A LITERATURE REVIEW OF THE IMPACT OF SOCIAL MEDIA ON ACADEMIC PERFORMANCE USING MEDIA RICHNESS THEORY

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ABSTRACT

This paper explores the impact of social media on academic performance by using Media Richness Theory (MRT). First, the paper presents the growing importance of social media in students' lives and discusses scholars' perspectives on its potential impact on academic performance. Past research has found a complex relationship between social media usage, academic activities, and academic performance. Second, the paper introduces Media Richness Theory (MRT), which has been used to assess the success of different learning channels and, in an educational context, MRT has been applied to assess the impact of social media on academic performance. In terms of the specific impact of social media on academic performance, this paper summarizes the different perspectives of selected studies. On the one hand, some studies suggest that excessive use of social media may have negative effects on academic performance, including distraction, low motivation, and reduced study time. On the other hand, some studies suggest that responsible and prudent use of social media may improve academic performance and promote resource sharing and collaborative learning. Taken together, the impact of social media varies depending on several factors, including usage habits, personal characteristics, and the type of platform used. In order to maximize the positive impact of social media, students should use it in a planned and controlled manner to ensure that they get the most out of their academic experience.

Keywords:
Social Media, Academic Performance, Media Richness Theory, Literature Review

INTRODUCTION

The popularity of the Internet, the impact of big data, and the flourishing of social networking platforms have dramatically changed the dynamics of human interaction (Yeung, 2018). The emergence of devices such as smartphones and smartwatches has further blurred the boundaries between individuals and expanded the scope of socialization (Lu, 2020). As a result, students increasingly rely on social media to accomplish daily tasks ranging from attending lectures to completing assignments (Mohammed et al., 2021). The growing importance of social media in the academic environment raises important questions about its impact on academic performance.

Scholars have recognized the potential of social media as a tool to enhance student well-being (Mitev et al., 2021). However, the relationship between social media use and academic performance is a subtle and multilayered theme. Some studies have shown a negative correlation, particularly in terms of time spent on social media use (Boahene et al., 2019; Celestine & Nonyelum, 2018; Hasnain et al., 2015), while others have suggested that a positive attitude towards social media can potentially improve academic performance by providing students with greater access to information (Oguguo et al., 2020).

This complex interaction between social media and academic performance prompts us to explore theoretical frameworks that can provide insights into the underlying mechanisms. One such framework that holds promise for understanding this relationship is Media Richness Theory (MRT) (Peñalba, 2020), which posits that the effectiveness of communication is influenced by the richness of the medium used. Since social media platforms vary in providing communication richness, applying MRT to the study of the impact of social media on academic performance can provide a nuanced understanding of the phenomenon. This study aims to reveal the multiple ways in which social media may influence students'

academic efforts in an educational context. Therefore, the purpose of this paper is to explore the relationship between social media and academic performance using media richness theory as a guiding framework, and by reviewing and analyzing the previous literature, this study aims to reveal the multiple ways in which social media may influence students' academic efforts in an educational context.

EMERGENCE OF SOCIAL MEDIA

The history of social media can be traced back to the emergence of early online communities and bulletin board systems, which were then online channels that supported simple content posting and discussion among Internet users (Aichner et al., 2021). Internet users can utilize a variety of websites, apps, and online platforms to stay connected with others, get news, and access information from different sources (Halkiopoulos & Giotopoulos, 2022). In addition, these channels facilitate the sharing of personal thoughts and experiences with the global community, a phenomenon commonly known as social media usage.

For a significant portion of the public, social media platforms have replaced traditional media as their primary source of news and information. Al-Rawi (2019) noted that news articles and information can spread quickly on social media due to the "viral" approach to sharing material. This impact can often directly and quickly influence public discussion of relevant news and events, and even generate widespread public opinion.

Users can actively generate and share social media profiles, such as text, photos and videos, on social media platforms. At the same time, social media promotes user engagement, enabling people to participate in interactive communication, teamwork and content co-creation (Sashi, 2021). With the help of these features, users can actively contribute to the content of online platforms, form their online identities and build social relationships. Consumer behavior is also impacted by social media (Shao & Ibrahim, 2024).

However, the growth of "social media" has also raised significant concerns about personal security and privacy. Jain et al. (2021) illustrated that users often divulge personal information on social media sites, raising questions about the security and privacy of this information. In addition, studies have shown that excessive use of social media may have harmful psychological effects, such as increased anxiety, despair and social comparison (Keles et al., 2020; Nesi & Prinstein, 2015; Orben et al., 2020). As a result, more and more platforms are beginning to emphasize that they have robust and effective usage guidelines and privacy policies.

SOCIAL MEDIA IN HIGHER EDUCATION INSTITUTIONS

Owing to the global health emergency caused by the COVID-19 pandemic in early 2020, the majority of educational institutions worldwide were forced to modify their face-to-face teaching methods and replace them with new online learning strategies (Zakariah, 2023). In this context, technology advancements have encouraged the widespread use of online learning environments, providing access to a wider variety of flexible means for acquiring knowledge. This shift has not only influenced education but has also facilitated the sharing of resources and the advancement of educational justice (Dong & Mustapha, 2021), alongside the growing impact of social media on various aspects of life. Institutions of higher education are increasingly recognizing the potential of social media platforms to enhance teaching, learning and student engagement (Manu et al., 2021). These platforms offer unique opportunities for collaboration, interaction and connection between students and educators within higher education institutions.

Masrom et al. (2021) stated that the ubiquity of the Internet has made social networking a global phenomenon, especially ubiquitous among college students. A study by Alnjadat et al. (2019) showed that social networking is one of the most popular pastimes among university students, and as a result, it

has a profound impact on their daily lives. Bhandarkar et al. (2021) demonstrated a correlation between social media usage and the academic performance of undergraduate medical students. Additionally, a study by Zachos et al. (2018) emphasized the potential of social media in facilitating communication and collaboration as well as expanding the scope of learning. Through these platforms, students can interact with course materials, access additional learning materials, and engage in debates that encourage originality, innovation, and a focus on research. Teachers can utilize the potential of social media to design dynamic and interactive learning environments outside of the traditional classroom. Therefore, it is important for higher education institutions to explore and embrace diverse social media platforms to expand the learning environment and cater to students' preferences and learning styles.

The influence of social media in higher education institutions is growing by the day and has far-reaching implications for the future. By embracing social media platforms, educators can create engaging learning environments, foster collaboration, and promote global connections among students. Social media plays an important role in the lives of today's students and has a huge and lasting impact on their academic performance (Appel et al., 2020).

Despite the many advantages of integrating social media into higher education, there are some issues that must be addressed. Gulzar et al. (2022) emphasized the importance of considering the effects of cyberbullying in educational settings and promoting social media usage responsibly. Privacy concerns and potential distractions are also important factors that must be addressed. Institutions of higher education should develop clear guidelines, policies, and support systems to promote responsible and ethical use of social media. Educators should receive appropriate training and resources to effectively incorporate social media platforms into their teaching practices while promoting digital citizenship and cyber safety among students (Giesenbauer & Müller-Christ, 2020).

The relationship between social media usage and academic performance is intricate and has both positive and negative effects (Whelan et al., 2020). Research has shown that social media use affects student academic performance in a variety of ways. Some investigations have shown that active use of social media can improve students' ability to engage in academic activities and access information. For example, a study conducted by Bhandarkar et al. (2021) showed a positive correlation between academic performance and activities such as reading health-related news, completing assignments, and conducting academic research on social media platforms. In essence, social media platforms have a significant impact on the sustainability of students' academic performance. In addition, a survey by Mindajao (2023) found that there is no significant correlation between social media addiction and students' academic performance. Therefore, students' poor performance in science subjects cannot be solely attributed to social media addiction.

A comprehensive literature study by Tang et al. (2021) examined how young Chinese people utilizes social media. Their study aimed to fill in the knowledge gaps regarding the themes, theories, factors, and conceptual frameworks of social media use among young Chinese. The study suggested that future research on social media should utilize other theories or models, cover a larger range of topics, and involve more social media platforms. According to Zachos et al. (2018), the usage of social networks in higher education had a favorable impact on students' learning process, academic performance, and teaching effectiveness. Their study examined educators' and students' usage of social networks to provide support, improve communication and teamwork as well as learning management systems. The findings suggest that social networks have multiple uses in higher education. However, academics and higher education institutions have not yet fully utilized the potential of social networks.

Therefore, further extensive research must be conducted to understand the underlying mechanisms by which social media impacts student learning and to identify the best strategies for leveraging its positive effects while mitigating potential drawbacks (Kitsantas et al., 2016). The growing influence of social media in higher education provides a wealth of opportunities for the future of education. By delving into the mechanisms of social media's effects, educators and institutions can better guide students to fully utilize this tool for academic achievement and global connections.

MEDIA RICHNESS THEORY (MRT)

Brief Introduction of MRT

Strategic media usage becomes essential for efficient corporate communication when handling a variety of job tasks and media sources. Media Richness Theory (MRT) was developed in 1984 by Richard L. Daft and Robert H. Lengel to address communication issues in businesses (Ishii et al., 2019).

MRT seeks to identify and assess communication mediums inside companies. It is based on information processing theory (Daft & Lengel, 1986). Information richness is the main emphasis of Daft and Lengel (1986), who measure how much a message may change comprehension in a specific amount of time. According to them, the more cues and information that are required for an appropriate interpretation of a message, the more ambiguous it is (Dennis & Valacich, 1999).

As per MRT, the four fundamental attributes that determine media richness are Immediate Feedback (IF), Multiple Cues (MC), Language Variety (LV), and Personal Focus (PF). Real-time, two-way feedback is a feature of IF that boosts motivation and engagement. MC conveys a lot of information by using contextual cues and nonverbal cues. Different linguistic phrases are included in language variety, which is important for accurate communication. The term "personal focus" describes the capacity of media to offer tailored information and individualized attention while boosting productivity.

According to Lee (2022), "lean" media are incapable of supporting communication akin to in-person interactions, but "rich" media can. The capacity of a medium to offer quick feedback, a diversity of cues, a wide range of languages, and individualized attention are the main factors used to assess its richness. Communication in person is seen to be the most fruitful form of communication, followed by phone, written addressed communication, and unaddressed communication.

MRT's four defining features can be dissected as follows:

(a) Immediate Feedback (IF): Two-way feedback that is given in real-time improves motivation, engagement, and content production. Strong user-producer rapport, stickiness, and retention are all facilitated by IF.

(c) Multiple Cues (MC): A multitude of information is sent through nonverbal cues and contextual details, which influence how messages are interpreted. In face-to-face communication, MC facilitates understanding of intentions and feelings.

(b) Language Variety (LV): A wide range of linguistic phrases enable clear and concise messages to be communicated in a variety of cultural and linguistic contexts.

(d) Personal Focus (PF): Capacity to tailor communication and attention to each person's requirements. High-personal attention media improve efficiency and effectiveness.

MRT prioritizes meeting user needs and providing individualized attention. In the age of digital media, creating media forms that address users' issues and offer personalized and targeted information requires a thorough understanding of each user's demands. To sum up, rich media content increases user satisfaction and productivity (Lee, 2022).

The graphical depiction of MRT in Figure 1 demonstrates the diversity and power of media (Za & Braccini, 2012). It implies that leaner media is appropriate for simple activities while richer media is recommended for complicated, introspective, and creative jobs (Drew, 2023). Six papers that examine the nature, evolution, and implementation of MRT shed light on the subject. To direct future research on social media and new media, the theory will continue to be fundamental.
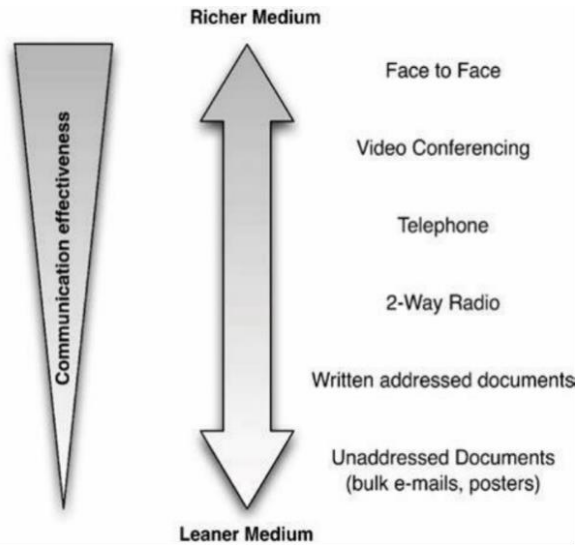
Figure 1: Media Richness Theory

MRT in Educational Context

The notion of media richness stimulates viewers' interest in the selected medium and evokes an emotional response, which acts as a catalyst for people to engage in exploratory activities that are full of zeal and curiosity (Novak et al., 2000). Many academics have been interested in exploring the many uses and implications of this conceptual framework, which has been the focus of much research in the field.

Blau et al. (2017) showed that MRT has been continuously refined after many validations and has recently been extended to emerging media, such as online conferences, video chats, and e-learning methods. In addition, the theory has been widely used to assess the relative success of different learning channels in educational settings (Ishii et al., 2019). This suggests that advanced technology is recognized as a crucial tool for teacher/student and teacher/student parent communication in both traditional and online courses.

Specifically, in a comparative experiment conducted by Lan et al. (2011) researchers placed elementary school students in a traditional classroom and a new computerized media classroom for writing exercises to explore the effects of different instructional models on student achievement. The results of the study indicated that students who were taught using the Internet in the computerized classroom made more significant progress in writing. However, Cole's (2016) study pointed out that in higher education, dropout rates are higher in online courses because students prefer face-to-face teaching methods, which supports the idea of MRT.

According to (Ishii et al., 2019), teachers in grades K-12 are in constant contact with their students' parents. Regarding sensitive topics (e.g., children's health and character), parents prefer richer media that provide quick responses and organic interactions, such as face-to-face communication. However, email became the primary way parents communicated with teachers about their child's status, especially when it came to academic performance, as many parents found the asynchronous nature of email helpful in keeping in touch with busy teachers (Thompson & Mazer, 2012).

Another study (Conradie et al., 2014) noted that when students use a learning management system, "immediate feedback" and "multiple cues" (two factors of MRT that have been mentioned and explained previously) are significant correlations. The theory applies not only to emerging media, but also to other communication media content such as online conferences, video calls, and online courses, highlighting its broad applicability in all types of media environments.

IMPACT OF SOCIAL MEDIA ON ACADEMIC PERFORMANCE USING MEDIA RICHNESS THEORY

Face-to-face contact was regarded as the richest form of communication in MRT's media classification, while print and email were considered the worst. Particularly when it comes to face-to-face communication, team effectiveness, and task completion rates are enhanced (Yuan & Wu, 2020). Emerging social media platforms, however, provide simplicity and more advantages for information management. Social media is becoming the primary means of communication for millennials, steadily displacing more conventional channels like email. Because of this, student virtual teams have more alternatives when it comes to media, such as social networking and file sharing, which opens up more opportunities for teamwork (Kim et al., 2020).

In an investigation examining the effects of students' use of various media when working in a virtual team setting, Aritz et al. (2018) polled 304 undergraduate students in 75 teams. The study found that, particularly on more sophisticated social media platforms, better-coordinated teams were able to identify the importance of social networks and richer communication channels earlier than less-coordinated teams. Media Richness Theory (MRT), according to Aritz et al. (2018), indicates that work performance may be enhanced by the employment of more advanced communication technologies.

Azizi et al. (2019) and Sampasa-Kanyinga et al. (2019) found that excessive usage of social media negatively impacts students' academic performance. Overuse of social media can cause distraction, low motivation, and less time spent studying. For instance, students' academic performance may suffer if they spend too much time on social media and participating in virtual socializing, as this might cut into their study time and energy (Appel et al., 2020).

Nonetheless, not every study finds a link between students' usage of social media and poor academic achievement. According to some research (Bernacki et al., 2020; Luqman et al., 2021), students may enhance their academic performance by using social media responsibly and prudently, which can offer them resources and learning possibilities. As a consequence, some educators and educational institutions use social media to share teaching resources with students to foster group projects, encourage creativity, and encourage critical thinking.

CONCLUSION

In general, several factors influence students' academic performance regarding social media use. Because social media encourages knowledge sharing, collaborative learning, and creative thinking, students' academic performance may benefit from its deliberate and moderate use. Students may readily access educational materials, take part in conversations, and communicate with classmates and professors immediately via social media platforms, all of which can enhance the learning process.

It is crucial to remember that this link is dynamic and that a variety of factors, including use habits, individual characteristics, the kinds of social media platforms used, and environmental and personal circumstances, may be significant influences. While some students could be better able to control their social media use so that it doesn't interfere with their education, others might be more prone to social media interruptions, which might result in problems like decreased study time and distraction.

In this situation, using social media in a planned and controlled manner is essential. By setting explicit learning objectives, scheduling social media time, and selecting platforms that are appropriate for learning, students may more effectively weigh the benefits and drawbacks of social media. In general, social media may be beneficial for students' academic achievement; but, to guarantee this, it must be used sensibly and with caution.

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THE RELATIONSHIP BETWEEN MARITAL SATISFACTION, FAMILY SUPPORT AND PSYCHOLOGICAL DISTRESS TOWARDS WELL-BEING AMONG MARRIED ADULTS IN PETALING JAYA, SELANGOR

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ABSTRACT

This study aimed to determine the relationship between marital satisfaction, family support, and psychological distress towards well-being among married adults in Petaling Jaya, Selangor. Additionally, the study aimed to identify predictors of well-being model among married adults in the same area. The research design used in this study was quantitative and data were collected through a survey. The sample consisted of 384 married participants aged between 25-54 years old who were recruited through convenience sampling. The data collected were analyzed using SPSS for Pearson Correlation and Regression. The study found that all three variables, namely marital satisfaction, family support, and psychological distress, were significant correlates with the well-being among married adults in Petaling Jaya. However, based on the regression analysis, the well-being model is only influences by marital satisfaction and psychological distress. This study contributes to the understanding of the factors that affect well-being among married adults in Petaling Jaya, Selangor. The findings have implications for policymakers and mental health practitioners in developing interventions that target the specific needs of them married adults in terms of their well-being. Future studies could examine the impact of additional factors such as culture, religion, and social support on the well-being among married adults.

Keywords:
Marital Satisfaction, Family Support, Psychological Distress, Well-Being, Adults

INTRODUCTION

Marriage is the dominant social relationship in adulthood and is closely related to an individual's subjective well-being, physical as well as the psychosocial health (Carr, Freedman, Cornman & Schwarz, 2014). Previous research has shown that people who marry live longer, happier lives and are less likely to suffer from mental illness (Waite & Gallagher, 2001; Diener & Chan, 2011). Researchers also have suggested that marriage protects and promotes subjective well-being through multiple mechanisms such as the sharing of economic resources, social and emotional support and social control (Newman, Tay & Diener, 2014; Perelli-Harris, et al., 2019).

According to a study conducted by the State Population and Family Development Institute (LPPKN) in 2010, the values and dynamics of family life are changing with the times (Hamjah, et al., 2020). One notable change is the trend towards smaller family sizes. Another change is the significant increase in the amount of time women spend working outside the home, which poses challenges in balancing work and domestic responsibilities. Furthermore, individuals who pursue careers may be hesitant to have children due to concerns about the impact on their professional progress, while those who do have children may struggle to find suitable caregivers while they are at work (Cuong & Linh, 2016).

The pressures of life today also affect the need for education and work for every individual including women (Delina & Raya, 2013). Moreover, Kromydas (2020) stated that education greatly affects job opportunities and wages, with more women joining both education and workforce. In some situation, the changes of workforce among the women could also lead to the conflict in term of work division within the household with the traditional gender roles are challenged. These changes required

adaptation and tolerance among family members, eventually contributing to their overall well-being. Well-being among adults can be influenced by a variety of factors, including personal, social, and economic factors. Personal factors that can affect well-being include physical health, mental health, and individual behaviour and choices (Velten, et al., 2018). Social factors that can affect well-being include social support, social connections, and community involvement (Goaswami, et al., 2010). Economic factors that can affect well-being include income, employment, and access to resources (Hajkowicz, Heyenga & Moffat, 2011).

There has been a significant amount of research on the well-being of adults (Rogers et al., 2012; Wright, Williams & Weldhuijzen van Zanten, 2021). Some key findings from the previous research reported that physical health is a major determinant of well-being. Mental health is also a major determinant of well-being in which good mental health is associated with higher levels of well-being, while poor mental health can have a negative impact on well-being. Other than physical health, factor related to well-being of the adult is the social connection. Having strong social connections, including family, friends, and community involvement, is associated with higher levels of well-being. Finally, from the perspective of financial, higher levels of income and employment are associated with higher levels of well-being, while lower levels of income and employment can have a negative impact on well-being.

One of the explanations in the context of factors towards the well-being among the married adults is the interdependence theory by Harold Kelley and John Thibaut. The theory applied in this study explains how individuals in close relationships, such as marriage, influence each other's thoughts, emotions and behaviors (Rumble, 2022). In the context of married adults, this theory is particularly relevant to understanding their well-being. In this theory, individuals evaluate their relationship where it t is shaped by past experiences and societal expectations. If the outcomes of a marriage exceed one's expectation, satisfaction is likely to be high. In short, interdependence theory emphasizes that the well-being of married adults depends on the balance of rewards and costs in the relationship, their standards and expectations and also the couples' ability to work together as a team. Strong, supportive interdependence fosters satisfaction and personal growth, while imbalances can lead to conflict and dissatisfaction.

There are a number of challenges to achieving and maintaining well-being among adults, especially for the married individual. Failure to cope with challenges in marriage life could lead to the well-being distortion. Approximately one in five adults in the United States (20.9%) experiences a mental illness in any given year (Bitsko, et al., 2022). Approximately 28% of adults in the United States report feeling lonely, and 27% report feeling isolated from others (Choi, et al., 2022). While in Malaysia, a study conducted by Hussein, Ismail and Abu Bakar (2021) on 380 adults reported that majority of the sample experienced social loneliness and depression. These statistics highlight some of the common challenges to achieving and maintaining well-being among adults, including mental health issues, chronic health conditions, social isolation, poverty, and unemployment. These challenges can have a negative impact on well-being, and addressing them is important for improving the well-being of adults.

The issue of the extent to which marriage leads to individual well-being has long been debated in the field of psychology. Apart from that, research has also highlighted a good quality of well-being among married adults as an important indicator towards positive emotions. Study by Grundstrom, Konttinen, Berg and Kiviruusu (2021) reported that there is a significant relationship between support from family members and well-being. In that study, it was found that for individual who reported having a good social support from their partner would perceive a stronger self-esteem. In short, marriage served as a platform for social support to gain a better well-being among individual. In result, adults with strong well-being are more likely to be healthy and productive, while being less prone to mental and physical health challenges. When adults have good well-being, they are more likely to contribute to their communities and to the broader economy, which can help to improve overall social and economic well-being.

Finally, addressing well-being among adults is important because it can help to reduce social and economic disparities (Rogers, et al., 2012). Married adults' well-being is significant to maintain the

family function as well as the members in the circle via understanding the factors that lead to the positive outcome of the unit. Therefore, this study focuses in examining the factors of marital satisfaction, family support and psychological distress towards the psychological well-being of married adults. The research objectives of the study are as follows. Table 1 indicates the conceptual framework.

(i) To determine the relationship between marital satisfaction, family support and psychological distress towards well-being among married adults in Petaling Jaya, Selangor.

(ii) To determine the predictors towards well-being among married adults in Petaling Jaya, Selangor.
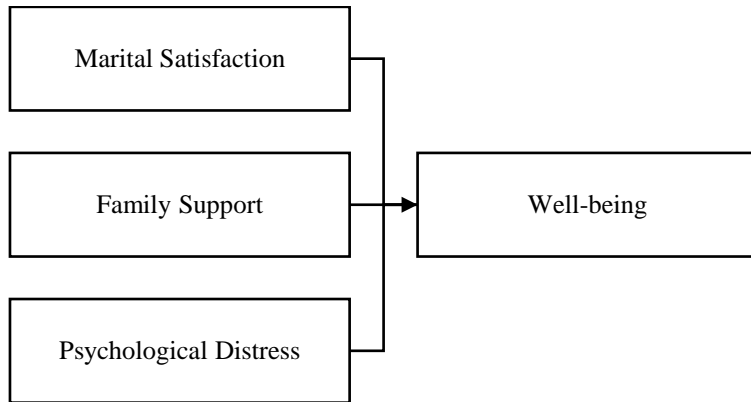

Table 1: Conceptual Framework of Marital Satisfaction, Family Support and Psychological Distress Towards Well-Being among Married Adults

In this study, null hypothesis as below are used to test the objective of the study:

Ho1: There is no significant relationship between marital satisfaction and well-being among married adults.

Ho2: There is no significant relationship between family support and well-being among married adults.

Ho3: There is no significant relationship between psychological distress and well-being among married adults.

Ho4: There are no significant influences of marital satisfaction, family support, and psychological distress towards well-being among married adults.

LITERATURE REVIEW

The literature suggests that there is a complex relationship between marital satisfaction, family support, psychological distress, and well-being among married adults. Studies have consistently found that higher levels of marital satisfaction and family support are associated with better overall well-being, including emotional, social, and psychological well-being. Conversely, psychological distress has been found to have a negative impact on well-being. While there is a general consensus on the importance of marital satisfaction and family support for well-being, it is important to note that the relationship between these

factors is not always straightforward and may vary depending on individual and cultural contexts. For example, cultural expectations around marriage and family relationships may influence the extent to which marital satisfaction and family support impact well-being. Additionally, factors such as economic status, social support networks, and individual coping strategies may also play a role in determining the impact of these factors on well-being.

Moreover, researches have highlighted the marital satisfaction and family support may contribute to better mental health outcomes (Demirci & Odacı, 2020; Prabhahar, Ramanathan, Kalaivani & Selvakumar, (2022). Recent study done by Acibal, Kaya, Fernandez-Batanero and Çotok (2023) has emphasized the role of resilience in mediating the relationship between these factors and well-being. Resilience refers to the ability to adapt to stress and adversity, and research done by Acibal et al., (2023) has shown that individuals with higher levels of support from the spouse are able to cope better with the challenges of married life and maintain positive relationships.

The well-being of an individual depends a lot on the psychological well-being experienced by the individual. Being happy or not is something abstract and subjective (Angner, 2010). Following the World Health Organisation (WHO), human well-being is usually seen from a psychological perspective that includes cognitive and affective aspects (Vazquez, et al., 2009). These cognitive and affective aspects also refer to positive and negative feelings about life so far and focus more on satisfaction in life. Among them are such as marital satisfaction, life satisfaction, satisfaction in a family atmosphere, and less experiencing extreme depression and anxiety.

The concept of well-being is deeply intertwined with human nature and satisfaction in life (Ryff & Singer, 2008). Life satisfaction is an essential predictor and mediator of well-being in individuals, and low life satisfaction is often associated with difficulties in achieving overall well-being, particularly in adolescence (Kashdan & Steger, 2007). Psychological well-being involves living a good life, which includes good feelings and effective functioning (Diener, et al., 2009). Efficient well-being does not require individuals to feel good throughout life, as experiencing painful emotions (such as failure, disappointment, sadness) is a normal part of life.

The ability to manage negative or painful emotions is necessary for long-term well-being, as sometimes negative emotions are so severe and long-lasting that they interfere with an individual's ability to function in life. Psychological well-being also refers to well-being obtained from various aspects such as social, psychological, or freedom needs that affect personal growth (Ng & Diener, 2014). Ryff (1989) sees this element as an attempt to achieve perfection based on the realization of one's true potential and categorizes psychological well-being into six main elements as measurements, namely autonomy, environmental control, self-development, positive relationships with others, life goals and self-acceptance. These elements become a measure of psychological well-being for individuals and help towards family well-being in society.

For this study, psychological and individual well-being are based on family happiness or well-being of a family and these guidelines are applied to make the family as harmonious and peaceful as every individual wants (Benjamin, et al., 2014). Psychological well-being can be influenced by several key factors such as the quality of relationships within the family, the level of internal stress, physical health and good intimacy with friends (Darling, et al., 2007). All of these depend on the extent to which individuals stabilize themselves and maintain that state for internal and external health. This situation also shows that meaning to a life is a sense of fulfilment from all aspects because such a feeling becomes a protector of emotional stability, a guarantee of psychological health and well-being. Meaning in a life is very important to individuals, families, and society.

Marriage is a significant and long-term relationship that involves legal and religious commitments and affects not only the couples but also other individuals in the society. Therefore, it requires special attention and care to ensure maximum marital satisfaction (Schwartz & Scott, 2011). A happy and harmonious marriage is essential for a nuclear family's subsystem and, in turn, society's well-being (Gable, Belsky & Crnic, 1992).

Maintaining marital satisfaction is a challenging aspect of married life that couples must face. Balancing family and work needs is one of the main challenges, and having a good rapport is crucial to achieve marital satisfaction and maintain the marriage built (Renalds, 2011; Barahmand & Nafs, 2013). Marital satisfaction is one of the benchmarks for measuring the happiness and well-being of married adults, according to psychologists and marriage experts (Ates, 2018; Yildiz & Baytemir, 2016).

Studies have found that happy marriages have positive impacts on the psychological development of married individuals, their children, and those directly and indirectly related to them. Married individuals with high marital satisfaction report better health, lower stress, and reduced symptoms of depression while carrying out parental duties. Moreover, parents with high marital satisfaction can produce psychologically prosperous children and improve child well-being. Additionally, how parents handle marital conflict is closely related to their children's ability to manage emotions (Carr et al., 2014).

Marital satisfaction and emotional intelligence are closely related. Studies have found that married individuals report an increase in marital satisfaction when their level of emotional intelligence is high. Emotional intelligence is an essential element in understanding human thoughts, feelings, and behaviors for married individuals. Researchers have defined emotional intelligence as "the ability to perceive and express emotions, assimilate emotions in the mind, understand and deal with emotions, and control the emotions of oneself and others" (Mayer et al., 2000). Study has focused on marital satisfaction and emotional intelligence, with reviewers suggesting that studies focus on specific cultures to understand emotional intelligence and marital satisfaction (Schutte et al., 2001).

Other than that, family is defined as a group of people with ties of marriage, birth, and adoption that aims to create, maintain culture, and enhance the physical, mental, emotional, and social development of each family member (Zaid & Setiawati, 2019). The family is an important entity in energizing and encouraging a person to succeed in their career and personal life. Emotional and moral support from life partners is one of the important aspects driving expatriate success, as it helps married adults in dealing with problems and increasing their self-confidence (Toh & Denisi, 2005; Lewis et al., 2008). Support from family, especially in terms of family encouragement, attitude, behavior, and understanding of a situation, has a positive impact on a person's well-being (Kossek et al., 2001). Family support is also critical for married working adults to overcome stress and maintain good well-being (Scheyvens et al., 2021).

Numerous studies have investigated the relationship between psychological distress and well-being in the workplace. Winefield et al. (2012) found that psychological distress and well-being are positively related, indicating that stress levels can affect an individual's overall well-being. Additionally, a positive work environment and job satisfaction can contribute to an individual's psychological well-being (Leung, Siu & Spector, 2000). In terms of gender differences, Nelson and Burke (2000) suggest that men experience less pressure than women, while Pietilla and Rytkonen (2008) argue that men experience higher levels of stress than women. Regarding education, Sunil and Rooprai (2009) found that education is not a basis for psychological distress differences among the adults.

METHOD

The research design for this study is a quantitative methodology that involves the use of survey to collect data from a large and diverse group of the target population, which is the married adults.

Population and Sample:
The samples in this study are the married couples in Petaling Jaya area. Petaling Jaya City Council (MBPJ) reported that as of July 2022, the total population of Petaling Jaya was over 619,925 people ("Background - Petaling Jaya City Council," n.d.). The target population for this study are married adults in the Petaling Jaya area who are aged between 25 to 54 years old as of 2022. The inclusion criteria of the population also include adults who are currently staying with their spouse with or without children. According to the Central Intelligence Agency (2021), 40.86% of the population of Malaysians falls within the age range of 25 to 54 years old. This means that out of a total population of 619,925 in Petaling Jaya, we can estimate that $619925 * 40.86\% = 253{,}301$ people are aged between 25 to 54 years old. Assuming that half of these adults are married, we can calculate the number of married adults within this age range as $253{,}301 * 50\% = 126{,}650$. Rounded to the nearest whole number, this gives an estimated 120,000 married adults who match the target population criteria in Petaling Jaya. Krejcie and Morgan (1970) have designed a table to determine the sample size for a given population so that it is easy for researchers to determine the sample size of research to be collected given the size of the population. Hence if the given population is large, the required sample size is 384.

Research Instrument:
The data for this study were gathered through the use of a research tool called a survey. A research questionnaire is designed to ask relevant questions to the respondents regarding the research study.
The survey questionnaire is designed to collect data on the well-being of married adults residing in Petaling Jaya, by measuring their level of well-being as the dependent variable, and marital satisfaction, family support, and psychological distress as independent variables. The questionnaire consists of four sections; Section A, Section B, Section C and Section D.

Section A is a confirmatory section that asks three simple yes/no questions to confirm the respondents' marital status, current living situation, and place of residence. Section B contains questions related to the dependent variable, which is well-being. The questions are designed to measure the respondent's level of agreement with statements related to their well-being in the past month. The examples for the items from the eight questions used to measure well-being are "I have been in good spirits in the past month" and "I am happy and satisfied with my personal life in the past month". These questions were adopted from previous research by Chuah, Lee, and Tan (2022). The questions are rated on a 5-point Likert scale, with 1 representing Strongly Disagree, 2 representing Disagree, 3 representing Neutral, 4 representing Agree, and 5 representing Strongly Agree.

Section C contains questions related to the three independent variables. The first independent variable is marital satisfaction, which is measured by six questions that ask about the respondent's overall satisfaction with their relationship with their partner. Example of the questions are "My partner meets my needs well", "My relationship is good compared to most" and "There are hardly any problems in my relationship". These questions are rated on a 5-point Likert scale, with 1 representing Strongly Disagree, 2 representing Disagree, 3 representing Neutral, 4 representing Agree, and 5 representing Strongly Agree. The questions used in this section were adapted from Chuah, Lee and Tan (2022).

The second independent variable is family support, which is measured by six questions that ask about the respondent's perception of the emotional and practical support provided by their family. These questions are rated on a 5-point Likert scale, with 1 representing Strongly Disagree, 2 representing Disagree, 3 representing Neutral, 4 representing Agree, and 5 representing Strongly Agree. The questions used in this section were adapted from Rashid et al. (2011).

The third independent variable is psychological distress, which is measured using seven questions. The questions are designed to measure the respondent's level of agreement with statements related to their psychological distress. These questions are rated on a 5-point Likert scale, with 1 representing Strongly Disagree, 2 representing Disagree, 3 representing Neutral, 4 representing Agree, and 5 representing Strongly Agree. These questions were adopted from previous research by Tini (2021). The questions related to marital satisfaction were adapted from previous research by Chuah, Lee, and Tan (2022), while the questions related to family support were adapted from research by Rashid et al. (2011). The questions related to psychological distress were developed for this study. Section D contains questions related to demographic variables, including gender, ethnicity, highest education level, age group, and monthly income level. The respondents were asked to select the appropriate answer from the provided options.

Data Collection:
After the questionnaire has been approved and validated among the researchers and designed into the format of Google Forms. Various social media platforms used to collect data via Whatsapp groups, WeChat and Facebook.
This research applies the convenience sampling method with a targeted criteria which is married adult.. Once the respondents agreed to participate, they will fill up a consent form before proceeding to the items. The survey completed with a total of 384 responses.

Data Analysis:
Pearson's correlation was applied to test the hypotheses one to three. As for fourth hypothesis, regressions analysis was used to determine the predictors of marital satisfaction model among the married adults in this study.

RESULT AND DISCUSSION

The results in Table 2 indicated that there were slightly more male participants (n = 206) than female participants (n = 178). The majority of participants identified as Chinese (n = 171), followed by Malay (n = 127) and Indian (n = 60). There were also 26 participants who identified as belonging to other ethnicities. In terms of education level, the highest proportion of participants reported having SPM or equivalent qualifications (n = 158), followed by undergraduates (n = 123), A-Levels or equivalent (n = 65), and postgraduates (n = 38). The age of the participants ranged from 25 to 54 years old, with the highest frequency in the 35 to 39 years old age group (n = 100). The income level of participants varied, with the highest frequency in the RM5000 to Rm10 000 income range (n = 152). Followed by RM3000-RM5000 (n = 143) and less than RM3,000 (n = 72). The smallest group is the individual with more than RM10,000 per month, with only 17 participants.

Table 2: Demographic Details of the Respondents

Demographic Attributes	Frequency
Gender	
Female	178
Male	206
Ethnicity	
Chinese	171
Indian	60
Malay	127
Others	26

Highest Education Level

SPM or equivalent	158
A-Levels or equivalent	65
Undergraduates	123
Postgraduates	38

Age Group

25 to 29 years old	27
30 to 34 years old	55
35 to 39 years old	100
40 to 44 years old	81
45 to 49 years old	45
50 to 54 years old	76

Monthly Income Level

Less than RM3,000	72
RM3,000 to RM5,000	143
RM5,000 to RM10,000	152
More than RM10,000	17

Gender

Female	178
Male	206

Ethnicity

Chinese	171
Indian	60
Malay	127
Others	26

Highest Education Level

SPM or equivalent	158
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Monthly Income Level

Less than RM3,000	72
RM3,000 to RM5,000	143
RM5,000 to RM10,000	152
More than RM10,000	17

RELIABILITY STATISTICS AND MEAN SCORE

Table 3 provides information about the internal consistency of the four variables measured in a study, including the well-being of married adults, marital satisfaction, family support and psychological distress. The table shows the number of items included in each variable and in this case, the Cronbach's alpha values for all variables are high, ranging from 0.91 for well-being to 0.961. Together, the mean scores for each variable were computed, along with their standard deviations. The results showed that the mean score for the variables ranging from 3.73 to 3.80 and psychological distress was 2.06.

Table 3: Reliability and Mean Score Value for Variables				
Variables	**Mean Score**	**Standard Deviation**	**No of Items**	**Cronbach's Alpha value**
Well-Being of Married Adults	3.81	.66	8	0.91
Marital Satisfaction	3.73	.84	6	0.96
Family Support	3.77	.73	6	0.96
Psychological Distress	2.06	.81	7	0.93

RESULT OF PEARSON CORRELATION AMONG THE INDEPENDENT AND DEPENDENT VARIABLES

The correlation table presented below shows the Pearson correlation coefficients between four variables: For each pair of variables, the table provides the correlation coefficient, which ranges from -1 to 1 and measures the strength and direction of the linear relationship between the two variables. The significance level of the correlation coefficient is also provided in the Table 4. An asterisk next to the coefficient indicates that the correlation is statistically significant at the 0.01 level (two-tailed), meaning that there is less than a 1% chance that the observed correlation could have occurred by chance.

In this case, the correlation coefficient between the well-being of the married adults' variables and the marital satisfaction variable is 0.35**, which indicates a moderate positive correlation between the two variables. This suggests that higher levels of marital satisfaction are associated with higher levels of well-being in married life.

Similarly, the correlation coefficient between the well-being of married adults and the family support variable is 0.25**, indicating a moderate positive correlation between the two variables. This suggests that higher levels of family support are associated with higher levels of well-being in married life. On the other hand, the well-being of married adults is negatively correlated with psychological distress ($r = -0.50$**), indicating that people with lower distress scores indicate higher well-being in their married life (Table 4).

Table 4: Result of Correlation Pearson between Variables	
Variable	**Well-Being of Married Adults**
Marital Satisfaction	0.35**
Family Support	0.25**
Psychological Distress	-0.50**

** Correlation is significant at the 0.01 level (two-tailed)

RESULTS OF REGRESSION ANALYSIS

The Table 5 below shows the summary statistics for a linear regression model with four variables: well-being of married adults (dependent variable) and three independent variables (psychological distress, marital satisfaction, and family support). The multiple correlation coefficient (R) of the model is 0.56, indicating a moderate positive correlation between the dependent variable and the independent variables. The coefficient of determination (R Square) is 0.32, which means that the independent variables explain about 31.7% of the variance in the dependent variable. The adjusted R Square value, which takes into account the number of independent variables in the model and adjusts the R Square value accordingly, is 0.31. The standard error of the estimate, which measures the average distance between the observed values of the dependent variable and the predicted values from the model, is 0.55.

These statistics can be used to evaluate how well the model fits the data and to make predictions about the dependent variable based on the independent variables. In this case, the model suggests that the three independent variables, psychological distress, marital satisfaction, and family support, are moderately predictive of well-being of married adults, explaining about 31.7% of the variance in the dependent variable.

Table 5: Model Summary				
Model	R	R Square	Adjusted R Square	Std. Error of the Estimate
1	0.56	0.32	0.31	0.55

The regression coefficients for each of the independent variables provide information on the strength and direction of their relationship with the dependent (Table 6). The coefficient for the constant is 3.60, which represents the expected value of the dependent variable (well-being of married adults) when all independent variables are equal to zero. The findings indicated that, when the score of marital satisfaction is increase by 0.18 and psychological distress score decrease by -0.36 unit, the well-being of married adults in this study will increased by 1 unit. Specifically, from the Table 6, marital satisfaction has a positive and statistically significant effect on the well-being of married adults (B = 0.18, t = 5.07, $p < 0.01$) and psychological distress has a statistically negative significant effect on the well-being of married adults (B = -0.36, t = -9.70, $p < 0.01$).

Table 6: Coefficient Values for Well-being Model among Married Adults				
Variable	Unstandardized Coefficients (B)	Standard Error	t-value	Sig.
(Constant)	3.60	0.22	16.75	0.000
Marital Satisfaction	0.18	0.04	5.07	0.000
Family Support	0.07	0.04	1.74	0.080
Psychological Distress	-0.36	0.04	-9.70	0.000

DISCUSSION OF THE RESULT

The present study aimed to examine the relationship between marital satisfaction, family support, psychological distress, and well-being among married adults in Petaling Jaya, Selangor. The findings of the study indicate that based on the final model used, marital satisfaction and psychological distress have significant effects on the well-being of married adults, while the effect of family support is not statistically significant. The mean scores analysis indicated that the participants had moderate levels of well-being, marital satisfaction, and family support, while their psychological distress was low. These results are consistent with previous research on marital and family relationships, which suggests that marital satisfaction and family support are important for promoting individual and family well-being (Proulx et al., 2007).

The correlation analysis revealed a positive and significant relationship between well-being and marital satisfaction and family support. These findings support previous research indicating that individuals who are satisfied with their marriages and receive social support from their families are more likely to experience greater well-being (Kiecolt-Glaser & Newton, 2001; Thoits, 2011). The study found that psychological distress has a significant negative impact on the well-being of married adults. Specifically, individuals experiencing lower levels of psychological distress were associated with higher levels of well-being. This finding is consistent with previous research. For example, a study by Kessler et al. (2010) found that psychological distress was associated with lower levels of life satisfaction and happiness. Couples who experience higher levels of psychological distress are more likely to experience negative emotions, communicate poorly, and experience more conflicts, all of which can lead to a lower sense of well-being in their marriage. Therefore, interventions aimed at reducing psychological distress may be effective in promoting well-being in married couples.

The negative correlation between psychological distress and well-being is also consistent with prior research indicating that individuals experiencing high levels of psychological distress are more likely to experience reduced well-being and poorer health outcomes (Keyes, 2007). The results suggest that interventions aimed at reducing psychological distress in married adults may be essential in promoting their well-being. These interventions may include psychotherapy, cognitive-behavioural therapy, or mindfulness-based interventions, among others.

However, while the correlation analysis suggested that family support was positively related to well-being, the effect was not statistically significant in the regression analysis. This suggests that family support may not be a significant predictor of well-being among married adults in Petaling Jaya, Selangor. This finding is somewhat surprising, as previous research has suggested that the quality of family relationships, including social support (e.g., providing love, advice, and care) and strain (e.g., arguments, being critical, making too many demands), can influence well-being through psychosocial, behavioural, and physiological pathways (Thomas et al., 2017). However, it is important to note that this study did not take into account the broader context in which family support operates, family support can take various forms, such as emotional support, practical support and financial support, which may impact well-being differently.

The results revealed that marital satisfaction was positively related to well-being, indicating that individuals who reported higher levels of marital satisfaction also experienced higher levels of well-being. The finding that marital satisfaction has a positive effect on the well-being of married adults is consistent with previous research. For example, a study by Bradbury and Karney (2010) found that marital satisfaction was a strong predictor of overall well-being in married individuals. According to Fincham and Steven (2010), marital satisfaction is a key predictor of well-being among married individuals. They argue that individuals who are satisfied with their marriage tend to have better physical and mental health than those who are not satisfied with their marriage.

Couples who feel satisfied with their marriage are more likely to experience positive emotions, have fewer conflicts, and communicate more effectively. This finding is also consistent with previous research indicating that Marital Satisfaction is an important predictor of overall marital quality and well-

being (Kline et al., 2021). Higher levels of Marital Satisfaction suggest that couples feel more connected to each other, have greater intimacy, and experience fewer conflicts, all of which contribute to a greater sense of well-being in their marriage. Therefore, interventions aimed at improving Marital Satisfaction may be effective in promoting well-being in married couples.

For the hypothesis, the findings of this study provide support for the idea that marital satisfaction is significantly related to well-being among married adults, as indicated by the rejection of the null hypothesis for Hypothesis 1. This result is consistent with previous research that has shown a positive relationship between marital satisfaction and well-being (Booth, Johnson, White, & Edwards, 1984; Dyrdal & Lucas, 2013). As for the Hypothesis 2 was also supported, indicating that there is a significant relationship between family support and well-being among married adults. This finding is supported the previous research that has suggested that family support can be an important predictor of well-being (Barnett & Gotlib, 1988). Hypothesis 3 predicted that there is no significant relationship between psychological distress and well-being among married adults. The null hypothesis was rejected, indicating that there is a negative relationship between psychological distress and well-being among married adults. This finding is consistent with previous research that has shown a strong negative association between psychological distress and well-being (Krause, 2003). Finally, the results of Hypothesis 4 indicate that there is a significant model in explaining the well-being among married adults in this study. This finding suggests that these factors may interact with each other in complex ways to influence overall well-being. Previous research has also highlighted the importance of examining multiple predictors of well-being simultaneously (Diener & Seligman, 2004; Diener, Suh, Lucas, & Smith, 1999).

It is worth noting that other factors, such as demographic and cultural factors, may also play a role in the relationship between the independent variables and the well-being of married adults. It is important to consider the broader context in which these variables operate and how they may interact with other factors to impact well-being in a marriage. Overall, the findings of this study suggest that marital satisfaction and psychological distress are important predictors of the well-being of married adults. Therefore, interventions aimed at improving marital satisfaction and reducing psychological distress may be effective in promoting overall well-being in married couples. However, further research is needed to better understand the complex relationships between these factors and to identify other important predictors of marital well-being.

The results of this study contribute to our understanding of the factors that influence the well-being of married adults. The findings are consistent with the existing literature that highlights the importance of marital satisfaction and psychological distress in predicting well-being. The study also adds to the literature by exploring the role of family support in the well-being of married adults. Although the effect of family support on well-being was non-significant, this finding highlights the need for further research to investigate the relationships between family support and well-being, particularly in the context of marital relationships. Furthermore, the study contributes to the development of theoretical models that explain the mechanisms underlying the relationships between these variables. For example, the findings suggest that marital satisfaction may influence well-being through its effect on psychological distress, as individuals who are more satisfied with their marital relationships may experience less psychological distress, which in turn, may contribute to higher levels of well-being.

The findings have implications for the development of policies and programs that aim to support married adults. By implementing policies such as the Mental Health Policy and Action Plan, the National Family Policy, and the Women Empowerment Policy, the government can promote access to mental health services and improve family support. These policies can contribute to reducing psychological distress and promoting well-being among married adults. In addition to policies, programs such as the Family Support Program, Marriage and Family Therapy Program, Affordable Childcare Program, and Flexible Work Arrangements Program can also support married adults in improving their psychological well-being and overall quality of life.

CONCLUSION

This study provides important insights into the relationship between marital satisfaction, family support, psychological distress, and well-being among married adults in Petaling Jaya, Selangor. The first objective of the study is to determine the relationship between marital satisfaction, family support and psychological distress towards well-being among married adults in Petaling Jaya, Selangor.

The study findings reveal that marital satisfaction is a significant predictor of well-being among married adults. In other words, higher levels of marital satisfaction are associated with a higher level of well-being. On the other hand, family support has a positive effect on the well-being of married adults, but this effect is not statistically significant. This suggests that family support may not be as important as marital satisfaction in contributing to the well-being of married adults. Additionally, psychological distress was found to have a significant negative effect on well-being, indicating that lower levels of psychological distress are associated with higher levels of well-being in married adults. This study highlights the importance of addressing psychological distress in promoting the well-being of married adults. The findings suggest that psychological distress is a significant factor that can impact the well-being of married adults in Petaling Jaya, Selangor. Therefore, it is essential to develop interventions and strategies to reduce psychological distress and promote mental health and well-being in married adults.

Other than that, the finding suggest that marital satisfaction and psychological distress are significant predictors of well-being model among married adults in Petaling Jaya, Selangor. This indicates that individuals who report higher levels of marital satisfaction and lower levels of psychological distress are more likely to experience higher levels of well-being. The finding that psychological distress is a significant predictor of well-being among married adults highlights the importance of addressing mental health issues in promoting overall well-being. Psychological distress can stem from various factors such as anxiety, depression, and stress and can significantly impact an individual's well-being. Interventions aimed at reducing psychological distress, such as therapy or stress-management programs, may be effective in improving the well-being of married adults. Therefore, it is important to prioritize and support mental health interventions to address psychological distress among married adults, promoting their overall well-being.

The effect of family support on well-being was not found to be statistically significant, indicating that other factors may play a more important role in predicting well-being among married adults in Petaling Jaya, Selangor. Overall, the findings suggest that marital satisfaction and psychological distress are important predictors of well-being among married adults, and interventions that focus on improving marital satisfaction and reducing psychological distress may be effective in promoting well-being among this population. Social support towards other people well-being has also been studied in past studies in various area of study (Hossain, Mustapha & Amirrudin, 2020; Zakaria & Jaafar, 2021; Zhihao & Mustapha, 2021; Jaafar, Abidin, Kamarudin, & Zakaria, 2021).

There are two limitations that apply to this study. Firstly, the study used a convenience sampling method, which may not have represented the broader population of married adults in Petaling Jaya, Selangor. The sample may have been biased towards individuals who were more willing or available to participate, potentially limiting the generalizability of the findings. Finally, the study was limited to married adults in Petaling Jaya, Selangor, which may not be representative of other regions or cultural contexts. The findings may only be applicable within the specific cultural and geographic context in which the study was conducted.

Despite the limitations, this study on the relationship between marital satisfaction, family support, psychological distress, and well-being among married adults in Petaling Jaya, Selangor, has important implications for the development of interventions, policies, and programs that can promote the well-being of married adults. The findings of this study suggest that interventions that focus on improving marital satisfaction and reducing psychological distress may be effective in promoting well-being among married adults. For example, interventions that target couples' communication skills, conflict resolution strategies, and shared decision-making may improve marital satisfaction, which can contribute to higher

levels of well-being. Additionally, interventions that target the reduction of psychological distress, such as cognitive-behavioural therapy, mindfulness-based interventions, and stress management programs, may also be effective in promoting well-being.

Based on the findings and limitations of the study, there are several recommendations for future research that could contribute to a more comprehensive understanding of the relationship between marital satisfaction, family support, psychological distress, and well-being among married adults in Petaling Jaya, Selangor. Firstly, developing and implementing interventions that focus on improving marital satisfaction and family support among married adults could be beneficial. These interventions may include counselling services, workshops, or educational programs. Educating married adults on the importance of mental health and well-being could also be helpful in raising awareness and providing resources and support for those experiencing mental health challenges.

Secondly, further research is needed to better understand the complex relationships between marital satisfaction, family support, psychological distress, and well-being among married adults. Future studies could examine the impact of additional factors such as culture, religion, and social support on these relationships. Finally, the result could help in developing and implementing programs that focus on strengthening the social support networks of married adults, particularly in urban settings where individuals may feel isolated or disconnected from their communities. These programs could include community-based activities, support groups, or other initiatives that encourage social interaction and connection.

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