

## Chapter 10

### Social and Financial Support

Social support may directly or indirectly influence health. A person's social network can help her/him cope with the problems of daily life. The support that one gets from others may include emotional aid, material assistance, information or companionship. The PHS has included a few questions to assess the population's level of emotional and financial support. This Chapter presents such findings.

#### Snapshot of Population's Social and Financial Support

Indicator	Overall %	% in female	% in male
Availability of someone for emotional support	60.6%	66.1%	54.0%
Availability of someone for financial support	49.5%	51.2%	47.4%

## 10.1 Emotional Support

In the PHS, respondents were asked “Can you count on anyone to provide you with emotional support such as talking over problems or helping you make a difficult decision?”, “In the past 12 months, who was the most helpful in providing you with emotional support?”, “In the past 12 months, could you have used more emotional support than you receive? If yes, would you say that you could have used a lot, some or a little more?”.

While 18.9% claimed that they did not need help from others for emotional support (15.6% for females and 22.8% for males), 60.6% (66.1% for females and 54.0% for males) felt that they could count on someone for emotional support (Table 10.1a). Analyzed by age, people in the younger age groups (over 60% for people aged 44 and below) were higher in proportion than people in the older age groups (around 50% for people aged 45 and above) to report that they could count on someone for emotional support when needed (Table 10.1b).

**Table 10.1a: Dependence on someone for emotional support by Gender**

	Female		Male		Total	
	No. of persons ('000)	%	No. of persons ('000)	%	No. of persons ('000)	%
Can count on someone	2 055.9	66.1%	1 390.1	54.0%	3 446.1	60.6%
Cannot count on anyone	422.0	13.6%	432.9	16.8%	854.9	15.0%
Don't need help	485.4	15.6%	588.1	22.8%	1 073.5	18.9%
Don't know	138.9	4.5%	155.6	6.0%	294.5	5.2%
Missing	7.6	0.2%	7.4	0.3%	15.0	0.3%
Total	3 109.8	100.0%	2 574.1	100.0%	5 683.9	100.0%

Base: All respondents.

Note: Figures may not add up to the total due to rounding.

**Table 10.1b: Dependence on someone for emotional support by Age group**

	15-24		25-34		35-44		45-54		55-64		65-74		75 and above		Total	
	No. of persons ('000)	%	No. of persons ('000)	%	No. of persons ('000)	%	No. of persons ('000)	%	No. of persons ('000)	%	No. of persons ('000)	%	No. of persons ('000)	%	No. of persons ('000)	%
Can count on someone	610.9	68.0%	632.0	68.6%	852.6	65.5%	639.2	56.1%	335.8	52.8%	237.1	46.4%	138.6	50.0%	3 446.1	60.6%
Cannot count on anyone	73.5	8.2%	90.0	9.8%	195.5	15.0%	221.3	19.4%	116.2	18.3%	107.0	20.9%	51.4	18.5%	854.9	15.0%
Don't need help	135.1	15.0%	151.6	16.5%	197.4	15.2%	226.9	19.9%	156.7	24.6%	142.1	27.8%	63.7	23.0%	1 073.5	18.9%
Don't know	74.4	8.3%	44.2	4.8%	54.2	4.2%	51.6	4.5%	26.4	4.2%	24.1	4.7%	19.6	7.1%	294.5	5.2%
Missing	4.0	0.4%	3.5	0.4%	1.6	0.1%	-	-	0.7	0.1%	1.2	0.2%	4.0	1.5%	15.0	0.3%
Total	897.8	100.0%	921.2	100.0%	1 301.2	100.0%	1 139.0	100.0%	635.7	100.0%	511.5	100.0%	277.4	100.0%	5 683.9	100.0%

Base: All respondents.

Note: Figures may not add up to the total due to rounding.

A majority (56.7%) of those people who could count on someone for emotional support cited friends as the most helpful in providing them with emotional support, followed by spouse (43.4%). Analyzed by sex, more females (58.6%) than males (53.8%) named friends as the most helpful. In contrast, males were more to mention their spouses than their female counterparts (50.4% versus 38.6%) (Table 10.1c). Across all age groups, the proportion of people cited friends or parents as the most helpful decreased with age; people in the age groups (35-74) were more likely to cite their spouses than their counterparts in the younger (aged below 35) and older age groups (aged 75 and above) (Table 10.1d).

**Table 10.1c: Source of emotional support by Gender**

	Female		Male		Total	
	No. of persons (' 000)	%	No. of persons (' 000)	%	No. of persons (' 000)	%
Friends	1 205.4	58.6%	747.4	53.8%	1 952.8	56.7%
Spouse	793.2	38.6%	701.3	50.4%	1 494.5	43.4%
Parents	461.8	22.5%	249.3	17.9%	711.1	20.6%
<i>Mother</i>	430.4	20.9%	230.0	16.5%	660.4	19.2%
<i>Father</i>	163.3	7.9%	153.0	11.0%	316.3	9.2%
Sister	486.2	23.6%	108.7	7.8%	594.8	17.3%
Daughter	409.9	19.9%	174.6	12.6%	584.5	17.0%
Son	320.6	15.6%	190.5	13.7%	511.0	14.8%
Co-workers	238.9	11.6%	156.1	11.2%	394.9	11.5%
Other relatives	205.2	10.0%	98.0	7.1%	303.2	8.8%
Brother	143.3	7.0%	149.0	10.7%	292.3	8.5%
Church members	101.8	5.0%	42.7	3.1%	144.5	4.2%
Professionals	43.5	2.1%	28.7	2.1%	72.1	2.1%
Neighbour	44.1	2.1%	12.8	0.9%	56.9	1.7%
Club members	25.0	1.2%	15.0	1.1%	40.0	1.2%
Others	19.6	1.0%	8.3	0.6%	27.9	0.8%

Base: The respondents who could count on anyone for emotional support.

Notes: Multiple answers were allowed.

Figures may not add up to the total due to rounding.

**Table 10.1d: Source of emotional support by Age group**

	15-24		25-34		35-44		45-54		55-64		65-74		75 and above		Total	
	No. of persons ('000)	%	No. of persons ('000)	%	No. of persons ('000)	%	No. of persons ('000)	%	No. of persons ('000)	%	No. of persons ('000)	%	No. of persons ('000)	%	No. of persons ('000)	%
Friends	520.6	85.2%	427.7	67.7%	473.3	55.5%	299.4	46.8%	118.3	35.2%	69.9	29.5%	43.6	31.4%	1 952.8	56.7%
Spouse	17.0	2.8%	221.4	35.0%	510.2	59.8%	395.1	61.8%	202.8	60.4%	114.0	48.1%	34.0	24.5%	1 494.5	43.4%
Parents	280.9	46.0%	204.2	32.3%	160.2	18.8%	58.6	9.2%	6.6	2.0%	0.6	0.3%	-	-	711.1	20.6%
<i>Mother</i>	265.8	43.5%	196.2	31.0%	138.8	16.3%	54.1	8.5%	5.6	1.7%	-	-	-	-	660.4	19.2%
<i>Father</i>	159.1	26.1%	79.4	12.6%	62.8	7.4%	12.1	1.9%	2.3	0.7%	0.6	0.3%	-	-	316.3	9.2%
Sister	111.3	18.2%	157.1	24.9%	174.4	20.5%	106.3	16.6%	31.2	9.3%	10.2	4.3%	4.3	3.1%	594.8	17.3%
Daughter	0.7	0.1%	16.5	2.6%	100.6	11.8%	163.4	25.6%	129.2	38.5%	110.7	46.7%	63.4	45.8%	584.5	17.0%
Son	2.1	0.3%	19.2	3.0%	85.2	10.0%	130.2	20.4%	123.6	36.8%	94.7	39.9%	56.0	40.4%	511.0	14.8%
Co-workers	50.9	8.3%	124.1	19.6%	129.2	15.2%	62.4	9.8%	26.5	7.9%	1.2	0.5%	0.6	0.4%	394.9	11.5%
Other relatives	46.5	7.6%	35.9	5.7%	79.8	9.4%	55.1	8.6%	35.5	10.6%	28.7	12.1%	21.7	15.6%	303.2	8.8%
Brother	68.9	11.3%	63.8	10.1%	81.9	9.6%	53.6	8.4%	17.2	5.1%	4.9	2.1%	2.0	1.4%	292.3	8.5%
Church members	32.8	5.4%	38.1	6.0%	40.4	4.7%	18.4	2.9%	5.1	1.5%	5.7	2.4%	4.0	2.9%	144.5	4.2%
Professionals	23.7	3.9%	8.9	1.4%	12.7	1.5%	17.5	2.7%	2.3	0.7%	3.2	1.4%	3.9	2.8%	72.1	2.1%
Neighbour	4.9	0.8%	-	-	10.5	1.2%	6.6	1.0%	7.5	2.2%	18.0	7.6%	9.4	6.8%	56.9	1.7%
Club members	8.9	1.5%	7.9	1.2%	13.0	1.5%	1.9	0.3%	2.0	0.6%	3.4	1.4%	2.9	2.1%	40.0	1.2%
Others	11.8	1.9%	3.7	0.6%	2.2	0.3%	2.3	0.4%	3.3	1.0%	2.0	0.8%	2.6	1.9%	27.9	0.8%

Base: The respondents who could count on anyone for emotional support.

Notes: Multiple answers were allowed.

Figures may not add up to the total due to rounding.

Among those people who could or could not count on someone for emotional support, 16.8% felt that they could have used more emotional support in the 12 months preceding the survey, in which 10.9% reported ‘a lot more’ (Tables 10.1e and 10.1f). While people in the 25-34 age group (22.0%) were more likely to consider that they could have used more emotional support than they received, it was the people aged 75 and above (15.4%) who tended to report that they could have used “a lot more” emotional support in the 12 months preceding the survey (Tables 10.1g and 10.1h).

**Table 10.1e: Could have used more emotional support than they received in the 12 months preceding the survey by Gender**

	Female		Male		Total	
	No. of persons (' 000)	%	No. of persons (' 000)	%	No. of persons (' 000)	%
Yes	473.4	19.1%	249.6	13.7%	723.0	16.8%
No	1 767.3	71.3%	1 396.5	76.6%	3 163.9	73.6%
Don't know	218.7	8.8%	165.2	9.1%	383.9	8.9%
Missing	18.6	0.7%	11.6	0.6%	30.2	0.7%
Total	2 477.9	100.0%	1 823.0	100.0%	4 300.9	100.0%

Base: The respondents who could/could not count on anyone to provide emotional support.

Note: Figures may not add up to the total due to rounding.

**Table 10.1f: Amount of emotional support they could have used in the 12 months preceding the survey by Gender**

	Female		Male		Total	
	No. of persons (' 000)	%	No. of persons (' 000)	%	No. of persons (' 000)	%
A lot more	58.3	12.3%	20.7	8.3%	78.9	10.9%
Some	218.4	46.1%	111.1	44.5%	329.5	45.6%
A little more	161.2	34.0%	96.8	38.8%	258.0	35.7%
Unknown/Missing	35.5	7.5%	21.0	8.4%	56.5	7.8%
Total	473.4	100.0%	249.6	100.0%	723.0	100.0%

Base: The respondents who could/could not count on anyone to provide emotion support and could have used more emotional support than they received in the 12 months preceding the survey.

Note: Figures may not add up to the total due to rounding.

**Table 10.1g: Could have used more emotional support than they received in the 12 months preceding the survey by Age group**

	15-24		25-34		35-44		45-54		55-64		65-74		75 and above		Total	
	No. of persons ('000)	%	No. of persons ('000)	%	No. of persons ('000)	%	No. of persons ('000)	%	No. of persons ('000)	%	No. of persons ('000)	%	No. of persons ('000)	%	No. of persons ('000)	%
Yes	101.0	14.8%	159.2	22.0%	196.9	18.8%	134.5	15.6%	63.8	14.1%	38.6	11.2%	29.0	15.3%	723.0	16.8%
No	477.7	69.8%	498.9	69.1%	775.7	74.0%	655.6	76.2%	352.0	77.9%	264.6	76.9%	139.4	73.4%	3 163.9	73.6%
Don't know	99.2	14.5%	62.9	8.7%	64.7	6.2%	64.9	7.5%	33.0	7.3%	38.3	11.1%	20.8	11.0%	383.9	8.9%
Missing	6.6	1.0%	0.9	0.1%	10.8	1.0%	5.5	0.6%	3.2	0.7%	2.6	0.7%	0.7	0.4%	30.2	0.7%
Total	684.4	100.0%	721.9	100.0%	1 048.1	100.0%	860.5	100.0%	452.0	100.0%	344.1	100.0%	190.0	100.0%	4 300.9	100.0%

Base: The respondents who could/could not count on anyone to provide emotional support.

Note: Figures may not add up to the total due to rounding.

**Table 10.1h: Amount of emotional support they could have used in the 12 months preceding the survey by Age group**

	15-24		25-34		35-44		45-54		55-64		65-74		75 and above		Total	
	No. of persons ('000)	%	No. of persons ('000)	%	No. of persons ('000)	%	No. of persons ('000)	%	No. of persons ('000)	%	No. of persons ('000)	%	No. of persons ('000)	%	No. of persons ('000)	%
A lot more	11.4	11.3%	11.6	7.3%	23.9	12.1%	18.9	14.1%	8.0	12.5%	0.7	1.7%	4.5	15.4%	78.9	10.9%
Some	48.7	48.2%	74.1	46.6%	92.0	46.7%	57.4	42.7%	26.3	41.3%	22.4	58.0%	8.6	29.7%	329.5	45.6%
A little more	32.9	32.6%	64.8	40.7%	70.2	35.6%	46.3	34.4%	23.7	37.1%	10.5	27.2%	9.7	33.3%	258.0	35.7%
Unknown/Missing	8.0	7.9%	8.6	5.4%	10.9	5.5%	11.9	8.8%	5.8	9.1%	5.1	13.1%	6.3	21.6%	56.5	7.8%
Total	101.0	100.0%	159.2	100.0%	196.9	100.0%	134.5	100.0%	63.8	100.0%	38.6	100.0%	29.0	100.0%	723.0	100.0%

Base: The respondents who could/could not count on anyone to provide emotion support and could have used more emotional support than they received in the 12 months preceding the survey.

Note: Figures may not add up to the total due to rounding.

## 10.2 Financial Support

In terms of financial support, the respondents were asked “If you need some extra help financially, could you count on anyone to help you; for example, by paying any bills, rent, mortgage or hospital visits?”.

Overall, about half of persons (49.5%) commented that they could count on someone for financial support. Females (51.2%) and people in the 25-34 age group (57.7%) were higher in proportion than their counterparts to give a positive response to this question (Tables 10.2a and table 10.2b).

**Table 10.2a: Dependence on someone for financial support by Gender**

	Female		Male		Total	
	No. of persons ('000)	%	No. of persons ('000)	%	No. of persons ('000)	%
Can count on someone	1 592.7	51.2%	1 221.2	47.4%	2 813.9	49.5%
Cannot count on anyone	577.3	18.6%	487.2	18.9%	1 064.5	18.7%
Don't need help	679.8	21.9%	660.5	25.7%	1 340.3	23.6%
Don't know	238.7	7.7%	186.1	7.2%	424.8	7.5%
Missing	21.3	0.7%	19.1	0.7%	40.4	0.7%
Total	3 109.8	100.0%	2 574.1	100.0%	5 683.9	100.0%

Base: All respondents.

Note: Figures may not add up to the total due to rounding.

**Table 10.2b: Dependence on someone for financial support by Age group**

	15-24		25-34		35-44		45-54		55-64		65-74		75 and above		Total	
	No. of persons ('000)	%	No. of persons ('000)	%	No. of persons ('000)	%	No. of persons ('000)	%	No. of persons ('000)	%	No. of persons ('000)	%	No. of persons ('000)	%	No. of persons ('000)	%
Can count on someone	441.7	49.2%	531.8	57.7%	694.3	53.4%	509.8	44.8%	261.2	41.1%	232.2	45.4%	142.9	51.5%	2 813.9	49.5%
Cannot count on anyone	94.4	10.5%	113.7	12.3%	277.6	21.3%	283.4	24.9%	132.3	20.8%	112.8	22.1%	50.3	18.1%	1 064.5	18.7%
Don't need help	227.9	25.4%	203.0	22.0%	266.0	20.4%	260.6	22.9%	188.7	29.7%	132.1	25.8%	62.1	22.4%	1 340.3	23.6%
Don't know	125.0	13.9%	66.2	7.2%	55.4	4.3%	80.0	7.0%	50.4	7.9%	30.6	6.0%	17.2	6.2%	424.8	7.5%
Missing	8.9	1.0%	6.6	0.7%	8.0	0.6%	5.2	0.5%	3.1	0.5%	3.9	0.8%	4.7	1.7%	40.4	0.7%
Total	897.8	100.0%	921.2	100.0%	1 301.2	100.0%	1 139.0	100.0%	635.7	100.0%	511.5	100.0%	277.4	100.0%	5 683.9	100.0%

Base: All respondents.

Note: Figures may not add up to the total due to rounding.