

The Social Support Manifestations, Functions And Sources

Ja'afar Talib Hamza ¹

Assist. Prof . Dr. Thaer Raheem Kadhem ²

College of Arts , Department of Sociology , Al-Qadisiyah University -Iraq

Corresponding Author's Email: art.soc.mas.20.2@qu.edu.iq

² Email: Thaer.raheem@qu.edu.iq

Abstract

The research aims to generate interest and draw the attention of those concerned with the need to study social support because of its importance in the lives of individuals because it contributes to satisfying their material and moral needs, in addition to identifying the most important sources of social support and its role in helping individuals face life pressures and overcome problems.

The importance of the research lies in shedding light on the role of sources of social support and the functions they perform towards individuals, as the more individuals receive high social support, the less tension and turmoil they have, and the greater their happiness and satisfaction with social life, where social support plays an important role in the lives of individuals and contributes to strengthening relationships. social problems and obstacles.

The research reached a number of recommendations, the most important of which is the emphasis on the family in providing social support to its children, because the individual's access to support helps him to satisfy his needs in sound ways, in addition to the establishment of courses and workshops to explain and clarify the importance of social support in the lives of individuals and enhance confidence in themselves.

Keywords: Social support, Appearances, Functions, Sources

Introduction

The social supports that the individual receives through the groups to which he belongs, such as (family, school, friends, relatives, neighbors, co-workers, club, other institutions) have a significant role in decreasing the volume of tensions, pressures and negative effects to which he is exposed. It is one of the family members, friends and neighbors who share with him emotionally and support him morally. The family is the first cell in which the individual satisfies his needs and desires. It is responsible for the formation of his individual and social personality. Even being alone and forming a new family, where the family is responsible for providing the appropriate environment for raising its children through the jobs it performs. It is responsible for physical, mental, psychological, religious and recreational education for the purpose of creating

a strong and aware generation that can face the pressures of life.

Problem of the Study

Social support has not received the attention of researchers in the field of sociology except in a very small percentage, as social support contributes to providing material and moral support, which is represented by respect, appreciation, guidance and advice, finding job opportunities and ensuring a decent life, etc.

Social support is one of the basic demands of all members of society to obtain support, care and attention from family and friends to increase the feeling of satisfaction, confidence, self-esteem and resistance to negative events. This leads to the occurrence of many problems, including the failure to satisfy the basic needs of individuals such as love, respect, communication and

providing material and moral support. The answer to these questions:

- 1- How can the interest of those concerned with the study of social support be aroused and the extent of its impact on individuals?
- 2- What are the procedures and programs provided by institutions through social support?
- 3- What are the most important sources of social support?

Importance of the Study

The importance of the study stems from the role played by social support and its sources (family, school, friends, neighborhood, places of worship, organizations, other institutions) in facing the problems faced by individuals and satisfying their necessary needs and reducing the life pressures in which they live, especially since the Iraqi society today lives a lot of political, social and economic fluctuations.

Objectives of the Study

- 1- Arousing interest and drawing the attention of those concerned with the need to study social support.
- 2- Knowing the procedures and programs offered by the institutions through the necessary social support.
- 3- Identify the most important sources of social support.

Define concepts

Social Support

It is the individual's feeling that he is a loved, desirable and accepted person, family and socially, and he feels that he belongs to a network of social relations that provide him with the necessary financial, emotional and cognitive support when needed (Qarah Muhammad and Barakat Abd Al-Haq, 2016, p. 105). It is the amount of emotional, cognitive, behavioral and material support that the individual receives from others in his social environment, especially when he faces events or situations that may cause him hardship and cause him trouble (Amal Abd Al-Razzaq and Hana Sadiq Al-Badran, 2010, p. 107).

Likewise is the support, aid and assistance that the individual obtains from the environment in which he lives, whether this support is provided by official authorities and other social organizations, or informally provided by nearby individuals such as family members, friends or neighbors (Saleh Bin Abdullah Abu Obadah and Abd Al-Majeed Bin Tarish Niazi, 2000, p. 171).

It is also defined as the relations that exist between the individual and others that he perceives as being able to support him when he needs it (Mohammed Mahrous Al-Shinawy and Mohamed Abd Al-Rahman, 1994, pg 4).

The researcher puts a procedural definition of social support: it is all kinds of material and moral support that the individual receives from the family and society to satisfy needs.

The nature of social support

The human being is a social being who cannot live alone and away from the members of society. He is an interactive member who gives and takes in an integrative framework, and this is productive in light of his abilities and capabilities that help him to do so. At the same time, he exchanges feelings, values and ideas with others and receives respect and appreciation from them. From this point of view, support is considered Social is very old, through which man is able to interact with his surroundings, he cannot achieve his goals without the help and support of others, and also others need his support and support for them and here appears the process of interaction between the individual and the society in which he lives, which confirms the role of social support in satisfying the needs of individuals (Mohammed Mahrous Al-Shennawy and Mohamed Abd Al-Rahman, 1994, p. 22).

Where social support is a relatively recent concept, as the humanities and sociology dealt with it in the context of their research in social relations, because the individual's awareness and evaluation of the degree of support depends on his awareness of the network of social relations surrounding him, which represents the general frameworks of sources of support and trust for the individual and carries social support with its folds meaning Support, support and assistance in facing situations, and it is one of the most important sources that provide the individual with appreciation, information and reassurance, and reduce his sensitivity to fear of life events and

pressures (Wafa Turki and Majida Abbas, 2013, p.354).

Sociologists have dealt with the term social support within the framework of social relations, as they formulated the term social relations network, which is the true beginning of the concept of social support, which some call social capabilities or social materials (Mohammed Mahrous Al-Shennawy and Mohamed Abd Al-Rahman, 1994, p. 3).

Social support means the support provided by the network of social relations to the individual, whether it is kinship relations, marriage or friendship and neighborhood relations because it helps to get out of adversity and address the problems facing individuals and make them feel safe and secure. Time itself is a source of happiness. When a person is happy and joyful and involves others with him, his feeling of happiness increases with the happiness of others with him, and if he shares with others and helps them, he will be happy to help them. Friendship at all ages is a feeling of social acceptance and through it the individual feels trusted and respected by others, and this improves his self-image and brings him a sense of joy and reassurance (Mahmoud Al-Badri, 2000, p.42).

Manifestations of social support

Social support contributes to establishing social relationships characterized by trust and warmth, and acts as a buffer against negative influences, and increases the individual's sense of identity and self-esteem and raises his morale. It is a source of effective psychological and social support that the individual needs in the face of pressures. His ability to face life's pressures increased, and the most important aspects of social support are:

A- Psychological support and morale

Psychological support is one of the important factors in the process of social support. In a society that interacts with it, influences it and is affected by it and takes from it its language, teachings, values, culture and creed, and it is he who provides him with support and assistance, meaning that society is the one who provides social support to the individual in the light of a set of variables, most notably individual differences, as support and assistance is provided to the individual according to what he needs, and on the

individual Society (parents, husband and wife, friends, relatives, neighbors and co-workers) take into account individual differences so that they are dealt with according to the special circumstances of each individual (Hamed Abd Al-Salam Zahran, 2005, p.76). Among the most important psychological factors that affect the morale of individuals are (Kamel Ahmed Kamel, 1996, p. 160):

- 1- Justice and heavens among individuals in rights and duties.
- 2- Cooperation and participation between individuals in order to achieve their goals.
- 3- A feeling among individuals of respect and appreciation by others.
- 4- Mutual understanding and compatibility of the individual with his family and with others.
- 5- The importance of the individual and his position in the surrounding environment.

B- Respect and appreciation

When the individual receives attention, respect and appreciation from others, he obtains his social status in the environment in which he lives. Social appreciation enhances the individual's sense of psychological security. The scientist (Maslow) addressed the issue of respect in his talk about needs, as he stressed that one of the most important needs of individuals is the need Respect, as if this need is thwarted, it will lead to the individual feeling helpless, inferior and weak, and consequently these feelings will lead to increased frustration and anxiety and the individual's separation from himself and society (Ibrahim Shawqi, 1998, p. 139).

C- Providing information and advice

The information that the individual obtains through education and the provision of training opportunities contributes to helping him understand situations in a realistic and objective manner, and makes him more powerful in the face of events, and cultivates reassurance and comfort in him. From overcoming obstacles and solving problems, for example, if an individual needs some information about a subject, it may be information about a medical examination that is disturbing and apprehensive about it. It is possible

to seek help from another individual who has passed this examination, providing him with all the information about him and how the examination is conducted and all other procedures related to the examination (Ahmed Hamza Al-Shemmary, 2021, p. 545

D- Assistance in times of crisis.

The individual may face some emergency circumstances, whether personal or family, for example, health, social or climatic crises that lead to error on the individual, the individual in this case needs to provide assistance and assistance from the responsible authorities. As a result of financial losses as a result of some situations or events to which he is exposed, we find colleagues and parents rushing to him to provide financial support. This is a manifestation of social support and includes direct financial ways to help individuals each other, including work assistance as well as financial assistance (Ahmed Hamza Al-Shemmary, 2021, p. 544).

Seventh: Support functions jobs Social support

Social support is one of the most important factors that contribute to strengthening the desired behaviors of the individual, and works on the integration of the individual with the group with which he lives, and it helps the individual in preventing anxiety, social pressures, and a sense of regret and remorse resulting from some of the mistakes he commits. Social support has several functions that an individual can obtain from others, which are (Marwa Muhammad Shehata, 2009, p. 13):

A- Financial support: It is the financial support that individuals receive from official or unofficial bodies in the form of aid, loans, salaries or rewards.

B- Emotional attachment or affective attachment: It is obtained by the wife.

C- Social integration: It is the feeling of belonging to a group that shares the individual's tendencies, interests and activities, and is obtained from friends, union members, clubs, or civil society organizations.

D- Reassurance and affirmation of intrinsic value: It is the individual's realization of his competence and value by other individuals, and it is obtained from co-workers.

E- Guidance: It is the provision of information or guidance and advice, and it is obtained from parents, principals, teachers and coaches.

F- Trusted alliance: It is the individual's guarantee that others will provide him with support and assistance under any circumstances, and that it is obtained by the family.

Through the foregoing, the researcher sees that among the most important functions of social support are:

1- Satisfying the material needs of individuals, such as obtaining money, and the moral needs, such as belonging, appreciation, respect, love and integration.

2- Social support increases the individual's self-confidence and self-esteem, and works to strengthen the will of the individual in facing difficulties and resolving obstacles.

3-The positive feelings of the individual are supported and the negative feelings are reduced such as anxiety, depression, tension and alienation.

4- It helps the individual to present a positive image of life and society.

5- Contribute to creating strong relationships between family members and society.

Social support resources

The studies that dealt with the sources of social support varied. They vary and differ in their effectiveness according to different circumstances. The sources of support are the so-called (social networks or support networks) and the sources of social support consist of two types, the informal sources represented by the family, friends, neighbors, relatives, spouses, co-workers, places of worship, and official sources. Represented by health, education and social welfare institutions (Abdel Moneim Al-Shenawy, 1998, p. 12). We will address some sources of social support that are important in the lives of individuals as follows:

1- The family

The family is one of the most important sources of social support, as it is the first cell that is responsible for satisfying the needs and desires of the individual, and through it the individual

acquires his first experiences and also contributes to the formation and crystallization of his personality and self-esteem, as most of the psychological problems of adults go back to their early years. He does not receive the care of his parents, or one of them will suffer from poor social and personal adjustment, and that a broken, disintegrated family, devoid of human communication, will lead to a defect in the personality of its children and to a feeling of despair and a decrease in self-esteem and a pessimistic view of the future, as it is an important and essential factor in the crystallization of individuals and the formation of themselves, which is It is important and has a prominent role in all life stages and is considered one of the sources of support of great importance in the life of the individual, especially the early stages of his life (Al-Anoud Bin Salman, 2017, p. 157).

The family has a set of functions that it performs to influence the lives of individuals and their adaptation to the society in which they live, and these are basic and inevitable functions (Ibrahim Nasser, 1996, pp. 68-69):

A- The health and physical function: This job is to provide health and physical care for the children by providing drink, food and healthy food to develop their bodies, provide them with an adequate housing and protect them from diseases.

B- The moral, psychological, and emotional function: The family works to inculcate sound values and attitudes in the hearts of its children that are commensurate with the requirements of society. It offers kindness, tenderness, emotional reassurance, and mutual love. The family also teaches the children how to think about the future and respect others.

C- Mental function: children who do not receive sufficient attention and care and good attention become retarded in a number of fields, so the family should nurture the thinking of the children and push cognitive growth to further development.

D- Social, national and economic function: The family contributes to preserving the members of society through the process of social interaction. It also develops social emotions, develops the spirit of belonging and love of the homeland, and preserves tradition, norms, and systems. The

family also contributes to directing their children to various professions.

E- Religious function: The family works to guide and teach its children the faith and worship required to draw closer to the Creator, the Mighty and Sublime.

F- The sexual and recreational function: Parents should take care of educating their children about their gender, and awareness should be based on frankness and stating scientific facts in this aspect, and the family should also provide recreation for its children by helping and guiding them in spending their free time, and urging them to practice various sports activities Such as swimming, horse riding, playing football, and also practicing artistic activities such as drawing, sculpture and photography.

2- The Friends

The individual is often associated with close friends in the age stage and of the same sex, where this group is small and is called (the group) and consists of three individuals that can be increased. The individual is keen in every stage of his life to belong to a group that brings him close to ideas, and from this group he can satisfy his social and psychological needs and his sense of belonging and acceptance, and this group works in providing the appropriate atmosphere for the individual to practice his hobbies (Zakaria Al-Sherbiny, 2000, p. 127).

A group of friends is a group of individuals who are similar in some aspects such as age, skill, educational level and economic status, and that the role of friends in social support is in line with the role of the family, and in some cases the support that an individual receives from a group of friends is much stronger than the support he receives from the family, as The peer group is of great importance to young people and adolescents, as a result of what it allows for the freedom to express emotions of anger, fear and feelings of doubt, and the contentment that it creates, which arises from the young person's awareness that others have the same fears, hopes and doubts, and these things may not be achieved within the family (Al-Anoud Bin Salman, 2017 , p. 158).

3- The Neighborhood

They are the spatial relationships that are formed between individuals who live in a single spatial unit, the nuclear family is linked by blood ties in addition to its association with neighborly relationships and ties that link it to individuals who live in the same spatial unit in which they live, and these spatial ties and relationships based on neighborhood come in importance after relatives (Blood ties), which contribute to the regulation of kinship relations between family members, and the term neighborhood refers to an informal primary group that exists within a small regional unit that represents a sub-part of a larger local community than it, and a sense of unity and local entity prevails, in addition to its primary social relationships Direct, continuous and close relations, and neighborly relations differ from one society to another. In a rural society, the relations are primary and strong and generate a sense of belonging to each other, so they participate in business and provide support and assistance among themselves. Individuals in this society pay respect to adults as they represent a treasure of experience (Sabah Laknoush). , 2018, p. 185).

Neighborhood is an important source of social support because of its prominent role in cooperation, support and assistance to neighbors among them, such as cooperation in a material form, for example paying the costs of treatment for a member of the neighbors and a transfer to the hospital, or moral cooperation such as participating in occasions of joy or occasions of sadness that It occurs in neighbors, neighborhood groups have a great impact on the behavior and interaction of individuals, it is an informal group whose relationships are based on charity, love and harmony and works on social control and behavior modification, and neighborhood groups may be not good, which may affect other individuals by imitating undesirable behaviors Such as lying, theft, deviation and others.

4- The School

The assignments and tasks that the school performs can make it a preventive institution by communicating knowledge and skills to students and strengthening the desired values and trends. The school transfers the cultural heritage and purifies it from impurities and presents it to the students so that they can face the future. The school also contributes to developing students' experiences, skills and social behavior. In

addition, the school prepares them personally and builds them academically to contribute to the development of society, and helps increase students' awareness and how to invest the available resources, deepen their awareness and their role in responsibility towards the group to which they belong, and on this basis, the school inculcates a system of moral and behavioral values among Students (Nori Sa'adoun, 2011, p. 144).

The school is the second environment that embraces the individual after the family, so the individual learns how to read, write and how to deal with others, and one of the most important types of support provided by the school is the informational support that the individual obtains during his study period and through the teacher and curricula, where the school contributes to the development of Capabilities of individuals and directing them towards the right ways to achieve their desired goals.

Results and Recommendations

Each scientific research has specific results, which are the outcome of the effort made by the researcher, and the researcher, if he wants to contribute to solving the problem of the subject of his research, must make some recommendations for the competent authorities, provided that those authorities take into account as much as possible the adoption of these recommendations.

Results

A- Social support contributes to achieving psychological and social harmony among individuals.

B - Family disintegration leads to a decrease in the level of social support.

C - The family is the most important source of social support.

D - Psychological support and morale boosting are among the most important aspects of social support.

Recommendations

A - Emphasizing the family in providing social support to its members in order to increase happiness and satisfaction and raise their morale.

B - Developing the ability of individuals to interact positively with social life in order to achieve psychological and social compatibility.

C - Encouraging individuals to provide social support to each other by enhancing their spirit of cooperation.

D - Holding seminars and workshops to discuss the role of social support in the lives of individuals and to clarify the mechanisms of facing life problems and difficulties.

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