

Research Paper

Perceived Family Support as a Predictor of Life Satisfaction among Indian Young Adults: An Indigenous Relational Perspective

Eisha Verma^{1*}, Dr. Monika Abrol²

ABSTRACT

Family support is an important psychosocial resource that contributes to subjective well-being, particularly within the collectivistic socio-cultural context of India. This study examined whether perceived family support predicts life satisfaction among Indian young adults from an indigenous relational perspective. A cross-sectional correlational design was employed with 60 participants aged 18–30 years. Perceived family support was assessed using the Family Subscale of the Multidimensional Scale of Perceived Social Support (MSPSS), and life satisfaction was measured using the Satisfaction with Life Scale (SWLS). Pearson's correlation and simple linear regression were performed. Perceived family support showed a significant positive association with life satisfaction ($r = .33$, $p = .010$) and significantly predicted life satisfaction. The findings underscore the continuing importance of supportive family relationships in promoting positive psychological well-being among Indian young adults.

Keywords: *Family support, Life satisfaction, Young adults, Subjective well-being, India*

Life Satisfaction in Young Adulthood

Life satisfaction is widely recognised as a fundamental indicator of subjective well-being, reflecting individuals' global cognitive evaluation of the quality of their lives according to personally valued standards rather than momentary emotional experiences (Diener et al., 1985; Pavot & Diener, 2008). Unlike affective well-being, which fluctuates in response to daily events, life satisfaction represents a relatively stable judgment that integrates experiences across multiple life domains, including family relationships, educational and occupational achievements, health, financial security, and social connectedness (Diener et al., 2018). Consequently, life satisfaction has become a central outcome variable in positive psychology because it captures how individuals perceive the overall quality and meaning of their lives rather than isolated psychological states.

Young adulthood is a particularly important developmental period for understanding life satisfaction because it is characterised by substantial transitions in educational, occupational, relational, and personal domains. During this stage, individuals are expected to establish

¹PhD Research Scholar, Department of Social Sciences and Humanities, Sanskriti University

²Professor, Department of Social Sciences and Humanities, Sanskriti University

*Corresponding Author

Received: July 31, 2026; Revision Received: October 10, 2026; Accepted: October 15, 2026

© 2026, Verma, E. & Abrol, M.; licensee IJIP. This is an Open Access Research distributed under the terms of the Creative Commons Attribution License (www.creativecommons.org/licenses/by/2.0), which permits unrestricted use, distribution, and reproduction in any Medium, provided the original work is properly cited.

Perceived Family Support as a Predictor of Life Satisfaction among Indian Young Adults: An Indigenous Relational Perspective

greater autonomy, develop intimate relationships, pursue career aspirations, and negotiate increasing personal responsibilities while simultaneously adapting to changing social roles (Arnett, 2000). These developmental transitions create both opportunities for personal growth and challenges that may influence subjective evaluations of life. Research has consistently demonstrated that life satisfaction during young adulthood is shaped by a dynamic interaction between individual characteristics and the quality of the social environments in which young adults are embedded (Park, 2004; Proctor et al., 2009).

Contemporary perspectives on subjective well-being increasingly emphasise that life satisfaction cannot be understood solely through individual-level attributes such as personality or achievement. Ecological and relational approaches suggest that individuals continuously evaluate their lives within the context of meaningful interpersonal relationships, social support systems, and broader socio-cultural environments (Bronfenbrenner, 1979; Diener et al., 2018). Among these contextual influences, family relationships remain particularly significant because they provide emotional security, guidance, practical assistance, and a sense of belonging that continue to shape psychological adjustment beyond adolescence. Even as young adults become more independent, family interactions frequently remain an important source of emotional stability and psychosocial support during periods of developmental transition (Schulenberg et al., 2004).

Although a substantial body of research has identified positive associations between life satisfaction and factors such as self-esteem, resilience, optimism, and socioeconomic resources, growing evidence suggests that supportive interpersonal relationships account for a considerable proportion of the variance in subjective well-being across cultures (Diener & Seligman, 2002; Luhmann et al., 2012). Within collectivistic societies, where interpersonal interdependence and family connectedness are culturally valued, the influence of family relationships on life satisfaction may be even more pronounced. Consequently, examining life satisfaction through a relational framework provides a more comprehensive understanding of positive psychological functioning among young adults, particularly in socio-cultural contexts where family continues to occupy a central role in everyday life.

Perceived Family Support as a Psychosocial Resource

Social support has long been recognised as a fundamental determinant of psychological health and well-being. However, contemporary psychological research suggests that it is not merely the availability of supportive relationships that influences well-being, but individuals' perceptions of the adequacy, accessibility, and reliability of that support (Cohen & Wills, 1985; Lakey & Cohen, 2000). Perceived family support, therefore, reflects an individual's belief that family members are available to provide emotional comfort, practical assistance, guidance, and reassurance during times of need. This subjective appraisal is considered particularly important because psychological functioning is influenced more by how individuals interpret the support available to them than by the objective amount of assistance they receive (Lakey & Orehek, 2011).

The theoretical significance of perceived family support is well explained by the Stress-Buffering Model proposed by Cohen and Wills (1985), which posits that supportive relationships protect individuals from the adverse psychological consequences of stressful life events by enhancing coping resources and reducing perceived threat. Complementing this perspective, the Relational Regulation Theory argues that everyday interactions with significant others promote emotional regulation and psychological well-being through

Perceived Family Support as a Predictor of Life Satisfaction among Indian Young Adults: An Indigenous Relational Perspective

routine social exchanges rather than exclusively during periods of crisis (Lakey & Orehek, 2011). Together, these theoretical perspectives suggest that supportive family relationships contribute to positive psychological functioning through both protective mechanisms during adversity and the continuous reinforcement of emotional security in everyday life.

Empirical evidence consistently supports the association between perceived family support and positive psychological outcomes. A comprehensive meta-analysis by Chu et al. (2010) demonstrated that perceived social support is positively associated with subjective well-being across diverse populations and cultural contexts. Similarly, Harandi et al. (2017), in a systematic review, concluded that perceived social support is consistently linked with higher life satisfaction, greater resilience, improved psychological adjustment, and lower levels of depression and anxiety. More recent studies continue to demonstrate that individuals who perceive stronger family support report greater emotional stability, adaptive coping, optimism, and overall psychological well-being, even after controlling for demographic and socioeconomic factors (Feeney & Collins, 2015; Taylor, 2011). Collectively, these findings indicate that perceived family support functions not merely as a contextual resource but as an important psychosocial asset that facilitates positive adaptation across the lifespan.

Although social support may originate from family, friends, or significant others, evidence suggests that family support often exerts the strongest and most enduring influence on psychological well-being because family relationships are typically characterised by continuity, emotional investment, and reciprocal commitment (Thoits, 2011). Unlike friendships or professional relationships, family bonds usually extend across multiple developmental stages and continue to influence individuals' emotional functioning well into adulthood. Consequently, perceptions of support derived from family are likely to remain particularly salient during young adulthood, a developmental period marked by educational, occupational, and relational transitions that require both autonomy and emotional connectedness.

Despite extensive international evidence linking perceived family support with psychological well-being, important contextual variations remain insufficiently explored. The meaning, expression, and functions of family support are shaped by cultural norms governing family relationships, interdependence, and social obligations. Consequently, findings derived predominantly from Western individualistic societies cannot be assumed to generalise fully to collectivistic cultures, where family relationships are embedded within different social expectations and relational values. This cultural consideration underscores the need to examine perceived family support within the socio-cultural realities of India, where family continues to occupy a central position in everyday life and psychological development.

Family Relationships in the Indian Socio-cultural Context: An Indigenous Relational Perspective

The influence of family support on psychological well-being cannot be fully understood without considering the socio-cultural context in which family relationships are embedded. Although theories of social support have been largely developed and validated in Western societies, their underlying assumptions often reflect individualistic cultural values that emphasise personal autonomy, independence, and self-reliance (Markus & Kitayama, 1991; Triandis, 1995). In contrast, collectivistic cultures conceptualise the individual as fundamentally interconnected with significant social relationships, particularly the family.

Perceived Family Support as a Predictor of Life Satisfaction among Indian Young Adults: An Indigenous Relational Perspective

Consequently, the psychological meaning and functional significance of family support may differ substantially across cultural settings, highlighting the importance of examining these relationships within their indigenous socio-cultural context.

India represents a collectivistic society in which family has traditionally served as the primary institution for socialisation, emotional development, identity formation, and interpersonal security. Family relationships are generally characterised by interdependence, mutual obligation, respect for elders, and shared responsibility, with emotional and practical support often extending beyond the nuclear family to include grandparents, siblings, and other relatives (Sinha, 1997; Verma & Saraswathi, 2002). Even as rapid urbanisation, educational mobility, and economic transformation have altered family structures and living arrangements, empirical evidence suggests that emotional connectedness with family remains a defining feature of the lives of many Indian young adults (Allendorf, 2013). Rather than replacing family dependence with complete independence, the transition to adulthood in India frequently involves maintaining strong relational bonds while gradually assuming greater personal autonomy.

From an indigenous psychological perspective, these relational patterns are not simply cultural preferences but constitute an important framework through which psychological functioning is understood. Indigenous psychology argues that theories of human behaviour should emerge from the historical, cultural, and social realities of the populations they seek to explain rather than relying exclusively on universal assumptions derived from Western contexts (Misra & Gergen, 1993). Within Indian psychology, the self has often been conceptualised as relationally embedded, where identity, emotional well-being, and personal functioning are inseparable from family and community relationships (Sinha, 1997). Accordingly, family support extends beyond the provision of emotional or instrumental assistance and reflects an enduring experience of belonging, reciprocity, shared responsibility, and collective resilience.

This relational orientation has important implications for understanding life satisfaction. In collectivistic societies, evaluations of life quality are often shaped not only by individual achievements but also by the perceived quality of family relationships, fulfilment of interpersonal obligations, and the availability of dependable emotional support (Markus & Kitayama, 1991; Triandis, 1995). Consequently, perceived family support may represent a more salient determinant of life satisfaction among Indian young adults than has been observed in many Western populations. The continuing involvement of family in educational decisions, career development, marriage, and emotional coping further reinforces the enduring influence of family relationships well beyond childhood.

Despite increasing scholarly attention to positive mental health in India, relatively few studies have examined perceived family support as a determinant of life satisfaction from an indigenous relational perspective. Existing Indian research has predominantly focused on family support in relation to psychological distress, academic stress, caregiving, or adolescent adjustment, while comparatively less emphasis has been placed on positive indicators of psychological functioning during young adulthood. Furthermore, many investigations have interpreted family support using theoretical frameworks developed in Western contexts without explicitly considering how indigenous cultural values may shape the meaning and psychological significance of supportive family relationships. Addressing this gap is essential for developing culturally sensitive evidence that more accurately reflects

Perceived Family Support as a Predictor of Life Satisfaction among Indian Young Adults: An Indigenous Relational Perspective

the lived experiences of Indian young adults and contributes to the advancement of indigenous positive psychology.

Research Gap

Despite the growing international recognition of family support as an important determinant of subjective well-being, empirical research examining the relationship between perceived family support and life satisfaction among Indian young adults remains relatively limited. Existing international studies have consistently demonstrated that supportive family relationships contribute positively to psychological well-being, life satisfaction, resilience, and successful adjustment during emerging adulthood (Ben-Shlomo et al., 2022; Kong et al., 2015). However, the applicability of these findings to the Indian socio-cultural context cannot be assumed because family structures, interpersonal relationships, cultural values, and expectations regarding family roles differ considerably across societies.

Within the Indian context, available research has primarily examined broader constructs such as perceived social support, family satisfaction, psychological well-being, or mental health rather than specifically investigating perceived family support as a predictor of life satisfaction among young adults. For example, Thomas and George (2025) examined perceived social support and life satisfaction among Indian young adults and reported a significant positive association between the two variables. Similarly, Shaunik and Behera (2023) demonstrated that family satisfaction was positively associated with psychological well-being among Indian young adults, while Devi and Singh (2024) highlighted the importance of family support in promoting better life satisfaction and mental health among Indian adolescents. Although these studies collectively underscore the significance of family relationships, they do not directly examine the predictive role of perceived family support on life satisfaction among Indian young adults.

Furthermore, most Indian studies have focused on adolescents, college students, or broader measures of social support, with comparatively limited attention given to family support as a distinct psychosocial construct during young adulthood. This developmental period is characterised by increasing independence, educational and occupational transitions, evolving interpersonal relationships, and greater psychosocial responsibilities. Despite these changes, family continues to occupy a central position in Indian society by providing emotional, informational, and instrumental support. Consequently, understanding how perceived family support contributes to life satisfaction during this stage has important theoretical as well as practical implications.

In view of these gaps, the present pilot investigation was undertaken to examine the relationship between perceived family support and life satisfaction among Indian young adults and to determine whether perceived family support significantly predicts life satisfaction. By generating preliminary empirical evidence from the Indian context, the study contributes to the existing literature and provides a foundation for future large-scale investigations exploring the long-term influence of family relationships on positive psychological functioning.

The Present Study

Drawing upon the identified gap in the literature, the present pilot investigation examined the relationship between perceived family support and life satisfaction among Indian young adults. Specifically, the study sought to determine whether perceived family support was

Perceived Family Support as a Predictor of Life Satisfaction among Indian Young Adults: An Indigenous Relational Perspective

significantly associated with and predicted life satisfaction. By focusing on the Indian socio-cultural context, the study provides preliminary empirical evidence regarding the role of family support in promoting positive psychological functioning during young adulthood and offers a foundation for future large-scale investigations.

Objective of the Study

- To examine the relationship between perceived family support and life satisfaction and to determine whether perceived family support significantly predicts life satisfaction among Indian young adults.

Hypothesis

- **H₁:** Perceived family support will significantly and positively predict life satisfaction among Indian young adults.

METHOD

Research Design

The present study employed a quantitative, cross-sectional correlational research design. It was conducted as a **pilot investigation** within a broader doctoral research programme to evaluate the feasibility of the research methodology, examine the preliminary relationship between perceived family support and life satisfaction, and inform the design of a larger empirical study. A cross-sectional approach was considered appropriate because data were collected at a single point in time without manipulation of the study variables, allowing the investigation of naturally occurring relationships (Creswell & Creswell, 2018). Pearson's product-moment correlation was performed to examine the association between perceived family support and life satisfaction, while simple linear regression was used to determine whether perceived family support significantly predicted life satisfaction.

Participants

The pilot study included **60 Indian young adults** between **18 and 30 years of age**. Participants were recruited from diverse educational and occupational backgrounds using a non-probability convenience sampling technique. The selected age range represents young adulthood, a developmental period characterised by identity exploration, increasing autonomy, and important educational, occupational, and interpersonal transitions (Arnett, 2000). Individuals who were between 18 and 30 years of age, capable of understanding English, and willing to provide informed consent were eligible to participate in the study.

Ethical Consideration

Ethical principles governing research involving human participants were strictly followed throughout the study. Participation in the study was entirely voluntary, and informed consent was obtained from all participants prior to data collection. Participants were informed about the purpose of the study, the voluntary nature of their participation, their right to withdraw from the study at any stage without any negative consequences, and the confidentiality of the information they provided. No personally identifiable information was collected, and all responses were kept anonymous and used solely for research purposes. The study was conducted in accordance with the ethical principles outlined in the Declaration of Helsinki for research involving human participants.

Perceived Family Support as a Predictor of Life Satisfaction among Indian Young Adults: An Indigenous Relational Perspective

Perceived Family Support

Perceived family support was assessed using the Family Subscale of the Multidimensional Scale of Perceived Social Support (MSPSS) developed by Zimet et al. (1988). The MSPSS is a widely used self-report instrument designed to assess individuals' perceived adequacy of social support from three sources: family, friends, and significant others. The present study utilised only the Family Subscale, which consists of four items measuring participants' perceptions of emotional support, care, and assistance received from family members. Responses are recorded on a 7-point Likert-type scale, ranging from 1 (Very strongly disagree) to 7 (Very strongly agree), with higher scores indicating greater perceived family support. The MSPSS has demonstrated satisfactory psychometric properties across diverse cultural populations, including high internal consistency and construct validity (Zimet et al., 1988).

Life Satisfaction

Life satisfaction was measured using the Satisfaction with Life Scale (SWLS) developed by Diener et al. (1985). The SWLS is a five-item self-report measure that assesses individuals' global cognitive evaluation of their overall life satisfaction. Participants respond to each statement using a 7-point Likert-type scale, ranging from 1 (Strongly disagree) to 7 (Strongly agree). Higher scores indicate greater life satisfaction. The SWLS is one of the most extensively validated measures of subjective well-being and has demonstrated excellent reliability and validity across different age groups and cultural settings (Diener et al., 1985; Pavot & Diener, 2008).

Statistical Analysis

Data were analysed using Jamovi (Version 2.6). Descriptive statistics, including the mean, standard deviation, median, minimum, and maximum values, were computed to summarise the study variables. Pearson's product-moment correlation coefficient was calculated to examine the relationship between perceived family support and life satisfaction. As a supplementary analysis, Spearman's rank-order correlation was also computed to evaluate the robustness of the association. Subsequently, simple linear regression analysis was performed to determine whether perceived family support significantly predicted life satisfaction among Indian young adults. Statistical significance was evaluated at the .05 level, and all analyses were conducted using a final sample of 59 participants.

RESULTS

Descriptive Statistics

Descriptive statistics were computed to describe the levels of perceived family support and life satisfaction among the participants. The final analysis included **59 participants**. Participants reported a relatively high level of perceived family support ($M = 5.24$, $SD = 1.60$), while the mean score for life satisfaction indicated a moderate level of overall life satisfaction ($M = 4.57$, $SD = 1.22$). The descriptive statistics for the study variables are presented in **Table 1**.

Table 1 Descriptive Statistics for Perceived Family Support and Life Satisfaction (N = 59)

Variable	M	SD	Median	Minimum	Maximum
Perceived Family Support	5.24	1.60	5.50	1.00	7.00
Life Satisfaction	4.57	1.22	4.60	1.80	7.00

Perceived Family Support as a Predictor of Life Satisfaction among Indian Young Adults: An Indigenous Relational Perspective

Correlation Analysis

Pearson's product-moment correlation analysis was conducted to examine the relationship between perceived family support and life satisfaction. The analysis revealed a statistically significant positive correlation between the two variables, $r(57) = .333$, $p = .010$. This finding indicates that participants who perceived greater support from their families tended to report higher levels of life satisfaction. The correlation matrix is presented in **Table 2**.

Table 2 Pearson's Correlation Between Perceived Family Support and Life Satisfaction (N = 59)

Variables	1	2
1. Perceived Family Support	—	
2. Life Satisfaction	.333*	—

Note. r = Pearson's product-moment correlation. $p = .010$.

Simple Linear Regression Analysis

A simple linear regression analysis was performed to examine whether perceived family support was significantly associated with life satisfaction among Indian young adults. The regression model was statistically significant and accounted for **11.1%** of the variance in life satisfaction ($R^2 = .111$, Adjusted $R^2 = .095$). Perceived family support was found to be a significant positive predictor of life satisfaction ($B = 0.253$, $SE = 0.095$, $\beta = .333$, $t(57) = 2.66$, $p = .010$). The regression coefficient indicated a positive association between perceived family support and life satisfaction, suggesting that participants reporting higher perceived family support also tended to report higher levels of life satisfaction. The regression coefficients are presented in **Table 3**.

Table 3 Simple Linear Regression Predicting Life Satisfaction from Perceived Family Support (N = 59)

Predictor	B	SE	β	t	p
Constant	3.247	0.520	—	6.24	< .001
Perceived Family Support	0.253	0.095	.333	2.66	.010

Model Summary: $R^2 = .111$, Adjusted $R^2 = .095$.

DISCUSSIONS

The present pilot investigation examined the relationship between perceived family support and life satisfaction among Indian young adults and explored whether perceived family support significantly predicted life satisfaction. Consistent with the study hypothesis, the findings revealed a statistically significant positive relationship between perceived family support and life satisfaction. Furthermore, perceived family support emerged as a significant predictor of life satisfaction, explaining 11.1% of the variance in life satisfaction scores. These findings suggest that young adults who perceive greater emotional support, understanding, and acceptance from their families tend to report higher levels of life satisfaction.

The findings of the present study are consistent with previous empirical research conducted in the Indian context. Thomas and George (2025) reported that perceived social support was significantly associated with life satisfaction among Indian young adults, with family support emerging as one of the important contributors to subjective well-being. Their

Perceived Family Support as a Predictor of Life Satisfaction among Indian Young Adults: An Indigenous Relational Perspective

findings support the present results by demonstrating that emotionally supportive family relationships continue to influence positive evaluations of life even during young adulthood. Further support is provided by Shaunik and Behera (2023), who found that family satisfaction significantly predicted psychological well-being among Indian young adults. Although their study examined family satisfaction rather than perceived family support, both constructs reflect the quality of family relationships and emphasise the importance of positive family environments in promoting favourable psychological outcomes. The consistency between their findings and the present study suggests that supportive family relationships remain an important psychosocial resource for young adults in India.

Evidence from related Indian research also reinforces the present findings. Devi and Singh (2024) demonstrated that family support was positively associated with life satisfaction and better mental health among Indian adolescents. Although the participants in their study were younger than those in the present investigation, the findings indicate that the beneficial influence of family support extends across developmental stages. Collectively, these studies suggest that supportive family environments continue to promote psychological adjustment and subjective well-being from adolescence into young adulthood.

The present findings are also consistent with international literature highlighting the importance of family relationships during emerging adulthood. Ben-Shlomo et al. (2022) found that parental emotional support remained significantly associated with life satisfaction during young adulthood, although the nature of this association varied across age and developmental transitions. Their findings suggest that while young adults increasingly seek autonomy, emotional support from parents continues to represent an important psychological resource. The present study extends this evidence to the Indian context, where family relationships often remain central throughout adulthood because of collectivistic cultural values and strong intergenerational ties.

The regression analysis indicated that perceived family support significantly predicted life satisfaction and explained approximately 11% of the variance in life satisfaction. Although the proportion of explained variance was modest, it is consistent with the multidimensional nature of life satisfaction. Subjective well-being is influenced by a wide range of psychological, social, economic, and environmental factors, including resilience, personality traits, coping strategies, peer relationships, socioeconomic status, educational experiences, and mental health. Therefore, the present findings should not be interpreted as suggesting that family support alone determines life satisfaction. Rather, they indicate that perceived family support represents one meaningful psychosocial factor associated with life satisfaction among Indian young adults.

An important contribution of the present study is that it addresses a relatively underexplored area within Indian psychological research. Although considerable international evidence has examined the association between family support and life satisfaction, empirical studies directly investigating perceived family support as a predictor of life satisfaction among Indian young adults remain comparatively limited. Existing Indian research has primarily focused on broader dimensions of perceived social support, family satisfaction, psychological well-being, or adolescent populations rather than specifically examining perceived family support and life satisfaction among young adults. The present study therefore provides preliminary empirical evidence from the Indian context and contributes to

Perceived Family Support as a Predictor of Life Satisfaction among Indian Young Adults: An Indigenous Relational Perspective

the growing literature on the role of family relationships in promoting positive psychological functioning during young adulthood.

Overall, the findings reinforce the importance of supportive family relationships as a positive psychosocial resource during young adulthood. Despite increasing independence and changing social roles, young adults who perceive their families as emotionally supportive and dependable are more likely to report greater satisfaction with their lives. These findings have practical implications for psychologists, counsellors, educators, and family practitioners by highlighting the continuing significance of healthy family relationships in promoting psychological well-being during the transition to adulthood.

Practical Implications

The findings of the present study have important implications for psychological practice, counselling, and mental health promotion. The positive association between perceived family support and life satisfaction highlights the continuing importance of supportive family relationships during young adulthood. Mental health professionals, including psychologists and counsellors, may consider incorporating family-based approaches when working with young adults experiencing reduced life satisfaction or adjustment difficulties. Counselling interventions that strengthen family communication, emotional connectedness, and perceived support may contribute to improved psychological well-being.

The findings are also relevant for educational institutions, particularly universities and colleges, where young adults encounter significant academic, career, and interpersonal challenges. Student counselling services may benefit from recognising the role of family support as a protective psychosocial resource and, where appropriate, involving families in psychoeducational programmes aimed at promoting resilience and well-being. Furthermore, the findings provide preliminary evidence that may inform the development of culturally sensitive mental health interventions and family-strengthening programmes within the Indian context, where family continues to play a central role in individuals' social and emotional lives.

Limitations

The findings of the present study should be interpreted in light of certain limitations. First, the study was conducted as a pilot investigation with a relatively small sample of 59 young adults, which may limit the generalisability of the findings to the broader Indian population. Second, participants were selected using convenience sampling, which may have introduced sampling bias and limited the representativeness of the sample. Third, the cross-sectional research design precludes conclusions regarding causal relationships between perceived family support and life satisfaction. Additionally, the study relied exclusively on self-report measures, making the findings susceptible to response biases, including social desirability and recall bias. Finally, although perceived family support significantly predicted life satisfaction, the model explained only a modest proportion of the variance, suggesting that other psychological, social, and contextual factors also contribute to life satisfaction among young adults.

Future Directions

Future research should extend the present findings by employing larger and more diverse samples drawn from different regions of India to enhance the generalisability of the results. Longitudinal research designs are recommended to examine how perceived family support

Perceived Family Support as a Predictor of Life Satisfaction among Indian Young Adults: An Indigenous Relational Perspective

influences life satisfaction over time and to better understand the directionality of this relationship. Future studies may also explore additional psychological variables, such as resilience, parenting styles, self-esteem, coping strategies, and emotional intelligence, to develop a more comprehensive understanding of the factors contributing to life satisfaction among young adults. Furthermore, investigating potential mediating and moderating variables may provide deeper insights into the mechanisms through which family support influences well-being. Such research would contribute to the development of culturally relevant interventions and strengthen the evidence base for promoting positive psychological functioning among young adults in the Indian context.

CONCLUSION

The present pilot study examined the relationship between perceived family support and life satisfaction among Indian young adults. The findings revealed a significant positive association between perceived family support and life satisfaction, with family support emerging as a significant predictor of life satisfaction. These results highlight the enduring importance of supportive family relationships in promoting psychological well-being during young adulthood, a developmental stage characterised by increasing independence and multiple life transitions.

Although the study was based on a relatively small sample, it contributes preliminary empirical evidence to the limited body of Indian research examining perceived family support as a distinct predictor of life satisfaction. The findings underscore the continued relevance of family as an important psychosocial resource within the Indian socio-cultural context and provide a foundation for future research using larger and more diverse samples. Strengthening family support systems may therefore represent an important avenue for promoting life satisfaction and fostering positive psychological functioning among young adults.

REFERENCES

- Allendorf, K. (2013). Going nuclear? Family structure and young women's health in India, 1992–2006. *Demography*, 50(3), 853–880. <https://doi.org/10.1007/s13524-012-0173-1>
- Arnett, J. J. (2000). Emerging adulthood: A theory of development from the late teens through the twenties. *American Psychologist*, 55(5), 469–480. <https://doi.org/10.1037/0003-066X.55.5.469>
- Bronfenbrenner, U. (1979). *The ecology of human development: Experiments by nature and design*. Harvard University Press.
- Chu, P. S., Saucier, D. A., & Hafner, E. (2010). Meta-analysis of the relationships between social support and well-being in children and adolescents. *Journal of Social and Clinical Psychology*, 29(6), 624–645. <https://doi.org/10.1521/jscp.2010.29.6.624>
- Cohen, S., & Wills, T. A. (1985). Stress, social support, and the buffering hypothesis. *Psychological Bulletin*, 98(2), 310–357. <https://doi.org/10.1037/0033-2909.98.2.310>
- Creswell, J. W., & Creswell, J. D. (2018). *Research design: Qualitative, quantitative, and mixed methods approaches* (5th ed.). Sage Publications.
- Devi, S., & Singh, S. (2024). Role of family support and life satisfaction in affecting mental health of adolescents: An Indian study. *International Journal of Indian Psychology*, 12(3), 2113–2122. <https://doi.org/10.25215/1203.209>
- Diener, E., & Seligman, M. E. P. (2002). Very happy people. *Psychological Science*, 13(1), 81–84. <https://doi.org/10.1111/1467-9280.00415>

Perceived Family Support as a Predictor of Life Satisfaction among Indian Young Adults: An Indigenous Relational Perspective

- Diener, E., Emmons, R. A., Larsen, R. J., & Griffin, S. (1985). The Satisfaction with Life Scale. *Journal of Personality Assessment*, 49(1), 71–75. https://doi.org/10.1207/s15327752jpa4901_13
- Diener, E., Oishi, S., & Tay, L. (2018). Advances in subjective well-being research. *Nature Human Behaviour*, 2(4), 253–260. <https://doi.org/10.1038/s41562-018-0307-6>
- Feeney, B. C., & Collins, N. L. (2015). A new look at social support: A theoretical perspective on thriving through relationships. *Personality and Social Psychology Review*, 19(2), 113–147. <https://doi.org/10.1177/1088868314544222>
- Harandi, T. F., Taghinasab, M. M., & Nayeri, T. D. (2017). The correlation of social support with mental health: A meta-analysis. *Electronic Physician*, 9(9), 5212–5222. <https://doi.org/10.19082/5212>
- Kong, F., Ding, K., & Zhao, J. (2015). The relationships among gratitude, self-esteem, social support and life satisfaction among undergraduate students. *Journal of Happiness Studies*, 16(2), 477–489. <https://doi.org/10.1007/s10902-014-9519-2>
- Lakey, B., & Cohen, S. (2000). Social support theory and measurement. In S. Cohen, L. G. Underwood, & B. H. Gottlieb (Eds.), *Social support measurement and intervention: A guide for health and social scientists* (pp. 29–52). Oxford University Press.
- Lakey, B., & Orehek, E. (2011). Relational regulation theory: A new approach to explain the link between perceived social support and mental health. *Psychological Review*, 118(3), 482–495. <https://doi.org/10.1037/a0023477>
- Luhmann, M., Hofmann, W., Eid, M., & Lucas, R. E. (2012). Subjective well-being and adaptation to life events: A meta-analysis. *Journal of Personality and Social Psychology*, 102(3), 592–615. <https://doi.org/10.1037/a0025948>
- Markus, H. R., & Kitayama, S. (1991). Culture and the self: Implications for cognition, emotion, and motivation. *Psychological Review*, 98(2), 224–253. <https://doi.org/10.1037/0033-295X.98.2.224>
- Misra, G., & Gergen, K. J. (1993). *Psychology in India: Theoretical and methodological developments*. Sage Publications.
- Park, N. (2004). The role of subjective well-being in positive youth development. *The Annals of the American Academy of Political and Social Science*, 591(1), 25–39. <https://doi.org/10.1177/0002716203260078>
- Pavot, W., & Diener, E. (2008). The Satisfaction with Life Scale and the emerging construct of life satisfaction. *The Journal of Positive Psychology*, 3(2), 137–152. <https://doi.org/10.1080/17439760701756946>
- Proctor, C. L., Linley, P. A., & Maltby, J. (2009). Youth life satisfaction: A review of the literature. *Journal of Happiness Studies*, 10(5), 583–630. <https://doi.org/10.1007/s10902-008-9110-9>
- Schulenberg, J. E., Bryant, A. L., & O'Malley, P. M. (2004). Taking hold of some kind of life: How developmental tasks relate to trajectories of well-being during the transition to adulthood. *Development and Psychopathology*, 16(4), 1119–1140.
- Shaunik, V., & Behera, P. (2023). Satisfaction of young Indian adults with their family. *International Journal of Indian Psychology*, 11(3), 3681–3707. <https://doi.org/10.25215/1103.346>
- Sinha, D. (1997). Indigenizing psychology. In J. W. Berry, Y. H. Poortinga, & J. Pandey (Eds.), *Handbook of cross-cultural psychology* (2nd ed., Vol. 1, pp. 129–169). Allyn & Bacon.
- Taylor, S. E. (2011). *Social support: A review*. In M. S. Friedman (Ed.), *The Oxford handbook of health psychology* (pp. 189–214). Oxford University Press.

Perceived Family Support as a Predictor of Life Satisfaction among Indian Young Adults: An Indigenous Relational Perspective

- Thoits, P. A. (2011). Mechanisms linking social ties and support to physical and mental health. *Journal of Health and Social Behavior*, 52(2), 145–161. <https://doi.org/10.1177/0022146510395592>
- Thomas, A., & George, G. (2025). Impact of perceived social support on life satisfaction. *International Journal of Indian Psychology*, 13(1), 1980–1985. <https://doi.org/10.25215/1301.186>
- Triandis, H. C. (1995). *Individualism and collectivism*. Westview Press.
- Verma, J., & Saraswathi, T. S. (2002). Adolescence in India: Street urchins or Silicon Valley millionaires? In B. B. Brown, R. W. Larson, & T. S. Saraswathi (Eds.), *The world's youth: Adolescence in eight regions of the globe* (pp. 105–140). Cambridge University Press.

Acknowledgment

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

Conflict of Interest

The author(s) declared no conflict of interest.

How to cite this article: Verma, E. & Abrol, M. (2026). Perceived Family Support as a Predictor of Life Satisfaction among Indian Young Adults: An Indigenous Relational Perspective. *International Journal of Indian Psychology*, 14(4), 182-194. DIP:18.01.018.20261404, DOI:10.25215/1404.018