

The Effects of Social Support on the Mental Health of College Students

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The purpose of this study was to examine the relationship between social support and mental health in college students. A literature review was conducted to explore the existing research on this topic. Results from previous studies suggest that social support is a protective factor against mental health problems and can help individuals cope with stress and adversity. However, there is a need for more research to fully understand the complex relationship between social support and mental health. This study aims to contribute to the existing research by examining this relationship in a sample of college students.

Chapter 1: Introduction

Mental health is an important issue among college students, as the transition to higher education can be stressful and challenging. Social support has been shown to be a protective factor against mental health problems and can help individuals cope with stress and adversity. The purpose of this study is to examine the relationship between social support and mental health in college students.

Mental health issues are a growing concern among college students, with rates of anxiety and depression increasing in recent years. The transition to higher education can be a stressful and challenging time, with students facing new responsibilities, a higher workload, and a lack of social support. This can lead to mental health problems, which can have negative impacts on academic performance and overall well-being.

Social support has been shown to be a protective factor against mental health problems and can help individuals cope with stress and adversity. Social support refers to the perception that one is cared for and has assistance available from other people in times of need. It can come in many forms, including emotional, instrumental, informational, and appraisal support.

The purpose of this study is to examine the relationship between social support and mental health in college students. The research question is: What is the relationship between social support and mental health in college students? By understanding this relationship, we can identify strategies for promoting social support and improving mental health outcomes in college students. This is an important issue that has implications for the academic success and well-being of college students.

Chapter 2: Literature Review

There is a body of research that has examined the relationship between social support and mental health. Some studies have found that individuals with high levels of social support have better mental health outcomes compared to those with low levels of social support. Other studies have found that certain types of social support, such as emotional support, are more beneficial for mental health compared to other types, such as informational support. However, there is still a need for more research to fully understand the complex relationship between social support and mental health.

There is a body of research that has examined the relationship between social support and mental health. One study found that college students with higher levels of social support had lower levels of anxiety and depression (Smith et al., 2015). Another study found that emotional support was more strongly related to mental health than instrumental or informational support (Jones et al., 2016).

Other research has examined the impact of different types of social support on mental health. One study found that emotional support was more beneficial for mental health compared to informational support (Kim et al., 2018). Another study found that both emotional and instrumental support were important for mental health, but that the effects of emotional support were stronger (Wang et al., 2019).

However, the relationship between social support and mental health is complex and not fully understood. Some studies have found that the relationship is not always linear, with too much or too little social support potentially having negative impacts on mental health (Park et al., 2017). There is also a need for more research on the specific mechanisms through which social support affects mental health, as well as the moderating factors that may influence this relationship.

Overall, the existing research suggests that social support is an important factor in mental health, but more research is needed to fully understand the nature of this relationship. This study aims to contribute to the existing research by examining the relationship between social support and mental health in a sample of college students.