

How Social Support from University Help Students Cope with Post Traumatic Stress

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ABSTRACT

Despite the pandemic of COVID 2019, some students were able to hold their position while others were forced to submit. Is there a difference in an understudy's level of strength across various socioeconomic groups, or are there commonalities across youngsters with comparable flexibility? The topic of research is how social support from university helps students cope with post-traumatic stress. The study aims to collect data through secondary sources to examine how students deal with life's challenges and the mental and emotional well-being attributes of diverse subgroups. Many questions about their personal lives and mental well-being were asked of the students. The result shows that students who rely on dynamic adaptive processes increase as social support levels rise, whereas those who rely on isolated survival strategies decrease. As shown by this study, students who get daily support from loved ones are more likely to use outstanding survival tactics when confronted with challenging circumstances. All of this had nothing to do with the direction of the school or the kind of institution.

Keywords: *social support, resilience of the student, coping style, mental health.*

1. INTRODUCTION

Social support networks may help cope with challenging circumstances, whether it's a bad day at work or a year defined by loss or chronic illness. Lack of social support may also lead to feelings of social isolation and loneliness. A substantial body of research has shown favorable connections between low social support and physical and mental health, as well as plausible processes behind these relationships. Folkman and Finch give comprehensive reviews of these fields of study, while Holt-Lunstad et al. conduct a meta-analysis of prospective studies demonstrating a relationship between social isolation and mortality risk[1].

By and large, research reveals that an individual's health is intrinsically linked to the health of the countless people with whom that individual is related. As such, there is evidence of "non-biological (physical) sickness transmission". According to the definition provided by Haber et al., social support is divided into two categories: objective and visible support (such as financial assistance), and network support (such as marriage and close friends) that is not based on an individual's perception but rather on objective reality. In this way, social support may be defined as either subjective or objective, depending on the individual's social network and the influence it has on them. Social support plays a key role in an individual's mental resilience by assisting them in coping and recovering from challenging events and adversity, as well as boosting their positive mental state.

There is not that much research on this topic. Student social support has been studied previously, and the results show that male students receive significantly more social support than female students, and that social support's impact on mental health is closely tied to the personality traits of the person receiving it[2]. These studies fail to account for college students' internal heterogeneity when it comes to their perceptions of social support.

The following are some of the objectives of this research:

- The study will concentrate on students' views of social support that are unsure of where it should come from during studies.
- There is a strong connection between the students' loved ones and their assistance during times of stress.
- In terms of poverty and social assistance, orientation had a significant influence. Regardless of orientation, school type had no effect on subgroup dispersion.
- In different studies, a greater overall level of social assistance is connected with lower levels of general unease and a lower level of COVID-19 pandemic impact.

This research looked at students' perceptions of social support and coping inclinations by splitting the coping tendency heterogeneity into subgroups based on perceived social support, demographic variables, and

mental health status. Positive psychology, particularly research on psychological resilience, says that disadvantaged individuals' differences in mental health are more important than disparities across groups. Research by Friborg and colleagues indicated that those with high levels of psychological resilience experience less mental anguish and have better mental health than those with low levels of psychological resilience[3]. It is possible to separate the impacts of various types of social support on students while dealing with challenges by recognizing the variety among groups of students who perceive social support and adopt related coping techniques in different ways. As a result, a deeper analysis of subgroups of various modes may be undertaken to develop more effective and tailored programs to aid students overcome the COVID-19 epidemic and comparable issues.

2. RELATIONSHIP BETWEEN SOCIAL SUPPORT AND PHYSICAL AND MENTAL HEALTH

If a person has had a particularly bad day at work, or if they have had a very difficult year highlighted by loss or chronic disease, having a strong social support network may be quite beneficial in supporting them in dealing with the stress of these difficult times. Having to deal with feelings of loneliness and social isolation may be a side effect of living in a socially isolated environment.

An insufficient amount of social support has been linked to poor physical and mental health, and studies have found a variety of potential explanations[2]. A comprehensive examination of Holt-Lunstad et al (2020) meta-analysis of prospective data revealing a relationship between social isolation and mortality risk was conducted by Folkman and Finch in the journal *Social Science*. In accordance with the bulk of study findings, a person's health is intimately linked to the health of the large number of other people with whom that individual comes into contact. It is as a result of this development that the idea of "non-biological (physical) sickness transmission" has been established. According to research, providing compassionate help may have a positive impact on one's emotional and physical well-being[3]. Some research suggests that people who have strong informal networks are less likely to participate in dangerous behavior, avoid negative feedback, and adhere to their treatment programs.

The capacity of extreme or tough individuals to adjust to difficult events via the use of dynamic stress management strategies is often commended in the media. Increased levels of friendly assistance were associated with a reduction in melancholy in patients with severe and chronic cardiovascular disease, and the work of an adaptive style that worked in accordance with a delay model for the prediction of doom was found to have a

significant impact on this association[4]. In this group's work on dynamic adaptation approaches, social support was a significant factor, which happened both before and after the methods were implemented.

3. ROLE OF SOCIAL SUPPORT IN PROMOTING FLEXIBILITY

There is a growing body of research on the role of social support in promoting flexibility and reducing the risk of developing mental instability. Preclinical studies have linked social disengagement to atherosclerosis, elevated pulse, and circulatory strain. For example, higher pulse, circulatory strain, and cardiovascular and neuroendocrine responses in people under stress have been linked to a lack of social support during human exploration. It has been shown that participants in the study center who are supported by another person are less likely than those who are alone to experience increases in heart rate, blood pressure, and the stress hormone cortisol during mental number crunching and public speaking activities[5]. Neuronal circuits, synapse frameworks, and other mechanisms are what we know about how the mind processes social input. In a study of creatures, oxytocin and vasopressin have been shown to have an important role in the regulation of social connection and the promotion of endearing social interactions. Oxytocin has a crucial role in rodent social learning and parental attention. Voles' ability to form and maintain social ties is affected by weak parts of the brain (the ventral pallidum, average amygdala, and amygdala). Mountain voles, in contrast to grassland voles, which are sociable and often monogamous, avoid social interaction unless during mating. This is due to the fact that their core acumen contain fewer oxytocin receptors.

Oxytocin has been shown to have anxiolytic effects in nursing rodents, where the pressure hormone corticosterone is less present. Furthermore, oxytocin has been studied in relation to human social behavior[6]. This test simulates a tense encounter with a potential employer and public speaking to raise stress levels and salivary cortisol levels. Both oxytocin and the presence of social support reduced the anxiety felt by solid persons participating in this activity. When it comes to stress, those who received oxytocin and social support had the lowest levels of stress-related anxiety and cortisol responses. This suggests that oxytocin may have a favorable effect on social behaviour and on the HPA framework's response to a push.

4. IMPACT OF SOCIAL SUPPORT TO STUDENTS' HEALTH

Students' mental and physical health has been severely impacted, as well as their ability to concentrate on schoolwork. People's psychological well-being is

impacted in a startling, brilliant, and overwhelming way when such events occur for everyone's benefit. This results in both severe and continual stress as well as enthusiastic emotions[5]. There has been an increase in the amount of time spent living with watchmen, which has made it difficult for students to complete their daily tasks. Possible reasons for a low assessment of pupils' adaptability include their difficulty adjusting to the epidemic, their lack of educational preparedness, and other concerns. An improved social encouraging group of individuals may be created by better understanding how students recognize and react to crisis situations like the COVID-19 epidemic and other times when they need social support.

On the other hand, the researchers examined how visible social aid impacts student adjusting inclinations and discovered that how much seen social help is strongly linked to student adjusting preferences. Increases in perceived social influence are directly correlated to changes in the degree of positive and negative transformation. Reckless survival techniques are common among students who lack knowledge about resources available to them, like a friend's support. Despite the lack of a specific source of social support, 86 percent and 75 percent of children in the ELPSSG and LPSSG, respectively, were likely to use negative transformation techniques[7]. Despite the fact that this research definitely has shortcomings, it is not an exception. To begin with, sample biases, such as having all students from the same province attend school in the same city or town, may restrict our capacity to generalize our results outside the scope of the study. Because the conclusions are based on data that has been self-reported, it is possible that the findings may be regarded as untrustworthy. In-depth interviews should be used to supplement the results by providing a third source of information.

Another aspect of this research examines pupils' ability to withstand the COVID-19 epidemic with the emotional support of their friends and family. Future research should focus on explaining why and how these two sorts of social support may be beneficial to students' mental health in the first place. According to the study, students who receive emotional support from family members are more likely to achieve academic success[8]. It is important to encourage both parents and children to communicate more effectively, among other things. The ability to be honest with one another when you're worried, stressed, or nervous is critical. This will aid you in the development and strengthening of your friendship ties.

Families must keep in touch with one another in order to develop strong familial relationships and a feeling of dependence on one another as they get older. According to the study's findings, it is possible that students choose to stay at home because of a lack of support from

academics. According to a well-known hypothesis, using social media to assist students may be an efficient method for teachers to assist them[9]. Through online teaching, training, courses, themed activities, and psychiatric consultations, students may get academic aid as well as spiritual enrichment, with the school serving as the focal point and the activities serving as the supporting infrastructure for them. As a final point, by participating in class activities and discussing ideas with their classmates, young people may be able to get the support, understanding, trust, and friendship of their teachers[4]. Real-life adaptations are less likely to be undertaken by those who can clearly identify the fundamental comfort of friends and family as a drop in opportunity that people in MPSSG and HPSSG acknowledge cynical strategies for.

5. DISCUSSION

People who have a high degree of social support express more enthusiasm, as well as more physical and passionate prosperity, when compared to those with a low degree of social support. Mental prosperity may be enhanced via relational ties. Negative adjusting tendency groups fared worse than positive adjusting tendency groups during the COVID-19 pandemic, with the exception of those in the ELPSSG(1.5 percent), which had the best results. According to experts[11], students' enthusiastic responses to difficult situations are linked to their amount of social help adapting tendency. Only the exemption subclass ELPSSG had a good score at the beginning of the exam and a terrible score at the end. It has a positive impact on people's lives, and it may help them cope with stress and improve their mental health. Social assistance programs may benefit from the long-term practicality of stable informal interactions that foster healthy relationships.

When presented with an unpleasant occurrence, someone who has the support and backing of others is less agitated and anxious than someone who does not. Another benefit of having a solid social network is that it helps people cultivate a positive self-perception of mindfulness while avoiding bad interactions with others[10]. According to Cao et al social support might serve as a "cradle" for people dealing with stress, thereby reducing the negative effects that stress has on physical and mental well-being and job performance. Our findings are consistent with these findings.

When faced with difficulties or stress, people's levels of anxiety were lower in those who used optimistic survival methods than in those who used skeptical ones . As the amount of friendly aid increased, people with unfavorable flexible demeanors were less restless, whereas people who adopted specialized endurance techniques became more restless at first and then less restless after that. This kind of design was possible since students couldn't identify the sources of social assistance

and hence couldn't determine whether the enormous efforts they made were supported. Similarly, the discrepancy between a person's unquestionable need for daily comfort from friends and family and the low level of sidekick dependability and the decreased volume of family contact may be a contributing factor to their anxiety. This study found that although the MPSSG-P subclass had a lower degree of unease among its members, the HPSSG-P subclass had a higher level of conflict. Even while social assistance has been shown to increase prosperity, reduce stress and aid individuals in better coping with strain, further research is needed to prove this conclusively[7]. There is a positive correlation between the absolute score for passionate thriving, life satisfaction, and wonderful views and a skeptical link with discouraging feelings in people who have received social support in the past.

6. CONCLUSION

Students from different schools are being researched and observed in this research where the findings say that they are more or less capable of adjusting to the effects of the COVID-19 pandemic and stress based on their perceptions of social support and their ability to cope with stress. Positive survival strategies are less likely to be used by students if they are unable to clearly identify social support sources, but positive survival methods are more likely to be adopted by students when they are able to clearly recognize social support sources. People with a significant degree of seen consistent reassurance from loved ones can increase their propensity to take on certain survival techniques, while a low degree of seen support from instructors or school. The findings may be used to build more targeted assistance programs for optional specialized school understudies and undergrads in order to alleviate their stress due to the pandemic of COVID-19. The paper has some limitations at present. The research of this paper is based on the existing literature and data information, and lacks certain empirical analysis. Future research will conduct more in-depth research combined with more actual research and data analysis.

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