Adolescent Social Support Analysis- A study of youth of Chandigarh Region

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Abstract- Social support is the support you provide to another human being by supporting them emotionally when they need it the most. With the advent of technology, youth nowadays, feel isolated and sometimes need support also. Moreover, it is the age where there is a generation gap to be filled with the elders, their parents, and their surroundings. In this paper 12 questions were asked comprising of 4 variables. All these questions were summed up in a 4 variable scale analysing their appraisal support, tangible support, self esteem support and belongingness support. Means and percentage was computed and t test was applied to analyse the data. Results show that in relation to males females need more support.

Keywords- APPRAISAL SUPPORT, TANGIBLE SUPPORT, SELF ESTEEM SUPPORT, BELONGINGNESS SUPPORT

INTRODUCTION

Social support implies various emotional and psychological resources provided by a social network to help individuals cope with stress. The social support might come in varied ways, and may involve Listening to your friend about a stressful situation he/she is facing or providing meals and medicines to a Giving advice to a friend when they are facing a difficult situation. Social support can come in any form and from different people who are considered a part and parcel in your life. At workplace, we can find support from colleagues while friends and family may provide emotional or practical support in other areas of your life.

A few examples of social support include:

- Helping a person with various daily tasks when they are ill or offering financial assistance when they are in need.
- Praising an employee for doing a good job.
- Helping someone with housework when they are struggling with feelings of depression.

As in case of youth nowadays, their mental health has always been an important issue in psychological practice and research around the world. Emotional support from friends and family can also be helpful as it gives youth a sense of continuity and security. Providing caring, empathy, and concern for loved ones in need is also related to the well-being of their families and even society. Moreover, when they talk about their issues validate them when they talk about their feelings. Instead of scolding them provide constructive feedback on their tasks to help them improve.

In this paper an analysis of youth is made about the support they feel they have and for analysis variables used are appraisal support subscale, tangible support subscale, self esteem support and belongingness support which is explained as below:

1. Appraisal Support: - Appraisal social support involves helping an individual in need and evaluating it by not only providing new information but by asking questions and considering their values. It also, comes in the form of confidence building and encouragement. This type of social support gives the person on the receiving end strength to approach challenges. It often comes as a friend or family member reminding us of the traits that will help us overcome obstacles.

2. Tangible Support: - Tangible support is the provision of financial assistance, material goods, or services. It is also called instrumental support which encompasses the concrete, direct ways people assist others. Informational support is the provision of advice, guidance, suggestions, or useful information to someone.

3. Self Esteem Support: - Self-esteem impacts your decision-making process, your relationships, your emotional health, and your overall well-being. It also influences motivation, as people with a healthy, positive view of themselves understand their potential and may feel inspired to take on new challenges. To boost your self-esteem, one need to identify the negative beliefs you have about yourself, then challenge them.

4. Belongingness Support: - Belonging is the feeling of security and support when there is a sense of acceptance, inclusion, and identity for a member of a certain group. It is when an individual can bring their authentic self to work. When employees feel like they do not belong at work, their performance and their personal lives suffer.
LITERATURE REVIEW
Cohen, S., and T. A. Wills. 1985. outlined a seminal work examining the potential mechanisms through which social support influences physical health. They provide a thorough review of the literature on how social support is conceptualized and measured.

Ditzen, B., and M. Heinrichs. 2014. Social support gave an introduction to various subtopics in social support research though the emphasis on health may make it more suitable for advanced readers.

Gottlieb, B. H. 1985. highlighted the forms and function of social support in both initiating and maintaining relationships. The author posits an expansion of the idea of social support from an intrapersonal, psychological construct to an interpersonal interaction, with an emphasis on the ways in which social support influences primary and secondary appraisals and coping processes. Additionally, the author provides a unique discussion of unintentional and indirect forms of social support.

House, J. S., K. R. Landis, and D. Umberson. 1988. gave a causal analysis of the association between low levels of social relationships and negative health outcomes. The authors argue that low-quality social support is a risk factor for, rather than a consequence of, poor health.

Sarason, I. G., and B. R. Sarason. 2009. provides a discussion on how social support is and should be both conceptualized and operationalized. Particular attention is paid to the bidirectional perspective of social support wherein an individual’s level of social support is the result of an interaction between the individual and his or her environment. The relative importance of fit in supportive relationships is discussed, and suggestions for future directions are given.

Taylor, S. E. 2011. outlined a Comprehensive overview of social support. The author details the forms of social support and its benefits, as well as potential negative responses to social support efforts. Particular attention is paid to pathways by which social support influences health. Key factors that influence who receive social support and how it is received are discussed, as are implications for social support interventions.

Uchino, B. N. 2006. Gave a thorough review of relevant literature examining which physiological mechanisms may bridge the relationship between social support and health outcomes. He discusses differential functioning as a result of social support across the cardiovascular, neuroendocrine, and immune systems. Literature supports better functioning in all three systems in individuals with higher levels of social support.

Hoda, Taj and Sareen, Pooja. 2019 with various techno stress creators like Techno insecurity, Techno overload, Techno Complexity, Techno uncertainty and Techno Invasion the physical and psychological health of an employee and youth is affected.

Objectives
1. To outline the social support issues faced by youth in Chandigarh region.
2. To analyse the appraisal support on basis of gender.
3. To analyse the Tangible support on the basis of gender.
4. To analyse the self-esteem support on the basis of gender.
5. To analyse the Belongingness support on the basis of gender.

Demographics variables
The total number of responses on the basis of gender was 50 males and 68 females from among 118 total responses. In the present study 87 were youth doing their graduate whereas 30 doing their post graduate degree and one had done the research degree. The study was conducted on university students in an age group of 18 to 29 years. 84 students from Government College and 34 from private colleges responded.

<table>
<thead>
<tr>
<th>Demographic variables</th>
<th>Males-50</th>
<th>Females-68</th>
<th>Total</th>
</tr>
</thead>
<tbody>
<tr>
<td>1. Gender</td>
<td></td>
<td></td>
<td>50+68=118</td>
</tr>
<tr>
<td>2. Educational Qualification</td>
<td>Doing Graduate-87</td>
<td>Doing Post Graduate-30</td>
<td>Research Degree-1</td>
</tr>
<tr>
<td>3. Age</td>
<td>18-21 years-95</td>
<td>22-25 years-19</td>
<td>26-29 years-4</td>
</tr>
<tr>
<td>4. College</td>
<td>Government College-84</td>
<td>Private College-34</td>
<td>84+34=118</td>
</tr>
</tbody>
</table>

Questionnaire includes 12-point multidimensional scale of Perceived Social support scale with four variables appraisal support subscale, tangible support subscale, self-esteem support and belongingness support.
Research question includes answering to research question that whether Males need more support in relation to Appraisal support, tangible support, self-esteem support and Belongingness support in relation to females. Data was analysed using two samples equal variance t test t test at 5% level of significance.
### RESULTS AND FINDINGS

1. 45.7% Male adolescent feel that they want appraisal support in relation to 54.3% females.
2. 43.7% Male adolescent need more tangible support in relation to 56.3% females.
3. 41.9% of Male adolescent feel low self-esteem in relation to 58.1% females.
4. 45.7% Male adolescent need belongingness support in relation to 54.3% of females.
5. Applying T Test to the result, we found out that our data is insignificant as the P Value is 0.002734 which is less than 0.05%. So, we reject the null hypothesis and accept the alternate with the notion that males need less of the social support in relation to females.

### CONCLUSION

Social support is the support you provide to another human being by supporting them emotionally when they need it the most. With the advent of technology, youth nowadays, feel isolated and sometimes need support also. Moreover, it is the age where there is a generation gap to be filled with the elders, their parents and their surroundings. In this paper 12 questions were asked comprising of 4 variables. The questions asked were whether they trust people, they find people or friends when they need, their accomplishments are acknowledged and they are compared with their friends etc. All these questions were summed up in a 4 variable scale analysing their appraisal support, tangible support, self esteem support and belongingness support. Means and percentage was computed and t test was applied to analyse the data. Results show that in relation to males females need more support.

### BIBLIOGRAPHY