

Social Support and Parenthood

Summary

When individuals have to face different stressors during their daily or weekly routines, having a system of social support in place represents an important protective factor in their everyday lives. The benefits it provides for the individual, the family and for every living being are unquestionable. The goal of this paper is to provide a theoretical overview of relevant literary texts on social support, an overview of different perspectives on it, in addition to specific comments provided by several studies done in this field. Additionally, this paper will specifically examine social support and parenthood as important social roles, which have certain benefits for the individual, but also prove to be challenging at times. The availability of formal and informal social support can be a protective factor against negative outcomes for individual family members. To conclude, this paper will serve as an overview of relevant studies that were done over the course of the last few decades, providing a comprehensive synergy of scientifically gathered facts and insight.

Keywords: social support, social network, parenthood