

Title of Abstract: Perceived social support, perceived stress and stress symptomatology among adolescents.

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Abstract:

This study assessed perceived social support, perceived stress and stress symptomatology among adolescents. A survey was carried out in Covenant University on 237 participants (115 males and 122 females) between ages 14 and 19 years (mean age = 16.8 years). With an aim to verify several relationships, the Multidimensional Scale of Perceived Social Support (Zimet, Dahlem, Zimet & Farley, 1988), Perceived Stress Scale ((PSS), Cohen & Williamson, 1983), and the Stress Symptomatology Scale were administered to the participants. The two hypotheses were sustained. There was a significant combined contribution of perceived social support and perceived stress ($r = 0.443$, $r^2 = 0.196$; $F(2, 234) = 28.503$; $p < 0.005$) on stress symptomatology. There was also a significant difference in stress symptomatology between males and females adolescents ($t = 3.840$; $df = 235$; $p < 0.05$). Recommendations for a re-orientation of adolescents and the use of cognitive-behavioural strategies were made to reduce symptomatic stress reactions among adolescents.