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Mental Health Effects of Stockholm Syndrome in Young Adults

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KEYWORDS	ABSTRACT
Stockholm Syndrome, Mental Health, Depression, Anxiety, Stress, Social Support	This quantitative research explores the phenomenon of Stockholm syndrome and its impact on the mental health of young adults in relationships, emphasizing the social support. The sample comprises (N=300) young adults in relationship aged 20–40, from various areas of Sargodha, Pakistan has been recruited through simple random sampling across diverse socio-economic backgrounds. This study intends to investigate the psychological consequences of Stockholm syndrome in young adults in relationship, with an emphasis on anxiety, depression, and stress problems. Data collection conducted with informed consent from participants, emphasizing voluntary participation and confidentiality. Statistical analysis, utilizing SPSS 22, have include correlation analysis to determine the relationship between variables, regression analysis for predictions, and descriptive statistics for demographic variables. There is significant positive relationship between Stockholm syndrome and mental health and there is significant negative relationship between mental health and social support. Ethical considerations ensure the participants' freedom to withdraw from the study any time they want, confidentiality of responses, and non-harm to participants' reputations.
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