



AN EXPLORATIVE STUDY OF SOCIAL SUPPORT SYSTEMS FOR YOUTH EMPOWERMENT.

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ABSTRACT :

As developing nations account for 80% of the world's youth population, their motto is "youth empowers youth, and youth empowers the nation." It demands financial commitment and a methodical approach. These investments fall under the categories of supports, opportunities, and services. The opportunities and services that the government and other social assistance agents offer are the opportunities and structural supports referred to as infrastructure. The four main support systems in society give and foster the support that is referred to as functional support. They are: a) friends and peers; b) parents and family; c) the neighbourhood; and d) educational institutions. The main focus of this study is these four support systems. The importance of functional supports in youth empowerment is noteworthy. It inspires youth and encourages them to take use of the possibilities and services available to them. There are formal and informal, visible and unseen functional supports. And ingrained in all of the activities, services, and supports provided to youth. Confidence, coping, acceptance, recognition, motivation, and academic success are a few of the functional supports. They are linked together and have an impact on one another's support networks. Because of this, the respondents' classmates and neighbours have made up for their parents' and relatives' lack of acceptance. Conversely, the respondents' alienation from their friends and neighbourhood is a result of their overindulgent acceptance from parents and other family members. Expand on the social theories: learning, comparison, competence, and coping theories all have a role in how young people view functional supports. The idea of coping, however, is the most appropriate hypothesis. Concept of Coping empowers and empowers youth to approach any problem in the most cooperative manner possible. However, these coping mechanisms vary from person to person and manifest as models or strategies for healthy growth, resilience, and prevention. It is a fresh take on youth development that uses a community development concept. It takes the place of the conventional strategy, which entails youths finding their own solutions and gaining independence. The four main support systems now serve as the foundation for youth development.

KEYWORDS: Social Support , Youth , Empowerment .

INTRODUCTION:

A network of family, friends, neighbors, and community members that is available in times of need to give psychological, physical, and financial help. More than any other age group, young individuals in their second decade of life seek the meaning, purpose, and ultimate objective of their existence. (Richard M. Lerner, 2005). They transition from idealism to pragmatism as they look. Any heinous incident that occurs during this procedure or stage causes irreparable shock and harm to their lives. Thus, it is implied that the young people are like wet, squishy clay in a potter's hands. (Swami Atmashradhdhananda, 2013). The potter is regarded as one of the opportunities, supports, and social support networks. The structural supports that are provided by the government and other social agents are the services and opportunities. Functional supports are those that are provided by parents, siblings, cousins, friends, peers, neighbours, and teachers. As potters expertly shape the pots, support system agents shape the young people and give them a distinctive appearance (Sribas Goswami, 2014).

Confidence, coping, acceptance, recognition, motivation, and academic success are a few examples of functional supports. They are linked and dependent on one another, and one has an impact on the other. They serve as a tool for helping young people utilise all of the possibilities and resources accessible to them. As an illustration, parental and family support nourishes, friend and peer support confronts, neighbourhood adult support stimulates, and educational institution support transmits knowledge and wisdom (Charles Desforges & Alberto Abouchaar, 2003). (Virginia Schmied & Lucy Tully, 2009).

SOCIAL SUPPORT SYSTEM :

Social support is the belief and experience that one is taken care of, that help is available from others, and, most commonly, that one is a part of a social network that is supportive. These helpful resources can be material (like financial aid) or intangible (like personal counsel), emotional (like nurturing), informative (like advice), or social (like a sense of belonging). Social support can be quantified in a number of ways, including the actual aid provided,

the perception that help is accessible, and the degree of social network integration. Numerous people and groups can offer support, including friends, family, pets, neighbors, coworkers, and organizations.

In certain countries, social assistance provided by the government is known as public aid. Numerous academic fields, including psychology, communications, medicine, sociology, nursing, public health, education, rehabilitation, and social work, all study social support. Numerous advantages to physical and mental health have been associated with social support, although "social support"—such as talking negatively about friends—is not always advantageous. The development of caregiving and payment models as well as community delivery systems in the US and other countries is associated with the social support theories and models that were the focus of significant academic investigations in the 1980s and 1990s. The buffering hypothesis and the direct effects hypothesis are the two main ideas that have been put out to explain how social support affects health. In domains like education, such as social support, gender and cultural disparities have been observed. However, these findings "may not control for age, disability, income and social status, ethnic and racial, or other significant factors."

The help, resources, and emotional support that people receive from their social network, which includes friends, family members, peers, and other community members, is referred to as social support. This support can come in a variety of shapes, including technical assistance, emotional support, guidance, and validation. Social support is essential for preserving one's physical and mental health and can greatly affect one's resilience and general health.

REVIEW OF LITERATURE:

- **Skidmore Rexa & Thackefy Milhon G, 1976; Margaret L. Usdansky, 2003:** Single parenting is quite challenging and their children are often different from the other children in their behaviour. The research affirmed that a woman who was pregnant out of wedlock undergoes a lot of humiliation and rejection especially before and after the delivery. Such kind of social humiliations by the family members and people in neighbourhood affect the mother as well as the child. These babies are prone for certain risk behaviours; poor academic performers and involve in anti social activities.
- **Daniel R. Ames & Paul Rose et al. 2005 :** The evil that destabilizes the family unity and integrity is narcissist tendency. It breaks the family's serenity and the humanity is in the middle of narcissism reported by the research study in America. The research selected nearly 776 respondents in which the male were 342 persons and the female were 434 persons at the mean age of 20.50 years. The findings highlighted that the respondents lived with oneself in celebrity culture of media, internet and mobile phones. They were observed to have possessed excessive self love an account of extreme materialism. Lack of empathy and possession of poor relationships skills which were essential to live in families were also absent in them.
- **Marlene Moretti. M & Maya Peled, 2004 :** The research revealed that parental and family members' supports played the most important role in forming the adolescents especially the late adolescents aged 17-19 years. Even a slightest parental, family members and adult's failure in handling the adolescents yielded adverse results in their life. It is in this stage that the adolescents opted to be in touch with and spent more time with their friends and peer members than their parents, family members and adults. There is a need to understand the adolescents and the appropriate parental, family members and adults supports promoted the neurological, cognitive, social and psychological growth in them.
- **John Morrison, 1984; Rozanti A. Hamid & Salmiah Mohd Amin, 2014:** Most of the young people are influenced by negatives and unable to assert themselves in society. They are confused in thoughts, actions, behaviours and value systems. The traditional values are degrading; premarital sex and extra marital affairs are widely found among the young people. The young people undergo a lot of stress, 43 confusion and embarrassment. Neither the parents nor the young people are satisfied in family living. Mitigation is a problem for parents, family member and the young people themselves.
- **Maria E. Pagano & Barton J. Hirsch et al. 2003 :** The parental limitations hamper and rear the children towards individualistic selfishness. It had been proved by the research done among 187 respondents of black and white father and mother. The research found that higher level of social concern and oriented themes while teaching to their children were found among black parents than the white parents. On the contrary prevalence of individualistic theme while teaching their children were found among the white parents than the black parents. The white parents were more likely to teach their children the individual skill and less likely to mention the concern for others and society. Whereas the black parents were focusing on their children personal development and societal well being.
- **Monica McGoldrick's, 2007 :** Dr. Murray Bowen is the founder of family system approach. He approached that the individuals cannot be understood in isolation from one another, but rather as a part of their family. Hence family is an emotional unit and a system which is interconnected and the individuals are interdependent.
- **Morgaine C, 2001; Vidya Bhushan & D. R. Sachdev, 2006:** Family system approach is one among the family approach whereby it believes in the interdependency of family members. It looks equally the family member as an inseparable component and a net working agent. There is deep relationship among the family members which is based on their life experience carried forward from generations. Simultaneously there are given roles on which the family members function starting from children to elders. The members respect the role of others and the boundaries are maintained.

Methodology :

Research Design

On basis of concepts, ideologies and frameworks as discussed in review of literature, the exploratory study, qualitative method is used as primary means for online data collection

The study will use a mixed-methods approach, combining both quantitative and qualitative research methods. The population for this study will be youth age. Data will be collected through online surveys and in-depth interviews. The data collected will be analyzed using descriptive statistics and content analysis. Tools for data collection Structured questionnaire was prepared to Online the youth people. Sampling method The sampling method used in the survey was simple sampling method. Sample size was a 32 simple size.

FINDINGS:

- The data shows that two-thirds (56.25%) of people say their parents and others in their family listen to their opinion "always".
- The data shows that a little over half (46.88%) of people say their parents and others in their family entrust responsibility to them "always".
- The data shows that a vast majority (50%) of people say there are "always" clear rules about what they should and shouldn't do in their family.
- The data shows that two-thirds (68.75%) of people say their parents and other family members "always". majority of parents and family members are interested in the whereabouts and activities of their loved ones
- Based on the data, it appears that parents and other family members correct you most of the time (59.38%). This suggests that they are actively involved in your life and want to help you learn and grow.
- The table shows that most of the respondents (62.5%) said that their parents and other family members always discuss with them regarding their future career. This suggests that a majority of the people surveyed have a close relationship with their families and that their families are supportive of their career goals.
- The data suggests that nearly half (47.06%) of the respondents feel their friends and peers always disregard their problems and difficulties.
- Most of the people (50%) said that they can always get help from their neighbourhood adults.
- Always happens 53.1% of the time, which suggests it is a frequent occurrence.
- 20 people (62.5%) stated that their neighbours always show love and concern.

Conclusion:

This study revealed that strong social support networks are crucial for promoting young empowerment. In order to give young people the emotional, material, and informational support they need to build resilience and personal growth, family support has been shown to be essential. Peer networks have also shown to be crucial for providing chances for networking and skill development, as well as for social validation and encouragement. Furthermore, it was determined that community-based support programmes and services, which provide mentorship, educational opportunities, and access to community resources, are important tools for empowering young people. The study did point up a number of obstacles, though, including stigma, ignorance, and socioeconomic inequality, which prevented certain young people from taking full advantage of social support networks.

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