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A STUDY GAUGING PERCEIVED SOCIAL SUPPORT AND LONELINESS WITH LIFE SATISFACTION AMONG STUDENTS OF GOLESTAN UNIVERSITY OF MEDICAL SCIENCES

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Introduction: Social humans are embedded with a variety of relationships. Satisfactory social support is crucial for having physical and psychological well being.

Aim: The purpose of the present study was to find empirical support for the connections between perceived social support and loneliness with life satisfaction.

Material & methods: 226 students of Golestan University of Medical Sciences (in Northern Iran) participated in the study. They were assessed using demographic questions, Multidimensional scale of Perceived Social Support, Life Satisfaction Scale, and Loneliness Scale. Using SPSS (16) and Pearson correlation test, linear regression the data were analyzed.

Findings: 120 male and 104 female students filled the questionnaires. 91 percents of the students were single and also 95 percents were residents of university dormitories. There was a significant relationship between life satisfaction with loneliness in the subjects ($p < 0.05$). The higher social support from the family and friends was also correlated with more life satisfaction and less loneliness ($p < 0.05$). Linear regression showed a significant correlation among social support, life satisfaction with loneliness.

Conclusion: Findings suggest that, in general, appropriate social support can reduce loneliness and increase life satisfaction. It is also one of the well being predictors. Therefore the universities should provide strategies to facilitate social support from family and the significant others. The empowerment of the students using teaching social communication skills may be helpful as well. The results were discussed within the context of findings from the studies conducted in eastern and western cultures.