

**Abstract:**

The aim of the study was to determine the characteristics of gender differences in the anticipated and received social support in long-term heterosexual relationships. The author first created the theoretical basis for the issue of social support for subsequent empirical part. Semi-structured interviews were conducted with twelve adult respondents and on their basis was performed a qualitative analysis of the data. Interpretation of the data suggests that women and men were very similar in anticipated and received social support. The results were discussed in the light of studies on social support in relationships and gender differences.

**Keywords:**

Gender, gender differences, health psychology, heterosexual relationships, qualitative research, romantic relationships, social support.