

WeChat as Social Connection Enabler for Hong Kong Drifters during the Pandemic: A Positive Technology Perspective

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Abstract

Hong Kong drifters, also known as *gang piao*, are mainlanders who reside and work in Hong Kong. The term “drifter” in Chinese reflects the restlessness and anxiety experienced by this group. Their situation is further compounded by the prolonged closure of borders between mainland of China and Hong Kong due to pandemic-related restrictions. WeChat, a Chinese social media platform, is believed to serve as the primary avenue for social connection among Hong Kong drifters during these challenging times. WeChat exemplifies the potential of positive technology (PT) in enhancing human experiences and psychological well-being. In this study, we conducted in-depth interviews with 18 Hong Kong drifters and analyzed the data thematically. The findings highlight the critical role of WeChat in providing emotional, instrumental, and informational social support amidst social distancing measures. The platform fosters a sense of connection and value among users, whether it is through interactions with family, friends, or WeChat groups. Additionally, we examined the relationship between the sense of relatedness to different individuals on WeChat and its impact on social and psychological well-being outcomes. This paper aims to contribute to the advancement of PT by refining the overarching framework of social connectedness and offering insights into leveraging social media platforms like WeChat to enhance human well-being in situations such as social distancing.

Keywords

WeChat, Social Connectedness, Positive Technology, Hong Kong Drifters

1. Introduction

The COVID-19 pandemic has not only brought about health challenges but has

also had a significant impact on mental health worldwide. Fear, uncertainty, and lifestyle changes triggered by the pandemic have led to widespread disruption of daily routines and social connections, exacerbating feelings of isolation and loneliness (Cao et al., 2020; Holmes et al., 2020). These effects have been particularly pronounced among vulnerable populations, including low-income individuals, racial and ethnic minorities, and those with pre-existing mental health conditions (Pfefferbaum & North, 2020).

In the context of the pandemic, Hong Kong drifters, individuals who leave their homes and families in mainland of China to study and work in Hong Kong, have faced unique challenges. Already navigating the complexities of being far from home, the pandemic has further exacerbated their circumstances, heightening levels of isolation and loneliness (Song, et al., 2023; Mok, et al., 2021).

The prolonged closure of borders between mainland of China and Hong Kong has presented additional hardships for Hong Kong drifters. Restricted travel and limited opportunities to return home have left them stranded in a foreign land, cut off from their usual support systems (Zhang et al., 2021). The absence of familiar faces and the inability to physically connect with loved ones have intensified their sense of displacement and longing (Zhou, 2023).

However, amidst these difficult circumstances, social media platforms have emerged as invaluable tools for alleviating the isolation experienced by Hong Kong drifters. Through virtual connections, they have been able to maintain a sense of community, staying in touch with friends, family, and fellow drifters. WeChat, in particular, has provided a platform for sharing personal experiences, seeking advice, and offering support to one another, fostering a sense of belonging in an otherwise lonely journey (Amosun et al., 2021; Li et al., 2021).

Motivated by the positive impact of technology on social connectedness, this study aims to delve into the experiences of Hong Kong drifters who have utilized WeChat as a social connection tool during the pandemic. By examining the positive role of technology in promoting social connectedness, this research seeks to contribute to a better understanding of effective ways to support individuals facing social isolation and disconnection during times of crisis.

Through a positive technology perspective, this study seeks to shed light on the potential benefits of WeChat and similar platforms in enhancing the well-being and resilience of Hong Kong drifters, ultimately offering insights into strategies for fostering social connections among this vulnerable population.

2. Literature Review

Social connection is undeniably crucial for overall well-being, but the COVID-19 pandemic severely restricted in-person interactions. Fortunately, technology stepped in to partially bridge this gap by enabling relationships and communities to thrive remotely through social media platforms. WeChat, for instance, played a significant role in supporting social ties and fostering positive emotions during periods of isolation. Through features like group chats, video calls, and

the ability to share posts and comments, platforms like WeChat fulfilled essential psychological needs during these challenging times.

2.1. Social Connectedness

Social connectedness is a multifaceted concept that has consistently shown associations with various aspects of well-being. According to Lee & Robbins (1995), it encompasses the quality and depth of social relationships as well as community involvement in an individual's life. In this study, we aim to deepen our understanding of social connectedness by examining its multidimensional nature and its impact on the mental health of Hong Kong drifters during the pandemic.

Based on a review of relevant literature, social connectedness can be understood through three core dimensions: socializing behaviors, perceived social support, and a sense of belonging (Lee & Robbins, 1995; Tough et al., 2017; Frieling et al., 2018).

Socializing behaviors involve the coming together of individuals, whether planned or spontaneous, to enjoy each other's company and have a positive experience. This can take various forms, such as friends or family members spending quality time together, colleagues sharing a meal, or neighbors organizing a lively street party (Bradburn, 1969). These social engagements play a vital role in fostering connections and enhancing overall well-being (Hawkley & Cacioppo, 2013). Research has shown that higher rates of participation in social groups and shared activities are associated with benefits such as lower levels of depression and reduced risk of mortality (Haslam et al., 2016; Holt-Lunstad et al., 2010).

Social support encompasses the assistance and perception of support from individuals within one's social network during times of need. Perceived social support, which includes emotional, instrumental, and informational aid from one's network, has been shown to buffer against stress and contribute to improved physical health (Baumeister & Leary, 1995; Reblin & Uchino, 2008; Uchino, 2009).

Emotional support involves receiving love, care, sympathy, understanding, and a sense of value from others (Thoits, 1995). This type of support is often provided by a confidant or intimate partner, but even less intimate connections can offer emotional support.

Instrumental support focuses on practical assistance, such as financial aid, lending of items, or help with childcare responsibilities. House (1981) refers to instrumental support as tangible aid, whether it is in the form of money, labor, or material resources. It is worth noting that instrumental support often carries emotional significance as well, conveying care and concern to the recipients (Semmer et al., 2008).

Informational support involves individuals who serve as sources of information and referrals, offering advice on specific areas of expertise. They provide guidance on matters such as housing, job opportunities, or medical, legal, financial, or technical issues. Informational support helps individuals make informed decisions and connect with relevant resources for their specific needs.

A sense of belonging refers to the profound experience of being connected and valued by others. Whether it arises from family, friends, colleagues, or a religious community, humans possess an innate need to belong and be part of something greater (Baumeister & Leary, 1995). Consistently, a sense of belonging has been linked to greater well-being and life satisfaction (Slavich, 2020; Walton & Cohen, 2011). It serves as a protective factor, enhancing resilience in individuals. Conversely, feelings of loneliness are considered a risk factor and may indicate a lack of belongingness (Baumeister & Leary, 1995; Maslow, 1943).

Social connectedness	Socialising	act of interacting of others
	Social support	the promotion of emotional, informational, or instrumental assistance from/to others
	Sense of belonging	the feeling of being connected to a group

Indeed, these dimensions of social connectedness are intricately intertwined. Socializing plays a vital role in fostering supportive relationships and strengthening a sense of belonging (Lee & Robbins, 1998). The perception of support is also influenced by the quality and frequency of social interactions (Reblin & Uchino, 2008). Each component independently contributes to health outcomes and reinforces the others. However, there is still much to learn about how the multidimensional nature of social connectedness specifically affects various aspects of mental health.

2.2. Impact of the COVID-19 Pandemic on Social Connection

The COVID-19 pandemic has had a profound global impact on social connections. With mandatory lockdowns and restrictions on gatherings implemented worldwide since early 2020, in-person socializing has been significantly reduced. This has resulted in increased feelings of social isolation and loneliness for many individuals (Gao et al., 2020).

To maintain social bonds during periods of isolation, people have increasingly relied on virtual communication platforms. Video conferencing platforms like Zoom, messaging apps, and social media have filled the void left by canceled meetings and events (Antonello et al., 2020). These online tools have allowed relationships and support systems to continue remotely. However, it is important to acknowledge that virtual interactions generally lack the same level of personal and nuanced connection as in-person socializing (Dwivedi et al., 2020).

Digital communication has undoubtedly played a crucial role in preserving social lives, especially during the challenging times of the COVID-19 pandemic. However, it is essential to recognize that despite its usefulness, digital communication cannot completely replace the fulfillment offered by unrestricted face-to-face interaction (Turkle, 2011). The pandemic has highlighted our deep-rooted human need for real-world togetherness (Holt-Lunstad, 2022). As public health restrictions continue to evolve, finding a balance between virtual and personal connection remains a challenge influenced by health and social

factors (Holmes et al., 2020).

2.3. WeChat as the Primary Means of Social Connection in Chinese Society

As the leading social media platform in China, WeChat has played an indispensable role in maintaining social bonds and providing access to information during the COVID-19 crisis. With over 1 billion active users worldwide, the app had already saturated Chinese communities prior to the pandemic (Li et al., 2021). This positioned WeChat uniquely to facilitate online socializing and disseminate health updates when in-person gatherings were restricted (Zou et al., 2021).

WeChat's features, such as group chats, video calls, and live streaming, have allowed its extensive network of families, friends, and interest-based groups to stay closely connected even during lockdown conditions (Bao et al., 2020). Daily sharing through these virtual avenues has provided critical emotional and practical support for well-being (Yue, 2023).

During the pandemic, WeChat went beyond its communication functions and played a crucial role in assisting public health compliance. WeChat Pay, with its contactless payment options, has helped reduce the risk of disease transmission compared to cash (Sleiman et al., 2023). WeChat's comprehensive utilities have fulfilled various social, economic, and informational needs, solidifying its position as China's dominant public sphere and a lifeline during the crisis. Its effective performance has showcased how digital tools seamlessly integrate into daily life in China and can play a vital role in times of emergency (Luo et al., 2021).

3. Research Questions and Method

To obtain a thorough understanding of how the widely used social media platform WeChat supported the well-being and social connectivity of Hong Kong drifters during the challenging period of pandemic isolation restrictions, this study utilized an in-depth qualitative research design.

3.1. Research Questions

The in-depth interviews included open-ended questions to gain rich insights into participants' experiences using WeChat for social connection during the pandemic. Specifically, the following questions were asked to each participant to understand how the app impacted various aspects of their well-being and relationships.

Categories	Predetermined interview questions
<i>Socializing</i>	<p><i>How has WeChat facilitated your socialization with others during the pandemic?</i></p> <p><i>Whom do you connect with most often through WeChat?</i></p> <p><i>What activities or interactions have contributed to your sense of social connection?</i></p>

Continued

<i>Social support</i>	<i>How has WeChat offered you social support during the pandemic? Who has been the primary source of support through WeChat? How did that support make you feel?</i>
<i>Sense of belonging</i>	<i>In what ways has WeChat helped you experience a sense of belonging during the pandemic? Have you found it easy or challenging to cultivate a sense of belonging through WeChat groups? Please provide examples. How does this sense of belonging make you feel?</i>
<i>Positive technology perspective</i>	<i>How has utilizing WeChat during the pandemic influenced your overall well-being? In what ways has it positively affected your mental health and social connections? Have you encountered any negative effects of using WeChat for social connection, and if so, how have you addressed them?</i>

3.2. Research Method

The study included a total of 18 participants, with 15 participants primarily recruited through personal networks and the remaining 3 participants recruited from social media platforms such as WeChat. The age range of the participants spanned between 20 and 50 years old, with a mean age of 34.2 years (SD = 6.5). The sample consisted of individuals with diverse backgrounds, including 6 students (33.33%), 4 professionals (22.22%), 2 housewives (11.11%), 1 artist (5.56%), and 1 retired individual (5.56%), ensuring a varied representation of perspectives. The gender distribution of the participants was nearly balanced, with 10 males (55.56%) and 8 females (44.44%). To maintain the confidentiality of the participants, pseudonyms such as Mary and Ted were used throughout the study. The recruitment process aimed to include individuals from different age groups and backgrounds to enhance the diversity and generalizability of the findings. All participants provided informed consent before participating in the study.

In-depth interviews were conducted with each participant either via video conferencing platforms like Zoom or WeChat video, depending on their preference, or through in-person interviews with COVID-19 safety protocols in place. These interviews took place between January and March 2023. With the participants' consent, the interviews were audio-recorded to facilitate subsequent analysis.

Each interview had a duration of approximately one hour, allowing ample time for thorough exploration of topics while mitigating fatigue or loss of focus. A semi-structured interview guide was employed, consisting of open-ended questions aligned with the research objectives. However, the conversation also flowed naturally based on the participants' responses.

The author transcribed the audio recordings of the interviews verbatim. The thematic analysis was then employed to analyze the transcripts. This involved carefully reading each transcript multiple times to identify and code emerging themes in the data that related to the research questions. These codes were subsequently analyzed to determine overarching themes in the shared experiences

across the interviews.

4. Research Findings

This study yields some interesting findings that highlight the significant impact of WeChat as a social connection enabler for Hong Kong drifters during the COVID-19 pandemic, revealing its role in facilitating socializing behaviors, providing perceived social support, fostering a sense of belonging, and supporting the positive technology perspective.

4.1. WeChat Facilitates Social Connections for Hong Kong Drifters

The findings of the study underscore the pivotal role of WeChat in facilitating social connections for Hong Kong drifters. The app enables them to maintain close ties with family and friends, as well as engage in diverse interest-based communities.

Firstly, WeChat serves as a means to sustain family bonds across geographical distances. Participants unanimously reported relying on the app to stay closely connected with family members scattered around the world. Through WeChat's diverse communication functions, they were able to bridge the gap created by distance. Voice and video calls allowed for face-to-face conversations filled with warmth and familiarity, helping to alleviate feelings of separation. Group chats served as lively forums for extended family members to interact daily, sharing updates from their lives and exchanging care, advice, and laughter. Participants expressed the significance of these digital gatherings in compensating for physical absence from loved ones. Additionally, the ease of sharing photos and videos showcasing special moments helped keep families closely connected despite the distances.

Secondly, WeChat plays a pivotal role in fostering friendships and emotional support. Beyond relatives, participants heavily relied on group chats dedicated to childhood friends, classmates, colleagues, and other peers to feel socially engaged and supported. By sharing daily activities, thoughts, and memories within these forums, they were able to maintain intimacy with familiar connections despite living overseas without a local community network.

Thirdly, WeChat facilitates engagement in expanded interest-based communities. In addition to close interpersonal relationships, participants found WeChat to be a platform for joining groups representing alumni associations, hobbies, professions, and more. The exposure to diverse acquaintances and perspectives within these platforms helped alleviate feelings of isolation through virtual interaction and participation in group activities. Furthermore, these broader social networks proved conducive to information gathering, seeking advice, and professional networking.

4.2. Strong Social Support among Family Members and Close Friends

WeChat has become an indispensable tool for Hong Kong drifters during the

pandemic, providing them with a means to maintain social connections and receive support from their family members and close friends.

Emotional support: Throughout the interviews, participants emphasized the crucial role that WeChat played in offering them emotional support from their loved ones. One of the interviewees, Jessie, an undergraduate, shared her personal encounter with contracting COVID-19. She expressed, “When I tested positive for COVID, I was overwhelmed with fear and felt a deep sense of sadness. However, my parents showered me with love and care through consistent WeChat messaging, voice calls, and video calls, almost every day.” The constant communication and emotional reassurance from her parents not only helped alleviate her fears, but also provided a much-needed sense of comfort during such a challenging time.

Instrumental support: Alongside emotional support, participants also emphasized the instrumental support they received through WeChat. Mary, an insurance company clerk, shared her experience of how WeChat proved invaluable when her brother became stranded in Shanghai due to lockdown measures. She explained, “My brother was confined to his rented apartment for months. I assisted him by placing online orders for food and other daily necessities. Additionally, I also used WeChat Pay to send money to my parents.” WeChat’s convenient features, such as online shopping and digital payment, enabled Mary to provide practical assistance to her brother and financial support to her parents, despite the physical distance.

Informational support: The participants also highlighted the significant role of WeChat in providing informational support, particularly during the early stages of the pandemic. Tom, a senior lecturer, shared his experience of sharing information with his family and friends. He said, “At the onset of the pandemic, the coronavirus was new to all of us. Each country had its own approach to managing the situation. I shared information on how Hong Kong, the US, and the UK were responding to the pandemic. I’m glad that my updates helped them feel less worried and less fearful of the disease.” By sharing relevant information and updates, Tom was able to alleviate concerns and provide a sense of reassurance to his loved ones.

These findings shed light on the varied types of support that WeChat offers to Hong Kong drifters. Emotional support, instrumental support, and informational support all contribute to nurturing and sustaining strong social connections with family members and close friends. This support system plays a pivotal role in addressing the feelings of loneliness, isolation, and anxiety that often accompany living in a place far away from home.

4.3. E-Socializing with Family Members and Close Friends Leads to a Sense of Belonging

Most interviewees concurred that engaging in e-socializing with family members and close friends through WeChat contributes significantly to a sense of belonging. They firmly believed that spending quality time with loved ones via

WeChat not only strengthens the bonds between them but also provides invaluable support during challenging times, ultimately benefiting their mental and emotional well-being.

One interviewee, Ted, a postgraduate student, shared a deeply personal experience. He recounted, "In 2020, my grandfather passed away, and unfortunately, I couldn't physically attend his funeral. However, my family members arranged a live video call for me, enabling me to witness the entire process. It was an incredibly difficult moment for me, but I was immensely grateful that I could bid farewell to my grandpa through the video call. Thanks to WeChat, I was able to pay my last respects to him. In that moment, I felt an overwhelming sense of belonging to my extensive family." Ted's story vividly illustrates how WeChat's video call feature allowed him to actively participate in a significant family event, fostering a profound sense of inclusion and emotional support during a challenging time.

However, there were individuals like Keith, an undergraduate student, who perceived WeChat more as a communication tool rather than a platform for socializing. Keith explained, "I use WeChat to message my parents almost every day, but I don't really consider it as socializing. To me, it's primarily about communication rather than social interaction." This perspective suggests that while WeChat facilitates effective communication and connection, it may not necessarily generate a sense of belonging for everyone.

Helen, a journalist, echoed this sentiment and added, "When conversing with family members on WeChat, the focus is typically on exchanging information and providing mutual support. It's not necessarily about cultivating a sense of belonging. Even in instances where disagreements arise with parents, there remains an underlying sense of belonging between us." Helen's viewpoint emphasizes that while the primary purpose of conversations on WeChat may revolve around information sharing and support, the inherent sense of belonging within familial relationships persists, even amidst disagreements.

These diverse perspectives underscore the multifaceted nature of e-socializing through WeChat. While some interviewees find a profound sense of belonging and emotional support, others perceive it primarily as a tool for communication. Nonetheless, even in cases where the emphasis lies on information exchange or support, the underlying sense of belonging within familial relationships remains intact.

4.4. Sense of Belonging and Social Support among WeChat Groups

The interviewees provided valuable insights into the sense of belonging and social support experienced within WeChat groups. While opinions varied, the majority agreed that WeChat groups play a significant role in fostering a sense of belonging and connection among their members.

Ted, a postgraduate student, shared his positive experience, stating, "I have joined several WeChat groups where I share posts, reconnect with old classmates, and provide information on pandemic measures in Hong Kong. I engage

in social interactions with my groupmates and genuinely feel a sense of belonging within these groups.” Ted’s example highlights the socializing aspect of WeChat groups, allowing individuals to engage in conversations and establish a sense of belonging through shared interests or experiences.

However, Sammy, an accountant, offered a different perspective. He expressed difficulties in socializing and feeling a sense of belonging within WeChat groups. Sammy explained, “I held a different opinion regarding the strict quarantine measures implemented by the Chinese government, which led to disagreements with some of my groupmates. They even questioned my loyalty to the country. Consequently, I withdrew from participating in their discussions and remained silent. Therefore, I don’t particularly value belonging to the group.” Sammy’s experience sheds light on the challenges that can arise within WeChat groups when conflicting views create discord, hindering socialization and a sense of belonging.

In terms of social support, Jenny, a housewife, expressed her belief that WeChat groups offer limited support. She stated, “I believe that WeChat groupmates offer limited social support. When someone shares that they have tested positive for COVID-19, the group may respond with generic well-wishes. However, to me, it doesn’t feel like genuine social support, but rather a polite gesture.” Jenny’s perspective suggests that while there may be expressions of concern within WeChat groups, they may lack the depth and sincerity that individuals seek in times of need.

Sobel, a designer, also highlighted the issue of misinformation within WeChat groups. “I also find the information about COVID-19 prevention provided by WeChat groupmates to be of limited value. There is a plethora of misinformation circulating, such as claims that drinking alcohol every day can kill the virus or that drinking green tea can keep it at bay. I believe that such information does more harm than good.” Sobel’s viewpoint emphasizes the importance of reliable and accurate information in providing meaningful social support within WeChat groups.

In conclusion, WeChat groups can indeed contribute to a sense of belonging and connection among their members. However, it is important to acknowledge the challenges that may arise, such as conflicting opinions and limited depth in social support. To foster a positive environment within WeChat groups, it is crucial to encourage genuine social interaction and ensure the provision of accurate information. This will enable members to experience a true sense of belonging and have access to meaningful social support.

4.5. WeChat Communication from a Positive Technology Perspective

From a positive technology perspective, WeChat communication offers numerous benefits. However, it is crucial to acknowledge both the positive and negative aspects of this platform.

The majority of interviewees highlighted the positive impact of using WeChat for social connection during the pandemic. It is believed that WeChat has pro-

vided a platform for individuals to stay connected with loved ones, reducing feelings of isolation and loneliness. This positive impact on mental health and well-being is particularly significant in times of stress or uncertainty. Furthermore, WeChat has proven to be a valuable resource for sharing information, resources, and emotional support. This aspect of WeChat communication has been instrumental in creating a sense of community and solidarity among users.

However, it is important to recognize that WeChat may not be effective or appropriate for everyone. There can be a digital divide between different generations, as highlighted by Eden, a bank clerk, who shared, “My grandma is 80 years old. She doesn’t know how to make a video call. Every time we want to see her over the phone, we will make a video call to her attendant who will then help her with the video call.” This demonstrates that not everyone may be able to fully utilize WeChat due to technological barriers or lack of familiarity.

Another potential negative aspect of WeChat communication is the risk of misinformation and rumors. Since WeChat is a user-generated platform, it can be challenging to verify the accuracy of information shared. This can lead to the spread of rumors and misinformation, which can be harmful to individuals and communities. It is crucial for users to critically evaluate the information they encounter and seek reliable sources to avoid falling victim to misinformation.

In conclusion, from a positive technology perspective, WeChat communication has proven to be a valuable tool for social connection and support during the pandemic. However, it is important to address the potential challenges, such as the digital divide and the risk of misinformation, to ensure that WeChat communication remains a positive and beneficial platform for its users.

4.6. In-Person Communication Is More Important than Digital Communication

From a positive technology perspective, WeChat communication offers numerous benefits. However, it is crucial to acknowledge both the positive and negative aspects of this platform.

In-person communication holds a distinctive value that digital communication cannot completely replicate. As one of the interviewees said, “A real hug means a lot to loved ones.” Even in group communication, being physically present with someone allows for a deeper level of connection and establishes a stronger foundation for relationships. The ability to see and hear others in real-time helps foster authenticity and sincerity, elements that can sometimes be lacking in digital interactions.

5. Conclusion

This paper has illuminated the crucial role of WeChat as a social connection enabler for Hong Kong drifters during the COVID-19 pandemic. The challenges faced by this vulnerable population, exacerbated by the shutdown of borders and limited opportunities for physical connection with loved ones, have underscored the importance of virtual connections in maintaining a sense of community and

belonging.

Through in-depth interviews with Hong Kong drifters, we have discovered that WeChat provides essential emotional, instrumental, and informational support during social distancing circumstances. The platform fosters a sense of connection and value to others, whether it is from family, friends, or WeChat groups. It has served as a lifeline for Hong Kong drifters, offering a platform for sharing personal experiences, seeking advice, and offering support to one another.

From a positive technology perspective, this research contributes to the development of interventions and support systems that can enhance the well-being of Hong Kong drifters and similar populations facing social isolation. By examining the positive impact of WeChat and similar platforms on social connectedness, we have gained insights into effective ways to support individuals facing social disconnection during times of crisis. However, while digital communication has been instrumental during the pandemic, it is crucial to prioritize and cherish real-life interactions whenever circumstances permit.

While this study provides valuable insights into the role of WeChat as a social connection enabler for Hong Kong drifters during the pandemic, it is important to acknowledge certain limitations that may impact the generalizability and comprehensiveness of the findings.

One limitation of this study is its small sample size, which included only 18 participants. This limited number may not adequately capture the diverse range of experiences among Hong Kong drifters. Additionally, the recruitment method relying on personal networks introduces the potential for selection bias, as participants may share similar characteristics or perspectives. Furthermore, the study's reliance on qualitative data restricts the ability to conduct a thorough analysis of the relationship between social support and psychological well-being.

To address these limitations, future research could consider expanding the sample size to include a larger and more diverse group of participants. Additionally, incorporating quantitative measures alongside qualitative data would allow for a broader analysis of social support and psychological well-being. By combining both approaches, researchers can gain a more nuanced and comprehensive understanding of the topic.

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Conflicts of Interest

The author declares no conflicts of interest regarding the publication of this paper.

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