

# Existential meaning and subjective well-being in pregnant women: the parallel mediation of social support

*Friday, 8 March 2024 09:00 (15 minutes)*

The aim of the study was to investigate whether there is a relationship between existential meaning and subjective well-being of pregnant women, considering the mediatory role of social support towards existential meaning and subjective well-being.

266 pregnant women completed measures of existential meaning (MEMS), social support (BSSS), and subjective well-being (SWLS, PANAS-X). Results revealed that existential meaning correlated positively – with perceived available support and actually received support, and negatively – with protective buffering support. Existential meanings were also positively associated with life satisfaction and positive affect, and negatively associated with negative affect. Perceived available support, support seeking, and actually received support were positively correlated, while protective buffering support was negatively correlated with life satisfaction and positive affect. Through the mediation analyses, it can be concluded that the perceived available support, actually received support, and protective buffering support were parallel mediators between existential meaning and the cognitive and affective dimensions of subjective well-being.

These findings have important practical implications regarding the planning of health care programs for pregnant women: specifically, people from their close environment and medical professionals should attitudes present supporting pregnant women, not only for the prevention of risk but also for promoting health as a subjective well-being.

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