

The relationship among social support, help-seeking, and sense of coherence in unmarried middle-aged men: a multiple regression analysis

Shuji Takahashi

Miyazaki Prefectural Nursing University, Doctoral course, Chiba University, Graduate School of Nursing

Mina Ishimaru

Chiba University, Graduate School of Nursing

Background

Social support is essential for self-care behaviors leading to the prevention of lifestyle-related diseases among unmarried middle-aged men. However, unmarried middle-aged men in their prime are characterized by a strong sense of independence and unwillingness to receive social support. To enhance social support, it has been pointed out that help-seeking and sense of coherence are related.

Aim of the study

This study aimed to clarify the relationship among social support, help-seeking, and sense of coherence in unmarried middle-aged men.

Methods

A self-administered questionnaire survey was conducted on single men between 40 and 65 years old. The survey period was from March to August 2021. Multiple regression analysis was conducted with help-seeking and sense of coherence as explanatory variables and social support as the objective variable.

Results

104 responses were analyzed. Social support was found to be significantly associated with help-seeking, especially with "help-seeking and attitude" ($p < 0.05$). A significant association between help-seeking and sense of coherence was also found ($p < 0.05$).

Conclusions and implications

It is essential to bolster help-seeking to increased access of social support for self-care behaviors that lead to the prevention of lifestyle-related diseases among unmarried middle-aged men. In addition, we believe that it is practical to increase sense of coherence to increase help-seeking.