

The Correlation Among Young Adults Between Social Support, Self-Esteem, and Psychological Well-Being

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Abstract

A crucial stage of life, young adults must deal with a variety of emotional and professional obstacles. The relationship between young people's psychological well-being, self-esteem, and social support is examined in this study. There were one 100 contestants in all, both male and female included. This study looks at how psychological well-being, self-esteem, and social support are related using Analysis of Pearson correlations. The substantial positive correlations found between the main variables imply that those who perceive more social support are more likely to be psychologically well and have greater levels of self-esteem. The importance of social support for psychological health is further supported by the Multidimensional Scale of Perceived Social Support (MSPSS), which notably exhibits a substantial association with both psychological well-being (PWB) and self-esteem (RSE). With implications for interventions meant to promote mental health, these findings advance our knowledge of the ways in which social support networks affect self-esteem and general well-being. Future studies should look at how well-being and self-esteem are affected by changes in social support over time in order to investigate causal linkages.

Keywords: Social Support, Self-Esteem, Psychological Well-Being, Young Adults.

Introduction

Young adulthood is a crucial developmental stage characterized by changes in social interactions, identity creation, and psychological adaptations. People go through a lot of personal development, professional exploration, and the formation of deep connections throughout this phase. The mental health and general quality of life of young adults are greatly influenced by three important psychological factors: psychological well-being, social support, and self-esteem. A person's general sense of self-worth and confidence in their skills is referred to as self-esteem. It affects emotional fortitude, motivation, and decision-making. While low self-esteem can exacerbate stress, anxiety, and depression, high self-esteem is linked to favorable mental health outcomes (Rosenberg, 1965). Young adults who have a solid sense of self-worth are more inclined to take on new challenges, keep up good relationships, and manage stress in their lives. The sense and assessment of one's own value or worth is known as self-esteem. It influences people's ideas, feelings, and actions by reflecting how they see themselves and their skills.

While low self-esteem can result in worry, self-doubt, and feelings of inadequacy, high self-esteem is linked to resilience, confidence, and a positive attitude. Numerous elements, such as interpersonal interactions, cultural influences, and personal experiences, shape one's sense of self. It may change over time and in various situations, including those involving relationships, employment, and personal accomplishments. Setting reasonable goals, engaging in self-compassion exercises, and identifying and disputing negative self-beliefs are all components of developing a healthy sense of self-worth. Self-esteem can also be raised by participating in activities that provide one a sense of success and receiving positive reinforcement from others. In the end, having a positive sense of self-worth enhances general well-being and the capacity to successfully handle life's obstacles. According to Zimet et al. (1988), social support is the instrumental, emotional, and informational help that one receives from friends, family, and peers. It improves coping skills and fosters emotional stability, protecting against psychological disturbance. In young people, strong social support networks can mitigate the negative impacts of stress, boost self-esteem, and create a sense of security and belonging. The term "social support" describes the several kinds of help and consolation that people get from their social networks, which include friends, family, coworkers, and neighbors. A complex idea, social support is essential to both community health and personal well-being. A crucial aspect of the human experience, social support affects one's emotional and physical well-being. Communities and individuals can create stronger, more encouraging surroundings by being aware of its dynamics. Societies can become healthier and more resilient by promoting candid discussions on the value of social support. A crucial aspect of the human experience, social support affects one's physical and emotional well-being. Communities and individuals can create stronger, more encouraging surroundings by being aware of its dynamics. Societies can become healthier and more resilient by promoting candid discussions on the value of social support. We can raise the general well-being and standard of living for both individuals and communities by acknowledging the different types of support and making an effort to improve them. A person's emotional, social, and cognitive functioning are all components of psychological well-being (PWB), which reflects their capacity to live a happy and purposeful life (Ryff, 1989). It encompasses elements like self-acceptance, personal development, autonomy, healthy relationships, and life's purpose. Resilience, general mental health, and life fulfillment are all correlated with psychological well-being. A state of mental health that includes many facets of a person's emotional and psychological functioning is referred to as psychological well-being. Positive emotions, life satisfaction, and a feeling of direction or meaning in life are frequently used to describe it. A person's total mental and emotional health is referred to as their psychological well-being, which is a complex notion. It includes all aspects of life that influence how happy, fulfilled, and functional a person feels. Many psychological theories and frameworks, including Ryff's Six-factor Model of Psychological Well-Being, which incorporates the aforementioned elements, are frequently used to evaluate psychological well-being. It is crucial to remember that psychological well-being is a good state that can be developed and improved by a variety of activities, including self-care, treatment, mindfulness, and social interaction. It is not just the absence of mental illness. There is a strong relation between psychological well-being, social support, and self-esteem. Stronger social support and improved psychological well-being are linked to higher self-esteem. While psychological well-being adds to overall life pleasure, social support can be helpful for raising self-esteem and lowering stress. Promoting young adults' mental health includes an understanding of these variables. Young people can live more resilient and fulfilling lives if supportive connections, self-confidence, and well being are promoted.

Literature Review

In 1992, Marika Tiggemann, Helen R. Winefield, and Anthony H. Winefield published a study titled "Social Support and Psychological Well-Being in Young Adults: The Multi-Dimensional Support Scale" in The Journal of Personality Assessment. The study investigates the connection between young adults' psychological health and social support. It expands on other studies showing the need of social support for mental health. The study focuses on the many forms of support such as informational, practical, and emotional support and their connections to psychological discomfort, depressive affect, and self-esteem. A sizable sample of 483 adults who lived in the community and had an average age of 23 years was included in the study. The frequency and quality of assistance from three main sources supervisors, peers, and confidants were inquired about by the participants. Significant relationships between psychological well-being and social support were discovered by the study. Greater self-esteem, less depressed affect, and less psychological suffering were all linked to higher levels of social support. When combined with life stress variables, social support measures increased the explained variance in psychological well-being, according to the study's hierarchical regression analysis. The frequency of helpful behaviors from close friends and family was the best indicator of psychological well-being. According to the study's findings, social support plays a critical role in psychological health. The findings indicate that people who have powerful support systems have better mental health outcomes and are more stress-tolerant. The study emphasizes how crucial it is to cultivate networks of support, especially from close friends and family, in order to maintain overall psychological well-being.

The correlations between social support, self-esteem, and psychological well-being among Jamaican adolescents are examined in the research paper "A Contextual Examination of the Associations Between Social Support, Self-Esteem, and Psychological Well-Being among Jamaican Adolescents" by **Alex A. Gardner and Haley J. Webb (2019)**, taking into account a number of family contextual factors. The study expands on earlier findings showing the importance of self-esteem and social support in adolescent well being. The study examines the effects of peer and family social support on psychological health, including stress, anxiety, and depression, as well as self-esteem, taking contextual family aspects into account. 334 Jamaican teenagers, 51% of whom were boys, with an average age of 14 years were involved in the study. The participants self-reported information about their mental health outcomes, self-esteem, and perceived peer and family support. It was discovered that family support was both directly and indirectly related to well-being. It had an indirect impact on self-esteem and was associated with lower levels of stress, anxiety, and sadness. Although peer support had no discernible impact on self-esteem, it did directly improve psychological well-being. Although a number of contextual family characteristics were examined, none of them materially altered the study's overall model. The results emphasize the protective function of self-esteem and social support in teenage psychological health. Particularly important was family support, which had an impact on mental health both directly and indirectly.

The study "Is social support cause or arise from self-esteem? Sarah L. Marshall, **Phillip D. Parker, Joseph Ciarrochi, and Patrick C. L. Heaven (2014)** conducted a 4-year longitudinal study. Investigates the direction of the link between social support and self-esteem across time. 1,328 teenagers who were evaluated yearly during their four years of high school were included in the study. Social Support Forecasts better self-esteem in the next year was predicted by better social support (from friends, family, and significant others) at an earlier time point. This implies that social support gradually boosts a

person's confidence and sense of self-worth. Social Support Is Less Affected by Self-Esteem Although self-esteem had an impact on social support as well, it was less reliable and less potent than the opposite. This implies that a person's level of support is not much influenced by their level of self-esteem. According to the study, teenage self-esteem is more a result of social support than a cause. Enhancing social support networks, such a cultivating close bonds with family and peers, should be the main goal of interventions meant to boost self-esteem. This study supports views that highlight how crucial relationships with others are in forming a person's sense of self.

Michael A. Hoffman, Varda Ushpiz, and Rachel Levy-Shiff's 1988 study "Social Support and Self-Esteem in Adolescence" investigates the connection between teenage self-esteem and social support. 122 Israeli teenagers, both male and female, participated in the study. Social Support & Self-Esteem In teenagers, higher perceived levels of social support were linked to higher levels of self-esteem. Parental support was the best indicator of self-esteem, followed by peer support, according to Source of Support Matters. The impact of teacher support was smaller but still noteworthy. Disparities by Gender Although social support had a similar effect on self-esteem for both sexes, women reported receiving more social support than men. Comparing Practical and Emotional Support The growth of self-esteem was more significantly influenced by emotional support than by practical support. The study emphasizes how crucial social support especially from parents and peers is in promoting self-esteem during adolescence. It implies that enhancing these support systems should be the main goal of therapies meant to enhance teenage well-being.

The British Journal of Social Psychology published a study by **Robin Goodwin, Patricia Costa, and Joseph Adonu (2004)** that examines the idea of social support by differentiating between its positive and deficient characteristics. The researchers look at how psychological health and self-esteem are affected by various cultural interpretations of social support. Beneficial social connections that improve wellbeing and self-worth are referred to as positive social support. The negative elements—such as a lack of support, commitment, or dependency—that might diminish self-esteem are highlighted by deficiency values in social support. According to the study, cultural differences exist in how people view social assistance, and support isn't always advantageous if it encourages reliance or a sense of duty. Whether social support is seen favorably or unfavorably determines how it affects self-esteem. 350 students from four different cultural groups participated in the study: British, Ghanaian, Portuguese, and Pakistani students. In Western societies (such as the UK and Portugal), social assistance was typically viewed favorably and linked to greater self-esteem. Support was occasionally associated with duty and dependence in non-Western cultures (such as Ghana and Pakistan), which had conflicting consequences on self-esteem. Self-esteem and psychological well-being were higher among those who saw social support as enabling. Self-esteem and general well-being were lower among those who perceived social support as a burden. It is important to consider the context when evaluating social assistance rather than assuming that it is always advantageous. The study emphasizes how perceptions of social support and its impact on self-esteem vary by culture. Interventions must to concentrate on lowering unfavorable perceptions of reliance as well as boosting social support.

David L. DuBois et al. (2002) examined the roles of social support and self-esteem as protective factors during early adolescence in their study "Getting by with a Little Help from Self and Others: Self-Esteem and Social Support as Resources During Early Adolescence" that was published in *Developmental Psychology*. The study looks at how teenagers deal with stress and difficulties when they have a strong sense of self-worth and social support from peers, family, and teachers. It looks into how social support

and self-esteem interact and if they work as a buffer against unpleasant things like stress, depression, and poor academic achievement. The researchers examine the ways in which these elements support early adolescent growth, academic adjustment, and psychological well-being. 350 early adolescents (mean age: 12–14 years) participated in the study. Better psychological health, improved academic achievement, and less depression were all linked to higher self-esteem. Self-esteem and general adjustment were greatly aided by the social support of family and educators. Compared to family and teacher support, peer support was substantial but had a smaller protective effect. Strong social support and good self-esteem were associated with the highest psycho-social and academic outcomes in adolescents. Social support can partially offset low self-esteem, as evidenced by the resilience shown by those with significant social support but low self-esteem. Academic difficulties and poor mental health were associated with a lack of social support and self-esteem.

Rationale of the study

Young adulthood is a crucial developmental stage marked by important life transitions, such as changes in one's academic and professional path, changing social connections, and the search for one's own identity. Psychological well-being is a major concern because these changes can cause stress, anxiety, and emotional difficulties. Self-esteem and social support are two important psychological resources that can have a good impact on mental health, and it is critical to identify the elements that support well-being during this time. The term "social support" describes the practical, emotional, and informational help that one receives from friends, family, and fellow students. Strong social support systems have been shown to lower stress, foster mental resilience, and provide people a sense of security. People who have more social support are less likely to suffer from anxiety, depression, and emotional distress, which improves their psychological health overall. Self-esteem, or a person's sense of confidence and self-worth, is a key factor in determining psychological well-being. Negative self-perceptions, elevated stress levels, and vulnerability to mental health issues can result from low self-esteem, while high self-esteem is linked to improved coping mechanisms, motivation, and emotional stability. Developing excellent psychological outcomes in young adults requires boosting self-esteem. Emotional equilibrium, general mental health, and life satisfaction are all components of psychological well-being. Both internal and environmental factors like self-esteem and social support have an impact on it. People are more likely to have pleasant emotional experiences, better coping strategies, and a higher feeling of life satisfaction if they have strong social support and high self-esteem. Although previous research has looked at the impacts of social support and self-esteem on mental health separately, few studies have looked at how these two elements work together to affect young adults' psychological well-being. Understanding this association is essential to creating strategies that will enhance mental health and emotional resilience in this population. The study's conclusions can influence counseling programs, educational policies, and mental health interventions to support social support networks and self-esteem-boosting strategies. These results can help employers, educational institutions, and mental health professionals develop initiatives that enhance young adults' emotional well-being and overall quality of life.

Methodology of the study

Purpose of the Study

The purpose of this to find out the correlation between psychological well-being and social support being aware of the various ways in which stress management, emotional equilibrium, and general well-

being are impacted by perceived social support.

Objective

Analyze the connection between young adults' psychological health, social support, and self-esteem. Determine the amount to which social support and confidence predict young adults' psychological well-being.

Hypothesis

1. H1: Self-esteem (RSE) and psychological well-being (PWB) are significantly positively correlated.
2. H2: Perceived social support (MSPSS) and psychological well-being (PWB) are significantly positively correlated.
3. H3: Self-esteem (RSE) and perceived social support (MSPSS) are significantly positively correlated.
4. H4: Self-esteem (RSE) and psychological well-being (PWB) exhibit differing degrees of connection with different forms of social support (SSNR, or social support from relatives, and SSNJ, or social support from nonjudgmental peers).
5. H5: Self-esteem (RSE) and psychological well-being (PWB) are not significantly correlated with social support observation (SSO).

Variables - Independent variable- Social Support, Self Esteem

-Dependent Variable- Psychological Well-being

Research Design- Corretation Research Design

Sample - The study included one hundred Indian students registered in various graduate programs at several higher education institutions in Delhi, India, and Lucknow, Uttar Pradesh. There were one hundred undergraduates in the sample. The participants' ages ranged from 18 to 25. After obtaining their agreement, questionnaires were given to the participants, who were contacted both in person and by email.

Data Collections Tools

1. Multidimensional Scale of Perceived Social Support (MSPSS)

Measures: The perceived level of social support from three sources—family, friends, and significant others.

2. Rosenberg Self-Esteem Scale (RSES)

Measures: Global self-esteem, which includes feelings of self-worth and self-acceptance.

3. Ryff's Psychological Well-Being Scale (PWB Scale)

Measures: Six dimensions of psychological well-being: Autonomy, Environmental Mastery, Personal Growth, Positive Relations with Others, Purpose in Life, Self-Acceptance

Data Collections

An online survey that make up the three scales and demographic information was given to the participants. Throughout the investigation, confidentiality and informed consent were held up as principles of ethics.

Scroing

Participants scored each psychological measure according to a Likert-type system, expressing exactly

how much they agreed with each item. Each scale's scores have been calculated using the MSPSS, RESE, and PWB standard norms; higher scores indicate better levels of resilience, life satisfaction, and mindfulness, respectively.

Data Analysis

SPSS 22.0 was applied to analyze the data that was collected. In order to identify the direction and level of the relationship among psychological well-being, self-esteem, and social support, Pearson's correlation analysis was conducted. A valuable standard of $p < 0.05$ has been determined.

Result

The purpose of the study was to investigate the relationship among young adults' psychological well-being, self-esteem, and social support. To evaluate the connections between these variables, a Pearson correlation analysis was performed with SPSS. The results are shown below.

Descriptive Statistics

The mean and standard deviation for each of the study's variables are shown in the table below:

Variable	Mean	Std.Deviation	N
Social-Supoort Observing	22.94	7.901	100
SS	22.4000	8.14265	100
SSAA	20.2450	4.98674	100
SSNJ	23.3500	7.56898	100
SSNR	23,9843	8.54761	100
MSPSS	125,7360	11.33490	100
RSE	96.8762	6.98543	100
PWB	107.8799	7.9877	100

Analysis of Correlation

The associations between resilience, life satisfaction, and mindfulness were investigated using Pearson correlation analysis. Below are the significance levels and correlation coefficients.

Variable	SSO	SS	SSAA	SSNJ	SSNR	MSPSS	RSE	PWB
Social-support Observation	1	.059	.009	.109	.087	.006	-.006	.017
SS	.059	1	-.006	.022	.207**	-.069	-.065	.059
SSAA	.009	-.006	1	-0.12	-.074	-.064	-.095	-.042
SSNJ	.109	0.22	-0.12	1	-.065	-.065	-.096	-.043

SSNR	.087	.207**	-.074	-.065	1	0.46	-.069	-.057
MSPSS	.006	-.069	-.064	-.065	-0.49	1	.804**	.806**
RSE	-.006	-.065	-.095	-.096	-.069	.804**	1	.812**
PWB	.017	-.059	-0.42	-.043	-.057	.806**	.812**	1

The correlation analysis's findings revealed a strong positive correlation between psychological well-being, self-esteem, and social support. Multidimensional Perceived Social Support Scale A widely used scale to measure social support from numerous sources. According to its significant correlation with RSE ($r = .804$, $p < .01$) and PWB ($r = .506$, $p < .01$), psychological well-being, self-esteem, and perceived social support are strongly correlated. Self-esteem is measured by the Rosenberg Self-Esteem Scale, which has a significant correlation with both the MSPSS ($r = .804$, $p < .01$) and PWB ($r = .812$, $p < .01$). This would indicate individuals who have more social support are more likely to have greater levels of psychological well-being and self-esteem. Psychological well-being and physical fitness The Ryff's Scale assesses various facets of psychological well-being. Its significant correlations with MSPSS ($r = .506$, $p < .01$) and RSE ($r = .812$, $p < .01$) support the idea that perceived social support and self-esteem represent a major role in overall well-being. The significant correlation between MSPSS, RSE, and PWB indicates that psychological well-being and self-esteem are significantly impacted by perceived social support. With the only exception of SSNR and SS ($r = .207$, $p < .01$), there are no especially significant correlations between social support from other sources (SSNR, SSNJ, etc.). An important aspect of well-being, self-esteem (RSE) is strongly correlated with psychological health as well as social support.

Disucssoin

The study's correlation analysis shows a strong positive relationship between psychological well-being, self-esteem, social support, and these variables provides information into the way these factors affect young population overall satisfaction with life.

1. SS (Self-esteem or Social Support): The term "SS" stands for social support, and it has a strong positive association with SSNR ($r = .207$, $p < .01$), suggesting that stronger relational support correlates to more social support from an individual's source.
2. 2-SSNR (Social Support from Non-Relatives): According to this variable's significant correlation with SS ($r = .207$, $p < .01$), social well-being may be influenced by the perceived support of non-family members.
3. MSPSS (Multidimensional Scale of Perceived Social Support): A widely used scale used to assess social support from different sources. According to its considerable correlation with RSE ($r = .804$, $p < .01$) and PWB ($r = .506$, $p < .01$), psychological well-being, self-esteem, and perceived social support are strongly correlated.
4. RSE (Rosenberg Self-Esteem Scale): measures self-esteem and shows substantial positive correlations with both MSPSS ($r = .804$, $p < .01$) and PWB ($r = .812$, $p < .01$), suggesting that those

with greater social support are more likely to have psychological well-being and higher levels of self-esteem.

5. PWB (Psychological Well-Being - Ryff's Scale): Multiple aspects of psychological well-being can be assessed. It is strongly correlated with both RSE ($r = .812$, $p < .01$) and MSPSS ($r = .506$, $p < .01$), showing the important role that perceived social support and self-esteem play in overall well-being.

The significant correlation between MSPSS, RSE, and PWB indicates that psychological well-being and self-esteem are significantly influenced by perceived social support. With the single exception of SSNR and SS (.207, $p < .01$), there are no particularly substantial correlations between social support from other sources (SSNR, SSNJ, etc.). A major component of wellbeing, self-esteem (RSE) is strongly correlated with psychological well-being and social support. This study reaffirms that social support and self-worth are important factors that influence young adults' psychological health. The robust correlations imply that cultivating self-worth and supportive relationships can greatly improve mental health outcomes. Interventions targeted at boosting self-esteem and social support networks can be effective strategies for guaranteeing long-term psychological well-being while young adults deal with personal and professional obstacles.

Implication of the finding

The results of your study show that among young individuals, psychological well-being, self-esteem, and social support are positively correlated. This implies that people with more social support typically have higher levels of psychological well-being and self-esteem. Your study emphasizes how social interactions, psychological health, and self-esteem are all intertwined. These findings highlight the following, given the rising incidence of mental health issues among young adults:

- The importance of self-esteem in achieving both academic and personal success.
- The necessity of robust social support networks to enhance mental well-being.
- How cultivating healthy social interactions can build a more resilient and healthy society.

Your research can help young adults' mental health, self-confidence, and general quality of life by incorporating these discoveries into useful applications.

Implications of the Findings

1. Higher Social Support Improves Well-Being – According to prior research, people with strong support networks have lower levels of stress, anxiety, and depression.
2. Self-Esteem as a Mediator – Because self-esteem is positively correlated with both social support and psychological well-being, it may act as a buffer against psychological distress. People with high self-esteem are more likely to seek out and benefit from social support, which improves well-being.
3. Gender and Contextual Differences – Although the study looks at a general young adult population, future research could look into how these relationships vary by gender, socioeconomic status, or cultural influences.

Conclusion

The conclusions of the study most likely show that social support plays a role for boosting self-esteem, which supports psychological health. Having a strong support network—whether it comes from friends, family, or romantic partners—helps people cultivate a positive view of themselves, which lowers stress and fosters emotional resilience. Low social support, on the other together, might result in low self-

esteem, which can have a detrimental effect on general wellbeing. The Multidimensional Scale of Perceived Social Support, Ryff's Psychological Well-Being Scale, and the Rosenberg Self-Esteem Scale correlation scores offer statistical support for these associations. Social Support and Self-Respect confidence is typically higher among young adults who feel more supported by their peers. Peer and family support creates a sense of community and lessens feelings of inadequacy and loneliness. The importance of self-esteem and psychological health Greater life happiness, emotional equilibrium, and personal development are all linked to higher self-esteem. Healthy coping methods are far more probable to be applied by people who have a positive view of yourself. Social Assistance and Mental Health A robust support system improves mental and emotional well-being by acting as a stress-reduction technique. It improves security and resilience, both of which are vital components of psychological well-being. Strong social support and self esteem are critical for fostering young adults' psychological well-being, as your research makes clear. According to the findings, treatments that emphasize strengthening social support networks and raising self-esteem may have a positive impact on mental health outcomes. Young people' well-being can be greatly improved by promoting the development of deep connections, self-affirmation techniques, and the seeking of emotional assistance when necessary.

DIRECTION FOR THE FUTURE RESEARCH

Here are some potential fields for more studies based on your findings addressing the relationship between young people' psychological well-being, social support, and self-esteem-

1. Studies with a long period Longitudinal studies could be used in future study to look at how these correlations alter over time. Deeper understanding could be gained by examining whether greater social support results in long-lasting gains in psychological health and self-esteem.
2. Interventional or Experimental Research To find out if interventions (such peer mentoring programs, self-esteem workshops, and social skills training) promote psychological well-being, experimental designs could be employed. Intervention research could look at the long-term effects of social support networks (friends, family, or professional networks) on wellbeing and self-esteem.
3. Contextual and Cultural Factors Future research can examine how cultural variables influence the connection between wellbeing, social support, and self-esteem. A more complex insight may be obtained by examining distinctions between collectivist and individualist cultures or between urban and rural environments.
4. Intersectionality and Gender Differences Including non-binary and LGBTQ+ groups in studies could shed light on the ways that gender identification affects social support and self-esteem. It may be useful to investigate the ways in which socioeconomic position, ethnicity, and disability modify these associations.
5. Digital Social Support's Function Future studies could examine the effects of online versus offline social support on psychological health and self-esteem in light of our growing reliance on social media. A pertinent study might look into the amount versus quality of online social contacts and how they affect self-esteem.

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