The Effect of Social Support on Self-Esteem

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ABSTRACT

Recent research has been conducted for measuring the level of the effect of social support on self-esteem of high school students from Ghir town. Statistical population is including all female and male students from Ghir town. Sample size obtained from Cochran Formula is equal to 310 ones (1students girls and 1students boys).Sampling method is a randomly multi-stage cluster one. Research method is a measuring correlative and the instrument of gathering data is a standard questionnaire. For analyzing data Pearson correlation coefficient, independent t-test, regression analysis and path analysis have been used. Research's results show that there is a meaningful relation between family support and self-esteem friends' support and self-esteem, others' support and self-esteem, among girls and boys relating to self-esteem, but mental health different levels of parent education as respondents relating to students' self-esteem. The results of regression analysis shows that independent variable's affecting on depend variable are as follows: others' support, family support, gender and friends' support that on the whole determine 40% depend variable's changes.

KEYWORDS: Family support, friends' support, important others, emotional support, instrumental support

1. INTRODUCTION

Self-esteem is trust to own ability to think, trust to own right to be successful, happy, valuable and expressing needs and requests. By high self-esteem, we will be most likely able to challenge the problems, but by reducing self-esteem it is possible to give up or at least not being able to exploit all own capabilities. Brandon (2003) claimed that self-esteem has a very close relation with individual mental image as well as compatibility method. It means that positive image of own body results in making the sense of being valuable and reciprocally mental image which has been changed leads to change the sense of being valuable. (Smelters, 2003)

Self-esteem is most decisive factor in the trend of individual mental growth and has outstanding effects on intellectual process, feelings, tendencies, values and purposes, whatever every one becomes defeated to achieve self-esteem, he or she exposes to anxiety, mental shaking and inkling of him or herself, reality escape and the sense of insufficiency of life. A person who has high sense of being value, he or she can confront threats, stressful events of life without negative experiences and mental rupture (Ghafari et al, 2007)

Albert Ellis claims that illness delinquency behaviors are of defensive reaction to support ourselves against low self-esteem and the root of criminal behaviors of guilt persons is taken from the sense of sin and stress. According to the fact that self-esteem is one of basic elements of personality, its reduction can has an impressive role on so many behavioral troubles, thus it is not far from the mind and unexpected to observe low self-esteem among criminals (Hassumption et al, 2006).
Rosenberg believes that people with low self-esteem have more seclusion isolationism and against ones with high self-esteem are depressed:

happy people have strong social relations in addition to specific features diff studies show that two dimensions of social network of family are very important for mental health of young persons and their social compatibility and are consisting of relation with parents (and school) and relation with coetaneous friends and school's performance (Khanzadeh, 2005, p21)

Self-esteem is fundamental factor of modifying social-mental pressure and is established by family relation and social relation, education success, body image and the sense of being valuable inside own body and the level of importance of these issues can be changed by individual differences and growth. Relation and connection of family members and observing counter respect in physical and mental health, in the manner that person's has an impressive role on behavioral model has laid the foundation at adulthood that provides the

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requirements of tranquility of mind and self-esteem. It is here that the role of parents is very important. In fact, the future and the fact of children and young person's is relating to family condition and procedure (Ashouri et al,1996, p5).About social support and its relation with self-esteem, so many studies have been performed and it is concluded that there is a meaningful relation between, social supportandself-esteem (Akbari, 1982) social support is typical related to the tasks and functions that important others do practically for comforting the trend of action (Kenyon et al, 1973 by quoted from Vahida et al, Ganister and victor (1988) believe that the social support has a direct effect on mental health.

Quizanski, Brakemanand Simi,(2002), believe that social support makes counter undertakings in which everyone feels to be loved, self-esteem and being valuable. (Zaki, 2008)

Social support has two forms of emotion and instrument. Emotional social support can be consider as a kind of faithful and affectionate relation with others and the aim of instrumental social support is to present services, contributing activities, giving money and other helps that are probated by a person. Family members are considered as most important reference of instrumental social support, as the friend's providelowestsupport. On the other hand, emotional support can be revealed by family and friends as well.[Rock andItwart, 1999, quoted by Zaki 2008). Kaplan knew social support including affections that increase the skill, the guidance has been presented and the feedback of identification has been confirmed based upon behavior. He, also, supposed that social support is internalized action that is provided by persons or groups, for receivers approach their purposes. Definitions of social support is generally laid into two classumptiones: those focus on functional aspects of social support and those rely on cognitive evaluation of support's perception (Turner, 1983, quoted by Taylor: 200, KhodaPanahi et al, 2008)

Regarding to the social support's definitions and its effect on forming self-esteem among persons and considering the effects and losses of lacking high self-esteem in the society, this study seeks to evaluate the level of self-esteem and recognize the effect of social support on self-esteem among people.

Previous research: performed research inside Iran

Noghani et al (2006) conducted a study under the title comparison of self-esteem's level among male and female patients affected by cancer on 101 patients suffering from different cancers like leukemia tumor (and hospitalizing in Enological wards of hospitals associated to medical sciences university of Tehran and concluded that in comparing the level of femaleand male self-esteem suffering from cancer, there is no a predominant difference and most studied universities by both gender has middle self-esteem. The relation of self-esteem of men is meaningful by reducing or changing the performance of body organism and constipation and in women by reducing or changing the performance of body organs with complication of anorexia, alopecia, fatigue and time of cutting organ is meaningful.

HajebiandFaridnia, (2006), performed a study under the title "relation between mental health andsocial support among stuff of health center of oil industry of Boushehr" among a sample of 149 ones and concluded that the situation of mental health has a meaningful and direct relation with support's score, by the way gender, age group, academic education, marital status and number of family member have a meaningful correlation with mental healthandsocial support. Also, it is indicated that staff of periodical work shift have lowest mental healthandsocial support in comparison with other occupation states. Peiroviandhis colleagues (2006) investigated 2916 newly-arrived students of Tehran University under a research under "relation between social supportandmental health" and got a result that increasing level of social support leads to reduce mental health, i.e. the situation of public health. As a result, social support with mental health has a direct and meaningful relation. Jan Bozorgiand his colleagues (2006) studied the relation of family value structure andveneration of students at second and third grade of high school in Tehran. For this purpose, 212 studentsare selected from second and third grade of high school. Cooper Smith's questionnaire of self-respects used for investigating students' self-respect. The results present that there is a meaningful relation between some of valuable family priorities andstudents' self-respect by confidence level 95% certainly, the type of preferences can be changed in terms of areas, though orientation of social values has a reverse relation with children' self-respect, some valuable priorities has direct effect from mother on children' self-respect. On the whole, it seems that effect of valuable priorities is different in terms of gender, parent's type (father or mother) and geographical area. Barkhordariand his colleagues (2008) performed a study under the title "relation of tendency to critical thought andself-esteem among 170 ones out of nursing course' students in second and third year from medical sciences university of ShahidSadoughiand Islamic Azad university of Yazd and concluded that most of students (81.8%) have the tendency to weakened critical thought and their self-esteem

(73.5%) is on the average andthere is a meaningful relation between tende3ncy to critical thought andsocial support. Albokediand his colleagues (2009) studied relation between self-esteem and social support with depression in male prisoners among 82 ones from Adelabad jail of Shiraz and concluded that there is a meaningful relation betweenself-esteem anddepressions. But there is no meaningful relation between depression and socialsupports. Regression analysis's result show that self-esteem is one of anticipative factor of depression in the jail as the existence of anticipator is not confirmed for social support.

MovahedandDastranj (2010) performed a research under the title "study of areas relating to sociability in family and married women" self-esteem among 400 ones from Lar town and found follow result. About 17.3% those have high sociability, 66.4% ones have half way and 16.3% ones have democratic sociability. Also obtained results have presented that 15.3% women have negative feeling, 69% ones have intermediate and 15% ones have positive feeling against themselves in multivariable analysis, sociability's past factors can generally confirm 35.6% variance of depend variable and present sociability's present factor with depend variable in statistical population.

Studies performed outside of Iran

Lenz et al. (1999) investigated the relation parent-child and teenagers' self-esteem in divorced families that have adopted child and strength family. The sample of study is consisting 450 teenagers' social support-17 years old in terms of family type and 160 ones have strength and normal families and 140 ones are from divorced family and 150 ones are from the families who have adopted ones. The result of study show that divorced families than MandanaandMorai (2009) studied the effect of parent situation, income, family performance on African-American teenagers. Study sample is social support6 ones. The results show that establishing connect with parent has a main role on children' self-esteem, particularly among girls.

Cherer Vanball (2006) performed self-esteem level in Arab and Jewish juveniles in Israel. Sample size was 976 young ones. The findings show that Arab juveniles have higher self-esteem than Jewish ones. Also regarding to study findings, there is a meaningful relation between among culture type, sociability process, the method of connecting family and friends, family character and friends with self-esteem. Alboder et al (2007) expressed family structure andself-respect of Arab teenagers. For this purpose, 210 teenagers have been randomly selected by mean age 15.9 years. Research results present that family structure has a main role on children's self-respect.

Research theoretical framework

Totally every researcher in his own study seeks to catalyze andcanalize the survey to obtain information and also determining research's findings to make a strong framework along a united theoretical model. Theoretical framework is different based on study subject. In some studies, synthesizing several theories and in others one theory has been extracted. Theoretical framework has been determined to study the effect of social support on self-esteem at present research by synthesizing theories of some theorists like Koli, RisnerandBernez. Koli induced that a person grows up by communicating other. Social status of life is established by communicating others. In view of Koli, "self" does not become individual then social certainly it is made by the process of dialectic communication. Person's awareness from his or herself is a reflection of others' thoughts about her or him (Chozer, 2001, p 410)

Reasoned (1982) believed that self-esteem is a consequence of a collection of social, individual and family factors. It points out the sense of being valuable of a person that is influenced by performances, situations, abilities, and appearance and people judgments. (Reasoner, 1982)

Burns (1993) believed that humans find the perspectives about being valuable resulting from receiving reactions of others, especially important people. Self-esteem is demonstrator of personal feelings which not easily affected by barriers, violates and negative perspective about abilities or appearance. Self-esteem leads to self-confidence which facilitates good and independent decision and correct encounter interpersonal conflicts. It is enforced by in a supportive and positive (Burns, 1993). Five assumptions have been considered based upon meaningfulness of relation between variables of family, friend and important others as independent variable on self-esteem as depend one by taking into consideration above perspectives for present study.

Other research assumptions is relating to the effect of field variables such as parent educationand family income on depend variableand in another study the difference between girls and boys is supposed in the field of life skills. Following framework has been extracted from theoretical one.

Assumptions

1- It seems that there is a meaningful relation between family supportandself-esteem.
2- It seems that there is a meaningful relation between friends' supportandself-esteem.
3- It seems that there is a meaningful relation between others' supportandself-esteem.
4- It seems that there is a meaningful relation between girls and boys andself-esteem.
5- It seems that there is a meaningful relation between parent's educationandself-esteem.

METHODOLOGY

Applied method in present study is a survey one and for measuring variables and gathering necessary information is highly standardized questionnaire. Statistical population of this research is including all girls and boys from Ghir town. The number of students is 1623 ones including 823 boys and 800 girls. Sample size has been estimated by formula of estimating Cochran's sample size with confidence level 95% and it is 310 ones. It is necessary that in this research, random multi-stage cluster sampling has been used for selecting statistical sample. Sampling is determined in this manner of 12 instructional universities of Ghir town among students of every high school than population. Therefore, selection of persons is randomly performed in every instructional university.

Research reliability

According to instrument of measuring in this research, namely standard questionnaire, the method of Cronbach's Alfa method has been used for measuring reliability of questionnaire in the research, the number of 50 questionnaires is experimentally distributed and gathered, and then statistical analysis is including descriptive and inductive one.

Questionnaire	Cronbach'salfa	Number of items
self-esteem	0.93	10
Important others' support	0.81	10
family' support	0.90	4
friends' support	0.95	4

The method of data analysis:

After driving and coding gathered data, they are analyzed by software SPSS. In order to the entity of research variables, different statistical method as t-test of two independent groups, Pearson correlation coefficient and multi variable regression have been used.

Research's findings

Assumption 1: it seems that there is a meaningful relation between family supportandself-esteem.

Variable	Number of respondents	Pearson correlation coefficient	meaningfulness sig level
Families' support	310	0.55	0.000

Assumption 2: it seems that there is a meaningful relation between friends' supportandself-esteem.

Variable	Number of respondents	Pearson correlation coefficient	meaningfulness sig level
Friends' support	310	0.29	0.000

Assumption 3: it seems that there is a meaningful relation between others' supportandself-esteem.

Variable	Number of respondents	Pearson correlation coefficient	meaningfulness sig level
Important others' support	310	0.67	0.000

Meaningfulness test of two independent t-groups of self-esteem in terms of men and women

Variable	Number of respondents	The value of t	Freedom degree	meaningfulness sig level
gender	310	2.949	307.606	0.003

Meaningfulness test of Pearson correlation coefficient in terms of parent education

Variable	Number of respondents	Pearson correlation coefficient	meaningfulness sig level
Parent education	310	0.25	0.001

After testing derived assumptions of research theoretical model, regression analysis has been done step by step and variables have been determined by their effect on depend variableand share. Variables consist of important others' support, family support, gender and friend support that make clear 40% changes. Also the variable of parent education is out of equation.

Regression of entered variables for explaining variance of depend variable (self-esteem)

Step	Variable	R	R2	B	Beta	The value of t (Standard error)		meaningfulness sig level
1	Important others' support	0.54	0.29	0.85	0.45	9.53	10.3	0.000
2	Family support	0.58	0.34	0.01	0.19	4.34	9.97	0.000
3	gender	0.61	0.37	-4.46	-0.18	-4.07	9.79	0.000
4	Friends' support	0.63	0.40	0.47	0.19	3.93	9.56	0.005

After regression analysis, path analysis has been done and it is sought to examine the accuracy of theoretical model.

DISCUSSION AND CONCLUSION

Social support has two forms of emotion and instrument. Emotional social support is considered by intimate and warm relation with others and the aim of instrumental social support presents services, assistance and helping activities, giving money and other helps that have taken people. Family members are taken into consideration as most important source of instrumental social support while the friends provide such support. On the other hand, emotional support is revealed both from family members and friends (Rock and Itwart, 1999, quoted from zaki, 2008). Social supportand its foremost position of family support have direct effect on self-respect which means a general factor and on self-esteem as a specific factor. Obtained results show that according to multi-variable analysis and path analysis, family support has direct effect on self-esteem of students and friend and important others. Whatever a person is supported by his family including emotional and financial support, he will have higher potential for attracting friends' and important others. It mean that as it is pointed out before, the type of family support is further financial and instrumental than emotional and the friends and coeval ones are attracted by proper financial situation around the people important other have a less likely approach to give support.

Direct effect of parent education on family support is a case that doesn't need to discuss. Whatever, parents are in proper education situation; they have information and motivations for supporting their children. At present study, gender is very important to support important others. The girls more than boys draw others' attention and it is guessed that its reason is that higher interest is relating to draw the attention toothers' support and in the view of emotional support, higher support than boys has been partially supported. Variables of parent education and gender have direct and indirect effect on self-esteem as well as friends and important others' support on self-esteem.

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