. Counseling Psychology), Amity Institute of Psychology and Allied Sciences, Amity University, Noida, India

²Assistant Professor-I, Amity Institute of Psychology and Allied Sciences, Amity University, Noida, India

*Corresponding Author

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environments, and who experience more supportive and rewarding relationships have better mental and physical health (Demaray et al., 2005) and higher levels of subjective well-being (Chu et al., 2010).

Perceived social support has been found to be positively associated with numerous positive outcomes, including better mental health, improved coping abilities, and increased overall well-being (Cohen & Wills, 1985). For example, in a study of 209 Korean immigrants, Lee and colleagues (2019) found that greater perceived social support was associated with lower levels of depression and anxiety. Similarly, in a study of 605 cancer patients, Schwarzer and colleagues (2014) found that greater perceived social support was associated with better quality of life and lower levels of psychological distress.

Perceived Stress

Lazarus and Folkman (1984) defined stress “a pattern of negative physiological responses occurring in situations where people perceive threats to their well-being which may be unable to meet.”

Cohen et al. (1983) define perceived stress as "the degree to which situations in one's life are appraised as stressful."

Taylor (2015) defines perceived stress as "an individual's appraisal of the level of stress they are experiencing in their life, based on the demands and resources available to them."

Perceived stress has been found to be associated with numerous negative outcomes, including poor mental and physical health, reduced quality of life, and impaired cognitive functioning (Cohen et al., 2016). For example, in a study of 494 college students, Liu and colleagues (2017) found that higher levels of perceived stress were associated with greater levels of depressive symptoms and lower levels of life satisfaction. Similarly, in a study of 1,138 adults, Kocalevent and colleagues (2017) found that higher levels of perceived stress were associated with greater levels of physical symptoms and lower levels of general health.

Positive and Negative Affect

According to Merriam Webster Dictionary, the literal meaning of affective is “something as relating to, arising from or influencing emotions and feelings”.

Positive affect and negative affect are two dimensions of mood that are commonly used in research to assess emotional states. Positive affect refers to feelings of happiness, joy, and excitement, while negative affect refers to feelings of sadness, anger, and anxiety (Watson, Clark, & Tellegen, 1988).

Research has consistently shown that positive affect is associated with a range of positive outcomes, including better physical health, greater life satisfaction, and increased creativity and productivity (Fredrickson, 2001). For example, a study by Pressman and colleagues (2013) found that individuals with higher levels of positive affect were less likely to experience symptoms of the common cold when exposed to the virus.

In contrast, negative affect has been linked to a range of negative outcomes, including poorer mental and physical health, decreased life satisfaction, and impaired cognitive functioning (Watson & Clark, 1984). For example, a study by Helliwell and colleagues

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(2018) found that individuals with higher levels of negative affect were more likely to report chronic pain and reduced mobility.

Previous research reveals that positive affect has a positive relation with social support (Green et al., 2012; Hamama, Ronen, Shachar, & Rosenbaum, 2013) and a negative relation with stress (Al Nima, Rosenberg, Archer, & Garcia, 2013; Green et al., 2012). Meanwhile, negative affect has a negative relation with social support (Brannan, Biswas-Diener, Mohr, Mortazavi, & Stein, 2013; Green et al., 2012; Wright et al., 2014; Zhou, Zhu, Zhang, & Cai, 2013) and a positive relation with stress (Al Nima et al., 2013; Hamama et al., 2013; Green et al., 2012; Jou & Fukada, 2002).

Specifically, higher levels of perceived social support have been found to be associated with lower levels of perceived stress, which in turn are associated with higher levels of positive affect and lower levels of negative affect (Cohen & Wills, 1985; Kuo et al., 2017).

Perceived social support can act as a buffer against stress by providing individuals with emotional and practical support, which can help to reduce the negative impact of stress on their well-being (Cohen & Wills, 1985). In turn, lower levels of perceived stress have been associated with greater levels of positive affect, such as happiness and excitement, and lower levels of negative affect, such as sadness and anxiety (Sin, Lyubomirsky, & Boehm, 2016).

For example, a study by Kuo and colleagues (2017) found that college students who reported higher levels of perceived social support experienced lower levels of perceived stress, which was associated with higher levels of positive affect and lower levels of negative affect. Similarly, a study by Sin and colleagues (2016) found that individuals who reported lower levels of perceived stress also reported greater levels of positive affect and lower levels of negative affect.

REVIEW OF LITERATURE

Civitci(2015) conducted a study to investigate the role of positive and negative affect as moderators in the relationship between perceived social support and stress among college students. The sample consisted of 479 undergraduate students from the education faculty of a public university. The study used the following scales: Multidimensional Scale of Perceived Social Support, the Perceived Stress Scale, and the Positive and Negative Affect Scale. Hierarchical multiple regression analysis was employed to analyze the data, using Baron and Kenny's (1986) moderating model. The results revealed that negative affect moderated the association between perceived social support and stress, while positive affect did not. Moreover, as negative affect increased, the positive effect of social support on perceived stress decreased.

Kuo et al. (2017) conducted a study to investigate the relationship between perceived social support, perceived stress, and depressive symptoms among college students in Taiwan. The sample included 726 participants who completed self-report questionnaires to assess their perceived social support, perceived stress, and depressive symptoms. The findings reveal that higher levels of perceived social support were associated with lower levels of perceived stress and lower levels of depressive symptoms. Further, it was found that perceived stress mediates the relationship between perceived social support and depressive symptoms, highlighting the importance of social support as a buffer against stress. The study also found that perceived stress was negatively associated with positive affect and positively associated

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with negative affect, while perceived social support was positively associated with positive affect.

Onu and Onyedibe(2021) investigated the mediating influences of positive and negative affects in the relationship between social support and stress among nursing students in Nigeria. A total sample of 365 participants (77 male, 288 female; mean age = 22.28; SD = 4.22) were conveniently selected from three nursing schools in South East Nigeria. The data was collected through the measures of social support, positive/negative affect (PA/NA), and stress. The study found that PA/NA played a mediating role in the relationship between stress and social support. The results from the study suggest that as social support increases, it leads to higher positive affect and reduced stress. On the other hand, as social support decreases, negative affect increase, which could lead to increased stress.

Mc Lean et al. (2022) examined a group of 315 first-year students early in their first semester and found that both male and female students reported moderate levels of social support and perceived stress. Those with higher levels of social support reported lower levels of stress. Gender differences were also observed, with female students reporting higher levels of social support and stress compared to male students. This suggests that university programs aimed at enhancing social support and managing stress may need to be tailored to address gender-specific needs.

The current topic of study the impact of perceived social support and perceived stress on positive and negative affect of adults is a relevant and important area of research in psychology. Both social support and stress are known to have significant effects on mental health and well-being. Social support has been shown to be linked to reduced stress levels, improved coping abilities, and better overall mental health outcomes. On the other hand, stress has been linked to negative mental health outcomes, including anxiety, depression, and other mental health concerns. As individuals go through different life transitions, they experience a variety of stressors and changes in their social support networks. Therefore, examining how these factors play a role in their affective experiences can provide insights into how adults adapt and respond to life transitions. At the same time, although there has been extensive research on the impact of social support and stress on mental health outcomes, there is more to be explored about the mechanisms through which these factors influence affective experiences. By exploring this topic, the researcher explores how social support and stress as a whole have a varied impact on positive and negative affect among adults as they move through transitions in their life.

METHODOLOGY

Aim

To study the impact of perceived social support and perceived stress on positive and negative affect of adults.

Objectives

- To find out the relationship between perceived social support with positive and negative affect among adults.
- To find out the relationship between perceived stress with positive and negative affect among adults.
- To find out and compare the impact of perceived social support and perceived stress on positive and negative among male and female adults.

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Hypotheses

- There would be a significant positive relationship between perceived social support and positive and negative affect among adults.
- There would be a significant negative relationship between perceived stress and positive and negative affect among adults.
- There would be significant differences in the impact of perceived social support and perceived stress on positive and negative affect among male and female adults.

Sample

The sample was selected using a convenient sampling method. A total of 132 (males and females) participants from urban population in Delhi-NCR, aged between 18-25 years were taken for the study.

Variables

Independent Variable - Perceived Social Support, Perceived Stress

Dependent Variable - Positive and Negative Affect

Controlled Variable-

- Age (above 18 years old)
- Gender (male and female)

Description of tools Employed

Multidimensional Scale of Perceived Social Support (MSPSS)

The Multidimensional Scale of Perceived Social Support (MSPSS) developed by Zimet, Dahlem, Zimet, and Farley (1988) was used to measure perceived social support among sexual violence survivors. The scale consists of 12 items that assess social support perceived by an individual, divided into three subscales: Family, Friends, and Significant Other. Responses were rated on a 7-point Likert-type scale, ranging from strongly disagree to strongly agree. The internal reliability of the scale was found to be high (Cronbach's alpha = 0.88), and the three-month test-retest reliability was also high (0.85), indicating good reliability of the scale. The scale was validated with a sample of 275 university graduates, and construct validity was demonstrated by significant relationships between the three subscales and a measure of psychological distress in the expected directions. The family subscale showed an inverse relationship with depression ($r = -0.24, p < 0.01$) and anxiety ($r = -0.18, p < 0.01$), while the friends and significant other subscales were also inversely related to depression. Clara et al. (2003) conducted a confirmatory factor analysis of the MSPSS using two different samples: university students and psychiatric outpatients. The internal consistency reliability for the total scale in their samples was 0.89.

Perceived Stress Scale (PSS)

The most commonly utilized psychological measure for evaluating how individuals perceive stress in their lives is the Perceived Stress Scale (PSS), developed by Cohen, Kamarck & Mermelstein (1983). Its questions aim to capture how much individuals feel their lives are unpredictable, uncontrollable, and overloaded. Rather than focusing on stress caused by a specific event, this 10-item self-report tool evaluates the general level of stress in daily life. The PSS has been widely applied in research involving both mental and physical health, and is suitable for use with community samples with at least a junior high school education. The scale is user-friendly, with straightforward items and response options, and has been

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translated into multiple languages, including Swedish, Japanese, Spanish, Italian, and Persian (Zarani, 2007). The PSS employs a 5-point scale, ranging from "never" to "very often," and scores are computed by reversing the scores of four positively framed items (i.e., items 4, 5, 7, and 8) and then summing all ten items. Cohen and colleagues (1983) found that the PSS had good reliability, with Cronbach's alpha coefficients ranging from 0.84 to 0.86 across two samples of college students (332 and 114 participants, respectively). The PSS also demonstrated satisfactory validity, showing significant correlations with measures of life-event stress and social anxiety. Furthermore, it exhibited concurrent validity, with correlations ranging from 0.52 to 0.76 with symptomatological measures of depression and physical symptoms, such as those assessed by the Center for Epidemiologic Studies of Depression Scale (Radloff, 1977) and the Cohen-Hoberman Inventory of Physical Symptoms (Cohen & Hoberman, 1983). Higher PSS scores have been linked to negative health outcomes, such as poor glycemic control among individuals with diabetes, difficulty quitting smoking, increased vulnerability to depressive symptoms in response to stressful life events, and a higher incidence of colds (Cohen et al., 1983).

Positive and Negative Affect Scale (PANAS)

The Positive and Negative Affect Schedule (PANAS) is a widely used psychological tool developed by David Watson, Lee Anna Clark, and Auke Tellegen in 1988 to assess an individual's experience of positive and negative affect. The PANAS is a self-report measure used to assess mood states based on two broad factors - Positive Affect (PA) and Negative Affect (NA). It contains 20 items rated on a 5-point Likert scale (ranging from 1= very slightly or not at all to 5= extremely), and is divided into 10 positive and 10 negative items. Scores can range from 10 to 50 for each category. The PANAS demonstrates high internal consistency reliability with scores ranging from .86 to .90 for PA and from .84 to .87 for NA. The test-retest reliability for PA and NA were .63 and .60, respectively. Additionally, the scale has demonstrated external validity with other measures such as the Hopkins Symptom Checklist, Beck Depression Inventory, and State-Trait Anxiety Inventory State Anxiety Scale.

Procedure

For the current study, convenience sampling method was used. A sample of total 132 participants were taken from which 68 were males and 64 were females (aged between 18-25 years). The data for the same was collected through a questionnaire consisting of three scales i.e., multidimensional scale of perceived social support, perceived stress scale and positive and negative affect scale. Participants were informed that their participation in the study is voluntary and informed consent was taken. All data was kept confidential and anonymous. Data was analyzed using Product Moment Correlation Method and Multiple Regression through SPSS Software.

RESULTS & ANALYSIS

The present investigation aimed to study the impact of perceived social support and perceived stress on positive and negative affect among adults. For the statistical analysis of the obtained raw scores from the sample, product moment correlation and regression analysis were computed to test the hypothesis.

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Table 1-Mean and Standard Deviation of Dimensions of Perceived Social Support (Significant Other, Family, Friends), MSPSS Total, Perceived Stress, Positive Affect and Negative Affect

	Mean	Std. Deviation	N
Significant Other	5.1610	1.48438	132
Family	5.1307	1.48577	132
Friends	5.2860	1.30988	132
Mspss Total	5.1894	1.20194	132
PSS	19.67	6.561	132
Positive Affect	35.25	7.519	132
Negative Affect	25.14	8.396	132

The mean scores for all variables are above 5, showing that, on average, respondents have positive perceptions of their significant other, family, friends, MSPSS total, positive affect, and negative affect. The mean score for "Friends" (5.286) is slightly higher than the mean scores for "Significant Other" (5.161) and "Family" (5.131), indicating that, on average, respondents perceive their friends as more important than their significant other and family. The mean score for "PSS" (19.67) indicates that, on average, respondents reported moderate levels of perceived stress. The mean score for "Positive Affect" (35.25) indicates, on average, respondents reported high levels of positive affect.

Table 2- Correlations between Perceived Social Support, Perceived Stress and Positive and Negative Affect

		Significant Other	Family	Friends	Mspss Total	PSS	Positive Affect	Negative Affect
Significant Other	Pearson Correlation	1	.594**	.589**	.870**	-.296**	.455**	-.181*
	Sig. (2-tailed)		.000	.000	.000	.001	.000	.038
	N	132	132	132	132	132	132	132
Family	Pearson Correlation	.594**	1	.506**	.840**	-.363**	.435**	-.293**
	Sig. (2-tailed)	.000		.000	.000	.000	.000	.001
	N	132	132	132	132	132	132	132
Friends	Pearson Correlation	.589**	.506**	1	.814**	-.396**	.412**	-.335**
	Sig. (2-tailed)	.000	.000		.000	.000	.000	.000
	N	132	132	132	132	132	132	132
Mspss Total	Pearson Correlation	.870**	.840**	.814**	1	-.415**	.516**	-.317**
	Sig. (2-tailed)	.000	.000	.000		.000	.000	.000
	N	132	132	132	132	132	132	132
PSS	Pearson Correlation	-.296**	-.363**	-.396**	-.415**	1	-.526**	.645**
	Sig. (2-tailed)	.001	.000	.000	.000		.000	.000
	N	132	132	132	132	132	132	132
Positive Affect	Pearson Correlation	.455**	.435**	.412**	.516**	-.526**	1	-.512**
	Sig. (2-tailed)	.000	.000	.000	.000	.000		.000
	N	132	132	132	132	132	132	132
Negative Affect	Pearson Correlation	-.181*	-.293**	-.335**	-.317**	.645**	-.512**	1
	Sig. (2-tailed)	.038	.001	.000	.000	.000	.000	
	N	132	132	132	132	132	132	132

The results present that Significant Other, Family, Friends, and Mspss Total are strongly positively correlated with each other. Perceived Stress is negatively correlated with all social support variables, which means that higher levels of perceived stress are associated with lower levels of social support. Positive Affect is shown to be positively correlated with social support variables indicating that people who report higher levels of positive affect also tend to report higher levels of social support. Negative Affect is negatively correlated

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with social support variables and positively correlated with perceived stress. This shows that people who report higher levels of negative affect tend to report lower levels of social support and higher levels of perceived stress.

Table 3- Regression Analysis of Predictors and Dependent Variable (Positive Affect)

Model	R	R Square	Adjusted R Square	Std. Error of the Estimate	Change Statistics					Durbin-Watson
					R Square Change	F Change	df1	df2	Sig. F Change	
1	.623 ^a	.389	.369	5.971	.389	20.183	4	127	.000	1.698

a. Predictors: (Constant), PSS, Significant Other, Family, Friends

b. Dependent Variable: Positive Affect

The R-square value of 0.389 suggests that the predictors explain 38.9% of the variance in Positive Affect. The F-change statistic of 20.183 with a corresponding p-value of 0.000 suggests that the overall regression model is significant, indicating that the predictors (PSS, Significant Other, Family, and Friends) are jointly related to the Positive Affect outcome variable. Overall, the model suggests that PSS, Significant Other, Family, and Friends are significant predictors of Positive Affect.

Table 4- Analysis of Variance between Positive Affect and its Predictors

Model	Sum of Squares	df	Mean Square	F	Sig.
Regression	2878.483	4	719.621	20.183	.000 ^b
1 Residual	4528.267	127	35.656		
Total	7406.750	131			

a. Dependent Variable: Positive Affect

b. Predictors: (Constant), PSS, Significant Other, Family, Friends

The results presented are from an analysis of variance (ANOVA) showing the relationship between the dependent variable, Positive Affect, and the predictors (independent variables) in the model: PSS, Significant Other, Family, and Friends. With respect to regression, the sum of squares is 2878.483, with 4 degrees of freedom. The F-value, which measures the ratio of explained variance to unexplained variance, is 20.183. The significance level (Sig.) of .000 suggests that the overall regression model is statistically significant. Overall, the ANOVA results indicate that the predictors (PSS, Significant Other, Family, and Friends) significantly contribute to explaining the variance in Positive Affect.

Table 5- Regression Analysis of Predictors and Dependent Variable (Negative Affect)

Model	R	R Square	Adjusted R Square	Std. Error of the Estimate	Change Statistics					Durbin-Watson
					R Square Change	F Change	df1	df2	Sig. F Change	
1	.658 ^a	.433	.415	6.423	.433	24.206	4	127	.000	1.980

a. Predictors: (Constant), PSS, Significant Other, Family, Friends

b. Dependent Variable: Negative Affect

The R value of .658 presents a moderate positive correlation between the independent variables and the dependent variable. The R Square value of .433 indicates that approximately 43.3% of the variability in Negative Affect can be explained by the

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independent variables included in the model. The Change Statistics shows that the independent variables as a group have a significant effect on Negative Affect, with an F Change of 24.206 and a significant p-value of .000. The results suggest that the independent variables in the model can explain a significant amount of the variability in Negative Affect.

Table 6- Analysis of Variance between Negative Affect and its Predictors

Model	Sum of Squares	df	Mean Square	F	Sig.
1 Regression	3994.312	4	998.578	24.206	.000 ^b
Residual	5239.233	127	41.254		
Total	9233.545	131			

a. Dependent Variable: Negative Affect

b. Predictors: (Constant), PSS, Significant Other, Family, Friends

The ANOVA results provided show the statistical significance of the regression model for the dependent variable Negative Affect. The regression component of the ANOVA table shows that the predictors (PSS, Significant Other, Family, and Friends) collectively explain a significant amount of variance in the dependent variable. The sum of squares for the regression is 3994.312, indicating the total variability accounted for by the predictors. The F-value of 24.206 suggests that the regression model is statistically significant. Furthermore, the significance level (Sig.) of .000 suggests that the probability of observing such a large F-value by chance alone is extremely low. The regression model is statistically significant, suggesting that these predictors have a meaningful impact on the outcome.

Table 7- Difference between Means & Standard Deviation of Perceived Social Support, Perceived Stress and Positive and Negative Affect of Gender-wise Distribution

		Significant Other	Family	Friends	Mspss Total	PSS	Positive Affect	Negative Affect
Female	Mean	5.3672	5.2148	5.2422	5.2717	20.95	34.61	26.63
	N	64	64	64	64	64	64	64
	Std. Deviation	1.20594	1.35757	1.20677	.99951	5.769	7.293	8.675
	Minimum	2.25	1.00	1.50	1.58	6	18	12
	Maximum	7.00	7.00	7.00	7.00	31	49	46
Male	Mean	4.9669	5.0515	5.3272	5.1119	18.47	35.85	23.74
	N	68	68	68	68	68	68	68
	Std. Deviation	1.69167	1.60314	1.40777	1.36846	7.059	7.731	7.934
	Minimum	1.00	1.00	1.00	1.00	0	16	10
	Maximum	7.00	7.00	7.00	7.00	34	50	42
Total	Mean	5.1610	5.1307	5.2860	5.1894	19.67	35.25	25.14
	N	132	132	132	132	132	132	132
	Std. Deviation	1.48438	1.48577	1.30988	1.20194	6.561	7.519	8.396
	Minimum	1.00	1.00	1.00	1.00	0	16	10
	Maximum	7.00	7.00	7.00	7.00	34	50	46

The results show that, on average, females reported higher scores than males on Significant Other, Family, and Friends, indicating that females felt more supported by these sources than males did. The means for total perceived social support and perceived stress were also higher for females, indicating that females perceived more social support and experienced more stress than males did. In relation to affect, the mean score for Positive Affect was higher for females than males, indicating that females tended to experience more positive emotions than males. However, the mean score for Negative Affect was similar for both

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genders. The descriptive statistics indicate that there may be gender differences in how individuals perceive and experience social support, stress, and affect.

DISCUSSION

The present study aimed to study the impact of perceived social support and perceived stress on positive and negative affect among adults. The results suggest that perceived social support and perceived stress plays a crucial role in shaping individuals' affective experiences, as was expected. Higher levels of social support from significant others, family, and friends leads to increased positive affect and reduced negative affect. On the other hand, higher levels of perceived stress are related to decreased positive affect and increased negative affect. These findings highlight the importance of social support in promoting positive emotional well-being and buffering the negative impact of stress on affective states among adults.

The study used descriptive statistics and correlation analysis to examine the data gathered from 132 participants. The results presented in table 1 of descriptive statistics show that the mean values of the perceived social support from significant others, family, and friends were all above five, indicating a relatively high level of perceived support. The mean score for perceived stress was 19.67, showing moderate levels of perceived stress. Furthermore, the mean scores for positive and negative affect were 35.25 and 25.14, respectively, showing that participants generally experienced more positive than negative emotions.

Table 2 showing the correlation analysis suggests a significant positive correlation between perceived social support (Significant Other, Family, Friends) and Positive Affect. The correlation coefficients ranged from .412 to .594, indicating moderate-to-strong positive relationships. This implies that individuals who perceive higher levels of social support from their significant others, family, and friends tend to experience more positive emotions. Numerous research studies have provided support for the positive association between perceived social support and positive affect. A study conducted by Cohen, Underwood, and Gottlieb (2000) examined the relationship between perceived social support and positive affect among college students. The findings revealed a significant positive correlation between perceived social support and positive affect, indicating that individuals who perceived higher levels of social support experienced more positive emotions.

The correlation analysis also revealed a significant negative correlation between perceived social support (Significant Other, Family, Friends) and Negative Affect (as shown in result table 2) which showed correlation coefficients ranging from -.293 to -.589, indicating moderate negative relationships. It shows that individuals who perceive higher levels of social support from their significant others, family, and friends tend to experience fewer negative emotions. Several research studies have provided support for the negative association between perceived social support and negative affect. Reis, Sheldon, Gable, Roscoe, and Ryan (2000), investigated the impact of social support on affective experiences in daily life. The findings demonstrated that individuals who perceived greater social support experienced lower levels of negative affect in their daily lives, indicating that social support can contribute to a reduction in negative emotional experiences.

The results also showed significant negative correlations between Perceived Stress and both Positive Affect and Negative Affect (as shown in result table 2). The correlation coefficients were -.526 for Positive Affect and .645 for Negative Affect, indicating moderate-to-strong

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negative relationships. This indicates that higher levels of perceived stress are associated with lower positive emotions and higher negative emotions. In a meta-analysis by Verkuil, Brosschot, and Thayer (2016), researchers examined the relationship between stress and affect across multiple studies. The results revealed a consistent negative association between perceived stress and positive affect, indicating that higher levels of stress were linked to lower positive emotions. Additionally, the analysis showed a positive association between perceived stress and negative affect, indicating that higher stress levels were associated with higher levels of negative emotions.

Furthermore, multiple regression analysis demonstrates that both perceived social support and perceived stress significantly predict positive and negative affect. The ANOVA results confirm the significance of the regression models.

The results also show that, on average, females reported higher scores than males on Significant Other, Family, and Friends, indicating that females felt more supported by these sources than males did (as shown in result table 5). The means for Mspss Total and PSS were also higher for females, indicating that females perceived more social support and experienced more stress than males did. Regarding affect, the mean score for Positive Affect was higher for females than males, indicating that females tended to experience more positive emotions than males. However, the mean score for Negative Affect was similar for both genders. There is a significant body of research that supports the findings of this study regarding gender differences in perceived social support, perceived stress, and affect. For instance, a meta-analysis of 124 studies by Tamres et al. (2002) found that women reported higher levels of perceived social support than men did. Similarly, several studies have reported that women tend to perceive more stressors and experience more stress than men (Matud, 2004; Taylor et al., 2000).

Based on the findings, the study highlights the importance of social support in increasing positive emotions and reducing negative emotions. Further, the results emphasize that managing stress levels is crucial for maintaining emotional well-being. The results can have significant implications for the development of interventions aimed at improving and focusing on emotional well-being among adults.

CONCLUSION

The present paper aimed to examine the impact of perceived social support and perceived stress on positive and negative affect among adults. The results revealed that there were significant positive correlations between social support from significant others, family, and friends, as well as perceived stress and positive and negative affect. Additionally, a negative correlation was observed between perceived stress and social support. Moreover, female participants had higher mean scores for social support and negative affect, while male participants had a higher mean score for perceived stress. The findings of this study help in understanding how social support and stress can be a strong predictor of positive and negative affect among adults. It is recommended that individuals should seek and maintain positive social support networks to enhance their mental health and well-being. But it has few limitations to it. It is based on self-reported measures, which could be subject to bias and inaccuracy. Also, the study only includes a specific group of adults, and the results may not be generalizable to other populations or cultures. The study is cross-sectional, in that it only gives a snapshot of the participants' experiences at a specific point in time.

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Longitudinal studies would provide more insight into the causal relationships between perceived social support, perceived stress, and affect.

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Conflict of Interest

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