



**ANALYZING THE ROLE OF SOCIAL SUPPORT AND SELF ESTEEM IN SHAPING
THE OVERALL QUALITY OF LIFE AMONG YOUNG ADULTS: A COMPARATIVE
STUDY**

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ABSTRACT

Social support, self-esteem, and the quality of life are interconnected constructs vital for understanding psychological well-being among young adults. This study investigated these relationships and explored potential gender differences. A sample of 200 college students aged 18-25 participated in the survey, assessing social support, self-esteem, and the quality of life

using validated instruments. Results indicates no significant gender differences in perceived social support and quality of life, highlighting their universal nature. However, young adult males reported slightly higher levels of self-esteem compared to females. Regarding quality of life, males exhibited a notable advantage. Higher perceived social support correlated positively with better quality of life, underscoring the importance of social connections. Though, no direct association was found between self-esteem and the quality of life, other factors may influence overall well-being. This study contributes to understanding young adults' psychological well-being and informs interventions tailored to diverse populations, emphasizing the significance of social support networks in promoting holistic well-being. Further research is warranted to explore underlying mechanisms and develop targeted strategies for enhancing well-being among young adults.

Keywords: *Social- Support, Self- Esteem, Quality of Life, Well- Being*

INTRODUCTION

According to Gottlieb (2000), "Social support in associations is the communication between actual or assumed psychological or physical resources that facilitates adapting, feelings of worth, being accepted, and proficiency." Social Support involves the subjective understanding or lived experience of feeling cherished, cared for, esteemed, and valued by others. It involves feeling like a vital component of a social circle defined by mutual aid and communal responsibilities (Wills, 1991). As per Lakey and Cohen (2000), Social support functions as the support system individuals rely on for psychological strengthening or to manage stress. The well-recognized connection between emotional support and quality of life suggests

that individuals encountering difficulties in meeting their daily responsibilities often receive greater tangible assistance (Ke et al., 2010). Perceived social support encompasses the various elements an individual recognizes, reflecting their social connections and personal assistance (Canty- Mitchell & Zimet, 2000). In other words, social support is not only a means of psychological reinforcement, but also involves the subjective perception of the various aspects of assistance and connection within one's social environment. This dual viewpoint underscores the significance of both the tangible existence of support systems and the individual's personal perception of these factors in comprehending the holistic function of social support in improving psychological well-being and resilience to stress. Several studies conducted empirically emphasize how integral connection with others is to protect one's physical and mental well-being.

A wide range of research underlines the detrimental effects of inadequate support from others and the proactive role of durable networks of connections in alleviating mental health challenges (Ozbay et al., 2007). The following are three effective forms that offer social assistance: (a) emotional support, marked by a sense of being cared for and supported by others; (b) practical support, which entails depending on others for tangible assistance; and (c) social integration, reflecting a feeling of shared beliefs and values within one's social circle (Fydrich et al., 2007). In a longitudinal study, the students' reported levels of career adaptability were positively correlated with the frequency of emotional, informational, and tangible support received from various sources such as parents, friends, relatives, and teachers (Hirschi, 2009).

Becker (1971, 1973) posits that self-esteem is grounded in intrinsic personal principles originating from specific social, relational, and cultural environments. Self-esteem is strengthened through social affirmation and viewing oneself as a worthwhile individual with a

significant societal contribution, attained by conforming to the norms established by a particular culture and perspective (Pyszczynski et al., 2004). Because of its enormous influence on people's lives, society is vital to understanding how self-esteem develops (Orth & Robins, 2014).

Beginning in infancy and continuing throughout life, developing a positive sense of self-worth is an essential, lifetime endeavor that is critical to one's mental, emotional, and social well-being (Macdonald, 1994). Rosenberg (1965), a notable figure in this field, defined self-esteem as the “general positive appraisal of oneself.” Coopersmith (1967) characterized self-esteem as “encompassing both favorable and unfavorable attitudes directed inwardly.” The author perceived self-esteem as an expression of self-endorsement or critique, reflecting the extent to which an individual trusts in their own abilities, accomplishments, and the significance and worth of their existence. A study on academic performance found that elevated self-esteem is associated with self-satisfaction, positive interpersonal relationships, optimism about the future, and enthusiasm for one's abilities. High self-efficacy reflects confidence in overcoming challenges and achieving goals. These psychological factors are seen as crucial in pursuing life goals and academic success (Tus, 2020).

The *World Health Organization*, also known as the (WHO), specifies the standard of life as the capacity that someone must evaluate what they have achieved in life while taking into consideration the social conventions along with the value frameworks that govern their surroundings. Their purposes, norms, apprehension, and prerequisites all affect how they are perceived. The assessment of the standard of life is profoundly subjective, relying on the unique perspectives and perceptions of each person (Jenkinson, 2024). This subjectivity emphasizes that individuals may interpret and evaluate their quality of life based on personal feelings,

preferences, and goals, making it a nuanced and multifaceted measure. The literal meaning of "quality of life" is expansive and multifaceted, encompassing both overall well-being and satisfaction in an array of facets that comprise life (Hörnquist 1990). This suggests that assessing one's well-being goes beyond a simple overall evaluation and requires an examination of satisfaction in different areas of life, acknowledging the diverse dimensions that contribute to an individual's overall standard of life. According to the findings of Kaur et al. (2015), family assistance serves as essential in determining an ageing person's happiness in general. The investigation explored the significance of family support on the standard everyday life of the aged. The findings underscored the significance of family support as a crucial factor affecting the quality of life. Similarly, Research by Yuh and Choi (2017) confirmed the beneficial connection between improving one's quality of life and family support. Their research offered additional evidence in the direction of the theory that one's standard of life is enhanced when they acquire assistance from their family.

The following objectives are sought after by this study to obtain a greater understanding of the relationship between Interpersonal Support, Feelings of self-worth and the standard of Life:

- a)** To gain insight into the connection across young adults between the Interpersonal Support, Feelings of worth, and the standard of Life.
- b)** Look at differences between males and females in young adults' perceptions of their standard of life, feelings of worth, and relationships with others.

METHODOLOGY

SAMPLE

The total sample consisted of 200 university students aged between 18 and 25 years, with an equal split of 100 male and 100 female students enrolled at both undergraduate and postgraduate levels. A Purposive and Convenient sampling method was used to select students for the purpose of data collection, and a survey using Google Forms was created to collect samples.

TESTS AND TOOLS

- ***The Multidimensional Scale of Perceived Social Support (Zimet et al., 1990)***

A quick evaluation instrument called the Multifaceted Scale of Perceived Social Support (MSPSS) can be utilized for assessing a person's sense of acceptance from a variety of sources, including relatives, peers, and a spouse or partner. Consisting of 12 items, this instrument has been extensively utilized and validated. The MSPSS data set exhibits strong internal consistency, with a coefficient alpha of 0.88 and a reliability for test-retests grade of 0.85. To calculate the total score, respondents sum their ratings across all 12 items. Alternatively, the total score can be converted into a mean score by dividing it by 12, providing a normalized measure of perceived social support. To categorize individuals based on MSPSS scores, a guide is provided using scale response descriptors: The following is the range of scores: 3 to 5 highlights moderate recognized support, 5.1 to 7 indicates high recognized support, and 1 to 2.9 indicates poor support as recognized. By employing this scoring system, researchers and practitioners can effectively

analyze and interpret the perceived social support levels reported by individuals using the MSPSS.

- ***The Rosenberg Self-Esteem Scale (Rosenberg, 1965)***

The Rosenberg Scale for Self-Esteem is a widely used psychological tool that examines an individual's general sense of self-worth or confidence in oneself. Created by sociologist Morris Rosenberg in 1965, it has emerged as one of the most utilized self-report assessments of self-esteem in social science studies. The RSE scale comprises 10 items and is designed specifically for measuring self-esteem. Internal consistency is quite good, as evidenced by the RSE's.92 Guttman scale coefficient of repeatability. Correlations of.85 and.88, which indicates strong stability, are shown in test-retest reliability over a 2-week duration. However, scoring the RSE can be somewhat intricate due to its Guttman scale nature. A composite rating method is used in the scoring process. For items 2, 5, 6, 8, and 9, answers with diminished self-worth have been categorized as "strongly agree" or "agree," and for items 1, 3, 4, 7, and 10, they are categorized as "disagree" or "strongly disagree." Two or three right answers are counted as one item for items 3, 7, and 9. Both items 4 and 5 will be addressed as a single item if there are one or two acceptable answers. The right answers (one or two out of two) for things 2 and 6 are merged and counted as a single item, but items 1, 8, and 10 are reviewed independently. An approach to score the scale is to quantify together each 4-point item following reversing the scoring for negatively written items in question.

- *The Quality-of-Life Enjoyment and Satisfaction Questionnaire- Short form (Endicott et al., 1993)*

The Q-LES-Q-SF is a self-administered questionnaire that comprises of 16 items and serves as a tool for gauging life satisfaction over the preceding week. This short-form questionnaire assesses general activities, mirroring the evaluation of broader activities found in the extended Q-LES-Q. The subject assessments vary from 1 (very poor) to 5 (very good), each one of the 16 items acquiring a 5-point rating. The Q-LES-Q-SF has demonstrated a test-retest reliability of .86, indicating the reliability of responses across different time points. Additionally, internal consistency, assessed through Cronbach's alpha, ranges from .86 to .90, further affirming the reliability of this concise questionnaire. The total score is calculated from 14 items, with a maximum achievable score of 70. Increased extent of fulfillment in life and happiness are indicated by higher scores. The Q-LES-Q-SF asks participants to evaluate their satisfaction in diverse areas such as physical health, emotions, work, household chores, academic or professional responsibilities, recreational activities, and social interactions.

STATISTICAL ANALYSIS

Survey data are analyzed using a variety of descriptive and inferential statistical techniques. Standard deviation and mean are two examples of descriptive statistics that are utilized. Statistical hypothesis testing yields a p-value, which is deemed significant if it falls below or equals 0.05. Correlation and t-tests are also employed in the analysis process.

RESULTS

The key objective of the current study is to look at the interaction between social assistance, the standard of life, and feelings of worth among young people. Additionally, it analyses how the latter population's perceived levels of support from others, a sense of self and standard of life vary by gender.

Table 1

Demographic Details

Variables		N	Percentage
Gender	Male	100	50%
	Female	100	50%
Education	Undergraduate	138	69%
	Post-Graduate	62	31%
Age	Range- 18-25	Mean- 21.99	SD- 1.95

Table 1 represents information on the gender, education level, and the age of the participants involved in the study. The sample comprised of a total of 200 participants out of which 100 were male (50%) and 100 were female (50%), the sample appears to be evenly distributed. In terms of education level, most participants (69%) are undergraduates, while the remaining 31% have post-graduate education. Ages of the subjects vary from 18 to 25 years old. With an average variation of 1.95 years, the subject's average age is nearly 21.99 years. This

indicates that most participants fall within the specified age range, with a relatively tight clustering around the mean age.

Table 2

Descriptive Statistics of Study Variables

Variables	Mean	SD
Social- Support	59.140	20.325
Quality of Life	52.550	12.642
Self- Esteem	15.540	1.829

The study variables' descriptive statistics are shown in **Table 2**, which also shows that participants' average levels of social support, life satisfaction, and self-esteem were moderate. More specifically, mean scores for social assistance, the standard of life, and self-esteem were 59.140, 52.550, and 15.540, respectively. The standard deviations indicate variability within the sample, with social support showing the highest variability (SD = 20.325), followed by the standard of life (SD = 12.642), and self-esteem (SD = 1.829).

Table 3*Correlation between Social Support, Quality of Life and Self- Esteem.*

Variable	1		2		3	
1. Social Support		—				
2. Quality of Life		0.439	***	—		
3. Self- Esteem		0.159	*	0.105	—	

Note: * $p < .05$, ** $p < .01$, *** $p < .001$

H1: Social-Assistance will be positively associated with Quality of Life among Young Adults.

The assumption (H1) that "Social Support is correlated positively with the standard of Living among Young Adults" is validated by the Pearson correlation test's results. The standard of life and perceived social assistance among young adults appear to be moderately positively correlated, according to the statistically significant positive correlation coefficient ($r=0.439$, $p<.001$). Therefore, the results confirm the hypothesis that a higher degree of social assistance is associated with an improved overall standard of life for this population.

H2: Self- Esteem will be positively associated with the Quality of Life among Young Adults.

Given the outcomes of the correlation analysis using the Pearson test, the hypothesis that "Self-Esteem will be positively correlated with the standard of Life amongst Young Adults" (H2)

is rejected. The results indicated a positive connection ($r=0.105$) between the standard of Life and Sense of self- worth, But at a significance level of $<.05$. It wasn't statistically significant. This suggests that there may be an association between sense of self-worth and overall standard of life, however the evidence for this likely to be less strong and constant. Consequently, the findings do not substantiate the hypothesis that elevated levels of self-esteem correspond to improved overall quality of life among young adults in this investigation.

H3: Social- Support will be positively associated with Self- Esteem among Young Adults.

Given the results of the correlation coefficient test, the hypothesis (H3) that "Social Assistance will be significantly correlated with Self-Esteem among Young Adults" has been accepted.

Based on statistical analysis, it can be concluded that there is a positive association between young people' sense of social assistance and feelings of worth ($r=0.159$, $p<.05$). This means that as levels of social support increase, self-esteem tends to increase as well. It ought to note that, in contrasting with the correlation found between social assistance and general standard of life, the value of the correlation coefficient (0.159) shows a relatively weak positive association. Nevertheless, the findings are consistent with the hypothesis that among the youth in this study, more support from others is linked to higher levels of feelings of worth.

Table 4

Analysis of Comparative and Descriptive Statistics of Social Support, Quality of Life and Self-Esteem

	Group	N	Mean	SD	t
Social- Support	Male	100	59.810	20.666	0.465
	Female	100	58.470	20.060	
Quality of life	Male	100	53.190	11.742	0.715
	Female	100	51.910	13.512	
Self- Esteem	Male	100	15.780	1.926	1.867
	Female	100	15.300	1.703	

Note: Significant at 0.05 level

Table 4 represents the descriptive statistics of all the three variables which are Social-Support, the Quality of Life and Self- Esteem of both the male and female group.

H4: There will be a significant gender difference in Social- Support among Young Adults.

The mean social support score for males ($M = 59.810$, $SD = 20.666$) is slightly higher than for females ($M = 58.470$, $SD = 20.060$). However, the difference in means is not statistically significant ($t(198) = 0.465$, $p > 0.05$). This indicates that there is no notable discrepancy in social support between the male and female participants in the sample. Thus, given the data provided, the hypothesis (H4) positing a significant gender disparity in social support among young adults is rejected.

H5: There will be a significant gender difference in Self- Esteem among Young Adults.

The mean self-esteem score for males ($M = 15.780$, $SD = 1.926$) is slightly higher than for females ($M = 15.300$, $SD = 1.703$). In this case, the difference in means is statistically significant ($t(198) = 1.867$, $p < 0.05$). The level of self-worth of the male and female participants in the study sample appears to have differed significantly, with the males exhibiting a greater sense of worth compared to the females. Consequently, given the information provided, the hypothesis (H5) suggesting a significant gender disparity in self-esteem among young adults is supported.

H6: There will be a significant gender difference in Quality of Life among Young Adults.

The mean standard of life score for males ($M = 53.190$, $SD = 11.742$) is slightly higher than for females ($M = 51.910$, $SD = 13.512$). Again, the difference in means is not statistically significant ($t_{198} = 0.715$, $p > 0.05$). It demonstrates that there doesn't seem to be noticeable variation in the sample's male and female subjects' general state of life. The hypothesis (H5) that there will be a notable gender difference in young people's Quality of Life is likewise rejected considering the information given.

DISCUSSION

The objective of this research endeavor is to look at the connection between young people's esteem for oneself, their overall life, and social assistance. It reveals several important findings that deepen our understanding of the relationship between young adults' feelings of worth, their quality of life, and connections with others as well as the differences between

genders in these dimensions. The research indicates that while there is a gender disparity in feelings of worth, with men reporting greater levels than women, there is no distinction between the genders in young adults' perceptions of social assistance or their overall quality of life.

This underscores the significance of considering gender-specific variables when analyzing psychological constructs and outcomes related to well-being. The study confirms that young adults' standard of living and perceived support from others are positively correlated.

Those perceiving greater levels of social support generally enjoy an enhanced overall quality of life, underscoring the importance of connections with others and support systems to foster well-being during young adulthood. The investigation, in contrast to predictions, finds no substantial connection between young people's standard of life and feelings of worth.

Although there is a positive association, it is not sufficiently significant, indicating that various other variables may be of greater significance when assessing the population's general standard of life.

This study affirms a positive association between perceived social assistance and self-esteem among young adults. As individuals perceive greater levels of social support, their self-esteem tends to rise as well, though this relationship is comparatively weaker than the connection observed between social support and overall standard of living. A somewhat high level of assistance from others, satisfaction with life, and feelings of self-worth were indicated by participants on average.

While there is variability within the sample, these findings suggest that the majority of young adults in the study perceive themselves to be adequately supported and experience a

satisfactory level of well-being. Future studies might examine these elements and how they relate to gender.

The study identifies gender disparities within the domains self-esteem of among young adults, while finding similarities in perceived support from others and the standard of living between males and females. The analysis reveals a statistically significant gender difference in sense of self-worth, with males exhibiting greater levels of self-esteem compared to females. This suggests that, within this particular sample, young adult males perceive their self-esteem to be slightly better than their female counterparts. Against anticipated assumptions, there are no notable gender disparities in perceived social assistance and the overall standard of living among young adults. It appears that gender has no impact on how people evaluate the help they acquire from their connections with others, as men and women report similar levels of assistance from others.

This research emphasizes the value of social interaction as a neutral in terms of gender all-encompassing protective factor for overall well-being. Similarly, the study finds substantial gender-based disparity in self-esteem among young adults, indicating that gender is a significant predictor of individuals' self-perceptions and feelings of self-worth. This suggests that, at least within this sample, young adults of both genders don't possess similar levels of confidence and self-assurance. Overall, while gender differences are observed in self-esteem, within males reporting slightly higher levels of self-worth compared to females, the study demonstrates the importance of considering the nuances and complexities of gender when examining psychological constructs and well-being outcomes among young adults. Understanding these gender disparities can inform targeted interventions and support strategies aimed at promoting equitable outcomes for all individuals, regardless of gender.

H1: Social support is positively correlated with the overall quality of Life among Young Adults. Acceptance of Hypothesis 1 (H1) indicates that elevated levels of social support are linked to improved quality of life in the studied population.

H2: Self-esteem positively associated with the overall quality of Life among Young Adults. H2 is Rejected suggests that evidence does not support the hypothesis that higher levels of self-esteem are associated to a higher overall quality of life among young adults in this study.

H3: Social support positively associated with Self-esteem among Young Adults. H3 is accepted indicates that there is evidence to support the hypothesis that amongst young adults in the study, higher levels of social support is associated to higher levels of self-esteem.

H4: Among young adults, there will be a notable gender disparity in social support. Since H4 is rejected, it can be concluded that there is no significant distinction in the sample's social support for males and females.

H5: A notable gender disparity in Self-esteem among Young Adults is acknowledged. If Hypothesis 5 (H5) is accepted, then there is a noticeable disparity in the sample's sense of self-worth between the males and females, with the males presenting greater levels of confidence in oneself.

H6: There will be a Significant gender difference in the overall quality of Life among Young Adults. H6 is rejected, suggests that there is no significant gender difference in the overall standard of living amongst males and females in the sample.

CONCLUSION

This investigation explored the intricate relationships between social assistance, self-esteem, and the overall standard of life among young adults, shedding light on potential gender disparities in these domains. The outcome of this research offers crucial insights into the psychological health and factors shaping young adults' perceptions of social connections, self-worth, and overall satisfaction with life. Remarkably, early evaluation results show that adolescent's males and females have equal perceptions of social assistance and satisfaction with life.

Both genders reported equivalent levels of these constructs, underscoring their universal relevance in fostering well-being across genders. However, this study uncovered a substantial gender variance in self-esteem, as young adult males reported slightly higher levels of self-confidence than their female counterparts. This disparity underlines the importance of intensified research into the contributing factors to this difference and highlights the significance of targeting disparities in well-being outcomes among young adults. Additionally, studies indicate the beneficial impact that perceived social assistance have on young people's overall quality of life.

The importance of social networks and ties in promoting well-being in early life is shown by the fact that people who feel greater degrees of social assistance and connections also generally express enhanced satisfaction with life. Although no substantial correlation between self-worth and the quality of life was established in the population, further investigation is essential to pinpoint the underlying mechanisms motivating these connections and create targeted interventions aimed at promoting comprehensive well-being in young adults.

This study contributes significantly to a more profound comprehension of the psychological health of young adults and the elements that affect their perceptions of support from others, sense of worth, and the quality of life. By acknowledging gender nuances and examining the intricate relationships among these constructs, the researchers can develop more effective interventions and support strategies to foster the well-being of young adults spanning diverse populations.

LIMITATIONS

A significant confinement on this investigation is the possibility of self-reporting bias, which might have been impacted by variables involving desirableness in society, distortions in recalling information, or one's view of the abstract ideas under assessment. The number of participants may potentially be a limitation for the research, which might influence the extent to which the findings can be applied. An alleviated sampling size might result in an adverse effect on the analysis's statistical strength and effectiveness to identify significant connections among variables.

FUTURE RECOMMENDATIONS

The results of the research's implications for future projects include the fact that long-term research provides an essential means of studying the complex relationships that arise over time between support from others, feelings of worth, and the standard of living. Through the longitudinal analysis of these parameters, researchers will have the capability to identify significant associations and determine essential variables impacting the direction of individuals' overall well-being.

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