

Relationship Between Self-Esteem Social Support and Quality of Life in Maternal Orphan Children's

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Abstract

The present study examined the relationship between self-esteem, perceived social support, and quality of life among maternal orphan children. A sample of 45 maternal orphans was recruited from childcare institutions and orphanages using a purposive sampling technique. Data were collected using three standardized instruments: the Rosenberg Self-Esteem Scale (RSES) to assess self-esteem, the Multidimensional Scale of Perceived Social Support (MSPSS) to measure perceived social support, and the World Health Organization Quality of Life Scale (WHOQOL-BREF) to evaluate quality of life. Descriptive statistics, Pearson product-moment correlation, and multiple regression analyses were performed to analyze the data. The findings revealed a statistically significant moderate positive relationship between perceived social support and quality of life ($r = .505$, $p < .01$), indicating that higher levels of perceived social support were associated with better quality of life among maternal orphan children. In contrast, the relationships between self-esteem and perceived social support ($r = .169$) and between self-esteem and quality of life ($r = .122$) were weak and did not reach statistical significance. Multiple regression analysis demonstrated that the overall model was statistically significant, $F(2, 42) = 7.22$, $p = .002$, explaining 25.6% of the variance in quality of life ($R^2 = .256$). Self-esteem did not significantly predict quality of life ($\beta = .036$, $p = .793$), whereas perceived social support emerged as a significant positive predictor ($\beta = .497$, $p = .001$). The findings suggest that perceived social support plays a vital role in enhancing the quality of life of maternal orphan children. Strong and supportive social relationships appear to contribute substantially to their psychological well-being and overall life satisfaction. The study highlights the importance of strengthening social support systems through caregivers, educational institutions, and community-based interventions to promote the well-being of maternal orphans.

Keywords: Self-Esteem, Perceived Social Support, Quality of Life, Maternal Orphan Children, Psychological Well-Being.

Introduction

Children living in orphanage have a great impact on their social, emotional, and mental development. Orphan children face many challenges due to the lack of family and social support that negatively affect their mental wellbeing and future (Katise et al., 2019). Children's who lost their mother are maternal orphans. They often face long term social, psychological, and

development consequences due to the change in nurturance, diminished of emotional security, self-worth, and escalated economic, and social difficulties (Cluver & Gardner, 2007).

Person's positive or negative evaluation (as cited in Rosenberg, 1965) about their overall abilities thoughts and feelings in relation to oneself is called self-esteem.

Maslow in his hierarchy of needs enlightened self-esteem (Boeree, 2006). Maslow enlightened lower and the higher self-esteem. Lower Self-esteem needs fame, glory, appreciation, dignity, recognition, and status. Higher self-esteem needs self-respect, including such feelings as self-reliance, competence, accomplishment, mastery, independence, and freedom (Farooqi & Intezar, 2015). During the child development self-esteem is strongly developed by proper caregiving practice and warmth. Studies reveals that maternal orphans have lower self-esteem than non-orphans due to inadequate care emotional support and loss (Fawzy & Fouad, 2010). Due to Low self-esteem psychological issues anxiety depression, stress, in inferiority complex, and decline in educational performance (Mann et al., 2004). Another concept social support indicates the help that seeks from the family, primary caregiver, peer and social networks for everyday functioning and for information related to daily life (Zhang et. al, 2022). For orphaned children who lost their mothers social support becomes critical factor. Lack of social support (as cited in Allgower, 2001) in orphans directly linked to bad intellectual and physical health. For maternal orphans the loss can be compensated from guardians, teachers, and peers support. High social support can leads to good mental health and healthy behaviour.

Quality of life refers to social support, economic wellbeing, physical health, and general life satisfaction. Maternal orphans usually have lower quality of life. Orphan children's treated differently than other children in extended family. They face discrimination and inequality in education, nurturance, and other resources. Maternal orphans not only miss their physical presence. They also miss their care love and affection. Orphaned children feel isolated and find no one for sharing their sadness. Research reveals that children's who have lost their mothers reported reduced quality of life due to emotional neglect, financial difficulties and inadequate caregiving circumstances (Ntuli et al., 2020).

Self-esteem and Quality of life are interdependent. In maternal orphans, loss of mother causes many psychological problems such as sadness, isolation, and insecurity. These psychological factors lead to low self-esteem which lowers the quality of life (Erango & Goshu, 2015, p. 90). Whereas high self-esteem leads to good Quality of life. When children receive high level of nurturance, educational support and other resources of life leads to higher self-esteem. Factors that lead to negative self-esteem in orphans includes lack of social support and attention from caregivers. Access to education, emotional support, and a supportive environment can all improve one's quality of life. While social isolation, discrimination, and inequality in resources leads to poorer quality of life. Researchers suggest that self-esteem and social support contribute to improved quality of life in maternal orphans. Because they offer improved coping mechanisms, mental stability, and stronger feeling of community (Chi et al., 2019). Self-esteem, social support, and Quality of life are positively linked in maternal orphans. Where stronger social support is linked to higher self-esteem which in turn contributes to a better quality of life. Weak social support can lead to lower self-esteem which in turn contributes to bad quality of life (Erango & Goshu, 2015, p. 90).

The Research Objective is to study how the quality of life is influenced by self-esteem and social support in maternal orphan children's. And to determine how the positive relationship between self-esteem and social support improves the overall quality of life.

Theoretical framework

The current study integrates multiple theoretical perspectives to understand the relationship between self-esteem, social support, and quality of life in maternal orphans that how self-esteem and social support influence the quality of life in orphans.

Attachment Theory

Bowlby demonstrated that nurturance was the primary aspect of attachment (Bowlby, 1969). Early Children's emotionally attached with their caregivers. Mothers death disrupts the emotional attachment, low self-worth, and it becomes difficult to get attached to someone. Sufficient Social support from extended family institution's and peers can recover the disrupted emotional security. A protective environment can enhance the self-esteem, which leads to better quality of life and coping (Ainsworth, 1989). Literature indicates that 81.8% of people have a Secure attachment style (Thambireddy, 2023).

Rosenberg's Self-Esteem Theory

Rosenberg demonstrated that persons positive or negative attitude toward their own abilities and person's evaluation of own thoughts and feelings. Children's who lost their mother have low esteem due to internal perception of inadequate, or low social status. A sense of worth can be re build in maternal orphans by positive and stable social environment. This theory provides a base that how quality of life of maternal orphans is influenced by self-esteem (Rosenberg, 1965).

Social Support Theory

This theory tells us about how social support can help relief in stress of individual which influence psychological wellbeing. For maternal orphans' loss of mother causes emotional gap which can be filled by other relations providers, step mother, siblings, peers, and grandparents. According to this theory how we perceive the social support assist children to reduce stress, and healthy emotional development which influence their quality of life. Strong social support can improve children confidence which higher their self-esteem (Cohen & Wills, 1985).

Maslow's Hierarchy of Needs

Maslow proposed pyramid of hierarchy of needs starting from physiological needs, love, safety, self-esteem, and ultimately self-actualization. Due to the loss of their mother maternal orphans not experience love and belonging needs this influence their development of self-esteem. This theory tells us that social support from relatives is very significant to fulfil the belongingness needs which strengthen their self-worth and emotional stability. Quality of life in orphan children can be better when they feel love and support (Maslow, 1943).

Framework of quality of Life (WHOQOL) according to WHO

WHO Quality of life framework define quality of life as how persons perceive context of life in term of values, aims, expectations and interests. Psychological and social context are effected by loss of mother which lowers their self-esteem. Quality of life can be enhanced by support of relations like family, friends, and mentors. Life satisfaction can be achieved by factors like self-esteem and support (WHOQOL Group, 1995).

Literature review

Orphaned children whether they are paternal or maternal orphan living in orphanages often face deprivation, lack of attachment, educational opportunities, and other resources lead to low self-esteem, poorer mental health, and quality of life (Disassa & Lamessa, 2021; Orban et al., 2024). Study the relationship between self-esteem, social support and Quality of life in maternal orphans

is very significant for productive psychosocial interventions. This literature review is based on relationship of self-esteem

Self-esteem characterized as self-evaluation about persons' abilities and the maternal orphans often face low self-esteem. Studies report that orphans who lives in orphanage as compared to non-orphans face emotional disruptions, isolation, low attachment and low self-esteem (Disassa & Lamessa, 2021; Nadeem et al., 2020). Researches from developing countries report that due to the low self-esteem orphans face emotional difficulties such as behaviour issue, anxiety, mood swings, relationship challenges, sadness, and difficulty with emotional regulation. However, orphans who experience these problems can be differ due to multiple factors such as age, gender, environment of orphanage, and the measurement tools used (Nadeem et al., 2020; Noor, 2024). In early life due to the lack of care and love orphans have low self-esteem. Orphans feel less worthy when they do not get enough emotional support and healthy environment in early life these problems can lead to long term risk of lower self-esteem (Disassa & Lamessa, 2021).

Orphanages provide social support including fair relationship other organisational assistance staff interaction and involvement of community. These form of support from orphanages helps in strong emotional and psychological well-being of children. Due to the individual differences the effect may vary in orphan children's. For children's emotional and psychological development, the support of family plays a very important role (Dunst, Trivette, & Deal, 1988). According to researchers the positivity in children's emotions is due to strong family support. Recent studies also show that having low emotional and behavioural problems is due to the lack of family support. New studies show that family support is more important for healthy emotions in settings wear family structures are not disturb (Chen et al., 2023). Children's living in orphanage feel consistent emotional support due to their peer groups. Studies reveals that a person is emotionally stable when they have firm peer relationship. Whereas, disruption in these relationship lead to isolation and anxiety (Shukla & Shukla, 2023). Support from staff is also very important since children's have positive emotional well-being and development when they have healthy interaction with staff while unhealthy interactions lead to emotional disturbance (Falk, 2020). Recent study highlights the importance of supportive staff interactions in improving emotional well-being (Liu et al., 2023). However, in different institutions children's face different challenges which causes low reliability (Smith & Brown, 2023). In orphanages recourses and care quality is enhanced by Community support. The impact of community support can vary depending on involvement levels (Schenk, 2009; Zhang et al., 2023). NGOS are helping hands to orphanages by giving them resources and services. Recent studies reveal that care quality is improved by NGO engagement (Caserta, 2017). For strong emotional well-being motivational support is significant. Stress anxiety increased by a great pressure or expectations (Le & Impett, 2023; Davis & Wong, 2024).

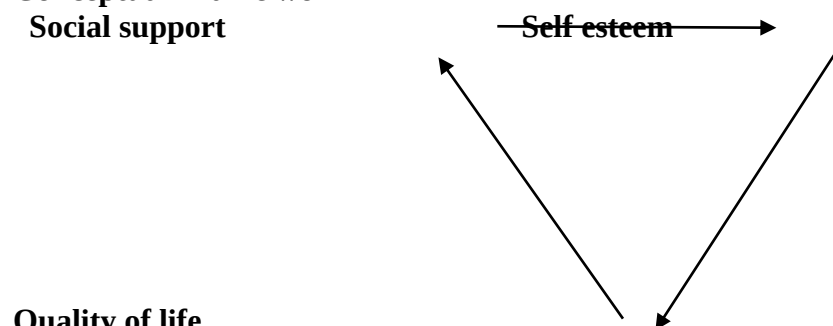
Quality of life includes multiple factors including physical, emotional, educational, and social. When there is poor nurturance and low psychosocial care the orphan children are reported lower quality of life (Orban et al., 2024; local orphanage studies). Studies highlighted that at the time of COVID-19 children are sensitive to higher level of stressors which disturb their quality of life and mental health (Orban et al., 2024). Institutional factors strongly influence quality of life. Recent researches reveals that orphanage centres where psychosocial support is high the children's have better quality of life as compare to institutions where resources are low (Kartikawati et al., 2025). Recent study from Pakistan shows that 21% orphan children's have anxiety which leads to poor physical and emotional wellbeing and about 50% of orphans were under weight (Khalid et al., 2023). According to recent researches orphan's children face multiple challenges including poor health, low social support, limited access to education and emotional disturbance reduce their quality of life. Quality of life can be improved by fulfilling the basic

needs of orphan children's including strong emotional support good relations and good opportunities for learning (Matshepete et al., 2025).

Many studies have discovered social support self-esteem and quality of life in children's these is limited research specially focuses on maternal orphans. Recent studies focus on orphans only rather than separating as maternal, paternal and double orphans. Some studies focus on physical and mental health instead of social support and self-esteem to better their quality of life. Due to these gaps it is not clear that how quality of life is influenced by self-esteem in maternal orphans. Whether, social support alleviates emotional difficulties in orphan children. How the social support and self-esteem both contributes to improved wellbeing? Current study focuses on cover a significant gap by focusing on maternal orphan children by explaining self-esteem and social support together as predictors of quality of life.

Conceptual Frame work

Social support



Quality of life

Figure 1.1 Conceptual framework of current research

Methodology

Research design

Current study employed cross sectional research design following a quantitative approach.

Sample/sample size

Sample in present study were 45 maternal orphan children. Sample is selected by purposive sampling technique due to the rare population. From available orphanages and institutions participants were selected.

Measures

Three scales were used to find the relationship between self-esteem social support and quality of life in maternal orphans.

Rosenberg scale of self-esteem was used to measure the self-esteem in maternal orphans. This scale consists of 10 items in likert scale format and the reverse coded items are reversely coded in analysis. Higher scores show high self-esteem. And the reliability of this scale indicate acceptable internal consistency, cronbach alpha of scale is $\alpha = .79$.

Multidimensional perceived social support scale was used to assess the social support from family, friend's, peers, and significant others in maternal orphans. Scale comprises 12 items in likert scale format and higher scores on scale shows high social support. And the reliability of this scale indicate Excellent internal consistency, cronbachs alpha of scale is $\alpha = .90$.

WHO Quality of life scale is used to assess the Quality of life which measures how orphans perceives about their physical mental and environmental wellbeing. Higher the scores greater the self-esteem. Scale consist of 26 items in likert scale format and the internal consistency of scale is very good with cronbachs alpha of scale is $\alpha = .90$.

Data Analysis

Data was analyzed by using both descriptive and inferential statistics.

Procedure

To conduct this research, take necessary approvals from prior institutions Government college women university Sialkot (GCWUS) and orphanages. For data collection permission was taken from authors of scales that are used in current study. Participants were informed about the objective nature and procedures of study. All the ethical concerns (as cited in Abbas et al., 2022; & Ashraf, 2024) are strictly maintained throughout the research to ensure the rights and dignity of participants.

During data collection the confidentiality of participants were maintained and participation is voluntarily. For administering questionnaire take permission from authority figures of prior institutions.

Results

Graphical representation of Demographical variables

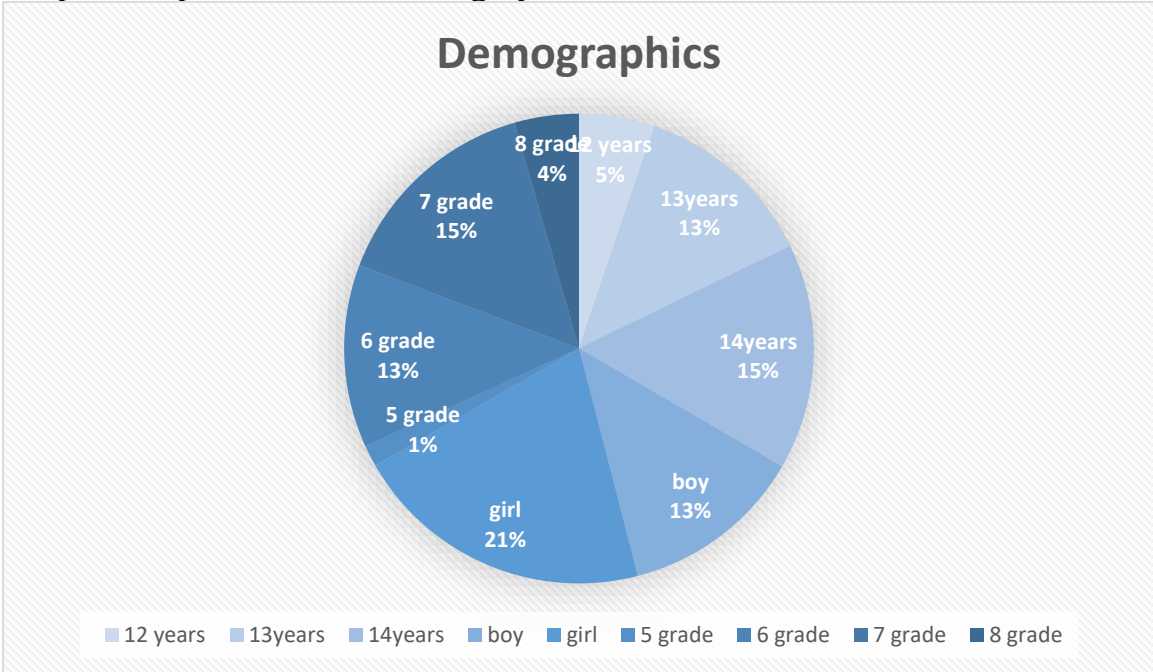


Figure 2.1 Demographical variables

Figure 2.1 presents the demographic characteristics of the orphan children included in the study (N = 35). The age distribution indicates that the majority of participants were between 13 and 14 years of age, with 14-year-old children constituting the largest proportion of the sample (15%), followed by 13-year-olds (13%) and 12-year-olds (5%). Regarding gender, girls represented a larger proportion of the sample (21%) than boys (13%). In terms of educational level, most participants were enrolled in Grade 7 (15%), followed by Grade 6 (13%), Grade 8 (4%), and Grade 5 (1%). Overall, the demographic profile indicates that the sample primarily consisted of female maternal orphan children aged 13–14 years who were enrolled in middle school, particularly Grades 6 and 7. The distribution reflects a reasonable representation of orphan children across different ages and educational levels, providing an appropriate basis for examining the relationships among self-esteem, perceived social support, and quality of life.

Table 1.1: Pearson product moment correlation between self-esteem social support and quality of life in maternal orphans

Variable	M	SD	1	2	3
Self-esteem	18.1333	4.09323	-	.169	.122
social support	50.8444	18.54228	-	-	.505**
Quality of life	81.7116	18.51817	-	-	-

Note: $P < 0.01$

Table 1.1 presents the Pearson product–moment correlations among self-esteem, perceived social support, and quality of life in maternal orphan children. The findings indicate that self-esteem was positively but weakly correlated with perceived social support ($r = .169$) and quality of life ($r = .122$). However, both relationships were not statistically significant, suggesting that higher self-esteem was associated with only slight increases in perceived social support and quality of life among maternal orphans. In contrast, perceived social support demonstrated a statistically significant moderate positive correlation with quality of life ($r = .505$, $p < .01$). This finding indicates that maternal orphan children who perceived greater social support also reported better quality of life. The results highlight the important role of social support in promoting the well-being and overall quality of life of maternal orphans. Overall, the findings suggest that while self-esteem was not significantly associated with either perceived social support or quality of life in this sample, perceived social support emerged as a significant factor related to improved quality of life among maternal orphan children.

Table 2.1: Multiple Regression analysis of self-esteem and social support as predictor of quality of life among maternal orphans

Variables	SE(B)	B	T	P	CI 95%	
					Lower Bound	Upper Bound
(Constant)	15.407		3.411	.001	21.459	83.644
Self esteem	.839	.036	.264	.793	-1.472	1.915
Social support	.136	.497	3.639	.001	.221	.771

Note: β = Standardized regression coefficient; SE (B) = standard error of unstandardized regression coefficient; CI= confidence interval. Dependent variable = Quality of life. $P < .005$

Model fit

$R = .506$, $R^2 = .256$, Adjusted $R^2 = .220$, $\Delta R^2 = .256$, $F(2, 42) = 7.217$, $p = .002$

Table 1.2 presents the results of the multiple regression analysis examining the predictive effects of self-esteem and perceived social support on the quality of life of maternal orphan children. The overall regression model was statistically significant, $F(2, 42) = 7.22$, $p = .002$, explaining 25.6% of the variance in quality of life ($R = .506$, $R^2 = .256$, Adjusted $R^2 = .220$). Among the predictor variables, perceived social support emerged as a significant positive predictor of quality of life ($\beta = .497$, $t = 3.64$, $p = .002$), indicating that higher levels of perceived social support were associated with better quality of life among maternal orphan children. In contrast, self-esteem did not significantly predict quality of life ($\beta = .036$, $t = 0.26$, $p = .793$), suggesting that self-esteem did not make a unique contribution to the prediction of quality of life after controlling for perceived social support. Overall, the findings demonstrate that perceived social support is a more important predictor of quality of life than self-esteem among maternal orphan children. These results underscore the critical role of supportive social relationships in enhancing the well-being and overall quality of life of this vulnerable population.

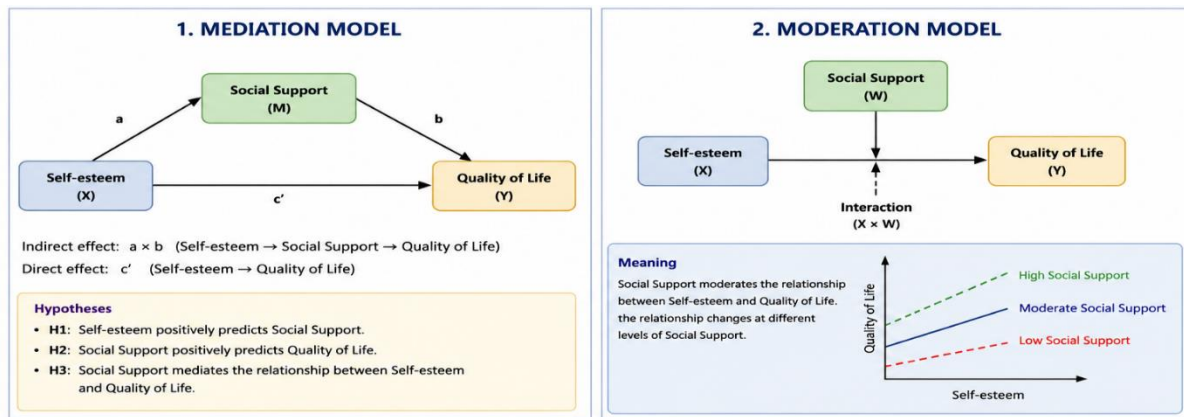


Figure 3.1 Mediation and Moderation Model

Figure 3.1 illustrates the mediation model examining whether perceived social support mediates the relationship between self-esteem and quality of life among maternal orphan children. For mediation to occur, self-esteem should be significantly associated with perceived social support (Path *a*), perceived social support should significantly predict quality of life (Path *b*), and the indirect effect should be significant. The findings of the present study did not support this mediation model. Pearson correlation analysis showed that self-esteem had a weak and non-significant relationship with perceived social support ($r = .169$) and with quality of life ($r = .122$). Although perceived social support was significantly associated with quality of life ($r = .505, p < .01$), the absence of a significant relationship between self-esteem and perceived social support indicates that the first condition required for mediation was not satisfied. Furthermore, multiple regression analysis demonstrated that perceived social support significantly predicted quality of life ($\beta = .497, t = 3.639, p = .001$), whereas self-esteem was not a significant predictor ($\beta = .036, t = 0.264, p = .793$). These findings indicate that perceived social support independently predicts quality of life rather than mediating the effect of self-esteem. The moderation model in which perceived social support is proposed to influence the strength of the relationship between self-esteem and quality of life among maternal orphan children. The present findings provide evidence that perceived social support is strongly associated with quality of life ($r = .505, p < .01$) and significantly predicts quality of life in the regression model ($\beta = .497, p = .001$). However, self-esteem was neither significantly correlated with quality of life ($r = .122$) nor a significant predictor in the regression model ($\beta = .036, p = .793$). Because the interaction effect between self-esteem and perceived social support (Self-esteem $\times$ Social Support) was not examined, the moderation effect cannot be statistically confirmed. Consequently, the moderation model should be regarded as a conceptual framework rather than an empirically supported model in the present study. Future research employing moderation analysis (e.g., PROCESS Macro Model 1) is recommended to determine whether perceived social support alters the relationship between self-esteem and quality of life.

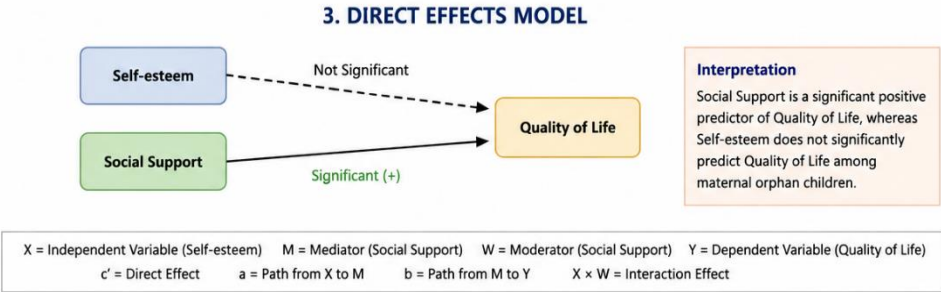


Figure 3.2 presents the direct effects model supported by the findings of the present study. The model demonstrates that perceived social support is a significant predictor of quality of life, whereas self-esteem does not significantly contribute to explaining quality of life among maternal orphan children. Correlation analysis revealed a statistically significant moderate positive relationship between perceived social support and quality of life ($r = .505, p < .01$). In contrast, self-esteem showed weak and non-significant relationships with perceived social support ($r = .169$) and quality of life ($r = .122$). The multiple regression model was statistically significant, $F(2, 42) = 7.217, p = .002$, explaining 25.6% of the variance in quality of life ($R = .506, R^2 = .256$, Adjusted $R^2 = .220$). Perceived social support emerged as a significant positive predictor of quality of life ($\beta = .497, t = 3.639, p = .001$), whereas self-esteem did not significantly predict quality of life ($\beta = .036, t = 0.264, p = .793$). Overall, these findings indicate that perceived social support plays a central role in enhancing the quality of life of maternal orphan children. The direct effects model is therefore the only model supported by the empirical evidence, suggesting that strengthening supportive social relationships may be more beneficial for improving quality of life than focusing solely on self-esteem.

Discussion

The first objective of the present study was to examine the relationship between self-esteem, perceived social support, and quality of life among maternal orphan children. The findings revealed that self-esteem had a weak positive but statistically non-significant relationship with perceived social support ($r = .169$) and quality of life ($r = .122$). These results suggest that although children with higher self-esteem tended to report slightly greater perceived social support and better quality of life, these relationships were not strong enough to reach statistical significance. In contrast, perceived social support demonstrated a statistically significant moderate positive relationship with quality of life ($r = .505, p < .01$). This finding indicates that maternal orphan children who perceived higher levels of emotional, social, and practical support also experienced a better quality of life. These results emphasize the importance of supportive interpersonal relationships in promoting psychological adjustment and overall well-being among maternal orphan children. The findings are consistent with previous research demonstrating that social support is a crucial protective factor for orphaned children. Studies by Zhang et al. (2022) and Matshepete et al. (2025) reported that supportive interpersonal relationships enhance psychological well-being, emotional regulation, resilience, and life satisfaction among orphaned children. Likewise, Chen et al. (2023) and Liu et al. (2023) found that orphaned children receiving adequate emotional and social support exhibited better psychosocial functioning, greater emotional adjustment, and improved overall quality of life. The findings can also be explained through the Social Support Theory proposed by Cohen and Wills (1985), which suggests that social support acts as a protective resource by buffering the adverse effects of stressful life experiences and enhancing psychological adjustment. For maternal orphan children who have experienced the loss of their mothers, emotional and instrumental support from caregivers, teachers, peers, and community members becomes essential for maintaining psychological health and improving quality of life.

The second objective of the study was to examine the predictive role of self-esteem and perceived social support in explaining the quality of life among maternal orphan children. Multiple regression analysis revealed that the overall regression model was statistically significant, $F(2, 42) = 7.217, p = .002$, explaining 25.6% of the variance in quality of life ($R^2 = .256$). Among the predictor variables, perceived social support emerged as a significant positive predictor of quality of life ($\beta = .497, p = .001$). This finding indicates that maternal orphan children who perceived stronger emotional, informational, and practical support reported significantly better physical, psychological, social, and environmental quality of life. These results suggest that social support

serves as an important psychosocial resource that helps children adapt to maternal loss and cope with everyday life challenges. Conversely, self-esteem did not significantly predict quality of life ($\beta = .036$, $p = .793$). Although self-esteem showed a positive association with quality of life, its contribution was negligible after accounting for perceived social support. One possible explanation is that the participants were early adolescents (12–14 years), a developmental stage during which self-esteem is still evolving and is strongly influenced by environmental and interpersonal experiences. Consequently, external sources of support may have a greater impact on their perceived quality of life than their personal evaluation of self-worth. These findings support Attachment Theory (Bowlby, 1969), which emphasizes that secure and supportive relationships are fundamental for healthy emotional development, particularly following parental loss. Maternal orphan children who receive consistent emotional care and secure interpersonal relationships are more likely to develop resilience, psychological security, and better life satisfaction. Similarly, Social Support Theory (Cohen & Wills, 1985) explains that social support buffers the negative psychological consequences of stressful life events and promotes adaptive coping, emotional well-being, and life satisfaction. From a practical perspective, these findings highlight the importance of strengthening social support systems within childcare institutions and orphanages. Programs focusing on positive caregiver-child relationships, mentoring, peer support, counselling services, and psychosocial interventions may substantially improve the quality of life of maternal orphan children.

Overall, the findings indicate that perceived social support is a more influential factor than self-esteem in explaining the quality of life of maternal orphan children. While self-esteem showed weak positive relationships with social support and quality of life, these associations were not statistically significant. In contrast, perceived social support demonstrated both a significant correlation with quality of life and a significant predictive effect in the regression analysis. These findings underscore the critical role of supportive social relationships in fostering resilience, psychological well-being, and life satisfaction among maternal orphan children. Although the study contributes to the understanding of psychosocial factors influencing quality of life among maternal orphans, certain limitations should be acknowledged. The relatively small sample size ($N = 45$) may limit the generalizability of the findings, and the cross-sectional design precludes causal inferences. Future research should employ larger and more diverse samples, adopt longitudinal research designs, and examine additional psychosocial factors such as resilience, coping strategies, emotional intelligence, and caregiver attachment to provide a more comprehensive understanding of the determinants of quality of life among orphaned children.

Conclusion

At last the quality of life of maternal orphans is closely related to social support and self-esteem in maternal orphans. Overall, the wellbeing in maternal orphans can be enhanced by focusing on psychological factors, manifesting that the orphans who have better quality of life have strong social support. Furthermore, quality of life is connected positively with self-esteem, while for psychological and social wellbeing social support is the most important factor. According to the findings in maternal orphans not only the personal perception of self-worth but also the availability of resources and strong and supportive relations can be helpful in better quality of life.

Study Implications

Theoretical Implications

The outcomes of this study contribute to existing theories of wellbeing by highlighting the important role strong social support for better quality of life. The Framework of social support and psychological wellbeing emphasize that overall life satisfaction and positive adjustment

promotes by encouraging and sympathetic social relationship. Moreover, results suggested that quality of life is very strongly influenced by fulfilling their social resources than self-esteem as individual psychological factors. Thus showing a wider understanding that improve overall wellbeing.

Practical Implications

For enhancing quality of life, the studies have significant practical implications. The focus of counselling programs and interventions should be on betterment of social support system by inspiring positive relations with peers and family. Peer support, connectedness, and sense of belonging should be developed in work places educational institutions and community organizations. Strategies should be given by therapist and experts to improve the overall wellbeing by improving social networks. In the present study self-esteem is not an important predictor, there are programs that help to improve self-acceptance and personal growth. Overall for improving quality of life and having long term psychological wellbeing. The studies promote social environment that are supportive.

Recommendations

For better knowledge about the causal relationship between self-esteem, social support and quality of life, the future research should employ experimental and longitudinal designs. For improving the generalizability of the studies it should have more samples of different age groups, geographical regions and educational background. Further researches should have more psychological and environmental factors that have an effect on quality of life, such as coping strategies. The efficacy of programs that improve overall wellbeing should be in intervention based studies. Furthermore, for more depth insight of individual's experience of social support qualitative research should be used.

Limitations

The current study has several limitations. Small sample size may restrict the generalizability of results on large populations. The cross sectional research design limits the casual interpretations regarding the relationship between self-esteem social support and quality of life. And study use the self-report measures that may induce the subjective biasness, Social desirability bias, and wrong self-perception. Finally, only self-esteem and social support predictors were only examined in current study may other factors may influence like social connectedness, most importantly financial crises that are not include in analysis.

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