(REVIEW ARTICLE)

The impact of social support and basic psychological needs on well-being: a systematic analysis of literature review

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Abstract

Research in the field of psychology is constantly evolving, and one of the important areas of study is the influence of social support and basic psychological needs on well-being. Social support encompasses emotional exchange, practical assistance, and the sharing of information to help individuals cope with life's challenges. Basic psychological needs refer to fulfilling an individual's requirements for self-determination, self-satisfaction, and a sense of ownership. These factors significantly impact personal well-being.This article aims to provide a comprehensive review of the studies of these two factors and offer insights into future research and development.

Keywords: Well-being; Social support; Basic psychological needs**;** Self-Determination Theory; Research Integration

1   Introduction

The field of psychology is constantly developing, and researchers strive to explore all aspects of human behavior and well-being. An expanding and important research field focuses on the interaction between social support and basic psychological needs, both of which have profound impact on the overall well-being of individuals. This paper is to comprehensively review the existing research on the interaction between social support and basic psychological needs, and clarify the relationship between them and their far-reaching impact on personal happiness. Furthermore, this article seeks to inspire future research efforts in this field, promoting a deeper understanding of the connections between these two fundamental factors and their influence on human psychology and well-being.

2   Early Research

In the early stages of research, the main focus was on analyzing the individual effects of social support and basic psychological needs.

2.1   Early Studies on Social Support and well-being

The roots of social support theory can be traced back to the early 20th century, initially introduced by Emile Durkheim(1991). This marked the inception of research linking social relationships to well-being, with social support being viewed as a potential mitigator of suicide rates. Subsequently, research on social support gave rise to various theoretical frameworks.These included Cobb's (1976) model, in which social support can serve as a safeguard for

individuals facing crises, protecting them from a range of adverse conditions, ultimately leading to improved well-being.And Berkman and Syme's (1979) emphasis on social support's impact on psychological well-being. Barrera (1986) proposed a model highlighting the direct effects of social support. However, as research progressed, social support theories evolved into more intricate models, such as Cohen and Wills' (1985) social support buffering effect model, which underscored the role of social support in buffering the effects of stress.Furthermore,within the realm of social support research, there has been exploration of Antonucci's "social convoy" theory(Fuller et al.,2020). This theory highlights the dynamic evolution of social support networks throughout an individual's lifespan (Kauppi et al.,2021).

2.2 Early Studies on Basic Psychological Needs and well-being

The Basic Psychological Needs Theory is a fundamental element of the Self-Determination Theory (SDT), which was formulated by Deci and Ryan(2013). SDT places significant emphasis on individuals' requirements for autonomy, competence, and connection, asserting that meeting these essential psychological needs is vital for enhancing intrinsic motivation and overall well-being.

The satisfaction of autonomy is connected to increased well-being and life satisfaction, as individuals perceive having greater control and freedom to pursue their own objectives(Steckermeier,2021).The feeling of competence is positively associated with well-being because it reinforces a sense of self-efficacy, ultimately enhancing overall well-being(Jaleel & Nawam,2022).The fulfillment of relatedness is correlated with improved social relationships and well-being since it meets individuals' needs for meaningful interpersonal connections and a sense of belonging(Cheung et al,.2021). Research has shown that individuals who fulfill their basic psychological needs are more prone to experiencing positive emotions and achieving higher levels of life satisfaction (Sheldon & Niemiec, 2006).

3 Combining Social Support with Basic Psychological Needs

As research has delved deeper, scholars have increasingly realized the intricate connection between social support and basic psychological needs.Studies have revealed that social support can facilitate the satisfaction of these basic psychological needs, leading to an improved sense of well-being(Kong et al.,2021).The integration of self-determination theory and social support research represents a critical moment in research progress (Ibrahim et al., 2021). This integration highlights how social support promotes the realization of autonomy, competence, and relatedness needs, ultimately enhancing well-being.Creating an environment that nurtures an individual's basic psychological needs can help enhance overall well-being (Hashemi et al., 2020). Studies have shown that there is an important interaction between social support and basic psychological needs (Leow et al.,2021).Supportive social relationships often provide opportunities to fulfill these independent needs (Hashemi et al., 2020). For example, one study found that receiving emotional support from close family members provided individuals with a sense of satisfaction, ultimately increasing their well-being (La Guardia et al., 2000). This discovery emphasizes the close relationship between social support and basic psychological needs, and how they jointly impact a person's overall well-being.When social support assists in meeting basic psychological needs and provides a sense of control, stress symptoms significantly decrease while simultaneously enhancing well-being and mental health status (Zhou & Yao, 2020).This holistic perspective enriches the comprehension of the alignment between social support and basic psychological needs, paving the way for fresh avenues in future research.This integrated outlook provides researchers with a more comprehensive grasp of well-being.

Cross-cultural research has used to enhance the understanding of how social support and psychological satisfaction are influenced in various cultural contexts (Oishi, 2018). Such research is instrumental in studying how social support and the satisfaction of basic psychological needs impact well-being. Differences in the experience of social support and psychological need satisfaction across diverse cultural backgrounds render cross-cultural research invaluable for gaining a deeper understanding of the universality of these effects. For instance, an international comparative study reveals variations in social support levels among different countries and their correlation with well-being, offering insights into how cultural factors affect the efficacy of social support (Haller & Handler, 2006).

4 Future Research Outlook

In the future, longitudinal research methods can be employed. Longitudinal studies can investigate the lasting impact of social support and the fulfillment of basic psychological needs on well-being（Tian, & Huebner,2016). They can offer a deeper understanding of the evolving dynamics of these influences. This type of investigation, conducted over an extended period, enables a better comprehension of how the satisfaction of social support and psychological needs adapts to life events and developmental stages. Such studies aid in understanding how social support and fundamental psychological needs shape an individual's long-term journey to well-being.

Currently, the majority of research is focused on relational studies, with very few intervention studies conducted on this topic.Intervention studies can explore how to enhance social support and fulfill basic psychological needs through intervention measures （Leow & Lee,2021).The goal is to improve overall well-being.These studies can typically employ intervention methods such as psychological education and social skills training to enhance social support networks and the ability to satisfy basic psychological needs. These studies can offer crucial guidance for practical applications, assisting in developing strategies for promoting well-being.

Furthermore, research on the impact of social support and basic psychological needs on well-being will extend into various fields as artificial intelligence continues to exert its influence on life.With the increasing prevalence of social media and digital technology, it has complex impacts, including increased global connectivity, changes in the way individuals construct social identities, and providing a platform for social movements(Azzaakiyyah,2023).So forthcoming research will aim to uncover the effects on social support, social interactions, and overall well-being. This may involve an examination of how individuals seek social support in virtual environments and an exploration of the impact of social media on social interactions and psychological needs.

In summary, longitudinal studies and intervention studies will be emphasized in the future.And as artificial intelligence continues to influence life and society, research into the impact of social support and basic psychological needs on well-being will expand to provide a more comprehensive understanding of their roles and effects in this evolving context.

5   Conclusion

The impact of social support and basic psychological needs on well-being is a profound and unique area of research. Commencing with early investigations into social support and well-being, followed by the emergence of the basic psychological needs theory and its subsequent crucial integration, attention now shifts towards the future of these factors. So this research provides a deeper understanding of the development of human well-being. It assists in enhancing individuals' quality of life and mental well-being, thereby making a tangible difference in their lives, and also prompts reflection on the influence of technology on modern society and well-being.

Compliance with ethical standards

Disclosure of conflict of interest

No conflict of interest to be disclosed.

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