

## Does Social Support Predicts a Person's Quality of Life?

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**Abstract.** The purpose of this study is to examine whether social support predicts a person's quality of life. Seventynine adults between the ages of 18 to 55 year-old participated in this study. Subjects were required to complete 2 sets of questionnaires consisting of "The Social Support Questionnaires" and "Comprehensive Quality of Life Scales for Adults". The finding was congruent with the prediction whereby social support does predict a person's quality of life.

Key words: social support, quality of life

**Abstrak.** Kajian ini bertujuan untuk mengetahui apakah dukungan sosial dapat meramalkan kualitas hidup seseorang. Tujuh puluh sembilan orang dewasa berusia di antara 18 hingga 55 tahun telah berpartisipasi dalam kajian ini sebagai sampel. Subjek melengkapi dua perangkat kuesioner yang berisi "The Social Support Questionnaire" dan "Comprehensive Quality of Life Scales for Adults". Temuan kajian menunjukkan keterkaitan dengan dugaan bahwa dukungan sosial mampu meramalkan kualitas hidup seseorang.

Kata kunci: dukungan sosial, kualitas hidup

Social support seems to be good medicine for the mind as most studies find an association between social support and mental health. It is found to be one of the factors that contribute to mental health in adults, children and old people. Research studies indicate that people with social support systems are less depressed and anxious and more optimistic about their lives than those with poor social support systems. Other studies show that people with good support systems are more successful at overcoming depression, maintaining self-esteem and overcoming loneliness. Social support enhances a person's psychological adjustment in the face of negative life events and there are also studies, which show that

social support's relationship to psychological well-being in the face of a wide array of problems such as job dissatisfaction, child maltreatment, depression, birth complication and numerous others (Cohen & Wills, 1985). A study by Dalgard, Bjork and Tamb (1995) showed that social support enhanced a person's psychological adjustment in facing to negative events. In addition to this, literature reviews also recorded an impressive accumulation of studies on social supports' relationship to psychological well-being in the face of a wide array of problems such as job dissatisfaction, child maltreatment, depression, birth complication and numerous others (Cohen & Wills, 1985;