

Exploration of the Linkages of Perceived Social Support and Psychological Distress among Youth

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Abstract—Youth of any region from the world are considered as assets & agents of growth because of their potential in contributing to overall growth and development, hence researchers have been interested in ensuring their wellbeing and eliminating their distress. It has been seen that apart from many other factors, constructs like perceived social support can serve as buffers to distress among youth. In this context, the present study was aimed to model the linkages of perceived social support and psychological distress among youth by using structural equation modelling. The sample of the study composed of 300 youth selected purposively from Baramulla district of J&K and the data was collected from the participants with the help of standardised measuring instruments. The structural equation modelling carried out in the study revealed that perceived social support significantly and negatively predicts distress among youth, as indicated by significant standard regression weights obtained after carrying out structural equation modelling.

Keywords: Youth, Distress, Wellbeing, Model.