

**EFFECTS OF SOCIAL SUPPORT ON SELF-ESTEEM AMONGST THE STUDENTS
OF U.O.S SARGODHA**

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ABSTRACT

In this study social Support was examined to determine self-esteem among university undergraduates. The present study examined the relationship between Social support and self-esteem of students. It also examined the extent to which Social support can be used to predict self-esteem. The examination of the specific relation among Social support and self-esteem, perceived social support, parent's social support and peer social support non directive social support contributed to research and examined these social supports in relation to how autonomous a student believes himself or herself to be. The study also examined the gender differences on Social support and self-esteem, which would provide findings for researchers and parents and educationists to implement in academic spheres of university students.

Keywords: Self-esteem, Social support.