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**Basic Psychological Needs, Coping and Psychological Distress Among Orphans Living in Orphan****Hira Abdul Waheed<sup>1</sup>**<sup>1</sup>MS Scholar, GC Women University, Sialkot Pakistan.Email: [hiraabdulw@gmail.com](mailto:hiraabdulw@gmail.com)

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**Abstract**

*The purpose of the study is to explore the relationship of basic psychological needs, coping, and psychological distress among orphans living in orphanages. To examine the relationship between these variables quantitative method was used. A convenient sampling technique was used to collect the data. The sample consisted of 200 orphans of which 153 was male and 47 was female. The data was collected with the help of self-report measures i.e., Basic Psychological Needs Satisfaction and Frustration Scale (B<sup>1</sup>1234PNSF) by Van der Kaap-Deeder (2015), Coping Inventory for Stressful Situations (CISS-21) by Somia (2020) and DASS-21 by Aslam (2017). The data was analyzed on the SPSS 26 version. There was a significant relationship between basic psychological needs frustration and psychological distress. Avoidance-focused coping and emotion-focused coping were significant predictors of psychological distress. Psychological distress was positively predicted by avoidance-focused coping and emotion-focused coping.*

**Keywords:** Psychological needs, psychological distress, Orphans, emotional-focused, avoidance.

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**1. Introduction**

An orphanage is an institution of social welfare that provides substitutional services to foster children in meeting their physical, social, mental, and psychological needs. Orphanhood is the term used for children who lost their parents, and it is considered the most stressful and supposed as a risk factor for a child mental health. Pakistan is in the top 10 countries of the world having the highest number of orphanages (Human Relief Foundation, 2014) and according to UNICEF (2017) 4.2 million children are living in orphanages in Pakistan. According to the census, about 17.8 million adolescents lost their both parents and 153 million have lost a mother or a father (UNICEF, 2017). Adolescence is the transitional period. The rapid growth that occurs during this period in their body affects their behaviour, attitude, health, and personality. Personality development has a special meaning for the adolescent group because adolescence is neither a child nor an adult, it need special attention, especially its psychological needs. The orphanage can provide food and shelter to the orphans, but it is also important to fulfill their psychological needs. Fulfillment of psychological needs is as important as physiological needs. Most of the orphans have inadequate basic needs such as food, shelter, health, and education (Global Orphan Relief, 2013).

**1.1 Psychological Needs**

Psychological needs fulfillment is as important as physiological needs for adolescents. When the physiological needs of the individual are not met, person gets ill. Likewise, unmet psychological needs lead to Feelings of dissatisfaction, frustration and prevent growth and development of positive attitude towards others and themselves and make them feel meaningless in their lives. On the other hand, when needs are met properly, it can create a sense of joy, personal balance, and sense of being a productive person for others interests and for his own sake. Most of the orphans have inadequate basic needs such as food, shelter, health, and education (Global Orphan Relief, 2013).

According to Ryan (1995), psychological needs are needs that are essential for an individual's inclinations to move towards increasing adjustment, self-organization, and development

successfully. Contentment of psychological needs is related to mental health and is considered to be a central condition for sound psychological growth. These basic needs are essential for self-motivation, personality integration, optimal human functioning, and personal growth. Satisfaction and frustration of psychological needs differently influence mental health. These basic needs satisfaction and frustration depend on the environment in which he lives. Frustration with the needs is more harmful than the absence of the needs (Deci 2017; Ryan & Vansteenkiste, 2013). In the next section, we will take a brief review of the types of basic needs, as highlighted in the literature.

## 1.2 Types of Basic Psychological Needs

Vansteenkiste et al. (2020) described three basic psychological needs in terms of need satisfaction

and need frustration which have a direct impact on one's personality.

### **Autonomy Satisfaction**

Autonomy needs satisfaction represents an individual need to make his own choices, direct his own movements based on beliefs and wishes, and experience self-endorsement behaviors (Chirkov & Ryan 2001; Soenens, 2017).

### **Autonomy Frustration**

Autonomy needs frustration represents when an individual needs to make decisions and make choices are denied and individual feel rejected and controlled (Chirkov & Soenens, 2020).

### **Competence Satisfaction**

Competence satisfaction is a need to make an effect on others in an individual's social environment,

personal competence to overcome the challenges in life (Deci & Ryan, 2017).

### **Competence Frustration**

Competence frustration results in feelings of one's personal inability and ineffectiveness. It involves feelings of failure and doubts related to one's self-efficacy (Bartholomew, 2011; Ryan, 2006; Vanteenkiste, 2013). **Relatedness Satisfaction**

Relatedness satisfaction refers to the feeling of inner need of warmth and to be taken care for, which results in the perception of belongingness (Baumeister & Leary, 2017).

### **Relatedness Frustration**

Relatedness frustration leads to feeling of rejection, sense of non-belonging and loneliness. It involves the feelings of exclusion and loneliness (Ryan, 2013).

Need satisfaction relates to well-being (Chen 2015; Rahman, 2011; Ryan, 2010; Wilson, 2006), as well it indicates positive mood (Bettencourt & Sheldon, 2002), academic motivation (Ryan & Deci, 2017), Vitality (Gagne, 2003) and self-esteem (Deci, 2001). And need frustration leads to maladaptive human functioning and ill-being (Bartholomew, 2011; Chen, 2015; Costa, 2015).

There are many Individual differences in capacities to cope with the need frustration. To overcome adverse situations, people use capacity for mindfulness (Brown & Ryan, 2003) and autonomous functioning as a factor of resilience (Bonnano, 2004). People engage in cognitive process to cope with negative life events that results into need frustration (Deci & Ryan, 2013).

### **Coping Strategies**

Coping is individual's personality trait or style, means every individual have unique style of coping in a certain situation. To overcome the stressor, individual use coping styles but use of coping style may vary from situation to situation (Pierce & Ptacek, 2003).

Coping is voluntary cognitive, emotional and behavioral efforts of an individual in order to manage internal and external demands (Aldwin, 2007; Folkman & Lazarus, 1984). Coping strategies can reduce negative influence of the stressor and facilitate personality growth and psychosocial functioning. Coping is used in different circumstances of life all through one's survival. Some people need to cope with physical ailment (Ulvik, et al, 2008), and other with psychological condition such as adjustment problem (Jaser et al., 2005) and bereavement (Bennett et al., 2010).

### **Psychological Distress**

According to American Psychological Association APA (2019), psychological distress is defined as excruciating physical and mental symptoms that are related with normal variations of mood in mostly people. Stress, anxiety and depression are characteristics of psychological distress. Psychological distress is a condition of emotional suffering categorized by symptoms of depression

i.e., lack of interest, sadness, despair, and anxiety i.e., feeling tense, restlessness (Mirowsky & Ross, 2002). Psychological distress disappears when the stress vanishes or individual effectively cope with the stressors (Ridner, 2004). Taylor and Francis (2005) defined stress as “unspecified reaction of body to any demand for alter”. It describes a negative concept that have an impact of physical and mental well-being. While dealing with stressors, stress is seen as negative behavior, emotions, cognitive and psychological process (Bernstein, 2008). Stress in unpleasant emotional state and physiological arousal that person experience in situation which they perceived as threatening and dangerous to their well-being (Auerbach & Grambling, 1998).

### **1.3 Problem Statement**

Orphans living in orphanages are the most susceptible children and fulfilment of their needs deserves to be the focus of agencies dealing with these children. Satisfaction and frustration of each basic psychological need have impact on individual affect and mental health (Malouf & Schutte, 2018). This is evident from the literature that psychological needs of orphans are mostly deficient, and frustration of needs may lead to defensiveness, passivity and poor mental health. So, there is a need to stimulate awareness of the psychological needs.

### **1.4 Research Questions**

- RQ1 Will there be a relationship between psychological distress, coping and psychological distress among orphans living in orphanages?
- RQ2 Will there be a difference due to gender among coping strategies, basic psychological needs and psychological distress in orphans?

## **2. Literature Review**

Kholifah et al. (2019) conducted research on psychogenic needs of adolescents living in orphanages. Need for achievement, need for affiliation, need for autonomy, need for defense, need to improve situation, need for respect, need of order and need for understanding were measured. Result demonstrates that most of the needs of orphans are deficient. Anxieties related to physical harm, and they perceived environment as hostile (Akhtar, 2002). Contentment of psychological needs is related to mental growth. For integrity and sound psychological growth psychological needs are considered as central conditions. Quality of life is significantly affected by the fulfilment of mental needs. If person need of competence is not fulfilled, it may elevate the level of stress in individual (Cheus, 2012). Result of the study shows that satisfaction of autonomy need had partial relationship with depression while satisfaction of relatedness and competence need had negative relationship with depression level (Ghaffar et al., 2020).

A research was conducted by Verstuyl et al. (2013) result reveals that each psychological need satisfaction contributes differently and seems dynamic for psychological growth. Concept of coping is way too important than the stress in stressful situations (Loo, 2016). Few researches were conducted to find the association between psychological needs and coping. Strategic planning correlates positively with autonomy, competence, and relatedness. Preventive coping is positively correlated to competence and autonomy needs. Autonomy and competence were predicted by proactive coping. The more is the avoidance, the lower are autonomy, competence and relatedness (Bakracheva, 2019).

A cross-sectional study was conducted to identify the coping and psychological distress among orphans in Klang Valley, Malaysia. Result reveals that negative coping mechanisms e.g., denial that is avoidance-oriented coping and behavioral disengagement that is emotion focused coping were mostly used by adolescents living in orphanages. Negative coping strategies will increase their stress level that affects their well-being. While use of positive coping strategy will be beneficial for their mental health and will improve their well-being. Result also depicts that denial and behavioral disengagement coping was most favorite coping methods of both male and female orphans. Both male and female orphans scored high on emotion focused coping such as boys mostly used humor and self-blaming as a coping while girls mostly use self-blaming and religion as a coping. Task-oriented coping such as active coping, planning and avoidance coping such as self-distraction was least used by both male and female orphans. Used of emotion focused and task-oriented coping decrease the risk of stress among adolescents. (Mohammadzadeh et al., 2018). Psychological distress was more in those who used avoidance focus coping such as denial and venting and emotion focused coping such as behavioral disengagement. Negative coping methods can

increase or cause stress in orphans (Yusoff, 2011). Mahmoud (2012) conducted a research on coping strategies of adolescents. Coping mechanisms were the predictor of depression and anxiety while adaptive coping was not a significant predictor of any psychological distress. Anxiety, depression and stress of adolescents were studied by using different coping mechanisms (Olah, 2003). In another research Wadsworth (2004) found that male and female use different coping strategies. Emotion focused coping was mostly used by females for better functioning. Male scored more on avoidance coping and behavioral disengagement. Emotion focused coping strategies used by girl is social support while coping strategy of the boys are mostly to gain control over the situation (Hample & Petermann, 2005).

Orphans have limited knowledge of use of appropriate knowledge to reduce internal and external stressors, end up using poor and inappropriate way to deal with stressful life situations (Gavița, 2012; Jung, 2014). MsGreoger (2002) conducted research to find the psychological needs of orphans. Result shows that orphans do not have only unmet needs but also these unmet needs increase internalizing problems such as anxiety, stress and depression. Negative attitude of peers and other people can affect social development and anxiety along with suicidal tendencies (Van der Mark, 2015). In a research Depression, anxiety and stress level of orphan's adolescents were compared with non-orphans. Result reflects that psychological distress was more in orphans than non-orphans. Also, research aim was to find the prevalence of psychological distress among adolescent orphans. Orphans experience severe level of anxiety, moderate level of stress and anxiety that will lead to low self-esteem. While non-orphan adolescents have low level of anxiety and stress as compared to the orphans adolescents (Hashim & Kaur, 2014).

Another study on orphans revealed that orphans had experienced moderate to severe level of depression and girls experience depression forty-six times more than boys (Ibrahim et al., 2012). Findings of this study are similar to the study conducted in Visakhapatnam city, India, which also demonstrated that orphan boys are less likely to be depressed than orphan girls (Shiferaw, 2018). Orphans are deprived of basic necessities of life. Non-availability of basic needs for orphans and restriction in environment where they live, leads to increased level of stress among adolescent orphans. The level of stress increases when they have to deal with change in physical, social and emotional state. Male orphans experience less level of stress as compared to females because males have more socialization skills than females to relieve their stress. But chances of getting addicted to substance is more in males (Mallepalli & Nihal, 2019).

A study was conducted by Ryan (2010), on the basic needs of adolescents. Findings of the study shows that basic psychological needs satisfaction leads to the attainment of positive health related goals. While basic psychological needs frustration can thwart mental health of the adolescents and may lead to increase level of stress, anxiety and depression. Satisfaction of basic need of autonomy, relatedness and competence was protective factor against stress and anxiety level of adolescents (Yusoff, 2011). Tzavella et al. (2018) found that problem solving strategies such as positive approach, planning, positive re-evaluation had shown significant negative relationship with anxiety outcomes. While use of emotion focused coping such as prayer, daydream and avoidance coping such as denial, resignation and escape were positively related with depression and anxiety levels. Finding of another study also demonstrated that seeking social support and problem solving also elevated the level of stress among adolescents (Papathanasiou, 2018). Literature review revealed that most of the orphans are deprived of the basic psychological needs. Unmet psychological needs lead to the feelings of discomfort and ill-being (Vansteenkiste, 2013). Adolescent's orphans mostly use emotion focused coping and avoidance focused coping to deal with their needs frustration (Bakracheva, 2019). Non-availability of needs and use of poor coping strategies have great impact on psychological wellbeing and it may lead to psychological distress (Mallepalli & Nihal, 2019).

### **Transactional Theory of Stress and Coping**

Transactional theory of stress and coping by Lazarus and Folkman identifies as the theoretical framework of this study. Folkman and Lazarus (1984) stated that concept of appraisal and coping of the stressful situation are important to most of the psychological stress theories. Appraisal refers to the evaluation of what is happening to individual's well-being while coping refers to the methods used by person to manage the situation either by thoughts or actions (Folkman & Lazarus, 1984). Unmet basic psychological needs or frustration for basic needs is a significant stressor that can

affect psychological health of the individual's (Deci & Ryan, 2000). Prolonged frustration of psychological needs (autonomy, competence and relatedness) may act as a stressor that will chronically activates neuroendocrinal and stress responses of the body, which can endanger the well-being of the individuals. Individual evaluation of stressful events is related to social and psychological and social outcomes of situations (Danielson & Sommer, 2017). Orphans tend not to experience social and psychological stress when they perceive such event as not related to their well-being. On other side, orphans tend to experience social and psychological stress when they appraise the situation as threat to their well-being. SDT identifies three basics: autonomy, relatedness and competence. Autonomy need is when individual has the opportunity to make decisions on his own (Chirkov & Ryan 2001; Soenens, 2017). While autonomy need is frustrated when individual choices and free will are denied, rejected and controlled. While need for competence (satisfaction) is a need to effect the social environment and able to overcome challenges and obstacles in life (Deci & Ryan, 1985, 2017). Competence frustration refers to individual sense of being incompetent and incapable. Need of relatedness (satisfaction) is a need of warmth and sense of belongingness (Baumeister & Leary, 2005). Need of relatedness is fulfilled when individual has strong relationship with others (Deci & Ryan, 2006; Kipp, 2008). Relatedness frustration results in the feelings of loneliness and rejection. External factors such as guilt, caretaker, deadlines have negative influence on the autonomy and had boundary to need satisfaction. Frustration of basic needs may increase the risk of ill-being, defensiveness and passivity (Ryan & Vansteenkiste, 2013).

### 2.1 Theoretical Framework

From the previous centuries many theories which are systematically constructed in better explanation of the psychological needs and coping. According to stress transactional model (Folkman & Lazarus, 1984), concept of appraisal and coping of the stressful situation are important to most of the psychological stress theories. Individual evaluation of stressful events is related to social and psychological and social outcomes of situations. Individual who experienced psychological and social distress when they appraise a situation threat to their wellbeing. Stress responses of the orphans are triggered, mobilizes them to react to the stressful event by using different coping mechanism that can be helpful or harmful. Theoretical framework was appropriate for understanding how basic needs frustration influence the functioning and adjustment in target population and how they cope with the need's deficiency. Also, this model helped in the understanding of which psychological need is the best predictor of the adjustment and psychosocial functioning of adolescents living in orphanages.

According to SDT (Deci & Ryan, 1985, 2017), psychological needs are nutrients that is necessary for the growth and development of an individual personality. According to SDT, there are three types of needs (autonomy, competence and frustration). When basic needs are met, it is known as need satisfaction which affects one's physical, mental and psychological development (Hodge et al., 2013; Amorose & Weiss, 2008). And when needs are not met properly than it may impact negatively on mental health (Bartholomew, 2011).

### 2.3 Research Design

Convenient sampling technique was used to collect the data. Sample size was determined by G- Power 316 as 200 participants. Sample were collected from different orphanage centers of Islamabad and Rawalpindi i.e.; Saba trust, Dar-ul-ehsas, kifalat-e- yateem, Mera ghar, Gehwara Aman trust, Al Mustafa children planet, Dur-e-yateem, Aghosh trust, SOS children village, and Faiz-ul-Islam. Adolescents aged between 10 to 19 years (WHO, 2020) who were living in orphanages for minimum last six months. Participants who lived less than 6 months at the orphanages were excluded. Permission was taken from the authors to use respective scales to collect data for the study. Demographic sheet includes age, gender, education level and duration of stay in orphanages. It is 24-items instrument. It is based on six factors; autonomy satisfaction, relatedness satisfaction, competence satisfaction, autonomy frustration, relatedness frustration and competence frustration.. Each subscale consists of 4 items. Respondents were asked to rate on a 5 point Likert scale (5= completely true, 1= completely not true). Cronbach's alpha coefficient for autonomy satisfaction .82, for autonomy frustration is .82, for relatedness satisfaction is .79, for relatedness frustration is .79, for competence satisfaction is .88 and for competence frustration .85 (Van der kaap-Deeder et al.,

2015). It was developed by Endler and Parker (2013) and translated by Somia (2020). It has three factors: task- oriented coping, emotion oriented coping and avoidance focused coping. It consists of 21 items. Respondents were asked to rate on a 5 point Likert scale (1= Never and 5=Always). Internal consistency of task-oriented subscale is .72, for emotion focused is .77 and for avoidant focused is .74. (Endler, 2013). Scale is translated by Somia in 2020. Cronbach's alpha coefficient of the task focused is .9, for emotion focused is .91 and for avoidant is .87. Scale has good construct validity (Somia, 2020). It was developed by Lovibond and Lovibond (1995) to measure anxiety, stress and depression. It has three subscales depression, anxiety and stress. It is consisted of 21 items, 7 items per subscale. Respondents were asked to respond on a 4 point Likert scale (0= Never and 4= Mostly). Cronbach alpha reliability of subscales of DASS 21 subscales were .87 for anxiety, .94 for depression and .91 for stress (Lovibond & Lovibond, 1995). DASS 21 (Urdu version) was translated by Aslam in 2007. Internal consistency of the scale is .93. Whereas Cronbach's alpha reliability of the depression subscale is .84, for stress is .83 and for anxiety is .86. Scale has also good construct Validity (Aslam, 2017).

### Procedure

The sample consisted of adolescents living in orphanages. To collect data convenient sampling technique was used. Different orphanages were visited for data collection. Permission was taken from the head of the orphanages. After permission, brief instructions were given to the participants regarding the purpose of the research and ensured that their information will be kept private. Questionnaire booklet was given to the participants including Informed consent, demographic data sheet along with scales of the study. Participants took 20-25 minutes to fill the questionnaire. At the end, participants of the study were thanked.

### 3. Results and Discussion

**Table 1:** Psychometric properties of the variables among adolescent's orphans (N=50)

<i>Scale</i>	<i>M</i>	<i>SD</i>	<i>Range</i>	<i>Cronbach's</i>
Autonomy satisfaction	20.42	1.18	6-58	.51
Autonomy frustration	17.12	3.62	4-43	.54
Competence satisfaction	18.34	2.13	4-65	.62
Competence frustration	19.44	4.42	5-20	.51
Relatedness satisfaction	18.11	3.54	4-20	.54
Relatedness frustration	23.43	4.51	4-57	.51
Avoidance focused	13.85	6.53	8-63	.62
Emotion focused	14.07	6.52	8-32	.63
Task focused	13.12	2.17	10-33	.69
Depression	16.89	5.03	9-35	.68
Anxiety	17.18	3.62	9-63	.63
Stress	8.72	2.26	9-32	.56

Table 1 shows the alpha reliability coefficient for study variables. The reliability of the Basic psychological needs satisfaction and frustration subscales autonomy satisfaction,

autonomy frustration, competence Satisfaction, competence frustration, relatedness satisfaction, relatedness frustration was .51, .54, .62, .51, .54 and .51 respectively. Reliability for coping subscales avoidance focused coping, emotion focused coping and task focused coping was .62, .63 and .69. Reliability of DASS subscales depression, anxiety and stress was .68, .63 and .56.

**Table 2:** Sociodemographic characteristics of participants (N=200)

<i>Demographics</i>	<i>Categories</i>	<i>F</i>	<i>%</i>	<i>M</i>	<i>SD</i>
Age				15.32	2.42
Gender	Male	157	78.5		
	Female	43	21.5		
Education				8.42	2.23
Duration of stay				6.89	3.29

Table 3 shows the statistics and alpha reliability coefficient for study variables. The reliability of the Basic psychological needs satisfaction and frustration subscales autonomy satisfaction, autonomy frustration, competence Satisfaction, competence frustration, relatedness satisfaction, relatedness frustration is .53, .56, .61, .51, .54 and .51. Reliability for coping subscales avoidance focused coping, emotion focused coping and task focused coping is .64, .61 and .70. Reliability of DASS subscales depression, anxiety and stress is .69, .64 and .57.

**Table 3:** Psychometric properties of the variables among adolescent's orphans (N=200)

<i>Scale</i>	<i>M</i>	<i>SD</i>	<i>Range</i>	<i>Cronbach's</i>
Autonomy frustration	17.12	3.62	4-43	.56
Competence satisfaction	18.34	2.13	4-65	.61
Competence frustration	19.44	4.42	5-20	.55
Relatedness satisfaction	18.11	3.54	4-20	.57
Relatedness frustration	23.43	4.51	4-57	.53
Avoidance focused	13.85	6.53	8-63	.64
Emotion focused	14.07	6.52	8-32	.61
Task focused	13.12	2.17	10-33	.70
Depression	16.89	5.03	9-35	.69
Anxiety	17.18	3.62	9-63	.64
Stress	8.72	2.26	9-32	.57
Autonomy satisfaction	20.42	1.18	6-58	.53

**Table 4**

	<b>95%CI</b>		$\beta$	<i>P</i>	<i>LL</i>	<i>UL</i>
	<i>B</i>	<i>SE</i>				
Constant	-.20	1.13		.07	-.42	.21
Autonomy Satisfaction	.08	.03	.08	.02	.01	.15
Autonomy Frustration	-.02	.04	-.02	.53	-.10	.05
Competence Satisfaction	.01	.03	.01	.71	-.04	.07
Competence Frustration	.03	.06	.02	.53	-.08	.15
Relatedness Satisfaction	-.02	.05	-.02	.60	-.14	.08
Relatedness Frustration	-.03	.03	-.04	.24	-.10	.02
Avoidance focused coping	.11	.02	.14	.00	.05	.16
Emotion focused coping	.59	.04	.52	.00	.51	.68
Task focused coping	.36	.03	-.42	.00	-.29	.43
R=.88 R <sup>2</sup> =.77 Δ=.76 (F=72.33 p=.00)						

\*p<.05 \*\*p=.01 \*\*\*p=.001

Table 4 illustrates Multiple regression to check the predictive role of Autonomy Satisfaction, autonomy Frustration, Competence Satisfaction, Competence Frustration, Relatedness Satisfaction, Relatedness Frustration, Avoidance focused coping, Emotional Focused coping and Task Oriented coping on Depression. Result shows that depression was significantly predicted by Avoidance focused coping, emotion focused coping and task focused coping. Regression model predicted 77% variance. The model was fit for the data (F=72.33, p=.00). A significant positive relationship was found between Avoidance focused coping, emotion focused coping, and depression.

**Table 5**

	<i>B</i>	<i>SE</i>	$\beta$	<i>P</i>	<b>95%CI</b>	
					<i>LL</i>	<i>UL</i>
Constant	-1.35	1.23		.27	-3.76	1.08
Autonomy Satisfaction	.00	.04	.00	.94	-.07	.08
Autonomy Frustration	-.01	.04	-.01	.71	-.10	.07
Competence Satisfaction	.01	.03	.01	.65	-.05	.08
Competence Frustration	-.03	.06	-.01	.64	-.15	.09
Relatedness Satisfaction	.04	.06	.02	.46	-.07	.16
Relatedness Frustration	.03	.03	.03	.33	-.03	.10



Avoidance focused coping	.70	.03	.79	.00	.70	.83
Emotion focused coping	-.01	.04	-.01	.77	-.11	.08
Task focused coping	.27	.03	-.26	.00	-.27	.37

R= .91 R<sup>2</sup>=.83 Δ=.83 (F= 106.71  
p=.00)

\*p<.05 \*\*p=.01 \*\*\*p=.001

Table 5 illustrates Multiple regression to check the predictive role of Autonomy Satisfaction, autonomy Frustration, Competence Satisfaction, Competence Frustration, Relatedness Satisfaction, Relatedness Frustration, Avoidance focused coping, Emotional Focused coping and Task Oriented coping on Anxiety. Result shows that Anxiety was significantly predicted by Avoidance focused coping. Regression model predicted 83% variance. The model was fit for the data (F=106.71, p=.00). A significant positive relationship was found between Avoidance focused coping, task focused coping and anxiety.

**Table 6**

Emotion focused coping	.41	.04	.43	.00	.32	.50
Task focused coping	.33	.03	-.46	.00	-.36	.21

R= .80 R<sup>2</sup>=.64 Δ=.53 38.24  
(F= p=.00)

	<i>B</i>	<i>SE</i>	$\beta$	<i>P</i>	<i>LL</i>	<i>UL</i>
Constant	3.37	1.18		.00	1.02	5.72
Autonomy Satisfaction	-.08	.04	-.01	.03	-.16	-.01
Autonomy Frustration	.04	.04	.05	.32	-.04	.12
Competence Satisfaction	-.02	.03	-.03	.41	-.08	.03
Competence Frustration	-.00	.06	-.00	.90	-.13	.11
Relatedness Satisfaction	-.01	.05	-.01	.78	-.13	.10
Relatedness Frustration	.00	.03	.00	.92	-.06	.07
Avoidance focused coping	.11	.03	.18	.00	.59	.18

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\*p<.05 \*\*p=.01 \*\*\*p=.001

Table 6 illustrates Multiple regression to check the predictive role of Autonomy Satisfaction, autonomy Frustration, Competence Satisfaction, Competence Frustration, Relatedness Satisfaction, Relatedness Frustration, Avoidance focused coping, Emotional Focused coping and Task Oriented coping on Stress. Result shows that Anxiety was significantly predicted by emotion focused coping and avoidance focused coping. Regression model predicted 64% variance. The model was fit for the data ( $F=38.24$ ,  $p=.00$ ). A significant positive relationship was found between Avoidance focused coping, emotion focused coping, task focused coping and anxiety.

#### 4. Discussion

The present study was conducted on orphans living in orphanages to examine the relationship between basic psychological needs, coping and psychological distress. Another aim of the study was to predict psychological distress by needs satisfaction and frustration and coping strategies among orphans living in orphanages.

Three valid instruments were used in current study, basic psychological needs satisfaction and frustration scale (BPNSF) (Van der Kaap-Deedar, 2015) were used to assess autonomy, competence and relatedness needs satisfaction and frustration in orphans living in orphanages. Second instrument was coping inventory for stressful situation (CISS) (Somia, 2020) was used to assess avoidance focused coping, emotion focused coping and task focused coping among orphans living in orphanages. The third instrument was depression, anxiety, and stress scale (DASS-21) (Aslam, 2017) was used to assess level of depression, anxiety and stress among orphans living in orphanages. Translated version of coping inventory for stressful situations and DASS-21 were used for the convenience of the selected sample. Basic psychological needs satisfaction and frustration scale (BPNSF) was translated into Urdu by following the standard procedure of translation given by WHO (2016). Sample size for the main study was 200 orphans of both genders living in orphanages of Islamabad and Rawalpindi. The questionnaire booklet included inform consent, demographic details which included age, gender, education level and duration of stay in orphanage followed by three variables scales. Table 1 shows overall psychometric properties of the scales were computed by using Cronbach's alpha reliability analysis. The alpha reliability coefficient of basic psychological needs satisfaction and frustration subscale autonomy satisfaction, autonomy frustration, competence satisfaction, competence frustration, relatedness satisfaction, relatedness frustration is .53, .56, .61, .55, .57 and .53 which is consistent with the reliability reported by Shouket and Dildar (2015). Whereas alpha reliability coefficient of coping inventory for stressful situation subscales avoidance focused coping, emotion focused coping and task focused coping is .64, .61 and .70 consistent with the reliability reported by Somia (2020). And the reliability of the DASS-21 subscales depression, anxiety and stress is .69, .64 and .57 respectively justifying reliability reported by Osman (2014). The overall analysis indicates scales have sound psychometric properties. The study based on the themes autonomy frustration, competence frustration, relatedness frustration, avoidance focused coping and emotion focused coping positively correlates with psychological distress among orphans living in orphanages. The findings of the study indicated that competence frustration, avoidance focused coping and emotion focused coping was significantly positively correlated with depression, anxiety, and stress. While autonomy frustration was significantly positively correlated to depression. These results are in lined with previous findings

in which researchers explored the association among psychological needs, coping and psychological distress and the findings suggested that orphans with needs frustration have more psychological distress (Ryan & Deci, 2013). Mohammadzadeh et al. also revealed significant association between psychological distress and emotion focused coping and avoidance focused coping (Mohammadzadeh et al., 2018).

Task focused coping will have negative association with psychological distress. In table 5 correlation was computed to check the association between variables. Finding showed that task focused coping was significantly correlated to depression, anxiety and stress. Finding is supported by the study in which researcher explored the relationship between coping and psychological distress and his finding revealed task focused coping and psychological distress has significant relationship (Mahmoud, 2012).

Finding of the current study depicted that autonomy satisfaction, competence satisfaction and relatedness satisfaction significantly negatively correlated to avoidance focused coping and emotion focused coping. Finding is congruent with the previous studies that, autonomy, competence, and relatedness needs satisfaction have strong negative relationship with avoidance focused coping and emotion focused coping (Bakracheva, 2019). Emotion focused coping had negative relationship with basic psychological needs (autonomy, relatedness and competence). Competence satisfaction was positively correlated with task focused coping. This is in accordance with the past researches. A study found out that task focused coping such as practice coping has positive association with competence satisfaction as depicted in Table 5 (Cheous, 2019).

## 5. Conclusion

The above discussion regarding the results of the study shows that satisfaction of the basic psychological needs is significantly positively correlated to the task focused coping and negatively correlated to the avoidance focused coping and emotion focused coping. Frustration of the basic needs is positively correlated to the psychological distress among orphans. Avoidance focused coping and emotion focused coping predicted psychological distress among orphans living in orphanages. Male orphans score high on avoidance focused coping and task focused coping while female orphans score high on emotion focused coping.

## Recommendations of the study

It is suggested that owner of orphanages must pay attention to the psychological needs of the orphans. There is a need of psychological assessment to measure psychological distress among orphans so that, psychologist can identify psychological distress and also manage it timely. Further training and caring treatment plans are suggested which should occur on coping strategies and psychological needs of orphans. Moreover, future study be carried through a qualitative research design to investigate more psychological needs of orphans. Qualitative or mix design can be used for in depth study.

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