



Importance of Social Support



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Social support is the perception and reality of being cared for, having assistance available from others, and most importantly, being a part of a supportive social network.



In other terms, social support is a network of family, friends, neighbors, and community members that are available in times of need to give help.

The perception that helps is available, the actual help received, or the degree to which a person is incorporated into a social network are all examples of social support.

The most important type of social support is the frequency of social interaction and things that include emotions such as receiving love, advice, and empathy; and instrumental which is financial gifts.



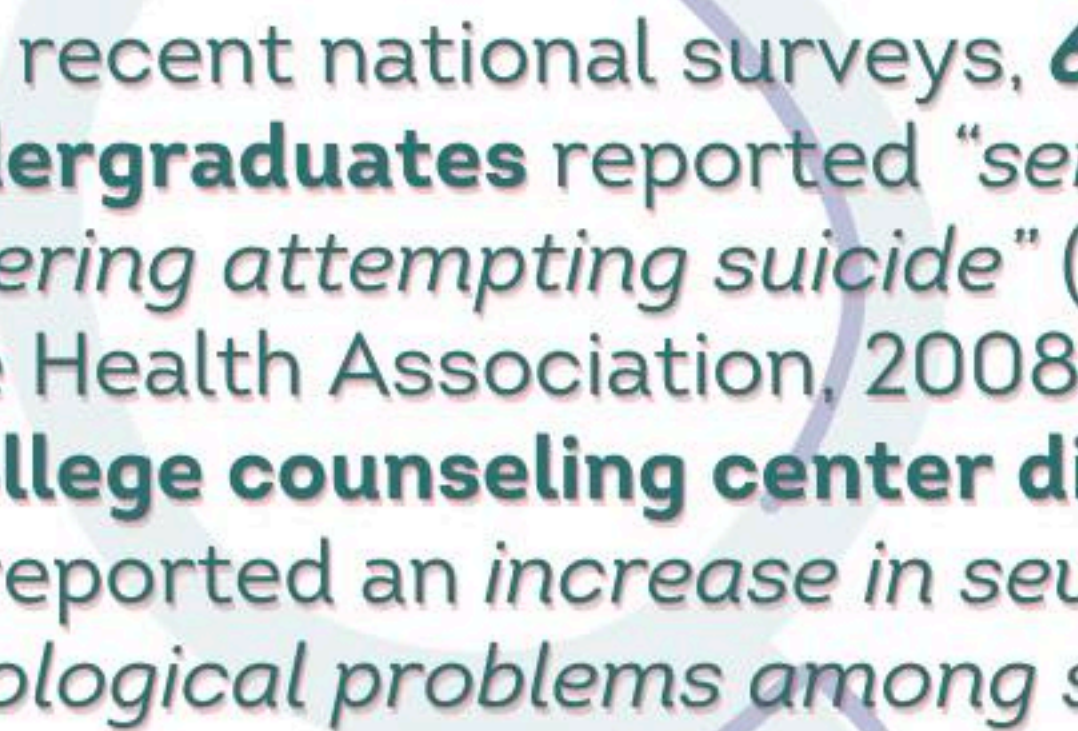
Having social support is not about the quantity of relationship a person has but it is about the quality of it and many studies supports that quality of relationships is determined to be a good predictor of good health.



Social Support is important for maintaining good physical and mental health. Positive social support can improve resiliency to stress, helps to protect developing trauma-related psychopathology, decrease consequences of trauma-induced disorders like PTSD, and reduce medical morbidity and mortality



Multiple **studies** have found that social support is critical for preserving physical and mental health. The harmful consequences of poor social support and the protective effects of good social support in mental illness have been well documented.



In recent national surveys, **6% of undergraduates** reported “*seriously considering attempting suicide*” (American College Health Association, 2008), and **92% of college counseling center directors** reported an *increase in severe psychological problems among students*.

Improved understanding of students' social background and its relevance to their health is one significant solution to this public health issue. Friends, relatives, and significant others may be able to assist you.



Whether it's instrumental, informational, or emotional support. This kind of assistance is referred to as social support which is considered a psychosocial coping resource that has impacts on an individual's resources such as self-esteem, self-efficacy, and buffers the negative effects of stress and anxieties. Through this, social support influences emotional health and overall well-being.

RESOURCES:

- Ozbay, F., Johnson, D. C., Dimoulas, E., Morgan, C. A., Charney, D., & Southwick, S. (2007). Social support and resilience to stress: from neurobiology to clinical practice. *Psychiatry (Edgmont (Pa. : Township))*, 4(5), 35–40.
- Social Support and Mental Health Among College Students.pdf (asu.edu)

