Perceived Social Support and Subjective Well-Being of Breadwinners: A Correlational Study

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ABSTRACT: There are an increasing number of studies regarding subjective wellbeing; however, its association towards perceived social support was still vague depending on how both constructs are used in every study. Therefore, the need to provide further literature among the constructs, bridge the gaps and further analyze its relation to the breadwinners in the community had been the basis to pursue this study. This study aimed to determine the relationship between negative affect and the parameters of perceived social support.

Considering the results of the study, an intervention program was proposed by the researchers, *Keep in Touch (KIT)*, in order to maintain the quality of social relationships of the respondents and promote better well-being for all.

KEYWORDS: Perceived social support, subjective well-being, breadwinners, affect, availability, adequacy

INTRODUCTION

Social relationships and activities have been identified as crucial elements contributing to individual health and well-being across the lifespan. People are social animals; they need one another, and the feeling of being valued, supported, or appreciated is such a rewarding feeling for most people. Social connections like families and friends play a significant role in one's life; they can influence motivation and belonging. Such support directly impacts our health and well-being because it provides us with feelings of predictability, belonging, purpose, and security (Hauken, 2020).

It is crucial that people know how to evaluate their lives and track whether their present situation is aligned with what they have desired. The domains of their life that they deem desirable contribute to their overall well-being, thus making sense of the importance of social relationships. Furthermore, having a good social relationship contributes to one's subjective well-being. People who feel satisfied with their social relationships more often feel happy and feel greater satisfaction with their lives than people who are less satisfied with the quality of their social relations. People feeling satisfied with their social relationships tend to access and obtain support when required.

Perceived social support and subjective well-being are deemed relevant to the context of the breadwinners, as the respondents in the study, since these could give newer knowledge regarding the constructs. While the researchers are aware that subjective well-being has grown enormously through decades of research, we then searched for ideal respondents that could help contribute to the growing number of studies, precisely how the respondents perceive the social support from people around them. Studies regarding breadwinners often revolve around gender identities; male or female breadwinners were compared or assessed, and the decline of male breadwinners is also analyzed. As researchers review studies and literature, little is known regarding their well-being.

The economic havoc and instability wreaked by the COVID-19 pandemic threatened the health and well-being of families across the nation. Breadwinners are already beset with difficulties, and the current situation makes it more challenging for them. As Psychology students who are part of higher education, researchers see how important it is to have people evaluate support and how they think this helps lead to a more satisfactory life. It is beneficial to conduct a study that could contribute to the awareness of something that naturally exists, but people tend to see less. In the pursuit of understanding how the quality of a relationship relates to an individual's well-being, it is necessary to see concrete shreds of evidence. The research could also give way not just for testing the relationship but also for predicting such variables as a factor towards the betterment of an individual.

In light of the foregoing discussion, the primary objective of our study was to determine the level of perceived social support of breadwinners in terms of perceived availability and adequacy of supportive ties, as well as their level of subjective well-

being in terms of life satisfaction, positive affect, and negative affect. This study also intends to determine the relationship between variables.

METHODOLOGY

Population and Sampling Procedure

The respondents of the study were deliberately chosen through purposive sampling. The researchers included participants in the sample because they believed that these people belong into the inclusion that had been established (Taherdoost, 2016). Upon selection, the respondents must be: 18 years old and above, currently employed in any organization or institution, main provider of the family for at least 1 year, and is single or unmarried. The selected respondents in the study were the 150 breadwinners that reside in the City of Cabuyao, Laguna. Most of the respondents, 108 or 72% age 21 to 25 years old, 32 or 21.3 % are 26 to 30 years old, meanwhile only seven or 4.7% are 20 years old and below. Most of the respondents, about 80% of them, are providing for their families below five years. The remaining 2.7% are providing for 11 to 15 years.

Measurements and Data Gathering Procedure

Subjective Well-being and Perceived Social Support Researcher-Made Questionnaire

Due to restrictions imposed by the effect of the current pandemic, the researchers gathered all information from credible online resources. Once the topic had been approved, the researchers continue to do literature review to ensure the quality of the contents of the study. Also, check the availability of the respondents and the projected household population. The data gathered from the respondents were in the form of an online questionnaire contained on the Google Forms. The questionnaire contains 45 items in total; each parameter under the two variables has nine items. Each item was carefully assessed and reviewed, also, it has been validated by three psychometricians and had also undergone reliability testing performed by a statistician, which was determined to be valid and reliable. The informed consent was reflected on the questionnaire, informing the respondents that their participation is free from coercion, and that their personal information and data were treated with anonymity and confidentiality. Once the responses had been submitted, the debriefing was also reflected on the Google Form. Subsequently, the tabulated data were then treated statistically for interpretation and analysis by the statistician and the researchers.

RESULTS

Table 1. Distribution of the Respondents According to Age

AGE RANGE	FREQUENCY (f)	PERCENT (%)
20 and Below	7	4.7
21-25	108	72.0
26-30	32	21.3
Above 30	3	2.0
Total	**150**	**100.0**

Table 1 shows that the majority of the breadwinners, 72% are 21 to 25 years old, with 108over 150 respondents. On the other hand, only 2% or three out of 150 respondents are above 30 years old.

Table 2. **Distribution of the Respondents According to Years of Providing for the Family**

YEARS OF PROVIDING FOR FAMILY	FREQUENCY (f)	PERCENT (%)
5 and below	120	80.0
6-10	26	17.3
11-15	4	2.7
Total	**150**	**100.0**

Table 2 shows shows that 80% or 120 out of 150 respondents have provided for their families for five years and below. Only 2.7% of them have 1115 years of providing for their family, with four out of 150 respondents.

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Table 3. Level of Perceived Social Support of Breadwinners in Terms of Perceived Availability of Support

INDICATORS	MEAN	VERBAL INTERPRETATION
Q1. My family is one of my source of support in times of difficulty.	3.61	Very high
Q2. When I feel stressed at work, I know that my family will comfort me.	3.31	Very high
Q3. Even if I decided to change my career, I know that my family will support me.	3.47	Very high
Q4. I have friends who always make ways in order for me to have a leisure time.	3.49	Very high
Q5. I have friends who support what I do for my family.	3.49	Very high
Q6. I have friends who can give me a helping hand whenever I feel that I am mishandling my problems.	3.47	Very high
Q7. I have coworkers who are willing to listen to my sentiments.	3.24	High
Q8. My co-workers encourage me to work even harder for my family.	3.25	High
Q9. There is someone at work whom I can ask for advice on how to deal with work-related problems.	3.30	Very high
Over-all Mean	**3.44**	**Very high**

Legend: 1.00 – 1.75 Very low, 1.76 – 2.50 Low, 2.51 – 3.25 High, 3.26 – 4.00 Very High

Table 3 shows that the average mean is 3.44 which is interpreted as Very High. Item number 1, *My family is one of my sources of support in times of difficulty* has the highest mean of 3.61 and interpreted as Very High. On the other hand, Item number 7, *I have coworkers who are willing to listen to my sentiments* has the least mean which is 3.24 and interpreted as High.

Table 4. *Level of Perceived Social Support of Breadwinners in Terms of Perceived Adequacy of Support*

INDICATORS	MEAN	VERBAL INTERPRETATION
Q1. My family takes pride in my accomplishments.	3.59	Very high
Q2. The support coming from my family is enough to motivate me to work harder.	3.55	Very high
Q3. My family loves and accepts me exactly as I am.	3.65	Very high
Q4. My friends offer sufficient help for me to cope up with emotional stress.	3.43	Very high
Q5. I have friends who are a natural source of comfort to me.	3.48	Very high
Q6. My friends know when do I need them even if I do not ask for their help.	3.25	High
Q7. I can receive help from my coworkers that I have helped before.	3.21	High
Q8. When my coworkers get worried about me, I feel that they genuinely care for me.	3.30	Very high
Q9. I respect and have complete faith in the advice my senior colleague gives.	3.47	Very high
Over-all Mean	**3.41**	**Very high**

Legend: 1.00 – 1.75 Very low, 1.76 – 2.50 Low, 2.51 – 3.25 High, 3.26 – 4.00 Very High

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Table 4 shows that the average mean is 3.41 which is interpreted as Very High. Item number 3, *My family loves and accepts me exactly as I am* had the highest mean of 3.65 and interpreted as Very High. On the other hand, Item number 7, *I can receive help from my coworkers that I have helped before*, had the least mean of 3.21 and also interpreted as High. mean is 3.30 .

Table 5. Level of Subjective Well-being of Breadwinners in Terms of Life Satisfaction

INDICATORS	MEAN	VERBAL INTERPRETATION
Q1. I am contented with what I have right now.	3.13	High
Q2. I am satisfied with what I can provide for my family.	3.17	High
Q3. I am satisfied with my job.	3.14	High
Q4. I am living a meaningful life.	3.35	Very high
Q5. I have full control of my life.	3.27	Very high
Q6. My life is heading towards my desired goal for my family.	3.35	Very high
Q7. I think I have achieved some of my goals in life.	3.15	High
Q8. Despite of my current situation, I want to live longer in order for me to achieve my goals.	3.65	Very high
Q9. Overall, I think my life is doing good.	3.39	Very high
Over-all Mean	**3.30**	**Very high**

Legend: 1.00 – 1.75 Very low, 1.76 – 2.50 Low, 2.51 – 3.25 High, 3.26 – 4.00 Very High

Table 5 shows that the average mean is 3.30 which is interpreted as Very high. Item number 8, Despite of my current situation, I want to live longer in order for me to achieve my goals had the highest mean of 3.65 and is interpreted as Very high. On the other hand, Item number 1, I am contented with what I have right now has the least mean of 3.13 and is interpreted as High.

Table 6. Level of Subjective Well-being of Breadwinners in Terms of Positive Affect

INDICATORS	MEAN	VERBAL INTERPRETATION
Q1. I am enthusiastic and inspired at doing my job.	3.45	Very high
Q2. I am happy to provide the primary needs of my family.	3.59	Very high
Q3. I am hopeful for better days to come.	3.75	Very high
Q4. When someone commends me for my work, I feel proud of myself.	3.65	Very high
Q5. I can handle a situation even when things don't go as planned.	3.44	Very high
Q6. I feel confident about the things I do.	3.45	Very high
Q7. I acknowledge my weaknesses and use them to define my strengths.	3.58	Very high
Q8. It is a pleasant feeling to be regarded as the family's breadwinner.	3.49	Very high
Q9. I work for my family because I love them.	3.76	Very high
Over-all Mean	**3.58**	**Very high**

Legend: 1.00 – 1.75 Very low, 1.76 – 2.50 Low, 2.51 – 3.25 High, 3.26 – 4.00 Very High

Table 6 shows that the average mean which is 3.58 which is interpreted as Very high. Item number 9, I work for my family because I love them has the highest mean of 3.76 and is interpreted as Very High. On the other hand, Item number 5, I can handle a situation even when things don't go as planned has the least mean of 3.44 and is interpreted as Very High.

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Table 7. Level of Subjective Well-being of Breadwinners in Terms of Negative Affect

INDICATORS	MEAN	VERBAL INTERPRETATION
Q1. I am worried about achieving too little of my goals.	2.97	High
Q2. I worry that I may lose my current job.	2.79	High
Q3. I often feel pressured to provide my family's needs.	3.09	High
Q4. I fear that I am not adequately providing the needs of my family.	3.03	High
Q5. I feel upset when someone is making a negative comment about me.	2.90	High
Q6. I get disappointed when I do not accomplish a goal I have in mind.	3.07	High
Q7. I am not confident about myself because I feel that I lack in abilities.	2.62	High
Q8. I feel guilty when I put myself first.	3.02	High
Q9. There are times when I feel stressed at work.	3.33	Very high
Over-all Mean	**2.99**	**High**

Legend: 1.00 – 1.75 Very low, 1.76 – 2.50 Low, 2.51 – 3.25 High, 3.26 – 4.00 Very High

Table 7 shows the level of subjective well-being of breadwinners in terms of negative affect. The average mean is 2.99 which is interpreted as High. Item number 9, *There are times when I feel stressed at work* has the highest mean of 3.33 and is interpreted as Very High. On the other hand, Item number 7, *I am not confident about myself because I feel that I lack in abilities* has the least mean of 2.62 and interpreted as High.

Table 8. Analysis of Variance on Perceived Social Support by Age Range

Variables		N	Mean	Sig.	Decision	Interpretation
AVAILABILITY MEAN	20 and Below	7	3.57	.281	Failed to Reject Ho	No Significant Difference
	21-25	108	3.40			
	26-30	32	3.50			
	Above 30	3	4.00			
	Total	**150**	**3.44**			
ADEQUACY MEAN	20 and Below	7	3.57	.782	Failed to Reject Ho	No Significant Difference
	21-25	108	3.39			
	26-30	32	3.41			
	Above 30	3	3.67			
	Total	**150**	**3.41**			

Test used: ANOVA, One-Way; .05 level of significance

Table 8 shows that the computed p-values for perceived availability of .281 and perceived adequacy of .782 are greater than the .05 level of significance, the decision is not to reject the null hypothesis.

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Table 9. **Analysis of Variance on Perceived Social Support by Years of Providing for Family**

Variables		N	Mean	Sig.	Decision	Interpretation
AVAILABILITY MEAN	5 and below	120	3.42	.630	Failed to Reject Ho	No Significant Difference
	6-10	26	3.54			
	11-15	4	3.50			
	Total	150	**3.44**			
ADEQUACY MEAN	5 and below	120	3.42	.856	Failed to Reject Ho	No Significant Difference
	6-10	26	3.38			
	11-15	4	3.25			
	Total	150	**3.41**			

Test used: ANOVA, One-Way; .05 level of significance

Table 9 shows that the computed p-values for perceived availability of .630 and perceived adequacy of .856 are greater than the .05 level of significance. The decision is not to reject the null hypothesis.

Table 10. **Analysis of Variance on Subjective Well-being by Age Range**

Variables		N	Mean	Sig.	Decision	Interpretation
LIFE SATISFACTION MEAN	20 and Below	7	3.29	.970	Failed to Reject Ho	No Significant Difference
	21-25	108	3.31			
	26-30	32	3.25			
	Above 30	3	3.33			
	Total	150	**3.30**			
POSITIVE AFFECT MEAN	20 and Below	7	3.29	.324	Failed to Reject Ho	No Significant Difference
	21-25	108	3.61			
	26-30	32	3.56			
	Above 30	3	3.33			
	Total	150	**3.58**			
NEGATIVE AFFECT MEAN	20 and Below	7	3.43	.181	Failed to Reject Ho	No Significant Difference
	21-25	108	2.99			
	26-30	32	2.97			
	Above 30	3	2.33			
	Total	150	**2.99**			

Test used: ANOVA, One-Way; .05 level of significance

Table 10 show that the computed p-values of .970 for life satisfaction, .324 for positive affect and .181 for negative affect are greater than the .05 level of significance, the decision is to not reject the null hypothesis.

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Table 11. **Analysis of Variance on Subjective Well-being by Years of Providing for Family**

Variables		N	Mean	Sig.	Decision	Interpretation
LIFE SATISFACTION MEAN	5 and below	120	3.30	.627	Failed to Reject Ho	No Significant Difference
	6-10	26	3.35			
	11-15	4	3.00			
	Total	**150**	**3.30**			
POSITIVE AFFECT MEAN	5 and below	120	3.58	.406	Failed to Reject Ho	No Significant Difference
	6-10	26	3.62			
	11-15	4	3.25			
	Total	150	3.58			
NEGATIVE AFFECT MEAN	5 and below	120	3.01	.401	Failed to Reject Ho	No Significant Difference
	6-10	26	3.00			
	11-15	4	2.50			
	Total	**150**	**2.99**			

Test used: ANOVA, One-Way; .05 level of significance

Table 11 shows that the computed p-values of .627 for life satisfaction, .406 for positive affect, and .401 for negative affect are greater than the .05 level of significance, the decision is to not reject the null hypothesis.

Table 12. **Correlation Matrix between Perceive Social Support and Subjective Wellbeing**

VARIABLES		AVAILABILITY MEAN	ADEQUACY MEAN
LIFE SATISFACTION MEAN	Pearson Correlation	.479**	.432**
	Sig. (2-tailed)	.000	.000
	Interpretation	Strong Positive	Strong Positive
POSITIVE AFFECT MEAN	Pearson Correlation	.348**	.414**
	Sig. (2-tailed)	.000	.000
	Interpretation	Moderate Positive	Strong Positive
NEGATIVE AFFECT MEAN	Pearson Correlation	-.100	-.140
	Sig. (2-tailed)	.223	.088
	Interpretation	No Significant Correlation	No Significant Correlation

Test used: Pearson Correlation; .05 level of significance

As shown in the table above, since the computed p-values of .000 between the subjective well-being in terms of life satisfaction and perceived social support of availability and adequacy are lesser than the .05 level of significance, the decision is to reject the null hypothesis.

Also presented on the table, since the computed p-values of .000 between the well-being of positive affect and perceived social support of availability and adequacy are lesser than the .05 level of significance, the decision is to reject the null hypothesis.

However, the results also show that the computed p-values of .223 and .088 respectively between the perceived social support of availability and adequacy versus their subjective well-being in terms of negative affect, are both greater than the .05 level of significance.

ANALYSIS

Results of the data analysis of the study indicate that most of the breadwinners were young adults. In many societies, young adults in their late teens and early twenties face several challenges as they finish school, start working full-time and take on other adult responsibilities. Filipino students graduate from high school at 16 (Philippines - Educational System— an Overview, 2021) and usually graduate college from 20 to 21 since most bachelor's degrees are four years. Studies have shown that the ages between 25 to 40 years are the most productive periods in a person's life (Palabrica, 2019). Generally healthy during those years, he or she can work efficiently, earn respectable wages, and contribute to the national economy.

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In the study of Sacristan (2014), which involves young adult breadwinners ages 18-25, breadwinning is seen as an obligation of an individual to save their families from the curse of poverty. This situation is rampant in the Philippines, especially in families living below the poverty threshold. Gender, age, educational background, physical circumstances, and enthusiasm of the individual may not have compelled them to take on this responsibility, but the instinct to survive because of poverty.

Based on the given data, the results concluded that most breadwinners have been providing for their families for a long time, often five years or less, and they have continued to do so until today. This may indicate that the breadwinner role may persist for a certain time until these individuals become real and full pledge breadwinners (a parent) to support their own family.

The study also indicates that breadwinners may face life challenges, yet they still find ways to provide for their own families. Every day of work and other personal problems may arise; in this case, they definitely need support to cope. As mentioned in the study of Setiasih & Jayanti (2018), people perceive support as the availability of resources they can access in times of need and when they feel required. Concerning times of difficulty, it has been mentioned that these available resources also act as the stress buffer when people are faced with times of life's challenges. Perceiving availability of support is deemed relevant to weaken the negative association of stress and health and quality of life that may have been attributed to certain life conditions.

The study revealed that breadwinning had always been directed towards family; they engage in different work, sidelines, and work extra hours to support their family. The majority of the breadwinners feel that being part of a community and social network that accepts and loves them as they are is important. The main indication that they perceive adequate social support is that they are accepted, loved and there are people who are willing to listen to them. In connection to the analysis from the availability of support, the breadwinners still perceive that their families have a significant role in their social support. The results of this study are in line with those of the study by Diaz and Bui (2017), which stated that perceived social support from the family was one of the most significant factors that made an individual satisfied with his current life.

Breadwinners are fighting to stay afloat within this pandemic.
Continuing to work hard, even their health is at risk to provide for themselves and their families in uncertain times, often accepting double jobs and side hustles. However, the findings indicated that despite these conditions and bearing the burden of family responsibilities, breadwinners are eager to continue their lives to achieve their goals. This feeling of fulfillment reflects that the breadwinners appraised their lives with satisfaction, increasing their evaluation of well-being.

In this study, breadwinners are proved to have positive feelings about providing for their families because they love them. Filipinos are noted for their strong and close family ties. They hold their family in high regard and prioritize them above all else. Breadwinners are honored for their willingness to sacrifice and carry the weight of responsibilities because of how much they care for their loved ones.

The study by Diener E. et al. (2018) supported the results of this study, where he defined positive affect as moods and emotions that individuals find desirable and pleasant.
Others who experience positive emotions persistently are more likely to have good relations with those around them. Breadwinners have this high positive feeling of love for their family, leading them to have quality social relationships, including in their working environment and with colleagues
(Diener et al.,2018).

In this study, it was shown that there are times when breadwinners feel stressed at work, and the current working conditions brought on by the pandemic may contribute to the stress they feel. In connection to the analysis, Sultana (2020) stated that the COVID19 procedure could worsen job stress by revealing a wide range of physical, mental, and emotional problems and increasing employees' workload. Employees' efforts and energy to reduce occupational stress while performing their tasks may contribute to emotional exhaustion during this process.

The results of correlation testing between the subscales of perceived social support and subjective wellbeing indicate a significant positive correlation between perceived adequacy of support, perceived availability of support, life satisfaction, and positive affect. This implies that if breadwinners continue to engage in social networks around them, their family, friends, and even co-workers, they are more likely to be satisfied with their lives. In addition, if the breadwinners from their social contacts also perceive available and adequate support, they are more likely to experience positive affect or pleasant emotions. The existence of a positive and significant correlation between perceived social support and positive affects indicates that a person having perceived social support will feel positive emotions.

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The results are in line with those of the study by Ma (2019) and Wang et al. (2019), which stated that social support had been one of the most potent contextual factors contributing to an individual's subjective well-being. As breadwinners perceive social support from those around them, it improves their subjective well-being in life satisfaction and positive affect.

People who face problems and demands in life, yet, have surroundings including other people from whom they get support, that they believe help them overcome these difficulties, tend to be more inclined to think that their life can be at ease (Setiasih & Jayanti, 2018). Thus, in the context of the respondents, as the breadwinners of their families, they tend to have progressive positive emotions and life satisfaction.

On the other hand, the results of the study established no relationship between perceived social support and negative affects. This implies that the breadwinners' negative emotions are not associated with the social support from their social contacts, as these unpleasant emotions may have been linked to other factors. The results are consistent with the study conducted by Setiasih & Jayanti (2018), wherein the respondents' perceived social support also has no relationship with their negative affect. It was concluded that it was because of the existence of other factors that may have affected the negative affect of the individuals, including unpleasant life events, low self-esteem, and other conditions. In addition, the results can also be explained based on the conclusion made by Brajša-Žganec et al. (2018), the differences in the researchers' conceptualizations and operationalization of constructs, and the fact that different facets of social support may have different relationships with different aspects of subjective well-being. Studies attempting to associate social support and subjective well-being vary due to the ambiguity of both constructs.

DISCUSSION

The results of the study indicated that breadwinners have a very high perception of social support in terms of both availability and adequacy of supportive ties. Despite the difficulties that come with being a breadwinner, they can still acknowledge the available and adequate support, primarily from their families, friends, and coworkers. Most of the support was perceived by their family, probably because they are able to provide for their need, and they are the closest social connection to reach. Seeing their family as a source of strength in difficult times and knowing that their family loves and accepts them for who they are, indicates that their family has a significant role in their lives and influences how they respond.

Illustrating from the analysis, results showed that breadwinners want to live longer to achieve their goals and are optimistic about their situation.

They have a very high positive affect, which implies that they work for their family with a positive feeling of love for them. Though feeling content with their lives and feeling positive emotions, breadwinners nevertheless experience unpleasant feelings because they are frequently stressed at work. As breadwinners face different challenges such as perceiving enormous family responsibilities with their situation, they are not immune to experiencing negative emotions. Despite these, they can still perceive available and adequate social support, life satisfaction, and positive affect.

Inferring from the analysis, a significant relationship exists between the respondents' subjective well-being in terms of life satisfaction and perceived social support in terms of availability and adequacy. When breadwinners perceive higher social support in both availability and adequacy, their life satisfaction increases. It has also been assessed that when respondents tend to have a moderate tendency of having social support in terms of availability, it increases their feeling of positive affect, while there is a strong tendency for the breadwinners to have an increased positive affect when they perceive higher levels of adequate social support from those around them. The more the respondents perceive higher available and adequate social support in their life, the more it improves their life satisfaction and positive affect. However, no relationship exists between perceived social support and the negative affect of the respondents.

Based on the research study findings that examined breadwinners' perceptions of social support and their subjective well-being, the researchers proposed *Keep in Touch (KIT): Maintaining Quality Social Relationships for a Better Wellbeing*. *KIT* is an intervention program for breadwinners that will strengthen and help maintain the quality of perceived social support from supportive ties, life satisfaction, and positive emotions of the participants. This can help, especially when faced with challenging roles and bigger responsibilities as the family's primary provider of needs. Furthermore, this is also a great way to promote the significance of having social connections in improving and having better well-being.

Interventions/strategies such as seminars, open discussion forums, letter writing, journaling, exchanging positive affirmations, interactive review, and reflection will be implemented and monitored throughout the program. These are for fixing and strengthening relationships, positive self-statements, selfacceptance, and reconceptualizing negative thoughts and feelings related to important relationships in the lives of the participants.

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Given how mentally and physically tiring the breadwinner's role is, researchers suggest that they should acknowledge their emotions and improve how they would perceive surrounding them. Considering breadwinners are primarily at their workplace, providing certain recreational activities to promote and support employees' well-being are also recommended, aiming to lessen the levels of negative affect. The government should adhere to its role in addressing its community's problems and concerns, enforcing policies, and influencing its communities. They should have a network mechanism in place to allocate resources in supporting the well-being of breadwinners. Researchers suggest that breadwinners should be recognized and experience the same privilege as heads of households, such as benefiting from a lower tax rate. Somehow, this would relieve their worries about managing their finances to provide for their family.

In respect of limitations, the current study focused solely on determining the respondents' level of perceived social support and subjective well-being then finding the relationship between the two variables. Moreover, limitations involved using self-analysis and personal interpretation of respondents in questionnaires. Due to the impact of the COVID-19 pandemic, the researchers distributed the questionnaire through Google Forms to avoid the possibility of acquiring the virus. Considering the strict health protocols, the researchers acknowledged minimal rapport among the respondents and researchers. As such, future research could recreate the findings beyond the pandemic period to fully achieve the purpose of the study. A face-to-face collection of data and a wider range of the study's locale can increase the findings' validity and reliability.

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