

## Effects of Perceived Social Support on Stress Management

### Omar yousaf

PhD Scholar, Department of social  
Science, Qurtuba University D. I.  
Khan KP,  
Pakistan :[Omar8o6@gmail.com](mailto:Omar8o6@gmail.com)

### Maryam Qadeer

PhD Scholar, Department of social  
Science, Qurtuba  
University D. I. Khan KP, Pakistan  
[Maryam55@gmail.com](mailto:Maryam55@gmail.com)

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### Abstract

This research examines the effects of perceived social support on stress management, highlighting its crucial role in enhancing psychological resilience and coping strategies. Perceived social support refers to the belief that one has access to assistance and resources from social networks, which can buffer against stressors encountered in daily life. The study synthesizes existing literature on the relationship between perceived social support and various stress management outcomes, including emotional regulation, problem-solving skills, and overall well-being. It also investigates how different types of social support—emotional, informational, and tangible—contribute uniquely to stress alleviation. Additionally, the research explores demographic factors that may influence the effectiveness of social support in stress management, such as age, gender, and cultural background. Preliminary findings suggest that individuals with higher levels of perceived social support experience lower levels of stress and demonstrate more effective coping mechanisms. This study emphasizes the importance of fostering strong social connections as a vital component of stress management strategies, offering implications for mental health interventions and community programs aimed at enhancing social support systems.



## 1. Introduction

The Study examines the influences of perceived social support on stress management specifically focusing on the mediating effects of mindful self-awareness. Emotional support from family and friends reduces the distress symptoms. However instrumental, substance, and informational support from family change the distress symptoms in no way. Social relationships and mental health problems are closely connected. Empirical evidence suggests that more social support leads to better mental health outcomes. It plays a mediating role of perceived stress between social support and mental health. The way in which social relationships influence mental health and the process of its influence on mental health is a greatly expanding research agenda. The investigation into various types of social relationships affects different mental health issues. Research suggests that social relationships can affect many mental health problems. This demonstrates how social relationships can reduce symptoms of distress (F. Acoba, 2022).

### 1.1. Background and significance

Social support is defined as the existence or availability of people available to help and support each other in times of need. Explicit or implicit support creates a feeling of comfort in feeling that there are loved ones who can be relied upon or give something in a good manner. Social support can be conveyed through a variety of things, ranging from the existence of empathy, understanding (emotional support), information (informational support), and actions to solve problems faced (instrumental support) so as to relieve problems experienced. Some theories and empirical evidence indicate a positive association between social support with positive mental health outcomes. Based on the theory of social support, the existence of social support can be



used as an addition to act as a buffer or soft the negative effects of stress on psychological and mental health conditions (Acoba, 2022).

The existence of social support is an important aspect in study, especially in how to deal with various life crises that are experienced by individuals. Social support has been empirically proven to contribute to the resilience of individuals in facing stressful and traumatic situations. This is because the existence of adequate social support can make individuals more optimistic, able to adapt properly, and can cope with more sustainable issues in the face of these problems. Conversely, if an individual does not have adequate social support, stress load and problems experienced will continue to accumulate, so that it can create a variety of more serious mental health disorders. Therefore, social support is a critical domain to be studied in the context of mental health. The increasing number of cases of mental health disorders in the form of anxiety, depression, and panic, including post-traumatic stress disorders, is a concern for global mental health experts. This increase in turn is a challenge for psychological science to discover how to manage conditions, especially stress, which is one of the triggers for a variety of psychological problems. Psychologist's awareness to the presence of social support is essential to improve individual strategies in managing stress. Awareness of this support can also improve current treatments and therapy on mental disorders, especially stress disorders.

## 2. Theoretical Framework

The present existence can be named the Age of Stress. Are emotional-social aspects effective on the stress management strategies people obtain? Social support is known to affect individuals' stress management advantages or attitudes physically, psychically, and socially (Acoba, 2022). Assuming life as a multiplying secret, people are in daily touch with a net of interactions called



life. People help each other to be embodied from birth till death. Therefore, life should be thought of as an enclosed area of resource input and output including information, stimuli, motives, behaviors, help, and support. Besides natural and material resources, support is a kind of regular help people get from significant others (partners, parents, teachers, physicians, friends). Help can also be creatures whose presence concretes the feeling of being watched, taken care of, being in a safe environment. In the beginning, life starts with a protective nature-based or biological support. Since an interaction net is needed life spans with negative and positive interchanges as well (Bailey et al., 1994). The need for help, information, support passes from people to community, civilization, legal organization, government and becomes formal (policlubs, demons, guardians; association, solidarity between 'slaughter gang', 'mower gang', 'burglar gang...etc' i.e. work sharing, watch and watch support), a rule (friendly loan), a pattern (patronage, shifting care-giving arrangements). The notion of social support emerged in the literature after the '50s. The genuine literature about social support concept is observed in the '70s. For inspection of the stress management activities and the level of stress people gained the support from their social environments, a specific study based on the behavioral ecology of Chelk was conducted. Literatures about the social assistance and stress are our helpmates in comprehending and implying the authentic and borrowed social support forms and the stress states and/or the activities about that. A stress rises from a variety of sources each stimulating a discrepancy of effort-demand with a distinct feature of each (ed: pathological, conventional, ambiantal or biological, social). Whatsoever the stimulus, changes of environment concludes these efforts and then emerges a kind of stress. Before a person tries to adjust the stress conditions he must interpret the meaning of the stressors that caused irritation to his health. Meaning that, stressor perception is inherent to the pre-adjustment or stress-emergent



condition of the person. Stressor mitigations can also be fostered by the individual or by their support members' healthy statement that they are well-informed about stress manipulations and/or availabilities of stress management materials. This points to the concept of the life stress, appraised stress, personality, and social support. Personality concepts have long been implicated as limiters or enhancers of daily routines to manage life or environmental stresses. Personal strategies and tactics concerning activities to acquire the perceptions and knowledge about operating environment characteristics can also contribute to lowered stress conditions. It has been discovered that the weekly work incidence is due to product marketing and educational duties resulting from the study.

## **2.1. Social Support Theory**

Social Support Theory underpins the relationships between the perceived social support and effectiveness of stress management. It is a fundamental general mechanism of stress management as social networks can be viewed as a ubiquitous form of natural ecological therapy. Social support theory has been used as a theoretical framework for understanding stress management in face-to-face support groups for many years. Social support is a function of one's social network that includes three dimensions: emotional, informational, and instrumental. This theory has been utilized for face-to-face stress groups, examining the effectiveness of stress reduction programs in cancer patients, and exploring the mechanisms of how social support influences mental health through stress management. The theory suggests that the perceived social support affects stress perceptions by framing appraisals (Yang et al., 2021). An increase of available support is likely to decrease the perceived stress of an event. It is also posited to develop a new stress response to increase coping



effectiveness when new stressful events arise, which may also be influenced by the perceived availability of support.

However, the effectiveness of perceived support is a socially variable phenomenon. It depends on interactions between individuals and their social support networks and interactions between individuals and supportive contexts (F. Acoba, 2022). Additionally, the form of supportive resources available may vary, leading to different forms of coping help being offered. There are a number of environmental influences on the effectiveness. The support attempt is only successful if it is validated, there are clear ideas of what is to be done and options for solutions need to be discussed. Some forms of social support are purely for prevention and need to be requested.

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