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Impact Of Peer Support in The Mitigation of Emotional Tension

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KEYWORDS	ABSTRACT
Peer Support, Emotional Tension, Resilience, Stress Reduction, Emotional Well-Being.	<p>This research aims to explore how real-life and online friendships help develop the mitigating aid to deal with the complexity of mental pressure and maintain a sound social support system. This study employed a quantitative research design. An estimate of one hundred university students from the University of Sargodha were chosen through a random sampling technique. Questionnaires were administered as the research instrument. When performing the correlation test using SPSS software, the following major conclusions were drawn from Pearson's correlation of 0.327 with 0.002 significance pointed out that there is a positive but weak to moderate relationship between peer support and the reduction of emotional tension. Regression analysis established an R-squared of 0.107 for the mitigation of emotional tension, indicating that 10.7% of the variance in emotional tension reduction can be explained by peer support. The standard coefficient (beta) of 0.327 suggests that an increase of one unit in peer support could in fact reduce the level of emotional tension by 0.327 units. It also emphasizes the importance of integrating peer support with professional psychological services and conducting further research to improve well-being through evidence-based interventions.</p>
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