

# ANALYSIS OF STREET HARASSMENT, SOCIAL SUPPORT AND PSYCHOLOGICAL DISTRESS AMONG YOUNG FEMALE ADULTS

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### ABSTRACT

*This study investigated the relationship between street harassment, social support, and psychological distress in young adult females. A cross-sectional design was employed with a purposive sample of 300 female participants aged 18–25. Data were collected using the Index of Street Harassment Scale, Multidimensional Scale of Perceived Social Support, and Kessler Psychological Distress Scale (K10). Descriptive statistics were used for demographic variables, and Pearson Product-Moment Correlation was applied to test the hypotheses. Results indicated that behavioral harassment significantly negatively correlated with social support from friends, family, and significant others, while showing a significant positive correlation with verbal harassment and eve-teasing ( $p < 0.01$ ). Street harassment exhibited a significant positive correlation with psychological distress ( $p < 0.01$ ). Verbal harassment was positively correlated with eve-teasing ( $p < 0.01$ ) and negatively correlated with social support from family and friends ( $p < 0.05$ ) and psychological distress ( $p < 0.01$ ). Eve-teasing demonstrated an insignificant relationship with social support from family and significant others ( $p > 0.01$ ). Social support from significant others, family, and friends was significantly associated with one another and with psychological distress. These findings highlight the detrimental impact of street harassment on mental health and social support systems. The study offers insights for victims and their support networks to better understand and manage the behavioral and psychological effects of harassment, paving the way for improved intervention strategies and support systems to mitigate its impact.*

**Keywords:** Street Harassment, Social Support, Psychological Distress, Adults, Correlation, Depression, Anxiety..

### INTRODUCTION

In this age, street harassment is a very common issue. It badly effects the health of victims. Most men often ignore and nonchalantly accept provocation of women, especially in immature social orders. Street Harassment is one of a common type of harassment which many women experience, the impact of such experiences may vary from one individual to another individual. The women have low level of social support after the street harassment (Harding,

Betts, Wright, Peart & Sjolin, 2021). Therefore, Muazzam et al. (2016) believe that women are taught to put up with or be silent when someone is badgering them from a very young age. According to Kearl (2014), public provocation has varying degrees of impact on women's lives in all sociocultural contexts around the world. Research on street harassment reveals that the issue has broad ramifications as the majority of women and girls report being

sexually harassed in public by men they do not know.

The publication of articles about street harassment by activists, bloggers, and online media outlets in recent years has been a reflection of a growing and international social movement against it examine scholarly and activist viewpoints on street harassment in this essay, looking at its prevalence, the categories of persons who are harassed, the methods used to stop it, and theoretical justifications. I argue the argument for paying more attention to the effects of overlapping injustices, propose recommendations for more research, and give guidance to researchers in my conclusion (Logan, 2015).

Street harassment can have detrimental effects on one's physical, emotional, and long-term bodily health. According to several studies, social support is crucial for the physical and mental health of sexual assault victims. The definition of social support is "a network of family, friends, neighbor's, and other significant individuals in one's life who are available to give psychological, physical, and financial help when needed." Social support may be defined as any form of interaction and connection that supports and aids people when they feel the need to manage a problem. High levels of social support have been linked to enhanced happiness, optimism, improved adaptability, as well as decreased stress and depressive symptoms. Shahali, (2019) discovered that social support was a better predictor of post-traumatic recovery than psychological adjustment and familial history of psychopathology. These findings demonstrate that evaluating the victim's sense of social support is one method for identifying those who are likely to endure chronic psychological distress as a result of violence. Self-esteem has also been shown to be correlated with social support levels. The most common way to define psychological distress is as an emotional state of suffering marked by depressive symptoms including lack of interest, sadness, anxiety symptoms like restlessness, and a sense of hopelessness (Mirowsky, 2002). Scientific literature has extensively debated the ambiguous status of psychological distress in psychiatric

nosology. On the one hand, psychological distress is considered an emotional condition that may affect how people interact with one another and conduct their daily lives (Wheaton, 2007). To determine the risk factors and preventative measures, it has been the focus of several study. On the other hand, the level of daily impairment in some disorders is a sign of the severity of symptoms (such as post-traumatic stress disorder and disorder of generalized anxiety), whereas distress is a diagnostic criterion for other mental disorders (such as OCD) (Watson, 2009).

The majority of research on SH has been conducted using a stress framework that is based on Lazarus and Folkman's findings. According to this viewpoint, street harassment is a psychological demand that strains or exhausts the targets' coping mechanisms and may result in unfavorable psychological and behavioral results (Fitzgerald, 1994). It is generally known that people who experience SH are more likely to experience unfavorable psychological distress consequences, which is consistent with a stress viewpoint (Shannon, 2009). In a similar vein, SH has been linked to future health outcomes that are detrimental to youth, including psychological discomfort, including fear, rage, anxiousness, and despair, nausea, insomnia, decreased academic satisfaction, and alcohol issues (Thompson, 2010).

In addition, several research conducted on adults have shown that SH has detrimental effects on one's ability to perform in the areas of work, relationships, and education (Kearl, 2011). Teenagers who experienced SH at school may have difficulties sleeping, having trouble concentrating in class, giving up extracurricular activities, or staying home from school. SH among college students is therefore expected to have comparable adverse effects (Hill, 2011). However, Social support can serve as a shield against the harmful consequences of street harassment. Social support can come from a variety of sources, such as friends, family, partners, and mental health professionals. Social support can help to provide individuals with a sense of safety, validation, and empowerment, which can counteract the negative effects of street harassment. In contrast to women who

experienced high levels of street harassment but low levels of social support, those who experienced high levels of street harassment but high levels of social support reported lower levels of PTSD symptoms, according to a study by Charlene Y. Senn and colleagues (2018). The study also discovered that telling social support networks about street harassment was linked to enhanced social support perception and lower psychological discomfort.

According to Gardner (1995), described the whole sample of 293 women had experienced Street Harassment. 65 women disclosed that making a 'notable life decision' when they experience harassment, they faced difficulty such as when they have to moving to a new house or while changing their jobs to avoid the perceived harassment or actual harassment in public areas that they had experienced. Only 9 of the women describe that Street Harassment were not 'troublesome' (annoying and irritating) for them. The results shows that the emotional (feelings) responses to SH occurs in different, when SH was operationalized and assessed as 'Eve teasing'. Specifically, of the 36 persons who experienced 'Eve teasing', the mostly reported feelings of anger 61 percent and feelings of shame or humiliation 47 percent. Victims of H also reported experiencing fear, worry, or tension following experiencing 'Eve teasing' (Harding, Betts, Wright, Peart & Sjolín, 2021).

Betts et al., (2019) study on the male and female those who experience street harassment. They study over a 6-to-8-week period, 118 participants (68 female, 43 males, and 7 with no gender stated) 11 to 15-year-old reported experiencing street harassment. Four separate groups were identified by cluster analysis for findings: "predominantly or verbal," "non-direct/nonverbal" "all forms" and "other incident". Following the incident of street harassment, young women and those in the "all forms" category reported having more unpleasant emotions such as (sadness). Young men and women both reported experiencing street harassment at similar rates. Young girls suffer more intense negative feelings (sadness or distress) than do boys after SH episodes, and the SH

incidents that girls experience also seem to be distinct from those that boys experience (Betts et al., 2019). In this text, I look at the social repercussions of men harassing non-partner women in public. I take into account different interpretations of street harassment, including the apparently innocent girl-watching some males claim to engage in or the intrusions of privacy many women sense in such behavior. I next go over the cultural motivations for this harassment and make the case that each one contributes to the development of a climate that is supportive of sexual terrorism. Additionally, some suggestions for future communication research on this and other societal issues that impact women are made, along with a brief discussion of the significance of women acknowledging their experiences of street harassment (Kissling, 2016). Research was done by Shaheen in 2005 on the topic that when they asked from men that they harass women in the street? Mostly men more likely to report that they harassing women in public places. According to the survey results, 88.0% of respondents believed that men harass women. On the other hand, 4% of respondents responded on no and 8% of respondents said only some men do this type of behavior. The techniques men used for harassing women 56 percent of the men respond that they usually use vulgar comments & whistling for harassing women. 4% of the men reported that sometime they harass with physical cues such as: with hands, eyes, and indicating the various bodily parts. Additionally, 12 percent answered that they harass women via direct physical contact, 12% respond that they have no specific practice for this, and 4% men said that they harass women through the web, email, and messages. Some of men would make fake calls to a woman's cell phone or her home number, but some men would send love letters to women to harass them (Shaheen, 2005). Ahmad (2020) conducted the quantitative study in District Kalat, focused to analyze the intensity level of SH among adult females in Pakistan and check their level of confidence with strong social support. Sample was consisting of 698 girls from which the 260 were the students of government colleges. The results show that

most of the respondent's faced the street harassment. The research explains the primary factors behind street harassment, including the media, gender inequality, and machismo, a lack of strong social networks, education, and socialization. Women's confidence is damaged by street harassment because of this they felt unhappy. SH is currently one of the main causes of gender-based violence against women in Pakistan. Whistles, catcalling, and other types of Street harassment targets the girls. Street harassment has many psychological effects on young women. Because of this, they become frustrated, disgusted, and fearful that women are also feeling anxious or depressed (Ahmad, 2020).

A study by Senn and colleagues (2018) examined the effects of sexual violence on women's mental health in Canada. The study included, 1044 women who completed an online survey. The study found that women who experienced high levels of street harassment but had high level of social support reported lower levels of PTSD symptoms compared to women who experienced high levels of street harassment but had low level of social support. The study also found that disclosure of street harassment to social support networks was associated with increased perceived social support and decreased psychological distress (Senn, 2018).

Survey for the research was conducted at the university students answered the questions about harassment and three psychological health indicators. The sample was 759 students. After knowing about age, birth area, relationship/couple relationships, and latest sexual violence, the risk of psychological distress was high with the street harassment exposure. The results showed that Street harassment have bad impact on the victim's mental health. Some studies have done on the association between harassment and mental health/psychological distress (Bastiani, Romito, & Saurel-Cubizolles, 2019). Garg and colleagues' (2018) research looked at the connection between street harassment and women's mental health outcomes in India. The study included 1200 women who completed an online survey. The study found that women who experienced street

harassment reported higher level of psychological distress and that social support moderated this relationship such that the negative effects of street harassment on mental health were weaker for women who received more social support (Garg, 2018).

### **Literature Review**

Street harassment is a pervasive and deeply troubling issue that affects women's emotional, psychological, and social well-being on multiple levels. It encompasses a range of intrusive behaviors, including verbal abuse, unwelcome physical gestures, and various forms of unsolicited attention in public spaces. These actions create a hostile environment, making women feel unsafe and vulnerable. Women often experience a reduction in social support following incidents of street harassment, which exacerbates the negative impact of such experiences (Harding et al., 2021). A comprehensive study by Gardner (1995) involving 293 women revealed that all participants had encountered street harassment at some point in their lives. Among them, 65 women reported that harassment significantly disrupted their lives, forcing them to relocate or change jobs to escape persistent harassment. Emotional responses varied, with 61% expressing anger and 47% feeling shame or humiliation. The psychological effects of harassment, operationalized as "eve teasing," also included fear, anxiety, and worry, reflecting the multifaceted emotional toll of these incidents (Harding et al., 2021). Ahmad (2020) examined 698 women in District Kalat, Pakistan, and found that most participants had encountered harassment. The study identified critical contributing factors, such as media portrayal of women, gender inequality, weak social networks, and societal attitudes. Psychological repercussions included frustration, fear, depression, and a notable decline in self-confidence, underscoring the pervasive and far-reaching consequences of this issue in patriarchal societal contexts. Similarly, Betts et al. (2019) explored the emotional impact of street harassment on adolescents, revealing that girls experienced more intense negative emotions such as sadness compared to boys.

Dhillon and Bakaya (2014) focused on harassment in Delhi and found that it frequently occurred in crowded public spaces during the day, significantly restricting women's mobility and autonomy. Many women resorted to non-confrontational coping strategies, such as avoiding certain areas or remaining silent, which perpetuated the cycle of harassment and reinforced the broader societal norms enabling such behavior. Furthermore, Shaheen (2005) conducted a survey on male behavior, finding that 88% of respondents acknowledged that men harass women, with 56% admitting to using vulgar comments and whistling. Additional methods of harassment, including physical gestures and online abuse, were also reported, emphasizing the multifaceted and widespread nature of the problem. Social support plays a pivotal role in mitigating the adverse psychological effects of street harassment. It serves as both a protective and restorative factor, helping victims cope with the immediate emotional impact while fostering resilience in the long term.

Ahmad (2020) highlighted that harassment often undermines women's confidence and self-esteem, exacerbating gender-based violence and perpetuating cycles of inequality. However, the presence of robust social networks can provide emotional and practical assistance, enabling victims to recover more effectively. Senn et al. (2018) found that women with high levels of social support reported fewer PTSD symptoms despite experiencing street harassment, illustrating the buffering effect of supportive relationships. Similarly, Gervais et al. (2018) observed that social support mitigated the negative effects of harassment on body image, enabling women to maintain a more positive self-perception despite adverse experiences. Lindner et al. (2012) reported that women subjected to harassment exhibited a higher fear of crime, significantly limiting their engagement in public life and reinforcing a cycle of isolation. However, Jost et al. (2018) found that social support moderated psychological distress, reducing its severity and providing victims with resources to cope more effectively.

Gervais et al. (2011) emphasized that social support also played a crucial role in

reducing self-objectification caused by harassment, highlighting its importance in fostering psychological resilience and autonomy in victims. The psychological toll of street harassment is profound, affecting victims' mental health in both immediate and long-term ways. Bastiani et al. (2019) linked street harassment to increased levels of psychological distress among university students, revealing heightened anxiety, depression, and a pervasive sense of discomfort in public spaces. Gradus and Kelly (2007) highlighted that factors such as religion, age, physical appearance, and sexual orientation amplified vulnerability to harassment and its accompanying distress. These intersecting factors often create compounded effects, intensifying the victim's psychological burden and hindering recovery. Patton and Viner (2007) emphasized the enduring impact of harassment on victims' psychological, behavioral, and emotional well-being. Victims frequently reported chronic feelings of shame, anger, and stress, which exacerbated existing mental health challenges and disrupted their overall quality of life.

Garg et al. (2018) found that social support played a pivotal role in moderating the psychological distress caused by harassment, providing victims with the resources to cope and recover effectively. Similarly, Fitzgerald et al. (2019) observed that women who experienced harassment reported significantly higher levels of anxiety and depression, underscoring the widespread and systemic nature of its psychological impact. Jones et al. (2018) and Cortino et al. (2018) noted that the psychological distress associated with harassment often extended to professional settings, manifesting as absenteeism, reduced productivity, and turnover. This highlights the far-reaching consequences of street harassment, affecting not only individual well-being but also societal and professional dynamics.

In conclusion, street harassment represents a significant challenge with profound emotional, psychological, and social repercussions for women. It undermines their freedom, self-esteem, and ability to participate fully in public life. Social support has been shown to play a crucial

role in buffering these negative effects, but systemic changes are needed to address the root causes of harassment. Public awareness campaigns, policy interventions, and further research are essential to mitigate the impact of street harassment and empower affected individuals to reclaim their autonomy and dignity. Addressing this pervasive issue requires a collective effort, combining education, advocacy, and systemic reform to create safer and more inclusive public spaces for everyone.

### **Hypothesis**

Based on literature review and theoretical perspectives, following hypotheses of the current study are formulated:

H1: There is likely be a correlation between street harassment and social support in young adults.

H2: There is likely be a correlation between street harassment and psychological distress in young adults.

H3: There is likely be a correlation between social support and psychological distress in young adults.

H4: There is likely be a correlation between street harassment, social support, and psychological distress in young adults.

### **Methodology**

#### **Research Design and Sampling Strategies**

A cross sectional design was used in the current study to inspect the relationship between street harassment, social support and psychological distress in young adults. Purposive Sampling were used as sampling method and the data were collected from the Region of Punjab, Sialkot.

#### **Sample**

A sample of 300 females only (age 18-25) was taken from different universities. On a single item, participants indicated whether they have experience street harassment. The demographic characteristics are given in the result section.

### **Measures**

#### **Index Street Harassment Scale**

Israa and Ijaz (2021) developed a scale for street harassment. It included 15 items, but three were removed from the scale owing to reliability and validity concerns. A 5-point Likert scale with a score of 0 for never to 4

for always was used. The scale included three factors: Factor I is behavioral has 4, 5, 6 and 10 items. Factor II: Verbal; consists of items 2, 3, and 12. Factor III: Eve Teasing includes item 1, 8, 9, and 11. The scale's reliability for the current research is .72.

#### **The Multidimensional Scale of Perceived Social Support**

Zimet et al. (1988) developed the scale. The MSPSS was initially discussed by in the Journal of Personality Assessment in 1988. Multidimensional Scale of Perceived Social Support (MSPSS) was created to examine how people perceive support from three different domains: family, friends, and a significant other. It is a self-report questionnaire with 12 items that are rated on a 7-point Likert-type scale, from "very strongly disagree" to "very strongly agree." And there are four questions in each domain. The overall scale's dependability ranged from 0.81 to 0.98. This scale has also been developed in Urdu (MSPSS-U), Nepali (MSPSS-N), and Chinese (Zimet, 2016). This scale's reliability in the current study is .863.

#### **Kessler Psychological Distress Scale (K10)**

Dr. Ronald C. Kessler (1992) developed a psychological screening instrument called the Kessler Psychological Duties Scale (K10) to help persons with severe levels of psychological distress. Based on questions regarding anxiety and depressive symptoms that a person has experienced in the most recent four weeks. The scale used to distinguish between anxiety (items 2, 3, 5, 10) and depression (items 1, 4, 7, 8, and 10) symptoms. K10's overall internal consistency, which measures dependability, was  $\alpha=0.844$ . According to Lins et al. (2002), the validity of K10 was  $p=0.722$  ( $p < 0.001$ ). This scale's reliability in the current study is .827.

#### **Procedure**

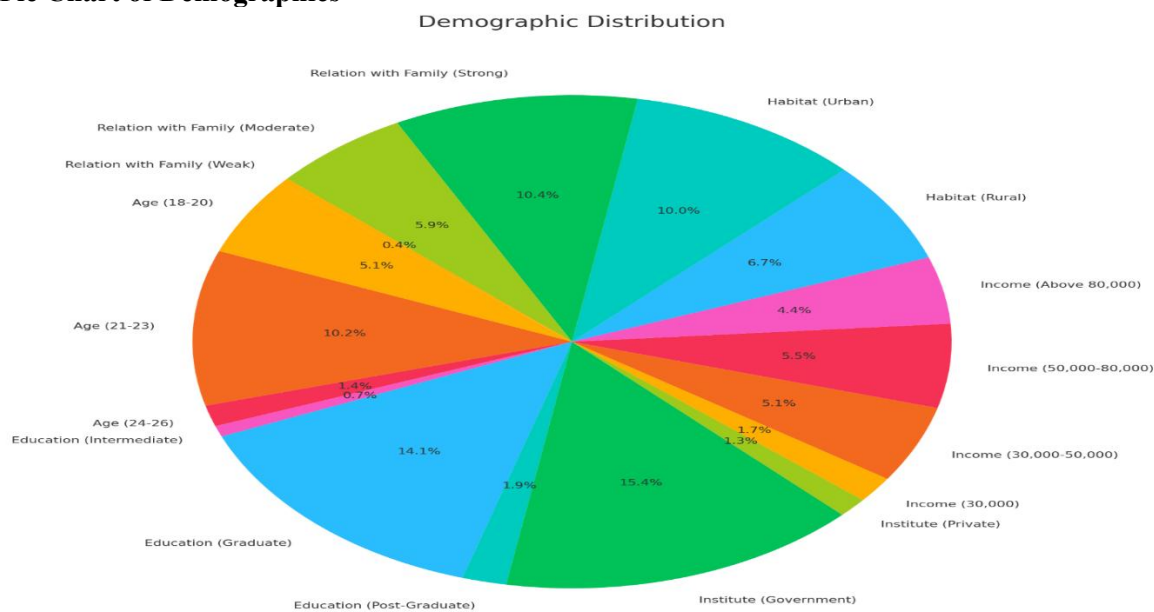
At first the conduction of research study was approved by the Department Ethical Review Committee (DERC) of Department of Psychology, GC Women University Sialkot. After getting permission, scales were arranged, and the authors' permission was taken. Then, participants were contacted by visiting Govt. College Women

University in Sialkot and University of Sialkot. Letter of consent along with demographic sheet and scales of current study i.e.; Index Street Harassment Scale, Multi-dimensional Scale of Perceived Social Support and Kessler Psychological Distress Scale K10 were used.

The current study aimed to explore the relationship between Street harassment, Social Support and Psychological Distress in young adults. Pearson product Moment Correlation was carried out through statistical package for social sciences (SPSS. 26) to explore the relationship between street harassment, social support and psychological distress in young adults.

**Results**

**Pie Chart of Demographics**



**Fig.1: Pie chart depicts socio-demographic characteristics of the sample**

**Table 1**  
**Table of Correlation between street harassment social support and psychological distress in young adults.**

|                                  | M     | S.D  | BHS | VHS    | EHS    | SSSS  | FSSS    | FSSS    | PDS     |
|----------------------------------|-------|------|-----|--------|--------|-------|---------|---------|---------|
| behavioral harassment scale      | 6.07  | 2.65 | -   | .468** | .265** | -.095 | -.130   | -.158** | -.148*  |
| verbal harassment scale          | 8.30  | 2.94 |     | -      | .234** | .050  | -.162** | -.116*  | -.194** |
| Eve teasing harassment scale     | 4.16  | 3.11 |     |        | -      | -.029 | -.020   | -.228** | -.073   |
| significant social support scale | 17.84 | 6.53 |     |        |        | -     | .390**  | .370**  | .242**  |
| family social support scale      | 20.05 | 6.08 |     |        |        |       | -       | .589**  | .223**  |
| Friends social support scale     | 18.63 | 6.26 |     |        |        |       |         | -       | .210**  |
| psychological distress scale     | 33.34 | 6.98 |     |        |        |       |         |         | -       |

Note: BHS= behavioral harassment scale, VHS= Verbal harassment scale, EHS= eve teasing harassment scale, SSSS= Significant other social support, FSSS= Family social support, FSSS= Friends

social support, PD= psychological distress correlation is significant at the 0.05 level (2 tailed).correlation is significant at the 0.01 level (2 tailed).

Table 1 presents the correlations between street harassment (behavioral, verbal, and eve-teasing), social support (from significant others, family, and friends), and psychological distress in young adults. BHS was positively correlated with Verbal Harassment Scale (VHS;  $r = .468$ ,  $p < .01$ ) and Eve-Teasing Harassment Scale (EHS;  $r = .265$ ,  $p < .01$ ). BHS showed significant negative correlations with Friends Social Support Scale ( $r = -.158$ ,  $p < .01$ ) and Psychological Distress Scale ( $r = -.148$ ,  $p < .05$ ). BHS had no significant relationship with Significant Other Social Support Scale ( $r = -.095$ ) or Family Social Support Scale ( $r = -.130$ ). VHS had a significant positive correlation with EHS ( $r = .234$ ,  $p < .01$ ). VHS negatively correlated with Family Social Support Scale ( $r = -.162$ ,  $p < .01$ ), Friends Social Support Scale ( $r = -.116$ ,  $p < .05$ ), and Psychological Distress Scale ( $r = -.194$ ,  $p < .01$ ). EHS showed no significant correlations with Significant Other Social Support Scale ( $r = -.029$ ) or Family Social Support Scale ( $r = -.020$ ). A significant negative correlation was observed with Friends Social Support Scale ( $r = -.228$ ,  $p < .01$ ). EHS had nonsignificant relationship with Psychological Distress Scale ( $r = -.073$ ). Significant Other Social Support Scale positively correlated with Family Social Support Scale ( $r = .390$ ,  $p < .01$ ), Friends Social Support Scale ( $r = .370$ ,  $p < .01$ ), and Psychological Distress Scale ( $r = .242$ ,  $p < .01$ ). Family Social Support Scale was positively associated with Friends Social Support Scale ( $r = .589$ ,  $p < .01$ ) and Psychological Distress Scale ( $r = .223$ ,  $p < .01$ ). Friends Social Support Scale showed a positive correlation with Psychological Distress Scale ( $r = .210$ ,  $p < .01$ ).

### Discussion

This section elaborates on the correlation findings of the present study regarding street harassment, perceived social support, and psychological distress among young adults. These findings are interpreted within the theoretical frameworks of Don Drennon-Gala and Francis Cullen, Dean et al. (1977), Edward Tory Higgins (1987), and Leonard Irving Pearlin, as discussed earlier in the study. The results provide valuable insights for psychologists, mental

health professionals, individuals affected by street harassment, and the support systems available to victims. Initial Hypothesis proposed a correlation between street harassment and social support. The findings revealed a significant but weak correlation between the two variables, consistent with prior research. For instance, Jones et al. (2020) demonstrated that street harassment negatively impacts victims' social support. Victims often withdraw from social interactions, experience feelings of shame and self-blame, and avoid seeking help, leading to social isolation and vulnerability. Similarly, Kelly et al. (2018) found that women who experienced street harassment reported reduced social support and were more likely to withdraw from social activities, contributing to feelings of isolation. Second hypothesis suggested a correlation between street harassment and psychological distress, which was supported by the results, showing a weak but significant relationship. Literature supports these findings, with studies linking street harassment to psychological issues like PTSD and depression. Lindner et al. (2018) reported elevated levels of anxiety and depression among women subjected to street harassment, while Tinkler et al. (2016) found a connection between PTSD symptoms and street harassment. Third hypothesis posited a correlation between social support and psychological distress. The study found a weak inverse relationship between the two, aligning with previous findings. Cohen and Wills (1985) and Lakey and Cohen (2000) demonstrated that robust social support networks can reduce psychological distress and improve mental well-being. Fourth hypothesis proposed a correlation between street harassment, social support, and psychological distress. The results revealed a significant negative correlation among these variables, supported by prior research. Tinkler et al. (2017) found that high levels of social support reduced the likelihood of PTSD symptoms in women experiencing street harassment. Similarly, Lindner et al. (2018) showed that social support mediated the relationship between anxiety, depression, and street harassment. These findings underscore the importance of social support in mitigating the psychological impact of



street harassment and highlight the need for targeted interventions to address these issues.

### Study Implications

This study highlights street harassment, social support and psychological distress in young adults. Its findings can assist clinical psychologists and counselors in comprehending the impact of street harassment. Furthermore, it sets the ground for further research on behavioral patterns among preschoolers and adolescents. The study proposes to focus on targeted interventions aimed at reducing stress as a preventive measure against street harassment problems.

### Conclusions

This study highlights the complex relationships between street harassment, social support, and psychological distress among young adults. Street harassment was weakly but significantly correlated with reduced social support and increased psychological distress, indicating its negative impact on victims' mental health and social connections. Victims often experience isolation due to shame, self-blame, and reduced access to supportive networks. A weak inverse relationship between social support and psychological distress confirms that strong social connections can mitigate mental health challenges. Furthermore, the significant negative correlation among street harassment, social support, and psychological distress emphasizes the protective role of social support in reducing the psychological impact of harassment. These findings stress the importance of strengthening support systems, raising awareness, and implementing targeted interventions to address the adverse effects of street harassment and foster resilience in young adults.

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