



*Original Article*

## The prediction of psychological well-being according to family function and basic psychological needs of students

Farzaneh Akhbarati<sup>1</sup>; \*Simin Bashardoust<sup>2</sup>

<sup>1</sup>MS. in general psychology, Islamic Azad University of Shiraz, Iran.

<sup>2</sup>Assistant professor of psychology, Islamic Azad University, Branch of Roodehen, Iran.

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### Abstract

**Introduction:** This research studies the prediction of psychological well-being according to family functioning and essential psychological needs among the students of high school in the second grade of Tehran city.

**Materials and Methods:** The research population of the study consisted of the whole female student of the second grade of high school in Tehran during the academic year 2014-2015. 254 female students were selected according to random sampling method from the district 3, 8, 15 and 18 in Tehran and Reef psychological well-being questionnaire including 54 questions, family functioning questionnaire including 45 questions (FADI) and essential psychological needs questionnaire were distributed among them and in order to identify the ration of each variable's functionality i.e. psychological well-being, family functioning and essential psychological needs the students completed the questionnaires. The data collected from the questionnaires were analyzed via hierarchical and multiple regression and co-relation tests.

**Results:** The findings showed that there were significant relationships among family functioning and essential psychological needs and psychological well-being.

**Conclusion:** The factor emotion expression from the family functioning variable and the aspects autonomy and competence from the essential psychological needs can be regarded as good predictions for the psychological well-being.

**Keywords:** Family function, Needs, Psychological well-being

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### Introduction

Today's human being is facing many challenges in terms of the complications of life, and the extent and speed of changes, and these challenges will become more evident in the next century. Challenges and crises such as the challenge

between globalization and remaining indigenous, population crisis, health and nutrition crisis, technological transformations, increasing psychological pressures, etc., each of these factors cause problems on the way people live and social and individual behaviors. They impose

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### \*Corresponding Author:

Islamic Azad University, Branch of Roodehen, Iran .

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(1). Recent studies indicate that these issues can have harmful effects on the physical and psychological health of people. When the tension caused by everyday issues is intense, or when a person perceives any tension negatively for various reasons, his health and performance are affected. Humans have physical, social and psychological needs that provide their satisfaction in life (2). The research on human needs was first started by MacDougall in 1908, then continued by Freud, Murray and Hall, and finally by Maslow, it became popular and practical in the field of psychology (3). In the early theories of psychologists, such as the theory of Saeq Hall (1943), needs are divided into two large groups, primary and secondary, which are mostly based on hereditary biological needs, but the studies conducted on different psychological needs in order to determine the main psychological needs of humans Finding the three main needs of independence, competence and connection has led (4). These basic psychological needs constitute health and physical and mental health. Well-being, which is actually the mental health and ability to adapt to the environment and surroundings (5), has various indicators and symptoms that are influenced by personality, family, school, culture, temperament and individual differences, and none of the harms Social does not arise without the influence of the family. For this reason, no society can claim health unless it has healthy families (6). The family is one of the most natural groups that can meet the biological, psychological and spiritual needs of humans (7) and considering the population structure of Iran and the youth of the population, it is especially important to pay attention to the improvement of the quality of life in Iranian youths (8). ). The results of the longitudinal study of Brinji (9) regarding the quality of the parents' relationship indicate that the more the quality of the parent's relationship with their children decreases, the more the children's depression symptoms increase. Dekoa (10) also considers the contribution of family performance in predicting the mental health of students to be very significant in his research.

Therefore, what makes the present research important and remarkable is to deal with the components that have an effect on increasing the psychological health of adolescents. In recent

years, a group of mental health researchers, inspired by positive psychology, have chosen a different approach to explain and study this concept. They consider mental health as equivalent to positive psychological functioning and have conceptualized it in the form of the term psychological well-being because they believe that this term evokes most of the positive dimensions of the mind (11). This group believes that health is a multidimensional concept that, in addition to not being sick and disabled, also includes the feeling of happiness and well-being (12). There is a lot of research evidence that shows that adverse events in life can affect psychological well-being, affect and disrupt and lead to psychological problems such as depression and anxiety (13).

Psychological well-being requires understanding the existential challenges of life. The feeling of well-being has both emotional and cognitive components. People with a high sense of well-being mainly experience positive emotions and have a positive evaluation of the incidents and events around them, while people with a low sense of well-being evaluate their life situations and events as unfavorable and more They experience negative emotions such as anxiety, depression and anger (14). The results of the research by Rahimi-nejad and Pak-nejad (15) indicate a negative relationship between the low performance of families and satisfying the basic needs of their children. Other researches also show the relationship between optimal family functioning and adolescent self-regulation (16), resilience against drug use (17), responsibility, self-esteem, religious orientation and hope for the future (18), children's stubbornness (19) have confirmed In Beshrdoost's study (20), the mediating role of basic psychological needs in relation to the dimensions of perfectionism and positive and negative emotions was confirmed. In another study, the role of basic psychological needs as a mediating variable with the dimensions of perfectionism in athletes was also fully confirmed in the final model (21). But one of the issues that seems important in the field of family research is the examination of the family's functioning and basic psychological needs, which in this research has been discussed in relation to psychological well-being, and from this point of

view, the current research is considered innovative and has the following goals:

Predicting psychological well-being based on the dimensions of basic psychological needs in students

Prediction of psychological well-being based on dimensions of family functioning in students

### Materials and Methods

The statistical population of the current research is the secondary school girl students of the second year in the academic year of 2013-2014 in Tehran, whose number is about 165,142 according to the report of the General Directorate of Education of Tehran. The sample size was measured based on the identity and Kramer translation of Sharifi (22) and according to the levels of predictor variables and by calculating the overestimation of 260 people. The above-mentioned sample size was selected from among the educational districts of Tehran city by a step-by-step random method. In this way, in the first stage, 4 education districts of Tehran (3, 8, 15 and 18) and in the next stage, 2 schools from each district and 2 classes from each school as the statistical sample of the study. became a researcher.

#### Research instruments

*A) Family Functioning Questionnaire (FADI) psychological well-being scale:* Ryff and Keys proposed the psychological well-being model in the last decade, which was widely investigated by researchers. Psychological well-being is a multi-component concept that includes the components of self-acceptance, positive relationships with others, autonomy, control over the environment, purposeful life and personal growth. The expressions related to each subscale are as follows:

Self-acceptance subscale: 4- 48- 51- 43- 31- 28- 23- 14- 9- 4

Sub-scale of positive relations with others: 1- 39- 34-34-47- 24-24-15-10-5-1

Autonomy subscale: 40-44-52-35-25-19-16-11-6

The family measurement scale based on the McMaster model and in order to describe the organizational and structural features of the family was compiled by Estein Bishop and Baldwin in 1983. The scale (FAD-I) measures exchange patterns between family members in

order to distinguish between healthy and sick families. The validity of this test is reported as 0.93, which is significant. He also used the factor analysis method to check the validity of this test and obtained three factor structures. The total number of materials (FADI) is 45, 20 of which are related to the "roles" of questions (2-5-9-10-12-15-14-16-20-21-23-24-27-28- 29-30-34-38-44-45) and 17 of them are related to "problem solving" questions (1-3-5-6-13-17-18-26-32-33-35-36- 39-40-41-42-43) and 8 of them are related to "expression of emotions" questions (4-7-8-11-19-22-31-37).

Sub-scale of mastery over the environment: 2- 20- 20- 29- 29- 36- 49- 53- 12- 7- 2

Purposeful life subscale: 8- 42- 38- 33- 30- 27- 22- 13- 46

Individual growth subscale: 3- 50- 45- 41- 37- 26- 21- 3- 50- 54

Phrases: 54- 50- 49- 46- 44- 43- 41- 40- 39- 32- 31- 30- 27- 26- 25- 24- 22- 20- 18- 16- 14- 13- 12- 10- 8-7-5-3 are scored in reverse.

The psychometric features of the subscales of the Ryff psychological well-being questionnaire through the Cronbach alpha were 0.79 to 0.85.

The correlation of psychological well-being scales with a number of measurement tools indicated the validity of this questionnaire (11).

*B) Basic Psychological Needs Questionnaire:* The General Basic Needs Satisfaction Scale (BNSG-S) consists of 21 items and measures the satisfaction of basic psychological needs at the general level. The psychometric properties of the basic needs satisfaction scale have been preliminary confirmed in foreign research. In Iran, Homan, Beshr Dost and Kitabi used exploratory factor analysis to determine the construct validity of the above instrument. Cronbach's alpha obtained in this research is 0.805, which indicates the high reliability of the instrument (23).

Basharat and Ranjbar Kalagri have also investigated the validity and reliability of this questionnaire, which confirm the convergent and diagnostic validity of the basic psychological needs satisfaction scale. Also, the retest reliability of the basic psychological needs satisfaction scale was confirmed as 0.67 to 0.77 for different subscales based on the results of this research (24).

### Results

In order to test the objectives of the current research, hierarchical multiple regression analysis was used. The participants of the present

study were female students in the second grade of high school.

**Table 1.** Mean, standard deviation and Cronbach's alpha coefficients of dimensions of family functioning, basic psychological needs and psychological well-being

Row	Subscale	Mean	The standard deviation	Cronbach's alpha coefficients
1	Autonomy	4.2	0.79	0.79
2	Environment mastery	4.2	0.81	0.81
3	Personal development	4.7	0.79	0.82
4	Positive relationships with others	4.6	0.91	0.83
5	Purpose driven life	4.6	0.85	0.82
6	Self-acceptance	4.5	0.92	0.85

The above table has calculated and reported the internal consistency of each research variable using Cronbach's alpha coefficient. It can also be seen in the above table, the Cronbach's alpha coefficient of the relationship component of basic psychological needs (despite the removal of two questions that had a negative effect on the

Cronbach's alpha coefficient related to this dimension) is somewhat low.

Table 2 shows the Pearson correlation coefficients between dimensions of family functioning, basic psychological needs and psychological well-being.

**Table 2.** Correlation coefficients between dimensions of family functioning, basic psychological needs and psychological well-being

Variable	Mean	Standard deviation	Cronbach alpha coefficient
Family functioning			
Problem solving	21.43	5.64	0.781
Emotion expression	19.96	7.14	0.626
Role functioning	23.11	4.33	0.683
Basic psychological needs			
competence	33.91	6.67	0.706
Autonomy	28.93	5.32	0.750
Relationships	18.79	4.09	0.572
Psychological well-being			
Psychological well-being	206.14	30.64	0.896

Table 2 shows that all three dimensions of family functioning are positively correlated with psychological well-being and significant at 0.01 level. Also, all three dimensions of basic psychological needs have a positive and significant relationship with psychological well-being at the level of 0.01. It should be mentioned that the correlation coefficients between the dimensions of family functioning and basic psychological needs with psychological well-being are greater than 0.3. This issue is important because Cohen considers correlation coefficients

smaller than 0.3 as weak, coefficients between 0.3 and 0.5 as moderate, and coefficients higher than 0.5 as strong.

Therefore, it was concluded that among the dimensions of basic psychological needs, two dimensions of competence and autonomy significantly predict psychological well-being. By entering the dimensions of family functioning (expression of emotions, problem solving, and role performance) into the prediction equation of psychological well-being in the second step, the value of R<sup>2</sup> reached 0.463. This finding means

that the inclusion of family function dimensions (expression of emotions, problem solving and role performance) into the prediction equation of psychological well-being has caused 46.3% of its variance to be explained.

It is necessary to explain that the regression coefficients related to the other two dimensions of family functioning (problem solving and role functioning) were not significant at the 0.05 level. In this way, it was concluded that among the dimensions of family functioning, only the factor of emotional expression positively predicts psychological well-being.

### Discussion

The results of the present study showed that the dimensions of autonomy and competence in satisfying basic psychological needs were good predictors for psychological well-being. The multiple correlation of variables showed that basic needs explain 42.6% of the variance of psychological well-being. Also, the analysis of regression coefficients showed that the dimensions of competence and autonomy positively and significantly predict psychological well-being, but then relationships were not good predictors for psychological well-being. These results are consistent with the research findings of Ahmadi et al. (25). The results of Wilson et al.'s research (26) showed that the environment or activities that satisfy basic needs promote psychological well-being. Patrick et al. (27) found that satisfying the need for competence is a predictor of psychological well-being such as self-esteem, positive emotions, and general health. Failure to predict well-being by the communication dimension can be caused by the mental conditions of puberty. According to Erikson's identity theory (1999), this period is the stage of identity integration and the possibility of real intimacy with others has a direct relationship with identity integration, and it seems that this aspect of basic psychological needs is subject to other factors at this age. Another point that can be investigated is that family functioning predicts only 3.7% of psychological well-being. The regression coefficient related to the dimensions of family functioning also indicates that only the

expression of emotions dimension is positive and meaningful.

According to studies such as Kehrize et al. (28), the family is one of the most important institutions of society and shapers of human personality. Borshan (30), Mirzaei Alaviche et al. (31), Ahadi et al. (32), Qamari (33), Sharifi et al. (19), Zargar et al. (34) have been consistent. By confirming the predictive role of expressing emotions in predicting psychological well-being, it can be concluded that the more the family's performance in expressing emotions faces more obstacles, the psychological well-being, which itself plays an important role in adolescent development, decreases. On the other hand, the non-prediction of well-being by other dimensions of family functioning (roles and problem solving) can be explained by the strong influence of the peer group and the media. Therefore, the female student at the studied age will focus more on her performance in the peer group than on the family, and to solve problems, she will follow the innovations of her peers more (35).

An important point that seems to be paid attention to in future research is controlling the role of gender and also using tools such as interviews and completing the family functioning questionnaire by parents in order to reduce the effects of adolescent bias from the family. Due to the fact that increasing awareness in the direction of the development of family functioning dimensions and basic psychological needs is one of the effective factors in improving the psychological well-being of an individual, therefore it is necessary for researchers and practitioners to pay attention to this issue in order to have a healthy society.

### Conclusion

Based on the results, there is a positive and significant correlation between family function variables and basic psychological needs with the psychological well-being variable. The emotional expression component of family functioning, as well as the dimensions of autonomy and competence from the dimensions of basic psychological needs, can be a good predictor for psychological well-being.

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