

**FROM SHADOWS TO STRENGTH: UNDERSTANDING SOCIAL  
SUPPORT AND WELL-BEING AMONG SEX TRAFFICKING  
SURVIVORS**

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**ABSTRACT:**

**Aim:** *This study investigates the relationship between perceived social support and psychological well-being among sex trafficking survivors. The study also attempts to identify the significant role of living arrangements (living alone/living with the family) on psychological wellbeing of such survivors.*

**Method:** *60 (female) sex trafficking survivors participated in the study, selected using convenience sampling, age range 20 – 24 years, completed measures assessing dimensions of perceived social support (Multidimensional Scale of Perceived Social Support) and psychological wellbeing (Psychological Well-Being Scale). Interview method was used to collect the data.*

**Data analysis:** *Pearson's correlation coefficients and independent samples t-tests to explore relationships and differences.*

**Results:** *Family Support dimension significantly correlated with psychological wellbeing dimensions of personal growth, positive relations, and self-acceptance, indicating that family support plays a crucial role in fostering these aspects of well-being among survivors of sex trafficking. Participants living with family reported higher perceived social support across all dimensions compared to those living alone. This underscores the importance of familial and social connections in providing essential support to survivors. With respect to psychological wellbeing, survivors living alone reported higher personal growth and purpose in life, whereas those living with family reported higher self-acceptance. Besides, those living alone scored higher on psychological well-being scores suggesting that independent living may foster certain aspects of well-being, such as personal growth and purpose, while familial living supports self-acceptance.*

**Conclusion:** *Given the severe physical, psychological, and emotional trauma experienced as victims of sex trafficking, the findings underscore the importance of familial support in enhancing psychological wellbeing among survivors of sex trafficking. Implications for*

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*interventions and policy highlight the critical role of social support networks in promoting resilience and wellbeing among this vulnerable population.*

**KEYWORDS:** *Victims Of Sex Trafficking, Perceived Social Support, Psychological Wellbeing, Living Arrangements.*

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