



Social Isolation and Life Satisfaction: The Moderating Role of Family Support

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Abstract: Social relationships constitute an important foundation of psychological well being and quality of life. Increasing social isolation has become a significant concern because limited interpersonal contact may reduce emotional resources, weaken belongingness, and negatively influence individuals' perceptions of their lives. This study examines the relationship between social isolation and life satisfaction and investigates the moderating role of family support. The proposed framework is grounded primarily in the Social Convoy Model, Stress and Coping Theory, and the Need to Belong perspective. The model proposes that social isolation negatively affects life satisfaction because reduced social interaction limits access to emotional support, companionship, assistance, and meaningful interpersonal relationships. Family support is proposed as a moderator because supportive family relationships may protect individuals from the adverse consequences of social disconnection. A quantitative cross sectional research design is proposed, using a structured questionnaire administered to adult respondents. Social isolation is measured through indicators assessing limited social contact, reduced interpersonal participation, and perceived social disconnection. Life satisfaction is assessed using established subjective well being measures, while family support is measured through perceived emotional, instrumental, and informational support received from family members. Data analysis is proposed through Partial Least Squares Structural Equation Modeling using SmartPLS. The measurement model should be evaluated through indicator reliability, Cronbach's alpha, composite reliability, average variance extracted, and discriminant validity. The structural model should subsequently be examined through path coefficients, bootstrapping, coefficient of determination, effect size, predictive relevance, and moderation analysis. For demonstration, hypothetical results indicate that social isolation has a significant negative relationship with life satisfaction. Family support demonstrates a positive direct relationship with life satisfaction and significantly moderates the negative relationship between social isolation and life satisfaction. The proposed study contributes to the literature by explaining that the consequences of social isolation may depend partly on the availability of supportive family relationships. The findings have implications for families, social workers, educational institutions, community organizations, and policymakers concerned with improving subjective well being and social connectedness.

Keywords: Social Isolation, Life Satisfaction, Family Support, Social Connectedness, Subjective Well Being, Social Support, Social Convoy Model, Stress and Coping Theory, SmartPLS, PLS SEM

Introduction

Human beings depend on social relationships for emotional security, belongingness, identity, practical assistance, and psychological well being. Social interaction provides individuals with opportunities to exchange emotional support, receive advice, participate in meaningful activities, and develop a sense of belonging. When these opportunities become limited, individuals may experience social isolation, which can have important implications for subjective well being and life satisfaction. Contemporary research increasingly recognizes social isolation as an important social and psychological determinant of well being, particularly among older adults and other populations experiencing reduced social participation. Recent longitudinal evidence shows that social isolation is closely associated with reduced subjective well being among older adults.

Social isolation refers primarily to an objective or perceived lack of meaningful social relationships and interpersonal contact. It differs conceptually from loneliness, although the two constructs are closely related. An individual may have relatively few social contacts and therefore experience social isolation, whereas loneliness reflects dissatisfaction with the quality or quantity of existing relationships. Social isolation may consequently exist without intense loneliness, while loneliness may occur even among people who have frequent social interactions. Understanding this distinction is important because social isolation concerns the availability and structure of relationships, whereas life satisfaction represents a broader cognitive evaluation of one's overall quality of life.

Life satisfaction is a central component of subjective well being and refers to an individual's overall cognitive evaluation of his or her life. Unlike temporary emotions, life satisfaction represents a relatively broad assessment of whether one's circumstances meet personal expectations and standards. Individuals with strong interpersonal relationships, meaningful social participation, and adequate emotional resources generally report greater life satisfaction. Conversely, social disconnection can reduce access to resources that contribute to positive evaluations of life. A 2024 systematic review and meta analysis found significant associations among social support, loneliness, and life satisfaction in older adults, highlighting the importance of interpersonal resources for subjective well being. Family support may be particularly important in societies where family relationships constitute a central source of emotional and practical assistance. Family support can include emotional encouragement, financial assistance, advice, companionship, care, and assistance with daily activities. Supportive family relationships may provide individuals with a sense of security even when broader social networks are limited. Recent evidence among older adults in Türkiye found that perceived family social support was positively associated with life satisfaction and negatively associated with loneliness. Similarly, recent research involving older adults found that perceived support from family and significant others was associated with higher life satisfaction and reduced social exclusion.

Although social support has frequently been examined as a direct predictor of life satisfaction, treating family support solely as an independent variable may overlook an important protective mechanism. Family support may change how strongly social isolation affects life satisfaction. An individual experiencing social isolation but receiving strong family support may retain emotional connection, belongingness, and access to interpersonal resources. Conversely, a socially isolated individual with limited family support may have fewer alternative sources of emotional and practical assistance, potentially resulting in a stronger decline in life satisfaction.

This moderating perspective is theoretically important because it addresses the question of **when and for whom social isolation is most harmful**. Rather than assuming that social isolation has an identical effect on everyone, the proposed study argues that family support can buffer its negative consequences. This proposition is consistent with stress and coping perspectives, which suggest that social resources can protect individuals from the harmful consequences of stressful circumstances.

Recent empirical research reinforces the relevance of this framework. Güler and Yıldırım found that greater social isolation among older adults was associated with greater loneliness, death distress, and poorer life satisfaction. Research on social support and life satisfaction has likewise demonstrated that family support can contribute to higher life satisfaction through reductions in loneliness and improvements in coping.

The present study therefore proposes a model in which social isolation is the independent variable, life satisfaction is the dependent variable, and family support is the moderating variable. The study aims to determine whether social isolation negatively affects life satisfaction and whether strong family support weakens this negative relationship. The proposed research is particularly relevant in societies where family networks remain important

sources of social and emotional support.

Literature Review

Social Isolation

Social isolation refers to limited social contact, reduced participation in interpersonal activities, and inadequate integration into social networks. It can involve objective characteristics such as living alone, infrequent interaction, small social networks, and limited participation in community activities. It may also include subjective perceptions that one's social relationships are insufficient or inaccessible.

Social isolation can emerge from multiple circumstances, including retirement, migration, unemployment, bereavement, geographic mobility, disability, economic constraints, family conflict, and changes in social roles. Modern communication technologies can sometimes reduce physical isolation, but digital communication does not necessarily replace meaningful interpersonal relationships.

The consequences of social isolation have been documented across psychological and social outcomes. Recent longitudinal evidence using Health and Retirement Study data demonstrated that social isolation is closely associated with reduced subjective well being among older adults. A 2025 study similarly found that greater social isolation was related to increased loneliness and death distress, which contributed to declining life satisfaction.

Social isolation can influence life satisfaction through several mechanisms. First, reduced social contact limits opportunities for positive emotional experiences. Second, isolation may reduce access to instrumental assistance. Third, limited interaction can weaken identity and social belonging. Fourth, individuals may interpret persistent isolation as evidence that they are unsupported or socially excluded.

Life Satisfaction

Life satisfaction represents a person's global cognitive evaluation of his or her life. It is an important component of subjective well being because it captures overall judgments rather than temporary emotional states. Life satisfaction is influenced by health, financial conditions, employment, relationships, social participation, psychological resources, and perceptions of personal achievement.

Social relationships are especially important because they provide emotional and practical resources that can influence how individuals evaluate their lives. Individuals who have supportive relationships may experience greater security and meaning, while socially disconnected individuals may perceive their lives less positively.

Recent research confirms the relationship between social support and life satisfaction. A systematic review and meta analysis published in 2024 found that social support, loneliness, depression, anxiety, and physical capability are significantly associated with life satisfaction among older adults.

The relationship is not necessarily limited to older adults. Social relationships can influence life satisfaction throughout the life course because humans require meaningful interpersonal connections at different developmental stages.

Family Support

Family support represents the emotional, informational, instrumental, and sometimes financial assistance provided by family members. Emotional support includes affection, empathy, encouragement, and reassurance. Instrumental support includes practical assistance with daily tasks. Informational support includes advice and guidance, while financial support may provide material security.

Family support can be particularly important where family relationships are culturally and socially central. Supportive families can provide continuity of identity, belongingness, and security during periods of stress or social disruption.

Recent evidence directly supports the relationship between family support and life satisfaction. A 2025 study of older adults in Türkiye found that perceived family social support was positively associated with life satisfaction and negatively associated with loneliness. Loneliness and coping strategies also helped explain the relationship.

Another 2025 study involving 509 older adults found that perceived support from family and significant others was positively related to life satisfaction and negatively related to social exclusion. These findings indicate that family

support can operate as an important interpersonal resource.

Relationship Between Social Isolation and Life Satisfaction

The relationship between social isolation and life satisfaction can be explained through several theoretical mechanisms. Social isolation reduces opportunities for interpersonal interaction, emotional exchange, social validation, and meaningful participation. These reductions can negatively affect individuals' evaluation of their lives.

The Social Convoy Model suggests that people move through life surrounded by networks of relationships that provide support and protection. When these networks become weaker, individuals may lose important emotional and practical resources. Social isolation therefore represents not simply a reduction in social contact but a reduction in access to resources that contribute to well being.

The Stress and Coping perspective provides another explanation. Social isolation can be considered a social stressor, while social support provides coping resources. Individuals exposed to isolation may experience less psychological harm when they have supportive relationships available.

Empirical evidence strongly supports the negative relationship. Güler and Yıldırım reported that higher social isolation was associated with loneliness, death distress, and poorer life satisfaction among older adults. Longitudinal evidence similarly demonstrates that social isolation is associated with reduced subjective well being. Therefore, the first hypothesis is proposed:

H1: Social isolation has a negative and significant effect on life satisfaction.

Family Support and Life Satisfaction

Family support is expected to have a positive direct relationship with life satisfaction because supportive family members provide emotional security, companionship, advice, and practical assistance. Individuals who perceive their families as supportive may evaluate their lives more positively because they experience stronger belongingness and greater access to social resources.

Recent empirical evidence supports this proposition. Family social support has been associated with greater life satisfaction and lower loneliness among older adults. Research on social activity and social support similarly found positive relationships between perceived support and life satisfaction.

Thus:

H2: Family support has a positive and significant effect on life satisfaction.

Moderating Role of Family Support

The central proposition of this research is that family support moderates the relationship between social isolation and life satisfaction. A moderation effect occurs when the strength or direction of one relationship changes depending on the level of another variable.

Family support may act as a protective resource. When individuals experience social isolation, supportive family members may compensate for the loss of broader social contact by providing companionship, emotional reassurance, practical assistance, and belongingness. Consequently, social isolation should have a weaker negative effect on life satisfaction when family support is high.

In contrast, individuals who experience social isolation and have limited family support may be particularly vulnerable because they lack alternative sources of emotional and practical assistance.

This proposition is consistent with stress buffering theory. Social support may reduce the perceived severity of stressful circumstances and increase individuals' coping resources. However, empirical evidence also indicates that buffering effects can vary according to the type of stressor and source of support. For example, research on children during the COVID 19 pandemic found that social support did not always operate uniformly as a buffer, demonstrating the importance of examining specific sources and contexts of support.

Therefore:

H3: Family support positively moderates the relationship between social isolation and life satisfaction, such that the negative relationship between social isolation and life satisfaction is weaker when family support is high.

Research Gap

Although previous studies have examined social isolation, loneliness, social support, and life satisfaction, several gaps remain. First, many studies investigate loneliness as a mediator rather than examining family support as a moderator. Second, family support is frequently treated as a direct predictor of life satisfaction rather than as a protective contextual factor. Third, recent studies have concentrated heavily on older adults, leaving opportunities to examine broader adult populations.

The proposed study addresses these gaps by developing a moderation model in which family support changes the strength of the relationship between social isolation and life satisfaction. This approach provides a more nuanced explanation of social well being because it recognizes that the consequences of isolation may depend upon the social resources available to individuals.

Conceptual Model and Theoretical Framework

The proposed model is grounded primarily in the **Social Convoy Model** and **Stress and Coping Theory**, with additional support from the **Need to Belong perspective**.

The Social Convoy Model proposes that individuals are surrounded by networks of social relationships that provide emotional, practical, and informational resources. These networks vary in strength and importance throughout life. Social isolation may represent weakening of this convoy, while family support may preserve an important core component of the individual's social network.

Stress and Coping Theory suggests that stressful circumstances can have less harmful consequences when individuals possess adequate coping resources. Social isolation can function as a social stressor, while family support can provide an important coping resource.

The Need to Belong perspective further suggests that humans have a fundamental motivation to establish and maintain meaningful interpersonal relationships. Persistent social isolation may therefore threaten psychological well being because it frustrates this fundamental need.

Proposed Conceptual Model

Social Isolation → Life Satisfaction

Family Support → Life Satisfaction

Social Isolation × Family Support → Life Satisfaction

The independent variable is **Social Isolation**.

The dependent variable is **Life Satisfaction**.

The moderator is **Family Support**.

Hypotheses

H1: Social isolation negatively and significantly affects life satisfaction.

H2: Family support positively and significantly affects life satisfaction.

H3: Family support significantly moderates the relationship between social isolation and life satisfaction, such that the negative relationship is weaker when family support is high.

Methodology

A quantitative cross sectional research design is appropriate for examining the proposed relationships among social isolation, family support, and life satisfaction. The target population can consist of adult respondents from diverse social and demographic backgrounds. A structured questionnaire should be developed using established measures. Social isolation can be measured using items assessing frequency of social interaction, social network availability, participation in social activities, and perceived social disconnection. Life satisfaction can be measured using the Satisfaction With Life Scale or another established multidimensional measure. Family support can be assessed

through items measuring emotional, instrumental, informational, and perceived availability of support from family members.

A minimum sample of approximately 300 respondents is recommended for the proposed PLS SEM model, while 400 or more respondents would provide stronger statistical power and greater stability for moderation analysis. Purposive or convenience sampling can be used where a complete population sampling frame is unavailable, although probability sampling should be preferred where feasible. A pilot test involving approximately 30 to 50 respondents should be conducted to identify ambiguous wording and assess preliminary reliability.

SmartPLS should be used for data analysis. The measurement model should first be evaluated using outer loadings, Cronbach's alpha, composite reliability, and average variance extracted. Discriminant validity should be assessed through HTMT. The structural model should then be evaluated using path coefficients, bootstrapping, t statistics, p values, R squared, f squared, and predictive relevance. The moderation hypothesis should be tested by creating an interaction term between social isolation and family support. Bootstrapping with 5,000 resamples is recommended to determine the significance of the interaction effect. A simple slope analysis should subsequently be used to demonstrate whether the negative effect of social isolation on life satisfaction is weaker at high levels of family support. Demographic variables such as age, gender, marital status, employment, and income may be included as controls where theoretically justified.

Measurement Model

Table 1

Construct Reliability and Convergent Validity

Construct	Cronbach Alpha	Composite Reliability	AVE	Assessment
Social Isolation	0.902	0.927	0.718	Acceptable
Life Satisfaction	0.916	0.938	0.751	Acceptable
Family Support	0.908	0.931	0.729	Acceptable

Note. Values are illustrative SmartPLS results and must be replaced with actual empirical output.

Table 2

Illustrative Indicator Loadings

Construct	Indicator	Loading
Social Isolation	SI1	0.832
Social Isolation	SI2	0.861
Social Isolation	SI3	0.875
Social Isolation	SI4	0.824
Social Isolation	SI5	0.851
Life Satisfaction	LS1	0.871
Life Satisfaction	LS2	0.892
Life Satisfaction	LS3	0.846
Life Satisfaction	LS4	0.879
Life Satisfaction	LS5	0.861
Family Support	FS1	0.854
Family Support	FS2	0.882
Family Support	FS3	0.867
Family Support	FS4	0.835
Family Support	FS5	0.874

Note. Values are illustrative.

Table 3
Discriminant Validity Using HTMT

Construct Pair	HTMT Threshold Decision		
Social Isolation and Life Satisfaction	0.713	< 0.850	Established
Social Isolation and Family Support	0.621	< 0.850	Established
Life Satisfaction and Family Support	0.694	< 0.850	Established

Note. Values are illustrative.

Structural Model Analysis

Table 4

Direct Effects

Hypothesis	Relationship	Beta	Standard Error	t value	p value	Decision
H1	Social Isolation → Life Satisfaction	-0.438	0.059	7.424	< 0.001	Supported
H2	Family Support → Life Satisfaction	0.361	0.064	5.641	< 0.001	Supported

Note. Values are illustrative SmartPLS results.

Table 5

Moderation Effect

Hypothesis	Interaction	Beta	Standard Error	t value	p value	Decision
H3	Social Isolation × Family Support → Life Satisfaction	0.143	0.051	2.804	0.005	Supported

Note. Values are illustrative SmartPLS results.

Table 6

Coefficient of Determination and Effect Size

Endogenous Variable	R ²	Interpretation	Predictor	f ²	Interpretation
Life Satisfaction	0.426	Moderate explanatory power	Social Isolation	0.238	Medium
Life Satisfaction	0.426	Moderate explanatory power	Family Support	0.151	Medium
Life Satisfaction	0.426	Moderate explanatory power	Interaction	0.032	Small

Note. Values are illustrative.

Interpretation of Table 1

Table 1 presents the illustrative reliability and convergent validity results for social isolation, life satisfaction, and family support. All Cronbach alpha coefficients exceed the recommended threshold of 0.70. The values range from 0.902 to 0.916, indicating strong internal consistency among the measurement items.

The highest Cronbach alpha value is observed for life satisfaction at 0.916. This indicates that the items used to assess respondents' overall evaluation of their lives demonstrate a high degree of consistency. Social isolation has an alpha coefficient of 0.902, while family support has a coefficient of 0.908. These results indicate that the items representing each construct reliably measure their respective underlying concepts.

Composite reliability values range from 0.927 to 0.938. These values are well above the recommended minimum and provide further evidence of measurement reliability. Composite reliability is particularly relevant to PLS SEM because it accounts for the different contributions of individual indicators.

The AVE values are also satisfactory. Social isolation has an AVE of 0.718, life satisfaction has an AVE of 0.751, and family support has an AVE of 0.729. Each construct therefore explains more than 50 percent of the variance in its indicators. This establishes convergent validity.

The findings indicate that the proposed measurement model is sufficiently reliable and valid for structural model assessment. The strong reliability of life satisfaction is especially important because it is the central dependent construct in the proposed framework.

The findings are theoretically consistent with recent research using established measures of social isolation, social support, and life satisfaction. Recent studies have employed standardized instruments such as the Satisfaction with Life Scale and Multidimensional Scale of Perceived Social Support to examine these relationships.

However, satisfactory reliability does not establish discriminant validity. Since social isolation and family support are conceptually related, it is particularly important to establish that the constructs remain empirically distinct. Therefore, HTMT results are examined in Table 3.

Interpretation of Table 2

Table 2 reports the illustrative outer loadings of the indicators used to measure social isolation, life satisfaction, and family support. All loadings are above 0.80, demonstrating strong relationships between the indicators and their respective latent constructs.

The social isolation indicators range from 0.824 to 0.875. These values suggest that all five indicators provide meaningful representation of social isolation. SI3 has the strongest loading, suggesting that this indicator is particularly representative of the overall construct.

The life satisfaction indicators have loadings ranging from 0.846 to 0.892. LS2 produces the highest loading. This indicates that the item is strongly associated with respondents' general evaluation of their life satisfaction. The remaining items also demonstrate strong loadings, supporting retention of the complete measurement scale.

Family support indicators range from 0.835 to 0.882. FS2 demonstrates the strongest loading, suggesting that this indicator contributes particularly strongly to the measurement of perceived family support.

The consistently high loadings indicate that the measurement items adequately represent their latent constructs. Removing indicators would therefore not appear justified based solely on loading values. Any decision to remove an indicator should also consider theoretical importance, cross loadings, content validity, and changes in composite reliability or AVE.

The measurement results also support the multidimensional conceptualization of family support. Family support can involve emotional, instrumental, informational, and companionship dimensions. A set of indicators allows these dimensions to be represented more comprehensively than a single question.

The results are compatible with recent empirical research that has used established social support and life satisfaction instruments. For example, recent research among older adults used the Multidimensional Scale of Perceived Social Support and Satisfaction with Life Scale to examine the relationship between support and well being.

Overall, the outer loading results support the reliability of the proposed measurement model and provide a strong foundation for evaluating the structural relationships.

Interpretation of Table 3

Table 3 presents the heterotrait monotrait ratio results for discriminant validity. All HTMT values are below 0.850, indicating that the three constructs are empirically distinguishable.

The HTMT value between social isolation and life satisfaction is 0.713. This moderate association is theoretically expected because social isolation should be related to how individuals evaluate their lives. However, the value remains sufficiently below the recommended threshold, demonstrating that social isolation does not simply represent another measure of life satisfaction.

The HTMT value between social isolation and family support is 0.621. This result indicates a meaningful relationship between the availability of social relationships and perceived family support while demonstrating that the constructs remain conceptually distinct. A person may experience social isolation while still receiving strong

family support, which is central to the proposed moderation model.

The HTMT value between life satisfaction and family support is 0.694. This finding indicates that supportive family relationships are associated with positive life evaluations but are not identical to life satisfaction. This distinction is essential because family support is hypothesized to explain differences in life satisfaction and to moderate the effect of social isolation.

The results therefore provide satisfactory discriminant validity. This is particularly important for testing the moderation hypothesis because the interaction between social isolation and family support must represent an interaction between distinct constructs rather than statistical redundancy.

The findings also reinforce an important conceptual distinction between social isolation and social support. Social isolation represents limited or insufficient social connection, while family support represents the perceived availability and quality of assistance from family members. An individual can score high on both constructs if they have limited broader social interaction but strong family relationships.

Recent research supports this distinction by showing that social isolation, social support, social exclusion, loneliness, and life satisfaction are related but distinct dimensions of social well being.

Interpretation of Table 4

Table 4 presents the illustrative direct effects of social isolation and family support on life satisfaction. The results provide support for both H1 and H2.

H1 proposes that social isolation negatively affects life satisfaction. The illustrative path coefficient is -0.438 , with a t value of 7.424 and a p value below 0.001 . The negative coefficient indicates that increases in social isolation are associated with reductions in life satisfaction. The magnitude of the coefficient suggests a meaningful relationship.

This result is consistent with recent empirical evidence. Güler and Yıldırım found that higher social isolation was associated with greater loneliness and death distress, which were subsequently associated with lower life satisfaction among older adults. Similarly, longitudinal research has demonstrated a negative relationship between social isolation and subjective well being.

The finding can be explained through the Social Convoy Model. Social relationships provide emotional, practical, and informational resources. When individuals experience isolation, they may have fewer opportunities to obtain these resources, resulting in lower psychological well being.

H2 proposes that family support positively affects life satisfaction. The illustrative coefficient is 0.361 , with a t value of 5.641 and a p value below 0.001 . The positive coefficient indicates that stronger perceived family support is associated with higher life satisfaction.

This result is consistent with recent research demonstrating that family support is positively associated with life satisfaction and negatively associated with loneliness. Another recent study found that family and significant other support were positively related to life satisfaction and negatively associated with social exclusion.

Together, these findings suggest that social isolation and family support operate in opposite directions. Isolation represents a potential social deficit, whereas family support represents a social resource. Life satisfaction therefore appears to depend partly on the availability of meaningful interpersonal relationships.

However, direct effects alone cannot establish whether family support protects individuals from the harmful effects of isolation. This question is addressed through the moderation effect in Table 5.

Interpretation of Table 5

Table 5 presents the central moderation analysis of the study. The interaction between social isolation and family support produces a positive coefficient of 0.143 , with a t value of 2.804 and a p value of 0.005 . Since the p value is below the conventional 0.05 threshold, H3 is supported.

The positive interaction coefficient has an important substantive interpretation. The direct effect of social isolation on life satisfaction is negative, but the positive interaction indicates that family support weakens this negative relationship. In other words, the decline in life satisfaction associated with social isolation is expected to be less severe among individuals who report stronger family support.

This finding provides evidence for the proposed stress buffering mechanism. Social isolation may represent a

stressful social condition, while family support provides emotional and practical resources that help individuals cope with the consequences of reduced broader social contact.

The finding also contributes to the existing literature because family support is positioned not merely as a direct predictor of life satisfaction but as a protective factor. Recent research has demonstrated positive relationships between family support and life satisfaction, but the proposed moderation perspective extends this literature by examining whether support changes the consequences of social isolation.

The practical meaning of the moderation effect can be understood by comparing individuals at different levels of family support. Individuals experiencing high social isolation and low family support are expected to report the lowest life satisfaction. Individuals experiencing similar levels of social isolation but high family support are expected to report relatively higher life satisfaction.

A simple slope analysis should be conducted in SmartPLS to visualize this interaction. The expected graph would contain two negative lines. The high family support line should be flatter, demonstrating that social isolation has a weaker negative relationship with life satisfaction when family support is strong. The low family support line should be steeper, demonstrating a stronger negative relationship.

The finding has important implications for interventions. Reducing isolation remains important, but interventions can also strengthen existing family relationships. Family counseling, intergenerational activities, regular communication, caregiving support, and family based social programs may help protect individuals from the negative consequences of social disconnection.

Interpretation of Table 6

Table 6 reports the illustrative coefficient of determination and effect size results. The R squared value for life satisfaction is 0.426, indicating that approximately 42.6 percent of the variance in life satisfaction is explained by social isolation, family support, and their interaction. This represents meaningful explanatory power for a behavioral and social science model.

The result indicates that the proposed model captures a substantial proportion of the factors associated with life satisfaction. However, more than half of the variance remains unexplained, which is theoretically reasonable because life satisfaction is influenced by numerous factors including health, income, employment, marital status, personality, psychological resilience, achievement, social identity, and living conditions.

The effect size for social isolation is 0.238, indicating a medium effect. This supports the conclusion that social isolation is an important predictor of life satisfaction rather than merely producing a statistically significant relationship with limited practical importance.

Family support produces an f squared value of 0.151, also representing a medium effect. This demonstrates that family support makes a meaningful contribution to explaining life satisfaction. The finding reinforces recent evidence showing that perceived social support is associated with life satisfaction among older adults.

The interaction effect produces an f squared value of 0.032, representing a small effect. Moderation effects are commonly smaller than direct effects because an interaction explains changes in the strength of an existing relationship rather than simply explaining independent variance.

The combined findings demonstrate that social isolation is an important negative predictor, family support is an important positive resource, and their interaction provides additional explanatory information. The model therefore offers a more nuanced explanation than a simple direct effects model.

Future research should consider adding psychological resilience, loneliness, depression, perceived social support from friends, community engagement, and socioeconomic status. Recent research indicates that loneliness and coping mechanisms may help explain the relationship between family support and life satisfaction, suggesting that more complex moderated mediation models could provide additional explanatory power.

Conclusion

This study examined the relationship between social isolation and life satisfaction and investigated the moderating role of family support. The theoretical framework was primarily informed by the Social Convoy Model, Stress and Coping Theory, and the Need to Belong perspective. The proposed model assumes that social isolation reduces life

satisfaction because individuals experiencing limited social contact have fewer opportunities to obtain emotional support, companionship, practical assistance, social validation, and meaningful participation.

The illustrative SmartPLS results support all three proposed hypotheses. Social isolation has a significant negative relationship with life satisfaction, while family support has a significant positive relationship with life satisfaction. Most importantly, the interaction between social isolation and family support is positive and significant, indicating that family support weakens the negative relationship between social isolation and life satisfaction.

The moderation finding is the principal contribution of the study. It suggests that social isolation does not affect everyone in exactly the same way. Individuals who have supportive family relationships may be better positioned to maintain life satisfaction despite experiencing limited broader social contact. This interpretation is consistent with recent evidence demonstrating the importance of family support and social connectedness for life satisfaction.

The findings have several practical implications. Families can play a crucial role in protecting individuals from the consequences of social disconnection. Regular communication, emotional encouragement, shared activities, and practical assistance may strengthen psychological well being. Community organizations can complement family support by creating opportunities for social participation and meaningful interpersonal interaction.

The study also has theoretical implications because it treats family support as a moderator rather than simply an independent predictor. This approach emphasizes the conditions under which social isolation is most harmful.

Nevertheless, the proposed cross sectional methodology limits causal interpretation. Future studies should use longitudinal and experimental designs to determine whether changes in social isolation produce corresponding changes in life satisfaction and whether strengthening family support can reduce these effects.

Discussion

The proposed findings provide important insight into the relationship between social isolation and subjective well being. The negative relationship between social isolation and life satisfaction is theoretically and empirically consistent with the idea that humans require meaningful social relationships to maintain psychological well being. When interpersonal contact decreases, individuals may lose emotional resources, companionship, social validation, and opportunities for meaningful participation.

The positive relationship between family support and life satisfaction further demonstrates that interpersonal resources remain important for subjective well being. Supportive family members can provide emotional reassurance, assistance, advice, and a sense of belonging. Recent research among older adults has found that family support is positively associated with life satisfaction while reducing loneliness.

The moderation finding provides a more sophisticated interpretation. Strong family support appears to function as a protective resource that can reduce the harmful consequences of social isolation. This is consistent with stress buffering perspectives, although previous research indicates that support does not necessarily function identically across all populations or stressors.

The finding is also consistent with recent research showing that social support and social activities are associated with greater life satisfaction and lower social exclusion. Therefore, the study contributes to the broader literature by demonstrating that the quality and availability of close relationships may determine how individuals respond to social disconnection.

The results also have implications for social policy. Policies designed to address isolation should not focus exclusively on increasing the number of social contacts. Instead, attention should be given to the quality, stability, and emotional value of relationships. Family based interventions may be particularly valuable where family networks constitute an important source of support.

However, the model should not imply that family support can completely eliminate the consequences of social isolation. Individuals may require relationships outside the family, including friendships, community organizations, colleagues, religious or cultural groups, and neighborhood networks. Excessive dependence on family support may also create burdens for caregivers.

Future research should therefore investigate whether family support interacts with other forms of social support. Researchers could compare family, friend, community, and organizational support to determine which sources provide the strongest buffering effect.

Future Recommendations

Conduct longitudinal research. Future studies should follow participants over time to determine whether changes in social isolation predict subsequent changes in life satisfaction.

Use experimental interventions. Researchers should evaluate whether family based interventions, social participation programs, or community activities can reduce the negative consequences of isolation.

Examine loneliness as a mediator. Social isolation may influence life satisfaction partly through loneliness. A future model could test:

Social Isolation → Loneliness → Life Satisfaction

with family support moderating one or more paths.

Compare different forms of social support. Future research should distinguish family support from friend support, community support, workplace support, and online social support.

Use multigroup SmartPLS analysis. Researchers could compare whether the proposed relationships differ according to age, gender, marital status, employment, or living arrangement.

Investigate cultural differences. The buffering effect of family support may be stronger in collectivist societies than in highly individualistic societies. Cross cultural research would provide important evidence.

Measure actual social connectedness. Future studies should combine self report measures with objective indicators such as frequency of social interaction, number of social contacts, participation in community activities, and communication frequency.

Examine psychological mechanisms. Future models should incorporate loneliness, psychological resilience, self esteem, depression, perceived belongingness, and coping strategies. Recent evidence indicates that loneliness and coping can help explain the relationship between family support and life satisfaction.

Develop family based interventions. Social workers, healthcare professionals, and community organizations should consider programs that encourage regular family communication, intergenerational activities, emotional support, and shared decision making.

Avoid assuming that family support always buffers stress. Future research should examine whether excessive dependence, family conflict, caregiver burden, or dysfunctional family relationships can reverse the expected protective effect.

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