

A STUDY OF FAMILY AND SOCIAL SUPPORT IN RELATION TO HOLISTIC MENTAL HEALTH

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Article Info	ABSTRACT
Article History: Received: 15th Dec 2025 Accepted: 18th Dec 2025 Published: 20th Dec 2025 Keywords: Family Support, Social Support, Holistic Mental Health, Psychological Well-being, Social Relationships	Mental health is not limited to the absence of mental illness; rather, it encompasses emotional, psychological, social, and spiritual well-being, collectively referred to as holistic mental health. Family and social support play a crucial role in promoting positive mental health outcomes. The present study is theoretical in nature and aims to examine the relationship between family support, social support, and holistic mental health based on secondary data. The study is based on an extensive review of existing research papers, books, reports, and theoretical models related to mental health, family dynamics, and social support systems. The reviewed literature indicates that individuals who receive adequate family and social support tend to exhibit better holistic mental health. The study highlights the importance of supportive family environments and strong social networks in enhancing overall mental well-being.

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INTRODUCTION:

Mental health is an essential component of overall human development and well-being. In recent years, the concept of holistic mental health has gained increasing importance, emphasizing the integration of emotional, psychological, social, and spiritual dimensions of life. Holistic mental health focuses on the balanced functioning of the individual as a whole rather than merely the absence of mental disorders. An individual's mental health is significantly influenced by the quality of relationships within the family and society. The family acts as the primary source of emotional security, care, and guidance, while social support from friends, peers, and the community helps individuals cope with stress and life challenges. Adequate family and social support reduce feelings of loneliness, anxiety, and depression, thereby promoting positive mental health. In the modern era, increasing stress, competition, and rapid lifestyle changes have weakened interpersonal relationships, making it essential to theoretically examine the role of family and social support in maintaining holistic mental health.

OBJECTIVES OF THE STUDY

1. To understand the concept of family support, social support, and holistic mental health through existing literature.
2. To examine the theoretical relationship between family support and holistic mental health.
3. To examine the theoretical relationship between social support and holistic mental health.

HYPOTHESES

1. Family support is positively associated with holistic mental health.
2. Social support is positively associated with holistic mental health.
3. Individuals with higher levels of family and social support tend to show better holistic mental health, as indicated in previous research findings.

SIGNIFICANCE OF THE STUDY

The present theoretical study is significant in understanding the psychological importance of family and social relationships in promoting holistic mental health. By synthesizing existing research findings, the study provides a conceptual understanding that may help psychologists, counselors, educators, and mental health professionals in planning preventive and promotive mental health programs. The study is also useful for parents, teachers, and community members in understanding their role in enhancing mental well-being. Furthermore, this study contributes to the existing body of literature in the field of mental health and positive psychology.

RESEARCH METHODOLOGY**Nature of the Study**

The present study is **theoretical and descriptive**, based entirely on **secondary data**.

Sources of Data

Secondary data were collected from:

- Research journals
- Books related to psychology and mental health
- Government and WHO reports
- Published theses and dissertations
- Online academic databases

Method of Analysis

The collected secondary data were analyzed using **content analysis and comparative review methods** to identify common themes and relationships between family support, social support, and holistic mental health.

INTERPRETATION AND RESULTS

The review of existing literature consistently indicates a positive relationship between family support and holistic mental health. Studies suggest that individuals who receive emotional warmth, care, understanding, and encouragement from family members show higher emotional stability, self-esteem, and life satisfaction. Similarly, social support has been found to play a significant role in reducing stress, anxiety, and depression. Theoretical models and empirical findings reviewed in this study highlight that strong social relationships act as protective factors against psychological distress and enhance coping abilities. Overall, the interpretation of secondary data confirms that both family and social support are crucial contributors to holistic mental health.

RESULTS BASED ON OBJECTIVES

Objective 1

The review of literature revealed that family support, social support, and holistic mental health are closely interconnected concepts widely discussed in psychological research.

Objective 2

Previous studies reviewed in the literature indicate a positive association between family support and holistic mental health, suggesting that supportive family environments promote emotional and psychological well-being.

Objective 3

The literature also demonstrates a positive relationship between social support and holistic mental health, emphasizing the role of friendships, peer support, and community involvement in maintaining psychological balance.

CONCLUSION

Based on the theoretical review of secondary data, the present study concludes that family and social support are vital determinants of holistic mental health. Individuals who experience love, care, understanding, and encouragement from family members and society tend to demonstrate better emotional, psychological, and social well-being. Strengthening family relationships and social connections emerges as an effective strategy for promoting holistic mental health. The study emphasizes the need to create supportive environments at home and within the community to enhance mental well-being across all age groups.

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