



Relationship between Satisfying Psychological Needs and Resilience in High-school Students in Dezful Town

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Abstract: This study aims to investigate the relationship between satisfying psychological needs and resilience. This is a correlation study and statistical sample is high school students in Dezful provinces in academic year 2012-2013 that 379 students (183 male and 196 female) were selected with random multi step cluster sampling. Conner-Davidson resilience scale and Gardia, Deci and Ryan's need satisfaction scale were completed and their validity and reliability were confirmed with Cranach alpha. Multiple regression analysis results showed that need for autonomy and capability have positive and significant effect on resilience. In sum, findings of study provide good evidences for effect of satisfying psychological needs on children resilience .

Keywords: Satisfying Basic Psychological Needs, Resilience.

INTRODUCTION

Psychology in past and at the beginning of its evolution as a science has relied more on disease than health, fear than courage, aggression than love and psychologists had not emphasized so much on helping people for being more glad, more perfect, more hope, more love and more optimism¹ . Today, positive psychology has been emerged against this trend which studies strength of human¹ .

During the last century, researchers and psychologists have mostly emphasized on disappointment and unhappiness conditions of human being such as anxiety and depression rather than their positive strengths and potentialities. In recent years, especially since Martin Seligman has been appointed as the APA president, a gradual trend has appeared in researchers' attitudes toward the positive aspects of human strengths^{2,3} . For instance, within the last decade some psychologist and researchers have tried to bring some new definition for the resiliency .

Positive psychology has a brief history (less than a decade) and long background (Greece philosophers and oriental thinkers)⁴ . Final target in this approach is identifying methods that follow human well-being and happiness. Therefore, factors that establish more adaptation of human with life needs and

threats are the most fundamental constructs of study⁵. Of all them, resilience is a construct that has a significant position in psychological studies field, especially health psychology, family psychology, evolution psychology and mental health, such that researches about this construct are increasing⁴. Because of resilience impact on mental health, it has attracted many researchers in recent years. Resilience means successful conformity in spite of harmful conditions and threats in environment that people live in it .

In fact, resilience is positive adaptation in reaction to worse conditions⁶. Anzlicet et al. argued that resilience reduces anxiety and depression. They believed that resilient individuals can cope with harmful effects and maintain their mental health. As a result, high resilience reduces emotional problems and creates mental health⁵. Therefore, by increasing resistance and resilience in young adults; we can prevent covert damages which have threatened them. Accordingly, this research tries to discover and identify resilience causes to help this behavior. On one hand, this characteristic is supported by internal ability and interaction with environment and family and presents as a positive characteristics⁷. Also basic psychological needs theory adds new components to modified psychological needs and their relation with mental health and happiness by closer look. Based on this, this research investigates satisfaction of basic psychological needs with resilience. It is necessary to mention that as authors know this study uses basic psychological needs theory in resilience for the first time, while Deci and Ryan, founders of this theory, consider high research advantages for this theory and said: "all important events in social life are related to basic psychological needs and needs dynamics explain these events⁸ .

Basic psychological needs theory, Deci and Ryan⁷, state that satisfying basic psychological needs leads to well-being. These needs include: need for autonomy, need for competence and need for relatedness are important for individual. By need for autonomy, they mean freedom in activities instead of control sense or obligation. This need meets when a person feels that based on his integrated perception of self, he acts according to his will⁷. Need for competence is capacity and efficacy in confronting environment, such that an individual feels that he can control environmental experiences and copes different challenges (White, 1959). Need for relatedness means need for having ties with others, such that a person feels that he is loved by those who are important for them⁸. If these people can meet these three basic needs, sense of self-esteem and self-value shapes in them and they try for mental well-being. Dissatisfying these needs brings loose, negative, alien and critical understanding, of self-⁹.

Research showed that meeting these needs and focus on internal motivation has positive correlation with high self-esteem and self-flourishing⁷. Beds and grounds that support or destroy these needs directly influence mental health and well-being. This theory claims that these three needs are necessary and if one is not satisfied it will have separate cost .

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Research show that resilience has been widely studies but there is no study that directly studies relationship between meeting basic psychological needs and students' resilience, at least in searches for this study. Research in this field is necessary to achieve practical solutions. Therefore, this study was conducted to determine relationship between meeting basic psychological needs and resilience of students.

MATERIALS AND METHODS

This is a descriptive correlation study. Statistical sample in this study were all high school student in Dezful province which was 18047 (9037 female and 9007 male). Random cluster sampling was used for sampling. 396 students were selected as sample. 17 were excluded from the study because of defective information and sample was reduced to 379 (194 male and 185 female).

Research instruments

Conner and Davidson resilience scale: CD-RISC scale (2003) is a 25items instrument (never, rarely, sometimes, often, always) which measures resilience construct in 5 points in Likert scale from 0 to 4. Minimums resilience score was zero and its maximum is 100. Mohammadi¹⁰ had adjusted it for using in Iran. Mohammadi has obtained Cronbach alpha as 0.89. Reliability was measured by correlation method between 0.41 and 0.64⁴. In this study, Cronbach alpha was 0.87 and reliability was 0.84 .

Psychological needs satisfaction scale: this is a scale that has constructed by Gardia et al., which measures support for autonomy, competence and relatedness. This scale has 9 items and 3 subscales. Each item has 7 points (form 1 to 7 including quite wrong to quite true). Higher score in each subscale means that subject perceives that this needs is satisfied in this subscales. This scale shows high reliability in research¹¹.

Validity and reliability of this test was studies in 2003 by Wilson et.al and these researchers introduced this test as reliable and valid. It is implemented on Iranian students and managers and has good reliability and validity, such that its Cronbach alpha is between 0.76 to 0.79. Validity coefficients after its implementation in mother, father, romantic partner and friends were reported as 0.92, 0.92, 0.92 and 0.92, respectively¹². Validity of test was determined by Cronbach alpha as 0 and 0.62 by description.

RESULTS

In this part, first we present descriptive findings of variables and regression analysis results. Table 1 shows descriptive statistics including mean and standard deviation of study variables.

Table 1. mean and standard deviation of variables

Variables indicators	Mean	S.D
Resilience	61.75	14.65
Need for competence	14.27	3.33
Need for autonomy	14.9	3.5
Need for relatedness	15.14	4.35

Mean and standard deviation for resilience and psychological needs satisfaction are presented to describe and inform study subjects. Before testing hypothesis, correlation matrix between research variables was studied. Results of this matrix are presented in table 2.

Table 2. zero-rank correlation matrix between family communication and resilience

Variable	1	2	3	4
Resilience	1			
Competence	0.33*	1		
Relatedness	0.36*	0.45*	1	
autonomy	0.33*	0.39*	0.51*	1
*P<0.001				

Results in table 2 show that there is a correlation between satisfying needs from 0.33 to 0.51. Students' resilience had significant relationship with competence, need for relatedness and need for autonomy. In order to determine that how much and in which direction meeting psychological needs predict resilience, multiple regression was used. Results are presented in table 3.

Table 3. multiple regression results of meeting psychological needs on resilience

Predictor variable	Criterion variable Resilience				
	R	R ²	β	B	P
Need for autonomy	0.42	0.17	0.65	0.15	0.005
Need for relatedness			0.84	0.19	0.001
Need for competence			0.17	0.75	0.002

DISCUSSION

This study aims to investigate relationship between meeting basic psychological needs and resilience based on basic psychological needs theory. Findings showed correlation between them. By reviewing results we find that supporting self-obedience, relatedness and competence positively can predict resilience which is consistent with self-determination theory of Deci and Ryan (2004) that argued social factors, especially supporting environments and contexts which help basic psychological needs, has positive effect on resilience and health. Also results of this study are consistent with Ryan and Deci⁶, Sigelman¹¹, Deci and

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Rya⁷ studies. These researchers believe that when relation of parents with children and context behavior with students, based on supporting independent behaviors and contribution in students, meeting basic needs facilitates and leads to mental adaptability, resilience and well-being. Fundamental psychological needs and their dissatisfaction can have considerable role in resilience, because meeting these needs provide necessary conditions for growth and development, consistency and well-being⁸ and determines vast basis for our behaviors which is interesting concept in psychology. Needs concept is interesting because it can design psychological interventions⁹. Concept of need in this study includes psychological fundamental needs which are developed by Deci and Ryan basic psychological needs theory. These three needs include autonomy, competence and relatedness⁷. Needs are identified as internal and psychological food which are necessary for growth and development¹⁰. According to self-determination theory fluctuations in meeting needs directly predicts well-being fluctuations. In one study, Sheldon et al.,⁹ have tested routine changes in autonomy and competence. They found that in individual differences level autonomy and competence are correlated with psychological well-being.¹²

In justifying these results we can say that meeting basic needs has positive impact on resilience. Therefore, parents and teachers should provide a way for meeting these needs which has positive effect such as resilience¹³. We can present suggestions such as parents and teachers can provide grounds for meeting needs and resilience by emphasis on cooperative behaviors like listening, avoiding language control, providing information feedback, reducing mental and behavioral pressures, creating internal inference, contribution in educational activities, establishing warm and close relations. Other source for meeting psychological needs is curiosity and emphasis on challenging activities in education. It is hoped that teachers use these solutions for meeting psychological needs¹⁴.

Finally, regarding suggestions and research limitations, we can say that by considering limited range of participants by age and geography, it is necessary that we be cautious about generalizing results to other areas and age groups. Also because this is a correlation study we have not causal inference. Finally, it is suggested that relation of family relatedness patterns with meeting psychological needs considered in a causal model.

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