

Impact of Perceived Social Support on Life Satisfaction

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ABSTRACT

This research paper attempt to study the impact of perceived social support on life satisfaction among young adults. Regression analysis and convenient sampling technique with a sample of 82 sample both male and female were selected for the study. the age of the participants for study was 18-25 years. The scales used were Satisfaction with Life Scale (SWLS) and Multidimensional Perceived social support. The result showed that significant others have a strong impact on life satisfaction and there is relationship of family and significant others on life satisfaction among young adults.

Keywords: *Perceived Social Support, Family, Friends, Significant Others with Life Satisfaction*

Perceived social support is when an individual believes there are family and friends to support psychologically, physically, materialistically him or her during the time of needs. The general definition, which treats support as the objectively available network of contacts providing a sense of interpersonal relationships, acceptance, and security as well as the possibility of receiving various types of help in a difficult situation.

By taking into account the subjective or objective traits of relationships with others, social support should also be taken into account. The perceived social support was defined according to Wang (2014) as a help or care provided by other people that the persons can notice or feel, it includes emotional concern, reassurance, direction, and giving information or motivation.

Life satisfaction refers to a broad, emotive, and self-reflective perspective on life. It is a process of subjective perception and assessment that takes into account the perspective of the past together with the affect. When determining one's level of pleasure, certain criteria are typically personally matched in the context of the assessment and living one's own life processes. The structure of life pleasure is more durable than sensory experiences, while it is not as enduring as the will of life (Czapiski, 2004) or the quality of life (Nettle, 2005). This definition of life satisfaction provides a comprehensive framework for describing subjective well-being. In terms of attitude towards life, subjective well-being comprises both the emotional and the cognitive elements. Life-satisfaction is sometimes defined as a three-

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Impact of Perceived Social Support on Life Satisfaction

dimensional construct consisting of life satisfaction, happy emotions, and the absence of negative emotions (Diener, Oishi, Lucas, 2003).

Relationship between perceived social support and life satisfaction

Positive interpersonal connections are one aspect of human well-being, according to (Ryff et al.2001). The Relationships play a significant role in psychological wellbeing because they enable human flourishing (Ryff and Singer,2000). Similar to this, several scholars (Myers, 2004; Baumeister, Leary, 1995; Argyle, 2004a, 2004b) view interpersonal interactions as the most fundamental human need and the main driver of wellbeing.

By taking into account the subjective or objective traits of relationships with others, social support should also be taken into account. This criterion permits highlighting both actual and imagined support. The first one is measured by gathering and summarizing the relationship's objective traits, its scope, the degree of kinship and intimacy between the partners, and the actual practical and psychological advantages of being in a relationship. A subjective depiction (psychological representation) of the true scope of the relationships and the advantages they bring is known as perceived social support. Usually, perceived and actual support are the same, although this is not always the case. One of the aspects of structural social support is the satisfaction with interpersonal relationships at different levels of kinship and intimacy. The satisfaction with the interpersonal relationships especially within married couples and relationships with friends takes the highest or nearly the highest place among the conditions for happiness (Social Diagnosis 2005; 2009) and loneliness is negatively correlated with positive emotions and life-satisfaction (Argyle, 2004a, 2004b). The relation between taking care of relationships, the satisfaction with them and the high quality of life can be explained by two theories, the theory of attachment (Bowlby, 1969) and the theory of intimacy (Nezlek, 2000).

REVIEW OF LITERATURE

Study on Spiritual well-being, perceived social support, and life satisfaction among university students (Alorani & Alradaydeh 2017), the purpose was to find the relationship between them. A convenience sample of 919 students from the University of Jordan was studied using a cross-sectional descriptive-correlation design. Students at universities reported moderate levels of spiritual well-being and perceived social support, as well as being slightly satisfied with their lives. A significant positive correlation was found between spiritual well-being and perceived social support, as well as a positive correlation between perceived social support and life satisfaction.

The goal of another study was to look into the relationship between attachment and perceived social support and life satisfaction in college students. This study's statistical community included all male and female students at Shahid Beheshty University who were enrolled in the 2009-2010 academic year. The sample group consisted of 293 college students who were chosen using a multistage random sampling method and studied. The perceived social support scale was used as an assessment tool. The results showed that the direct effect of attachment and perceived social support on life satisfaction was significant, as was the direct effect of attachment on perceived social support. Furthermore, the indirect effect of attachment on life satisfaction was significant, as was the total effect of perceived social support and attachment on life satisfaction. (Shahyad,.et.al. 2011)

In research conducted by Kasprzak,2010 revealed the strongest determinants of life-satisfaction are practical support and the satisfaction with the relationships with friends.

Impact of Perceived Social Support on Life Satisfaction

After the social training the structure of the determinants changed. The factors which were relevant before the training appear to be insignificant now; however, the emotional support, satisfaction with family relationships and the number of friends gain in importance. The social skills training was also effective and increased the level of life-satisfaction.

METHODOLOGY

Research question

Is there a relation between perceived social support and life satisfaction young adults and do gender play any role in it?

Hypotheses

- **H₀** There is significant relationship between perceived social support and life satisfaction among young adults.
- **H₁** Perceived social support has an influence on life satisfaction.

Variables

- Perceived social support is said to be the support one assumes to get by family, friends or any other specific person at the time of need. It can be social, physical, psychological or any other.
- Life satisfaction is when one feels complete in cognitive, affective, psychological ways and so on. It's like self-evaluation of one's own life patterns and the way it's going on. Life satisfaction is an individual's self-evaluation of their quality of life determined using their own rules (Shin and Johnson, 1978). Life satisfaction is the cognitive component of subjective well-being (Pavot and Diener, 1993)

Research Design

A convenience sampling method was used to select the students of young adults' group from the age of 18-25. Convenience sampling is a way of obtaining samples from respondent who are convenient to the researcher such as those who are conveniently positioned near a site or those who are easily obtainable for the researcher. A total number of 82 samples were selected from Bangalore district. Sample includes students of both female and male gender.

Objective

- To assess the relation between perceived social support and life satisfaction among young adults.
- To assess if perceived social support has impact on life satisfaction.

Assessment tools

- **Satisfaction with Life Scale (SWLS):** There are five items on the one-factor scale (eg: So far, I have got the important things I want in life). The examined person evaluates how much each of the statements applies to his or her life. The responses are given on a seven-point Likert scale (from 1 to 7 indicating "strongly disagree"). The higher the score, the greater the level of overall life satisfaction. The Satisfaction with Life Scale is reported to have very good internal consistency, with an alpha of 0.87 and excellent test-retest reliability, with a correlation of 0.82 across a two-month time period.
- **Multidimensional Perceived social support:** The MSPSS is a 12-item questionnaire that assesses perceived social support from three sources: family, friends, and a significant other. The MSPSS assesses respondents' perceptions of

Impact of Perceived Social Support on Life Satisfaction

social support from each of these sources and is divided into three subscales: : family (items 3,4,8, 11); friends (items 1,2,5, 6,7,9, 12); and significant other (items 1, 2, 5, 10). The MSPSS is short, easy to use, self-explanatory, and time effective. The MSPSS has excellent internal consistency, with alphas of .91 for the total scale and .90 to .95 for the subscales. The authors claim good test-retest reliability as well. The authors also claim good construct validity for the MSPSS.

Research gap

The relationship between the two variables, perceived social support and life satisfaction among young adults is studied less and the gender role has not given much preferences.

Need and Significance

The way one perceives one's environment plays an important role in the way one considers how much they are satisfied in their life, as support system is something that gives individual courage to face anything and everything that they want achieve, if one thing that the surrounding is supportive enough, then only one finds satisfaction in the things that they do. So, it's important to study the importance of perceived social support in the life satisfaction of young adults so that they can be encouraged to perceive their social support in a positive way and have better life satisfaction.

Inclusion criteria

Only young adults falling in the age group of 18-25 were included in the study. Only male and female data was taken into consideration.

Exclusion criteria

Other genders other than male and female are not included. Below the age group of 18-25 neither above the age group were part of the study.

RESULT AND DISCUSSION

H₀₁: There is significant relationship between perceived social support and life satisfaction among young adults.

Table 1: Relationship between perceived social support and life satisfaction among young adults.

| Perceived Social Support | | Life satisfaction |
|---------------------------|---|-------------------|
| Family | r | -.262* |
| | P | .017 |
| Friends | r | -.204 |
| | p | .064 |
| Significant others | r | -.323** |
| | p | .003 |

NOTES: *SIG. level at 0.05** sig level at 0.01

Table 1 shows relationship between perceived social support and life satisfaction among young adults. Spearman rank correlation(r) for family is -0.262* and probability value is .017. Spearman rank correlation(r) for friends is -0.204 and probability value is .064. Spearman rank correlation(r) for significant others is -0.323** and probability value is .003.

H₀2: There is significant impact of perceived social support on life satisfaction.

Table 2: Influence of perceived social support on life satisfaction

| Variable | N | M | SD | R | Sig. value |
|-------------------|----|-------|--------|------|------------|
| Family | 82 | 14.11 | 5.356 | | .920 |
| Friends | 82 | 20.61 | 4.840 | .528 | .181 |
| Significant other | 82 | 34.90 | 10.312 | | .001 |

Life satisfaction dependent variable

Table 2 shows the impact of perceived social support on life satisfaction of young adults. The Sig.value of family, friends and significant others with relation to life satisfaction is 0.920, 0.181 and 0.001 and mean values are 14.11, 20.61, 34.90 respectively.

DISCUSSION

The objective of the study is to know the impact of perceived social support on life satisfaction. The correlations of two variables are perceived social support and life satisfaction. Perceived social support is divided into subscales family, friends and significant others. table 1 shows the relationship between perceived social support and life satisfaction, its evident that there is a significant negative correlation between family and life satisfaction and a high negative correlation between significant others and life satisfaction among young adults. No correlation was seen between friends and life satisfaction. The study is contradictory to Kasprzak (2010), the strongest determinants of life-satisfaction are practical support and the satisfaction with the relationships with friends.

Table 2 shows the impact of perceived social support on life satisfaction through regression. The table shows that significant others have influence on life satisfaction while the other two doesn't show much of the influence on life satisfaction. The study shows there is a negative strong correlation between family and significant others on life satisfaction. Significant others have an influence on life satisfaction.

CONCLUSION, SUMMARY AND IMPLICATIONS

The study aims to study the impact of perceived social support on life satisfaction. the study indicates that the impact of perceived social support on life satisfaction varies depending on the source of support, with significant others playing a more influential role compared to family and friends among young adults.

The study's implications are multifaceted and have far-reaching effects on individual and community well-being. By highlighting the impact of perceived social support on life satisfaction among young adults, this research informs targeted intervention strategies to enhance overall well-being. Policymakers can use these findings to design social policies that foster strong support systems, while mental health support services can address conflicts within families and significant others' circles to positively influence life satisfaction. Youth programs and community initiatives can incorporate activities promoting positive social interactions and bonding among significant others, and individuals can be encouraged to invest in meaningful relationships.

Limitation

For further studies samples from wide range of areas, and of other genders can be included. Samples from different culture can be included to make the study to be more generalized.

Impact of Perceived Social Support on Life Satisfaction

New design of the study can also include different age groups for knowing the effect of perceived social support on life satisfaction in their daily life since adults are more likely to have better exposure to social world.

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Conflict of Interest

The author(s) declared no conflict of interest.

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