

IMPACT OF SOCIAL SUPPORT ON PSYCHOLOGICAL WELLBEING AND EMOTIONAL INSTABILITY AMONG PREGNANT WOMEN

Zainab Manzoor^{1*}, Sayed Shahbal^{2*}, Madiha Hussain^{3*}, Amna Khan⁴, Fatimah Adnan Sadiq Almousa⁵, Hawra Nasser Alsaad⁶, Ayat Abdulhadi Ali Alabdullah⁷, Fawziah Alotaibi⁸ and Amal Hamoud Alamrani^{9*}

Corresponding Authors- * Madiha Hussain (madihashah4123@gmail.com), *Sayed Shahbal (syedshahabal@gmail.com) and *Amal Hamoud Alamrani (finsh4@hotmail.com)

¹ Department of Psychology, University of Sargodha, Sargodha, Pakistan

² Department of Psychology, International Islamic University Islamabad, Pakistan

³ Department of Psychology, University of Sargodha, Sargodha, Pakistan

⁴ PhD Scholar, Department of Psychology, International Islamic University Islamabad, Pakistan

⁵ Eastern region- Alhasa city- Almubaraz - primary health center -AlShaebah, KSA

⁶ Master in Midwifery, Eastern region - Alhasa City, Alhfuf Maternity and Children Hospital of AlHassa, KSA

⁷ Master in Maternity Care Nursing Eastern Region - Alhasa city – Alhfuf Maternity and Children Hospital of AlHassa, KSA

⁸ Maternity PSMC Prince Sultan Military Medical City, KSA

⁹ Oncology and Hematology Unit King Fahad Specialist Hospital Tabuk, KSA

Abstract

Aims: The present study targeted to inspect perceived social support as a predictor of psychological well-being and emotional stability among pregnant women. Role of demographic factors including age, education, husband education, number of children, number of pregnancies, residence, and family system.

Method: The present study was established on a cross-sectional survey research design. The sample of the present study consisted of the pregnant woman (N=240) who belongs to different family systems in joint and nuclear different residential areas that include rural and urban of Pakistan and Saudi Arabia.

Results: Findings indicated that perceived social support has a positive correlation with psychological well-being and negative but significant relation with emotional stability because scales have using mostly items are reverses high on neuroticism that's why emotional stability has negative relation with others. Results show the significant mean difference in study variables with respect to demographic factors.

Conclusions: one of the hypotheses were supported by the findings and one were not supported by study. Correlation analysis indicated that social support was significantly correlated with

psychological well-being and negatively but significantly related with emotional stability among pregnant women.

Keywords: perceived social support, psychological well-being, and emotional stability

INTRODUCTION

The purpose of ongoing research is to check the impact of social support on psychological well-being and emotional dependability among pregnant ladies. Social support is care which perceived from family, friends, partners, and wellbeing staff and psychological well-being is one's perceived pledge to existentialism challenges. Social support and psychological well-being are significantly corresponded with one another (Sun et al., 2020).

Social Support

Social support refers to perceive to the voluntary assistance from other people, promoting a positive response. It comes from diverse sources such as family, friends, and community. With the help of social support coping of problems to it. It can be defined as administer relationship that congregate fundamental interpersonal needs as coping assistance (Cunningham & Barbee, 2000).

Types of social support. Types of social support Although many term utilized in an exploration of classifications into a noteworthy type of social support to it.in these are incorporated as educational, substantial, emotional, and social network support (Jacobson, 1986)

Action-facilitating support. These types of support are accentuation the furious individual to take care of or expel the issue that is causing his or her challenges. This sort of support is record to pregnant ladies to adapt ups to issues. Research included both instructive and substantial support in this sort. Instructive support included guidance, accurate information, and input on activity. Different as substantial support incorporated that idea to give in fact merchandise (for example cash, nourishment, books) and administrations (for example child sitting, transportation, composing). This hypothesis is support amid pregnancy by what means can adapt to issues Overall, (Fletcher & Simpson, 2010).

Nurturant support. It joins try to comfort or supports, without direct effort to manage an issue cause a strain. Emotional support or network support fall joined into this sort. Emotional support joins as sentiments of consideration, impact, empathy and compassion and network support are

requests a feeling of having a place among individuals with comparable intrigue and concern important for pregnant women emotional support its help in good health or emotionally stable it (McLaren & High, 2019).

Structural versus Functional support. The most fundamental of these confines between measures that assess the structural characteristics of relational associations (structural support) and these study to **arrange** give (functional support). Structural support is measure by the level of interconnectedness of one's relationship. Measures which incorporate as wedding status, the nearness of companions and relatives, enrollment of gatherings and religious associations (Murrell, Norris & Chipley, 1992).

Perceived versus Received social support. The contrast between the perceived or received support is another issue that has increased topical consideration (Partrick & Cassady, 2019), perceived social support is ordinarily assessed by asking individuals to which degree they accepted to support is available for them. Received social support is assessed by them direct perception or, even more for the most part individuals to requesting that support point whether explicit supportive acts have occurred. The degree to which person's impression of social support be image of what happens in relational activity instead of parts of beneficiary's character or subjective style has been talked about as of late. (Cohen, Hoberman & Mermelstein, 2017) though others have evaluated view of the received social support.

Social support theory Cohen (2022) concentrated on examination on rising or developing ideas associated to social support, stress, and health. Scientists analyzed a social support outskirts range of including difference part of a person's a considerable lot of social assets. This theory depends on the sign that social support within different components relates i.e., financial status, mental health, stress, and character, has a significant of health (Cohen & Wills, 2020; Underwood, Cohen, & Gottlieb, 2021). Cohen (2021) indicated to three kinds of social support habitually referenced in the psychological liter fixes: 1 enthusiastic, 2 informational, and 3 considerable or 4 instrumental supports. All these supports which are important for healthy life when women are pregnant most the time these all get neglected as considered her to aside as she is expecting which is really creating sense uselessness or fatigue (Uchino et al., 2020).

Principles of Social Learning. After his research Bandura (1969) articulated four principles of social learning.

1. **Attention** They cannot learn if they have not concentrated on the mission. On the off chance that they need to consider something to be being inventive or changed here and there, they bound to make it center around their attention. Social settings help to fortify these recognitions.

2. **Retention** they can receiving data by recollections. They recall that data later when they are basic to answer to a circumstance that is parallel the circumstance inside which can first took in the data.

3. **Reproduction** they have replicate prior scholarly data (conduct, aptitudes, information) when fundamental. However, practice done mental and physical practice regularly progresses our reactions.

4. **Motivation** they have should be enlivened to do anything. Regularly that motivation creates from our perception of another person being remunerated or rebuffed for something they have done or said. This much of the time inspires us later to do, or abstain from doing, something terribly similar

Conceptual models of social support. Two alternative conceptual models of social.

Stress buffering model. The first model is taking a chance that support is linked with well-being only or primarily when one is a dealing with stress problem in his or her live. This model to label the stress-buffering model it suggests that support, protect and buffer from persons potentially harmful effect on mental or physical health.in this model social support, has buffer against the harmful impact on the two ways of life in a people. First perceived social support can affect between the happenings of potentially traumatic events effect of psychological or physiological stress action of manipulating appraisals how the stress events are.at when we reserved support may increase the singular observation about their capacity to control with the requests forced by occasions and these discouraging might be seen unpleasant and less possibly hurtful. Support also psychological well-being increases well for heath to during pregnancy (Delahoy et al., 2020).

The position of the person is determined by these factors.

Marital status: Social position or received social support individuals have not wed or living alone less conceivable received a social support as contrast with who are hitched individuals (Turner & Brown, 2010).

Family size: people groups those have numerous youngsters received more social support than with couple of kids, because they have increasingly broad family framework (Brown, 2010).

Age: Elderly individuals received to bring down social support than senior individuals contrast with it (Stephens, 2018).

Gender: Females tend to receive additional social support as contrast with guys (Macfarlene, 2020). Studies demonstrated that individuals with less financial position and non-western migrants detailed less social support than other individuals (Larson, 2022). Another investigation by Marmot (2021) proposed That social support appeared to diminish the lower the expert status and untrained representatives announced the lowliest social support.

Social context determines social support opportunities social setting decides social support openings the incident of social support be dictated by on the social systems and open doors for connect with other individuals. These prospects are controlled by number of suitable factors on the open dimension, such as the nearness and availability of social spots for example where individuals can meet, such as malls, parks, sport places and so forth the motivation behind the social collaboration. Without the consolidating reason for contract (for example tending to normal issue, making a showing, commending an occasion), social collaboration will be low. Time spent one another. Without adequate time interpersonal relationship will not create. Progression of relationship. Without progression social relationships will effectively intruded (Bliese & Britt, 2001).

Social support and psychological well-being. The significance of the social support in the miniatous of a person's psychological well-being has been commonly perceived for a long time particularly in the season of disaster or change. Two noteworthy, calculated models of job of social support have been advanced in the writing. The buffering model indicates that support is connected well-being just or fundamentally when individuals are managing stressful occasions in their lives. The direct model recommended that having relationship has a general helpful effect on person's

health well-being paying little respect to event of stressful occasions. The examination directed on social support and its relationship to maternal health demonstrate that enthusiastic, substantial, and informational support are decidedly identified with moms' mental and physical health around the season of labor. The significance of distinct kinds of support changes with the changing needs of ladies as they move from pregnancy to work and delivery, and after that to postpartum period. Amid pregnancy, enthusiastic and unmistakable support given by the companion and others identified with the eager mother's mental well-being and enthusiastic security. Mental health has well likewise sincerely stable. In extra, informational support as pre-birth classes is identified with decrees maternal physical difficulties and less postpartum depression. Moms who have support of an accomplice amid work and delivery encounters fewer labor complexities and less depression. Mother's postpartum mental health is identified with both the enthusiastic support and pragmatic assistance (e.g., housework and kid care exercises) given by spouse and others (Lincoln, 2000).

Psychological well-being The word meaning of well-being is a fulfilled state of being cheerful, strong and prosperous it's can be describing to best way psychological experience or functioning'' (Ryan & Deco, 2020). Psychological well-being is also describing helpful secure state permission to peoples, community and states to develop well and prosper" and well-being is set up with bliss, delight, sympathy, motivation, interest, real supporting social relationship and resilience (Huppert, Baylis & Keverne, 2019).



Psychological well-being Dimensions of well-being psychological well-being is divided into categories subjective well-being or other one is psychological well-being. Subjective well-being characterizes as joy or nonappearances of testing occasions, while the psychological well-being is expressed that individual development, self-actualization, attempt to advancement up (Keys & Waterman, 2018). Also, Keyes and his collagenous (2019) expressed that "subjective well-being as equalization of positive or negative effect and gratification however psychological well-being is the amount one is dedicated to existential difficulties that is received. The wellness model: this model conceptualized heath which state as of feeling, well-being is an individual ideal individual capacity in full, gainful, and imaginative living. It is not accentuated on outer piece of body, but

feeling is inside encounters rely on individual have appreciate or need. The environmental model. This model is incorporated and development of theory that examines the conduct of individual or which their connection of an enormous environment. This model is characterizing as a wellbeing to limit of organism to keep up an equalization. Furthermore, it overlooks the arrangement of individual while concentrated on change in accordance with environment. May be individual healthy is one environment or unhealthy is another climate (Ryff & Keyes, 1995).

Perceived Social support relationship with psychological well-being

Purpose of study

The point of this examination was remained find to the distinctions in perceived social support and psychological well-being among on Saudi Arabia and Pakistani participants. In this research also show there was a meaningful relationship between the perceived social support and psychological well-being. Another studies in midst of extra ordinary demographic changes, preservation the value of their life the old Hispanic in the America carries several challenges in 2018, Hispanics remain predictable to the highest ethical smaller group in age of 65 years and bracket (“Federal Interagency Forum on Aging Related Statistics, 2000”). One with the maximum **rates** of poverty and insufficient this was showing healthcare. This research was showing relationship of social support with psychological well-being and social support relation through mental health (Loue & Hise, 2020)

Another study, Oyserman et al. (2021) conducted research to create a link between single parent status, perceived social support and diminished parental well-being. Data was collected 150 single mothers and it was revealed that single mothers with extended families have more perceived social support and turn they have high psychological well-being.

Other study was perceived social support and psychological well-being on college undergraduates those belongs to nuclear or extended families. This study was conducted in Saudi Arabia and Pakistan and the relation of perceived social support and psychological well-being is positive both positively related each other. In this investigation was purpose investigate the connection between the social supports with psychological well-being between students dependent on intervening job of instructive inspiration. Individuals were 371 females of secondary school students from second and third-grade students the individuals who are subjectively chosen by applying multi-organize bunch testing strategy in Tehran Iran. The finding demonstrated that was perceived social support

legitimately and positively impacts critical psychological well-being and scholastic inspiration. (Adyani et al., 2019).

Psychological well-being and emotional stability relationship

Experimental research in well-being purposeful as ideal psychological working immediately developed in ebb and flow days. Measurement's purpose, mastery, solid relationships, and self-acceptance (these component of well-being Eudemonia view people activates are perfect locks in. Observational research in well-being purposeful as perfect psychological working has promptly improved in force years (Moeller et al., 2022)

Emotional stability and social support relationship

Burnout, Big five personality theory characteristics and the social support in the example of police officers. Burnout emerges as aftereffect of longer time occupation stress, which is marvel overwhelm between police officers in South Africa. While some officer experiences burnout, others one break the extraordinary impacts of burnout and play out their obligations powerfully under similar conditions (Siedlecki et al., 2014)

Rational

Pregnancy is the season of quick physical or emotional change that is influence relational connections. Social contact, clashes, and the individual reaction to them can be basic triggers for depression (Broadhead et al., 1983)

The present investigation was done to investigate and check the social support as predicator of psychological well-being and emotional stability among pregnant and furthermore to investigate the connection between social support, psychological well-being, and emotional stability. Although work has been done on these factors in various investigates yet inquiries about on these factors are directed in western culture. In this way, it is important to ponder these factors in eastern culture, particularly in Saudi Arabia and Pakistan, since results are not summed up in our way of life because of various religion, ways of life, needs and family frameworks and so on. Along these lines, the motivation behind this examination is to investigate the discoveries with regards to Pakistani Saudi Arabic culture. There are numerous inquiries about to these factors yet not discover any exploration take a shot at join. Women must face many problems during that serious stage. During this critical stage woman must face many problems. In this basic stage expected to unique

consideration and social support from her family, companions, mate, and huge others. Ladies of conceptive age need to perceive the significance of getting early antenatal consideration. Factors, for example, dread of obtrusive treatment, more confidence in Dai framework, husband being endlessly, and inhabiting far separation from medical clinic were frustrating in early booking. Lower financial status and proficiency rate of ladies additionally postpones early use of this office (Siedlecki, et al., 2014).

In our way of life, not giving to exceptional consideration, support, and medicinal offices because of numerous components (low financial status, lack of education etc).so, that present examination would discover the degree to which social support is given to pregnant ladies and how social support is affecting the psychological well-being and emotional stability of the ladies amid pregnancy. The present investigation will likewise be led to sum up the outcomes in our way of life. Social support is a significant factor in every one of the conditions of life. Social support, alongside different elements (i.e., financial status, mental health, stress, and character), significantly affects health. Interpersonal hazard factors, for example, lacking social support and genuine social clash may affect ladies' mental and physical health amid pregnancy (Frank et al., 1991).

METHOD

Research Design

The present study was correlational study design by using survey research.

Sample

The sample of current study was consisted of (N=240) pregnant women. Sample is taken from different hospitals from cities of Riyadh, Tabuk, AlHassa and AlShaebah (Saudi Arabia) as well cities of Lahore and Islamabad (Pakistan). Age is fixed 20-40. Sample to father dividing by rural or urban area woman. They belong to different background and categories on the base of joints or nuclear family system. Purposive Convenient sampling was used for collection of data.

Instruments

Data was collected with the help of these variables as such, social support, psychological well-being, and emotional stability.

Figure Model

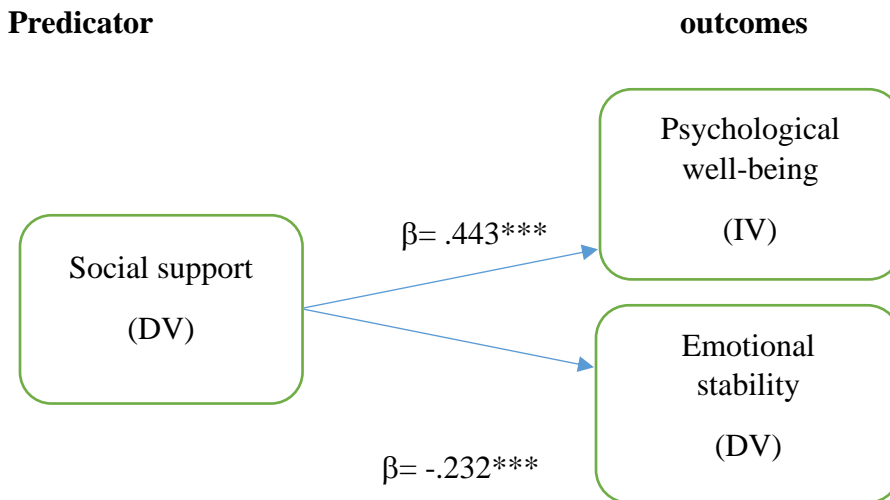


Figure 1: Conceptual framework

This figure described the conceptual framework of the present study. Social support is independent variables while psychological well-being and emotional stability are dependent variables. Finding of predication of social support about psychological well-being and emotional stability.

Objectives

1. To identify social support among pregnant women.
2. To identify psychological well-being among pregnant women.
3. To identify emotional stability among pregnant women.
4. To explore relationship between social support, psychological well-being, and emotional stability.
5. To explore the role of demographics on study variables.

Comparison between Pakistani Peoples and Saudi Peoples

<i>Demographic Table</i>	<i>f</i>	<i>%</i>
Pakistani Peoples	170	68%
Saudi Peoples	80	32%
Grand Total	250	100%

Hypothesis

1. Social support (Family, Friends and Significant with others) will positively correlate with psychological well-being among pregnant women.

2. Social support (Family, Friends and Significant with others) will positively correlate with emotional stability.

Procedure

In the study, the researcher personally approached the participants in their respective institution. Initially, an authority letter was obtained by the department which confirmed the institutional affiliation of the researcher and after showing this permission letter to the targeted institution, their administrative heads were requested to provide the written permission to collect the information from immediate participants.

Operational definitions

Social support

Gottlieb (2020) defined social support more broadly as process of interaction in relationships which improves coping, esteem, belonging and competence through actual and perceived exchanges of physical or psychological resources. The social support is the perception and actuality that one is cared for, has assistance available from other people, and most popularly, that one is part of a supportive social network.

Psychological well-being

According to Stewart-Brown (2019), this scale relates well and definite as positive mental health.it covers eudemonic aspects of positive mental health. Psychological well-being indicates perceived level of satisfaction with oneself, environments, and personal relations.it could be time, event, and situation specific. High scores are usually contended with their selves, emotionally stable and better able to sustain daily stressors. low scores indicate less perception of well-being and high score indicate of better psychological well-being (Nasheed, 2019).

Emotional stability

Neuroticism is characterized by moodiness; getting upset frequently, worrying, and experiencing negative emotion is associated with less satisfaction in relationship and romance. Neuroticism is the dimension that measures the emotional stability of the person. Neuroticism is revering scores of emotional stabilities scale its mean low level of emotional stability or prominent level of neuroticism (Costa & McCrae, 2018).

Statistical Analysis

Analysis for descriptive statistics. Person correlation, and regression was undertaken IBM-SPSS. For reliability co-efficient reliability analysis was run which provided Cronbach alpha. To measure the demographic differences, t-test was also run.

Results

Table 1

Frequency and percentage of the participants (N=240)

<i>Demographic variables</i>	<i>f</i>	<i>%</i>
Age		
20-25	82	34.2
26-30	99	41.3
31-35	45	18.8
36-40	14	5.8
Education		
Undergraduate	105	43.8
Graduate	126	52.5
Post-graduate	9	3.8
Family system		
Nuclear	113	47.1
Joint	127	52.9
Residence		
Urban	92	38.3
Rural	148	61.7

Table 1 shows the frequency and percentage of the participants with respect to age, education, family system, pregnant women, and residence. 20-25 age participants (f=82, 34.2%), 26-30 age participants (f=99, 41.3%), 31-35 age participant's frequency or percentage (f=45, 18.8%) and 36-40 age participant's percentage and frequency (f=14, 5.8%). 9 share the equal frequency and percentage. In the figure 1 participant's total is 250, as 170 are Pakistani and 80 are Saudi peoples 68% are Pakistani and 32% are Saudi people. Participants with undergraduate are greater in number (f=105, 43.8%) are greater in number than the participants with post-graduate (f=9, 3.8%) and the participants greater in number as compared to undergraduate (f=126, 52.5%), graduate (see figure 2 also). Participants belonging to urban family (f=92, 38.3%) are lower in number than any other category rural family system (f=148, 61.7%). Participants belonging to nuclear family system (f=113, 47.1%) are lower in number as compared to joint family system (f=127, 52.9%).

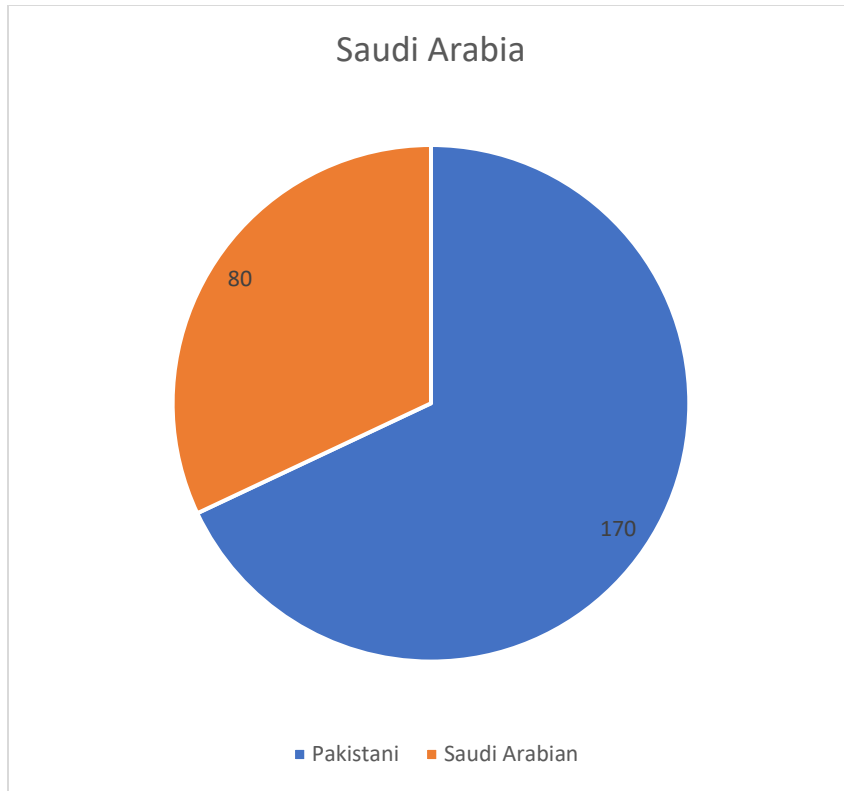


Figure 1 Distribution of Population

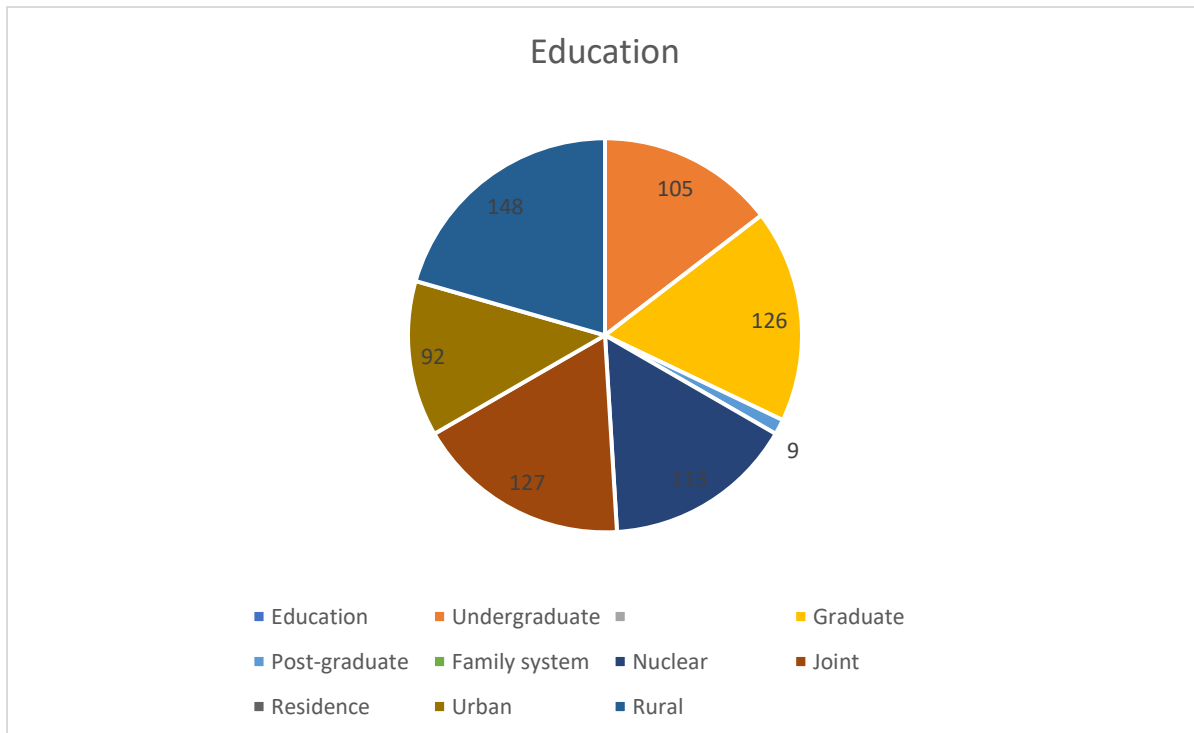


Figure 2 Educational Distribution

Table 2*Psychometric properties of study variables (N = 240)*

Variables	n	M	SD	α	Range		Skewness	Kurtosis
					Potential	Actual		
PSS	240	51.36	14.23	.87	7-84	13-83	-.04	-.25
PWB	240	59.17	5.68	.61	5-95	43-75	.26	.05
ES	240	5.53	2.23	.52	0-12	0-12	.00	-.03

Table 1 shows the psychometric properties of the study variables. The reliability analysis indicate that the reliability coefficient of perceived social support scale is .87 reliability that indicate satisfactory internal consistency, and others variables is lower below the reliability .70 that indicate not internal consistency, psychological well-being .61 or emotional stability .52 The values for skewness and kurtosis for perceived social support, psychological well-being, and emotional stability scale are less than 1, which indicates that univariate normality is not problematic.

Table 3

Person correlation among study variables (N=240)

Variables	1	2	3
1-PSS	-	.44***	-.23***
2-PWB		-	-.35***
3-ES			-

Note: PSS= perceived social support; PWB = Psychological wellbeing; ES = emotional stability.

Table 3 shows Pearson correlation among study variables. The findings indicates that perceived social support has significant positive correlation with psychological well-being ($r = .44, p < .001$) and negative but significantly with emotional stability ($r = -.23, p < .001$). psychological well-being has significant but negative correlation with emotional stability ($r = -.35, p < .001$).

Table 4*Correlation among Subscale of the Study Variables (N =240)*

Variables	1	2	3	4	5	6
-----------	---	---	---	---	---	---

1-PSS	-	.90***	.84***	.90***	.44***	-.23***
2-FA		-	.65***	.73***	.46***	-.34***
3-FR			-	.62***	.27***	-.11
4-SO				-	.42***	-.15**
5-PWB					-	-.35***
6-ES						-

** $p < .01$. *** $p < .001$. $p < .05$ Note PSS=perceived social support, FA=family, FR=friends, SO=significant others, PWB=psychological well-being, ES=emotional stability

Table shows Pearson study correlation among study variables where perceived social support have significant positive correlation with family ($r = .90$, $p < .001$), friends ($r = .84$, $p < .01$), significant with others ($r = .90$, $p < .01$), psychological well-being ($r = .44$, $p < .01$), but negative significant emotional stability ($r = -.23$, $p < .001$). family have significant positive correlation with friends ($r = .65$, $p < .001$), significant with others ($r = .73$, $p < .001$), psychological well-being ($r = .46$, $p < .001$), and negative but significant relationship emotional stability ($r = -.34$, $p < .001$). friends have significant positive correlation with significant with others ($r = .62$, $p < .001$), psychological well-being ($r = .27$, $p < .001$), and negative non-significant relation with emotional stability ($r = -.11$, $p < .001$). Significant with others has positive correlation with psychological well-being ($r = .42$, $p < .001$), and significant but negative relation with emotional stability ($r = -.15$, $p < .01$). Psychological well-being has negative but significant correlation with emotional stability ($r = -.35$, $p < .001$)

Table 5

Linear Regression Analysis showing impact of Perceived social support on psychological well-being and emotional stability among pregnant women (N = 240)

predictor	Modal B	Outcome: Psychological well-being 95%CI	
		LL	UL
FA	.42***	.23	.60
Fri	-.14	-.31	.04
Sig w other	.19*	.03	.35
R ₂		.23	
F		24.75***	

Table 5 shows results of linear regression analysis with perceived social support predictor of psychological well-being as outcomes. The value of R_2 was .23 which indicates that subscales of perceived social support explain that 23% variance in psychological well-being with $F(2,237) = 24.75, P < .001$. finding reveals that perceived social support subscales family ($\beta = .39$), friends ($\beta = -.11$) and significant with others ($\beta = .20$) positively predicated of but friends are negatively predicated psychological well-being.

Table 6

Linear Regression Analysis showing impact of Perceived social support on psychological well-being and emotional stability among pregnant women (N = 240)

Predictor	B	Outcome: emotional stability	
		95%CI	
		LL	UL
Fa	-.23***	-.30	-.15
Fri	.07	-.00	.14
Sig w other	.06	-.01	.12
R_2		.13	
F		.13.42***	

Table 6 shows results of linear regression analysis with perceived social support predictor of emotional stability as outcomes. The value of R_2 was .23 which indicates that subscales of perceived social support explain that 13% variance with emotional stability and $F(2,237) = 13.42, P < .001$. finding reveals that perceived social support subscales family ($\beta = -.55$), friends ($\beta = .15$) and significant with others ($\beta = .14$) positively predicated but family is negative predicated of emotional stability.

Table 7

ANOVA for Mean difference of Occupation on Fundamental Needs, Criminal thinking, and Aggression

variables	Undergraduate (n=105)		Graduate (n=126)		Post-graduate (n=9)		F	P	Post hoc
	M	SD	M	SD	M	SD			
PSS	51.7	12.8	50.9	15.0	52.7	19.1	.13	.87	1>2<3
PWB	59.1	5.3	58.8	5.8	64.4	5.0	4.2	.01	1>2<3
ES	5.7	2.2	5.4	2.1	4.1	2.5	2.4	.08	1>2>3

** $p < .01$. $p < .05$ Note PSS=perceived social support, PWB=psychological well-being, ES=emotional stability.

Tables 7 shows ANOVA mean difference on perceived social support mean and standard deviation on undergraduate (M= 51.7, SD= 12.8), graduate (M= 50.9, SD=15.0), post-graduate (M =52.7, SD=19.1) and $P=.87$ which mean its insignificant. psychological well-being means and standard deviation on undergraduate (M=59.1, SD= 5.3), graduate (M=58.8, SD= 5.8), post-graduate (M=64.4, SD= 5.0) it means post. H $1>2>3$ and significant at .01. emotional stability means and standard deviation on undergraduate (M=5.7, SD= 2.2), graduate (M=5.4, SD= 2.1), post-graduate (M=4.1, SD=2.5) and it is significant at $P= .08$ and post.h is $1>2>3>$.

Table 8: ANOVA for Mean difference of perceived social support or psychological well-being and emotional stability

Variables	20-25 (n=61)		26-30 (n=30)		31-35 (n=36)		36-40 (n=84)		F	P	Post hoc
	M	SD	M	SD	M	SD	M	SD			
PSS	56.2	13.6	49.7	14.3	46.0	12.9	51.1	12.3	6.1	.000	$1>2>3<4$
PWB	60.3	5.9	58.8	5.7	58.3	4.5	57.6	6.5	1.9	.12	$1>2=3>4$
ES	5.5	2.1	5.5	2.3	5.6	2.2	5.1	1.7	.41	.93	$1=2<3>4$

** $p<.01$. $p<.05$ Note PSS=perceived social support, PWB=psychological well-being, ES=emotional

Tables 8 shows ANOVA mean difference on perceived social support mean and standard-deviation on 20-25 (M= 56.2, SD= 13.6) ,26-30 (M= 49.7, SD=14.3), 31-35 (M =46.0, SD=12.3) ,36-40 (M =51.1, SD=12.3) and $P=.87$ which mean its insignificant. psychological well-being means and standard deviation on 20-25 (M=60.3, SD= 5.9), 26-30 (M=58.8, SD= 5.7), 31-35 (M=58.3, SD= 4.5), and 36-40 (M=57.6, SD= 6.5) it means post. h $1>2>3$ and significant at .01. emotional stability means and standard deviation on 20-25 (M=5.5, SD= 2.1), 26-30 (M=5.5, SD= 2.3), 31-35 (M=5.6, SD=2.2), and 36-40 (M=5.1, SD=1.7) its significant at $P= .08$ and post hoc is $1>2>3>$.

Discussion

The intent of the study was to inquire and describe the relationship between social support, psychological well-being, and emotional stability among pregnant women, to examine the effects of social support, psychological well-being, and emotional stability of pregnant women. Previous research provided to link between the social support and psychological well-being among pregnant

women (Key, Park & Hong, 2018). Numbers of research was finding the relationship between the social support and psychological well-being. There is abundance of evidence from diverse sources illustrating the beneficial impact of social support on emotional and well-being. Perception of support or non-support have been associated with a wide range of indices of well-being including depressed mood (Lesté, Lasserre & Pioneering, 2020), and negative effect (Peeters, Buunk & Schaufeli, 2020), marital satisfaction (), Job satisfaction (House, 2020), better adjustment to and recovery from illness (Helgeson & Cohen, 2020). Social support also impacts on emotional stability (Turner, 2018). emotional stability or psychological well-being always relation between them in previous research was find relationship between them (e.g. 2020). A cross-sectional research design was used with purposive convenient sample of 240 pregnant women. The results showed strong relationship between the social support and psychological well-being, social support positively predicted psychological well-being but non- significant relationship between social support and emotional stability results indicate because scale was using of emotional stability high on neuroticism, mostly items are reversing code that is why high on scores to scale relationship find negative to it.

Perceived Social support scale (Zimet, 2020), Psychological well-being scale (Stewart- Brown) and Emotional stability scale (Costa and McCrae) were used respectively to measure the social support, psychological well-being, and emotional stability.

Reliability analysis of the measures used in the current study endorsed the suitability to measures the variables use in the research. Greater reliability is indicator of less measurement error and more confident findings and less reliability is indicator of more error or less confident finding of research due to many reasons. Alpha reliability coefficients of PSSS and its subscales for the current study were found to be satisfactory (see Table 2). Although the translated Urdu versions of scales were used in this study as far as the participants were concerned, many of them were illiterates even to un- understand Urdu. The reliabilities found for the present study was equal to the reliabilities of the original scale. In the other scales were using in this study psychological well-being and emotional stability reliability is lower than criteria (see Table 2) because due to certain factors i.e., random response and lack of feedback. Family members with her due to those present not properly express their emotion. Lack of comprehension of language might be another factor that attributed low reliability.

Conclusions

Conclusively, one of the hypotheses were supported by the findings and one were not supported by study. Correlation analysis indicated that social support was significantly correlated with psychological well-being and negatively but significantly related with emotional stability among pregnant women.

Limitation of the study

1. Sample of the study was not randomly assigned.
2. Small number of samples was used in present study.
3. Language and terms use in questionnaires are somehow difficult for the participants.
4. Circumstances and individual mental and physical condition.
5. Due to family members' women is not able to express their feelings and emotions and they feel bound.
6. Data was collected only selected hospitals of Saudi Arabia and Pakistan.
7. One important limitation of current research was lack of feedback, as it encourages and motivates participants of research.
8. Also, study missed to make comparison among the population and sample of the two targeted countries as Saudi Arabi and Pakistan.

Suggestions for future study.

1. The sample should be randomly assigned.
2. The researcher finds the better results by using large sample. Because due to the large sample normality of the data distribution will be good.
3. In a future researcher should be conducted next research must have considered religious factors.
4. Should use translated questionnaires.
5. When participant is feeling fresh at that time questionnaire should be given.
6. Future studies need to make comparison among the sample data of Saudi Arabia and Pakistan.
7. Researcher should focus upon their performance satisfaction.

Implications of the study

1. This study function as a base for the future studies.
2. In which Saudi Arabia and Pakistan least studied as compare all over the world.
3. The Present study has some imperative practical implications.
4. This research tiled way for future research to explore the needs and problems of pregnant women in Saudi Arabia and Pakistani culture as more of its population is consisted of uneducated people and live in rural areas.
5. As our way of life, women are not given legitimate consideration, backing and restorative offices because of numerous components (low financial status, lack of education and so forth.).
6. So, this study gives a hand to educate people (family, friends, partner, and relatives) about social support problems related to pregnancy and health measures for pregnant women that will also be helpful for the health of newborn (Yazdani et al., 2020).
7. The finding of the present examination perceives the significance of getting early antenatal consideration to women of reproductive age.
8. This investigation likewise gives proposals to social insurance experts to give progressively powerful and proper consideration methodologies dependent on the various stages of pregnancy.
9. Moreover, this study will be helpful for the education and training programs of mental health workers as well as nursing students especially in the context of Saudi Arabia, where nursing education and training is getting prioritize as per Saudi Health Vision 2030. (Shahbal et al., 2022; Noshili et al., 2022).

Reference

- Adyani, L., Suzanna, E., Safuwani, S., & Muryali, M. (2019). Perceived social support and psychological well-being among interstate students at Malikussaleh University. *Indigenous: Jurnal Ilmiah Psikologi*, 3(2), 98-104.
- Ahumada-Tello, E. (2019). Subjective well-being based on creativity and the perception of happiness. *RETOS. Revista de Ciencias de la Administración y Economía*, 9(18), 327-344.
- Alloy, Kecmanovic & Flynn, (2018). Emotions adjustment from anxiety and stress events. *Journal of health sciences*, 25, 62-65.
- Bandura, A. (1969). Social-learning theory of identificatory processes. *Handbook of socialization theory and research*, 213, 262.
- Betancourt, J. R. (2020). The path to equity in healthcare leads to high performance, value, and organizational excellence. *Journal of Healthcare Management*, 65(1), 7-10.
- Broadhead, W. E., Kaplan, B. H., James, S. A., Wagner, E. H., Schoenbach, V. J., Grimson, R., ... & Gehlbach, S. H. (1983). The epidemiologic evidence for a relationship between social support and health. *American Journal of epidemiology*, 117(5), 521-537.
- Bruce, R. S. (2020). *The measurement of resilience and health*, New York: Press.
- Coker, A. L., Smith, P. H., Thompson, M. P., McKeown, R. E., Bethea, L., & Davis, K. E. (2021). Social support protects against the negative effects of partner violence on mental health. *Journal of women's health & gender-based medicine*, 11(5), 465-476.
- Cunningham, M. R., & Barbee, A. P. (2000). Social support.
- Deci, E. L., & Ryan, R. M. (1987). The support of autonomy and the control of behavior. *Journal of personality and social psychology*, 53(6), 1024.
- Delahoy, M. J., Whitaker, M., O'Halloran, A., Chai, S. J., Kirley, P. D., Alden, N., ... & COVID-NET Surveillance Team. (2020). Characteristics and maternal and birth outcomes of hospitalized pregnant women with laboratory-confirmed COVID-19—COVID-NET, 13 States, March 1–August 22, 2020. *Morbidity and Mortality Weekly Report*, 69(38), 1347.

- Fahami, F., Amini-Abchuyeh, M., & Aghaei, A. (2018). The relationship between psychological wellbeing and body image in pregnant women. *Iranian journal of nursing and midwifery research*, 23(3), 167.
- Frank, E., Kupfer, D. J., Wagner, E. F., McEachran, A. B., & Comes, C. (1991). Efficacy of interpersonal psychotherapy as a maintenance treatment of recurrent depression: Contributing factors. *Archives of general psychiatry*, 48(12), 1053-1059.
- Gise, J., & Cohen, L. L. (2022). Social Support in Parents of Children with Cancer: A Systematic Review. *Journal of Pediatric Psychology*, 47(3), 292-305.
- Hay & Ashman, (2022). Emotional stability and mental health and care. *Journal of Mental health*, 15, 550-553.
- Huppert, F. A., Baylis, N., & everne, B. (2019). Introduction: Why do we need a science of well-being? *Philosophical Transaction of Royal Society*, 67, 1331-1344.
- Husaini, B., Newbrough, J., Neff, & Moore, M. (2021). The stress buffering role of social support and personal confidence among rural married. *Journal of Community Psychology*, 10, 409-426.
- Jacobson, D. E. (2019). Types and timing of social support. *Journal of health and social behavior*, 27, 250-264.
- Jesse, D. E., Walcott-Mcquigz, J., & Mariella, A. (2019). Risk and protective factors associated with symptoms of depression in low-income African American and Caucasian women during pregnancy. *Midwifery Wom Heal*, 50(5), 405-410.
- Kahneman, D. (2020). Objective happiness. In D. Kahneman, E. Diener, & N. Schwarz (Eds.), *well-being: The foundations of hedonic psychology*, 3-25. New York: Russell Sage Foundation.
- Key, W., Park, J. H., & Hong, P. Y. P. (2018). The significance of grit from social support and health determinants. *Social Work & Social Sciences Review*, 20(1).

- Keyes, C. L. M., & Ryff, C. D. (2019). Psychological well-being in midlife. In S. L. Willis & J. D. Reid (Eds.), *Life in the middle: Psychological and social development in middle age* (pp. 161-181). USA: Academic Press.
- Khan, M. (2018). *Translation and Adaptation of Psychology Well-being Scale*. National Institute of Psychology. Quaid e Azam University.
- Kulwicki, A. D., Miller, J., & Schim, S. M. (2017). Collaborative partnership for culture care: Enhancing health services for the Arab community. *Journal of Transcultural Nursing, 11*(1), 31-39.
- Kuzucu, Y. (2017). *The effects of psycho-education program of emotional awareness and expression on level of emotional awareness, tendency to express emotion, psychological well-being, and subjective well-being*. Unpublished doctoral dissertation, Ankara University, Ankara.
- Laakso, H., & Paunonen-Illmonen, M. (2019). Mother's expression of social support following the death of a child. *Journal of clinical Nursing, 11*(2), 176-185.
- Lakey, B., & Cassdy, P. B. (2017). Cognitive processes in perceived social support. *Journal of personality and Social Psychology, 59*, 337-343.
- Lincoln, K. D. (2000). Social support, negative social interactions, and psychological well-being. *Social Service Review, 74*(2), 231-252
- Logsdon, M. C., Brikime, J. C., & Simpsont. (2017). Postpartum depression and social support in adolescents. *Obstet Gynecol Neortal Nurs, 34*(1), 46-54.
- Loue, S., & Hise, A. (2020). A Successful Faculty Development Program for Women and Underrepresented Minority Faculty. *CIVINEDU 2020*, 191.
- Makiesky-Barrow, S. & Gutworth, L. (2017). Social networks and schizophrenia. *Schizophrenia Bulletin, 4*(4), 522-545.
- Malik, A. A. (2018). *The study of social support determining factor in depressed and non-depressed as measure by indigenously developed social support scale...* Unpublished PhD thesis, University of Karachi, Karachi.

- Mamelle, N., Laumon, B., Lazar, P. (2019). Prematurity and occupational activity during pregnancy. *American Journal of Epidemiology*, 199, 302-322.
- Martens, C. A. (2020). Stress and Truman life changing. *Journal of health and social behavior*, 78, 285-287.
- McLaren, R. M., & High, A. C. (2019). The effect of under-and over-benefited support gaps on hurt feelings, esteem, and relationships. *Communication Research*, 46(6), 785-810.
- Moore, C. A., Keyes, C. L. M., (2021). A brief history of wellbeing in children and adults. In M. H. Bornstein, L. Davidson, C. L. M. Keyes, & K. A. Moore (Eds.).
- Murrell, S. A., Norris, F. H., & Chipley, Q. T. (1992). Functional versus structural social support, desirable events, and positive affect in older adults. *Psychology and Aging*, 7(4), 562.
- Nasheed, J. (2019). Youth Activist Movements of the 2010s: A Timeline and Brief History of a Decade of Change. *Teen Vogue*, December 16.
- Noshili, A. I., Shahbal, S., Khan, A., Hamdi, A., Amri, Y., Kariri, M. Q., ... & Althawwabi, R. B. (2022). Global health during the past and present pandemic and community health nursing.
- Nukolls, K. B., Kaplan, B. H., & Cassel, J. (2018). Psychosocial assets, life crisis and the prognosis of pregnancy. *A J. Epidemiol*, 95, 431-441.
- O'Hara M. W., Rehm, L. P., & Campbell, S. B. (2019). Predicting depressive symptomology: Cognitive-behavioral models and postpartum depression. *Journal of Abnormal Psychology*, 91, 457-461.
- Paivio & Wild, (2018). Emotions and traumatic recovery of mental distress. *Journal of Trauma mental health*, 20, 350-370.
- Pajulo, M., Saronlahti, E., Sourander, A., Helenius, H., & Piha, J. (2017). Antenatal depression, substance dependency and social support. *Journal of Affective Disorders*, 65, 9-18.
- Psychological well-being in young adults: The multidimensional support scale. *Journal of Personality Assessment*, 58, 198-201.

- Qing, S. & Jun, Z. (2020). Of Pregnant women's mental health status and care. *Journal of Family Planning, 11*, 696-697.
- Reading, A. E. (2020). *Psychological aspects of pregnancy*. London: Longman Press.
- Roothmn, B., Kirsten, D. & Wissing, M. (2017). Gender differences in aspects of psychological well-being. *South African Journal of Psychology, 33*(4), 212-218.
- Rudnicki, S., R., Grahan, J. L., Habboushe, D. F., & Ross R. D. (2019). Social Support and avoidant coping: Correlates of depressed mood during pregnancy in minority women. *Women & Health, 34*(4), 19-34.
- Ryan, R. M., & Deco, E. L. (2021). On happiness and human potentials: A review of research on hedonic and eudaimonia well-being. *Annual Review of Psychology, 52*, 141-166.
- Ryff, C. D. (2019). Happiness is everything, or is it? Explorations on the meaning of psychological well-being. *Journal of Personality and Social Psychology, 57*(6), 1069-1081.
- Ryff, C. D. (2020). Psychological well-being in adult life. *Current Directions in Psychological Science, 4*(4), 99-104.
- Ryff, C. D., & Keyes, C. L. M. (1995). The structure of psychological well-being revisited. *Journal of personality and social psychology, 69*(4), 719.
- Ryff, C. D., & Keyes, C. L. M. (2021). The structure of psychological well-being revisited. *Journal of Personality and Social Psychology, 69*, 719-727.
- Sarason, I. G., Levine, H. M., Basham, B. R., & Sarason, B. R. (2021). Assessing social support: social support questionnaire. *Journal of Personality and Social Psychology, 44*(1), 127-139.
- Shahbal, S., Noshili, A. I., Hamdi, A. M., Zammar, A. M. A., Bahari, W. A., Al Faisal, H. T., ... & Buraik, L. M. (2022). Nursing profession in the light of Social Perception in the Middle East. *Journal of Positive Psychology and Wellbeing, 6*(1), 3970-3976.
- Siedlecki, K. L., Salthouse, T. A., Oishi, S., & Jeswani, S. (2014). The relationship between social support and subjective well-being across age. *Social indicators research, 117*(2), 561-576.

- Sun, S., Yang, M., Zhang, J., Zhou, X., Jia, G., & Yu, X. (2020). Family support for pregnant women with fetal abnormality requiring pregnancy termination in China. *Health & Social Care in the Community*, 28(3), 1020-1029.
- Thoits, P. A. (1985). Social support and psychological well-being: Theoretical possibilities. In *Social support: Theory, research, and applications* (pp. 51-72). Springer, Dordrecht.
- Turner, R. J., & Brown, R. L. (2010). Social support and mental health. *A handbook for the study of mental health: Social contexts, theories, and systems*, 2, 200-212.
- Uchino, B. N., Cronan, S., Scott, E., Landvatter, J., & Papadakis, M. (2020). Social support and stress, depression, and cardiovascular disease. In *Cardiovascular implications of stress and depression* (pp. 211-223). Academic Press.
- Yan, V., Oyserman, D., Kiper, G., & Atari, M. (2021). Difficulty-as-improvement: The courage to keep going in the face of life's difficulties.