The Role of Social Support in Improving Mental Health

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Abstract. *This study explores the role of social support in enhancing mental health among individuals, particularly focusing on students. The research employs a literature review method, utilizing national and international journals accessed through accredited databases like Scopus and Google Scholar from 2019 to 2020. Findings indicate that social support, derived from family, peers, and educators, significantly contributes to emotional balance, stress management, and overall mental well-being. The study identifies various forms of social support, including emotional, instrumental, informational, and appraisal support, each playing a crucial role in fostering resilience and self-esteem. The results suggest that strengthening social support networks can lead to improved mental health outcomes, highlighting the importance of community and familial ties in individual development.*

Keywords: Social Support; Mental Health; Resilience; Emotional Well-being

Abstrak. Studi ini menyelidiki bagaimana dukungan sosial membantu orang meningkatkan kesehatan mental mereka, dengan penekanan khusus pada siswa. Dari tahun 2019 hingga 2020, penelitian ini memanfaatkan jurnal nasional dan internasional yang dapat diakses melalui database terakreditasi seperti Scopus dan Google Scholar. Metode tinjauan pustaka digunakan dalam penelitian ini. Studi ini mengidentifikasi berbagai bentuk dukungan sosial, termasuk dukungan emosional, instrumental, informasi, dan penilaian; masing-masing memainkan peran penting dalam menumbuhkan ketahanan dan harga diri. Temuan menunjukkan bahwa dukungan sosial yang berasal dari keluarga, teman sebaya, dan pendidik, secara signifikan berkontribusi pada keseimbangan emosional, manajemen stres, dan kesejahteraan mental secara keseluruhan. Hasilnya menunjukkan bahwa memperkuat jaringan dukungan sosial dapat menyebabkan hasil kesehatan mental yang lebih baik. Ini menunjukkan betapa pentingnya hubungan komunitas dan keluarga untuk pertumbuhan individu.

Kata kunci: Dukungan Sosial; Kesehatan Mental; Ketahanan; Kesejahteraan Emosional

INTRADUCTION

Individuals cannot survive alone. People are social beings who require social relationships, where they can obtain social support. Social support as comfort, care, esteem, or assistance given to another person or group. Those who receive social support usually feel cared for, valued, and loved. In addition, social support can have a positive impact on mental well-being, emotional balance, handling stress, improving self-esteem, and resilience.

People who are close to a person, such as family, teachers, or friends, provide social support. Sarason states that social support can be obtained from familiar social relationships, such as parents, siblings, teachers, peers, and the social environment, or from the presence of someone who makes one feel cared for, valued, and loved. Family is the closest community that supports a person. Family is defined as two or more people living in one household due to blood, marriage, or adoption. In addition, Edward states that family is the first place a person learns to know themselves and their environment, and this is a major component in achieving success (Aulia, 2021).

A person's condition can be influenced by family support. The internalization of values instilled by family and society greatly influences development from child to child and adult, according to several studies. Family helps restructure a person's emotions and cognition so that they become a mature person and are able to overcome problems, adapt well to challenges or difficulties that threaten function and survival. Families also give them the ability to regulate their emotions, change their reactions, form a good self-acceptance, and live a positive, optimistic and confident life. In addition, parents should help and encourage their children in managing anxiety, anger, emotions, and low self-esteem (Sukriyah, 2024).

Real social support is an action performed or received by others because of their relationship with their environment and has an emotional or behavioral impact on them. This can be in the form of verbal or nonverbal information or advice. Three types of social support are described emotional support, which is shown by familiarity and acceptance that fosters confidence; instrumental support, which is shown by the direct provision of services and assistance; and informational support, which includes advice, problem solving, and assessment of individual behavior (Kumala, 2022).

However, house & kahn state that social support consists of four categories: emotional support, instrumental support, informational support, and appraisal support. Expressions of empathy, protection, care, and trust are part of emotional support. This support makes a person feel owned, loved, comfortable, and safe.

METHODOLOGY

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RESULTS AND DISCUSSION

Social Support

According to Likert, social support is broadly defined as the existence of relationships that are helpful and have special value. This definition regulates positive social relationships. Relationships are considered positive when people in the relationship can support or maintain their sense of self-worth by viewing experiences in the context of their expectations and aspirations (fatimah ibda, 2023).

A person's perception of a group of people they can rely on when they need help is known as social support. In addition, social support can be defined as an individual's level of satisfaction with the social support they receive, which relates to the individual's perception that their needs will be met. An individual's perception of general support or specific behavioral support provided by others in their environment can be defined as social support. Perceived social support points to the function of assistance provided to individuals by meaningful people such as parents, family, friends, teachers, relatives, and neighbors.

Some experts state that the idea of social support requires communication and usually takes the form of emotional support, such as listening and empathizing, or instrumental support, such as helping to solve problems. In addition, cohen and wills state that social support can be interpreted as support in certain situations where social support is needed to overcome certain stressful situations, and contributes to social and personality development (fatimah ibda, 2023).

Strong self-confidence is gained through social support. In addition, social support has at least three purposes. First, as self-esteem support: interpersonal resources help people in situations where they face self-esteem threats, such as increasing doubts about their abilities. Attention, empathy, and reassurance are some examples of this support. Feeling that you are accepted and valued is an important component of this support. Second, as informational support, where people are given information, advice, and direction on how to solve problems. Third, as instrumental support, where this support is tangible in the form of materials that aim to ease the burden of the person in need and others.

Menurut Likert, dukungan sosial secara luas didefinisikan sebagai adanya hubungan yang bersifat menolong dan mempunyai nilai khusus. Definisi ini mengatur adanya hubungan sosial yang positif. Hubungan dianggap positif ketika orang-orang dalam hubungan dapat mendukung atau mempertahankan rasa harga diri mereka dengan melihat pengalaman dalam konteks harapan dan aspirasi mereka (fatimah ibda, 2023).

Types of Social Support

Sarafino in Purba et al. divides the types of social support into five categories: emotional support, instrumental support, esteem support, information support, and social network support. Instrumental support includes direct or indirect assistance that is material and tangible (visible), while emotional support includes expressions of empathy, concern, and attention to someone. feeding, helping to clean the bed, etc. To support esteem, people are given positive appreciation, encouragement to move forward, or agreement with their ideas or feelings, and positive comparisons with others. For those concerned, support from social networks can provide a feeling that they are members of a particular group and have the same interests as them. Information support includes advice (Mahmuda, 2022).

Social support consists of four categories, according to House & Kahn: emotional support, instrumental support, information support, and appraisal support. Expressions of empathy, protection, attention, and trust are part of emotional support. This support makes a person feel owned, loved, comfortable, and safe. Instrumental support consists of providing means that can help achieve the desired goals, such as material or as services. Informational support consists of providing advice, direction, and considerations about how a person should act. Assessment support is giving appreciation for efforts that have been made or providing feedback on results and/or achievements (Fatimah Ibda, 2023). Someone who needs emotional support to feel safe, comfortable, and appreciated is called emotional support. This can be given by listening attentively, giving praise and appreciation, and giving positive advice. Instrumental support can be defined as assistance in completing a particular task or problem. This can be given by providing assistance, guidance, or facilities as needed. Informational support is information needed to make decisions or solve problems. This can be in the form of explanations, references, or connecting with relevant sources of information. Finally, reward support is information given to acknowledge and appreciate what has been done. Recognizing someone's efforts, giving awards, or giving praise are some of the ways in which reward support can be given (Fatimah Ibda, 2023).

The presence of attention, empathy, support, acceptance, warmth, and opportunity are the results of emotional support for children in hilly areas. Asking what children do to make them feel cared for, reminding them to complete tasks as well as possible even though the tasks are difficult, listening to their stories and complaints, accepting their different perspectives, encouraging them,

and convincing them that they can realize their hopes. This is supported by the geographical situation that teaches children to survive and have difficulties, such as having to go up and down areas to go to places, eating poorly, and being far from public facilities that support. However, these environmental limitations are what make children mentally strong. The influence of the physical environment on the socio-cultural and personality of individuals is very large (Muthmainah, 2022). Teachers can provide instrumental support by offering guidance, assistance, or resources needed to help their students complete certain tasks or problems. Information support is information that students need to make decisions or solve problems. This can be in the form of explanations, references, or connecting teachers to relevant sources of information. Finally, reward support is support given to recognize and appreciate student achievement. Teachers can provide this support by giving praise, giving awards, or directing their students to other sources of information.

The results of interviews with four teachers, six parents, two community leaders, and six children showed that social support in the form of instrumental support was also given to children. There are three types of instrumental support that help children's resilience: 1) Finance or funds, namely by providing money as needed so that children can survive and live as they are in order to achieve a more noble life expectancy; 2) Assistance with energy, namely by providing energy when children need help from parents, teachers, and the community (friends, neighbors). 3) Assistance with time, namely by taking the time so that children feel there is support.

Based on the results of the study, researchers try to maintain the mental health of students by providing information support. Information support can be in the form of information related to academics (for example, assignments, class schedules), as well as information outside of academics (for example, ustad studies, motivational words, and quotes). Researchers can also provide guidance and advice to help students make decisions (Adwah, 2024). Informational support can be informational support that includes advice, guidance, recommendations, or feedback on actions a person can take to overcome their difficulties. In line with Estiane, informational support also includes

In addition, children receive social support in the form of information support. The results of interviews with four teachers, six parents, two community leaders, and six children reached the same conclusion about social support in the form of information support. The types of information support that support resilience are as follows: 1) Recommendations. They do this by: a) giving advice to children when they make mistakes so that they don't do it again and get better, b) asking them to stay calm when they are stressed, c) suggesting that they focus on the past and find solutions, d) strengthening their relationships with others to work together and strengthen each

other (the spirit of togetherness in the community), e) improving their relationship with God and increasing gratitude. 2) Comments. You should do this by: a) giving answers

To support appreciation, people are given positive appreciation, encouragement to move forward, or agreement with their ideas or feelings, and positive comparisons with others. Children also receive social support in the form of appreciation. The results of interviews with four teachers, six parents, two community leaders, and six children reached the same conclusion about social support in the form of appreciation support. Awards that support resilience come in the following forms: 1) Approval. The response is to give approval to support the child's ideas or actions, so that the child becomes more confident in trying. In addition, by giving a positive assessment of the action, the child will be more persistent in trying.

The Role of Social Support in Improving Mental Health

The role of the family is very important for someone, including children, in the process of becoming adults. Social support, such as parents, teachers, community leaders, and communities, helps some children in hilly areas survive. Sources of social support can come from close friends, teachers, or family members. Social support is very important for children during their development, including building independence. Resilient families are characterized by close relationships with caring and attentive parents, warm, regular, and conducive parenting patterns for individual growth, and harmonious relationships with other family members (Muthmainah, 2022).

Children who live in hilly areas have family as their main source of social support. This support can come in various forms, such as physical, emotional, and informational support, as well as appreciation given by parents, teachers, community members, and the community. This is in line with Ambari's opinion, which states that family support is a perception of assistance consisting of attention, appreciation, information, advice, and material. Ayuningtyas also stated that family support is any assistance given to one family member by other family members to carry out family functions, such as emotional, instrumental, informative, and assessment support. Try to argue that social support is an important sign that someone loves, is liked, respected, and appreciated (Mutmainah, 2022).

It is possible that providing social support can change someone to be friendlier, more empathetic, and more affectionate towards others. One of the most important factors associated with positive child outcomes is parental support. There are many ways in which social support can be given to someone, such as encouragement, attention, encouragement, appreciation, supportive or agreeable statements, and physical and mental assistance. According to Smeth, when someone experiences problems or faces stressors and gets social support, they can feel that those closest to them are paying attention to them (Mutmainah, 2022).

Strong self-confidence is obtained through social support. In addition, social support has at least three purposes. First, as self-esteem support: interpersonal sources help people in situations where they face threats to self-esteem, such as increased doubts about their abilities. Attention, empathy, and reassurance are some examples of this support. Feeling accepted and appreciated is an important component of this support. Second, as information support - someone is given support when they cannot solve their problems by providing information, advice, and direction on how to solve the problem. Third, as instrumental support - this support is real in the form of material that aims to ease the burden of people in need and others can fulfill it, and fourth, social support functions as social closeness. This support is to provide intrinsic satisfaction for individuals to overcome loneliness and provide satisfaction and warmth of friendship and acceptance of individuals in groups (Fatimah Ibda, 2023).

Stress management: The results of the study, based on interviews and observations, showed that students who received social support could help them manage stress, feel happier, and manage their emotions in any situation. Social support also helps them think more positively, reduce overthinking or excessive thoughts, and become more able to be positive because they are confident that they will not experience problems. According to Alawiyah et al., social support can help students in dealing with problems and managing their feelings. When someone experiences a problem or crisis situation, social support such as emotional, instrumental, and informational support can help them deal with it (Adwah, 2024).

Feeling safe and comfortable: By getting social support, students can feel safe and comfortable in carrying out their activities and activities. They also feel helped in solving problems or other things that they cannot solve themselves. In addition, students can feel calm when social support is finished, without considering other things that can bother them. Through social support, they also become people they can rely on and are not afraid to do other good things. According to Salmon and Santi, social support makes a person feel accepted and appreciated in their environment, which causes a sense of security and comfort when interacting with other people and their environment (Nurita, 2022).

Increasing Motivation: Social support from parents, such as meeting needs, can increase student motivation both academically and non-academically. In the academic field, students who get support from their parents can be motivated to do assignments and complete final assignments quickly and want to graduate. Social support from parents can also increase students' motivation to do positive things. Social support received from parents affects students' desire to excel. They are more motivated to improve their skills and try new things, as Suciani and Rozali said. In his research, Amseke also showed that social support can increase desire (Rizqullah, 2024).

Social Support Factors in Improving Mental Health

The World Health Organization (WHO) states that the ability to face challenges in life is one of the characteristics of a mentally healthy person. Adolescents can experience problems due to emotional instability. Emotional functioning is an important component of mental health. Mental health is related to emotional control. Several factors that influence the decline in mental health include difficulties in understanding, communicating, and regulating emotions. A positive relationship between emotional regulation and adolescent mental health. The better the adolescent's emotional regulation, the better their mental health (Aisyaroh, 2022).

Factors such as friends and social networks play an important role in adolescent life. Peers play an important role in social support as children grow up. Support comes from classmates through affective, sympathy, understanding, and moral guidance. The results of a study conducted by Yunanto Taufik Akbar Rizqi in 2018 explain the strong relationship between the independent and dependent variables. The R2 value of 0.574 indicates the capacity of the peer support variable to explain mental health variables. This figure shows that peer support provides an effective contribution of 57.4% to mental health (Aisyaroh, 2022).

Socio-economic, cultural, and environmental factors make adolescence a difficult time. This is because they need to adjust to change. Meanwhile, adolescents must also complete the developmental tasks needed to become adults. The success or failure of an adolescent in completing their developmental tasks will have an impact on their later life. In other words, these results will make adolescents mentally healthy people. The level of religiosity is one of the factors that influences mental health because religion can shape a character that is able to align all words and actions according to its teachings. Religious beliefs and practices are associated with greater life satisfaction, positive influence, and high morale (Aisyaroh, 2022).

The Impact of Social Support in Improving Mental Health

Adequate social support provides benefits for adolescents, including 1) improving physical and mental health. Social support can help adolescents maintain physical and mental health, such as lower blood pressure and a stronger immune system. Adolescents who receive good social support also tend to have a greater chance of developing sexual relationships (Fatimah, 2023).

Conversely, lack of parental social support causes 1) behavioral disorders. Adolescents who lack parental social support tend to be more susceptible to behavioral disorders such as aggression, hyperactivity, and depression, 2) lack of self-confidence.

Adolescents who lack parental social support tend to feel less confident and worthless, and 3) underachieve in school (Fatimah, 2023).

CONCLUSION

Social support is essential to improving individual mental health, especially for college students. This study shows that support from family, friends, and teachers can help people manage stress, improve self-esteem, and feel better. Social support, such as emotional, instrumental, informational, and esteem support, helps people become strong and able to face life's challenges. The results suggest that increasing social support networks can have significant positive effects on mental health. This will contribute to the development of intervention programs that encourage cooperation and community involvement. To improve overall mental health, society and educational institutions must create an environment where people feel cared for and valued.

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