



**PARENTAL PSYCHOLOGICAL CONTROL, BASIC NEEDS SATISFACTION AND
FRUSTRATION AS PREDICTORS OF PSYCHOLOGICAL WELLBEING OF
IN-SCHOOL ADOLESCENTS IN ONDO STATE**

By

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Abstract

Psychological wellbeing of youths globally especially in the developing countries of which Nigeria is one, has been observed as low by UNICEF and Child Trends. Researchers have studied various factors that could be responsible. However, there is dearth of literature in Nigeria on possibility of parental psychological control and basic needs satisfaction and frustration as being responsible. This study therefore investigated parental psychological control, basic needs satisfaction and frustration, age and gender as predictors of psychological wellbeing among in-school adolescents in Akoko North-east of Ondo State. The study adopted cross sectional research design. Using convenient sampling technique, 268 Adolescents of Akoko North East of Ondo State comprising of 115 (42.9%) males and 153 (57.1%) females and age (Mean = 15.57, S.D = 1.85) were selected as participants for this study. Three hypotheses were formulated and tested. Results showed that age significantly predicted psychological wellbeing ($\beta = -.38$, $t = -6.69$, $P < .01$). Parental psychological control also significantly predicted psychological wellbeing ($\beta = .26$, $t = 4.69$, $P < .01$), and Basic needs satisfaction and frustration did predict significantly as well with the satisfaction dimension causing increase in psychological wellbeing ($\beta = .26$, $t = 4.44$, $P < .01$). The joint contribution of all the variables [$R = .52$, $R^2 = .27$, $F(4, 263) = 24.64$, $P < .01$] accounted for 27% variance in psychological wellbeing among these youths. Based on these findings, it is recommended that parents employ behavioural control and authoritative parenting style which foster child expressiveness, identity, autonomy, competence and social skills with subsequent favourable psychological wellbeing.

Keywords: *Psychological wellbeing, parental psychological control, basic needs satisfaction and frustration.*

Introduction

Research has revealed strong links between an adolescent's psychological outcome and the satisfaction of psychological needs within the psychosocial milieu they find themselves in. Psychosocial factors such as socioeconomic state, family dynamics, individual psychological disposition, and the state of peer relationships have significant impacts on the psychological wellbeing of the adolescent. In particular, studies have suggested the family or guardian-ward dynamic plays a significant role in adolescents' psychological wellbeing. An aspect of the family/guardian dynamic is the concept of parental psychological control, which refers to the conditional approving attitude of the parent towards his/her child and it usually involves the use of intrusive parenting tactics to compel the child into thinking, feeling, behaving in parentally approved ways (Barber, 1996).

Parents who are psychologically controlling utilize intrusive and manipulative strategies such as the induction of guilt, shame, isolation, conditional loving, emotional blackmail, overwhelming impositions, and personal attacks to make their (adolescent) child subscribe to their expectations and also to make the child conform to their opinions, emotions, and thinking patterns. Parental psychological control has an enormous impact on the adolescent's psychological wellbeing through the frustration of the adolescent's goal of autonomy realization and the provocation of maladaptive affective, behavioural, and cognitive states in the adolescent individual. Garcia and Garcia (2014) described the controlling strategies as impediments to the developmental task of autonomy of the adolescent stage and they have also been implicated in the causal role in the development of psychological distresses such as depression, anxiety, low self-esteem, and emotion dysregulation (Collins et al., 2000; Kunz & Grych, 2013). Parental psychological control has been associated with the risk for the development of internalizing problems among adolescents and, on a phenomenological level, they stifle the adolescent's ability to develop a personal identity, autonomy, emotional security, healthy emotional bond with others, and overall psychological wellbeing (Morris et al., 2007; Steinberg 2005).

Within the Basic Psychological Needs Theory (BPNT), it is proposed that an individual achieves growth, development, and optimal psychological functioning through the satisfaction of the three basic psychological needs for autonomy, competence, and healthy relationship with others

(Haerens et al. 2015; Ryan & Deci 2000). The individual's psychological need for autonomy refers to the desire for self-organization and the decision for free choice making (DeCharms, 1968). The need for relatedness is the desire to be connected to others, and the need for competence is described as the desire to feel effective, proficient and skilful in activities (White, 1959).

In contrast, psychological distresses are suggested to manifest when these needs are actively frustrated. In this framework, parental psychological control represents a form of psychological factor that has a negative influence on the adolescents' developmental needs, causing vulnerability of adolescents to ill-being (Barber, 1996). Ample research has revealed that parental psychological control is related to negative developmental outcomes during different developmental periods, especially the adolescence period (Soenens, & Vansteenkiste, 2010).

The Basic Needs Satisfaction and Frustration model is described by Soenens and Vansteenkiste (2010) as being within the Self-Determination Theory's heuristic framework. The Self-Determination Theory (Deci & Ryan, 1985; Ryan & Deci, 2002) was developed as a framework for the study of human motivation and personality development and it examines the degree to which individuals are self-determined, as well as personal and environmental factors which either facilitate or undermine such individual's intrinsic motivation, psychological development and psychological well-being (Ryan & Deci, 2000). The concept of basic psychological needs in the basic needs satisfaction theory of the self-determination framework is important in this context.

The opposite of the parental psychological control is the need-supportive parental style. Need-supportive parenting allows for the adolescent's volitional functioning that involves the development of initiative and provision of meaningful choices. These are important to the adolescent's autonomous regulation and many researchers have considered the development of autonomous functioning as crucial for the adolescent's psychological development (Hill & Holmbeck 1986; Ryan & La Guardia 2000; Steinberg 1989). Ryan et al. (2006) refers to Need-supportive/autonomy-supportive parental style as the active support of the adolescent's capacity to be self-initiating and autonomous and is not the same as promoting permissiveness, or neglect. Both permissiveness and neglect reflect the opposite, as permissiveness is the opposite of parental structure and neglect the absence of parental involvement (Chirkov et al., 2010).

Supportive parental behaviours are proposed to facilitate the satisfaction of these basic psychological needs. Conversely, parental psychological control is viewed as an inhibitive and thwarting strategy that is antithetical to the fulfilment of these basic psychological needs (Deci & Ryan, 2000). Soenens and Vansteenkiste (2010), suggested that parental psychological control is a form of need-thwarting parental style that affects the achievement of the three needs and ultimately leads to the development of psychological distress. Definitively, through the use of intrusive techniques, parental psychological control compels adolescents to comply with the parents' standards and needs, at the expense of the achievement of the adolescent's basic psychological needs. Parental psychological control frustrates the experiences of autonomy in adolescents (Vansteenkiste et al., 2005). This frustration of the need for autonomy interferes with adolescents' ability to establish and express their needs and also disturbs the psycho-emotional boundary between parents and their children (Barber & Harmon, 2002).

Correspondingly, the purpose of this present study was to see if parental psychological control, basic need satisfaction and frustration impact the psychological wellbeing of in-school adolescents in selected secondary schools in Akoko North-East, a province of the Southern part of Nigeria. Thus, the hypotheses were as follows:

1. Parental psychological control will significantly predict psychological wellbeing among secondary school adolescents in Akoko North-East, Ondo State.
2. Basic need satisfaction and frustration will significantly predict psychological wellbeing among secondary school adolescents in Akoko North-East, Ondo State.
3. Parental psychological control, basic need satisfaction and frustration, age and gender will significantly predict psychological wellbeing among these adolescents.

Methods

Research Design

This study adopted a cross-sectional research design. This study made use of self-reported questionnaires in collecting responses from a representative population of adolescents of Akoko

North East of Ondo State. The independent variables were parental psychological control, basic need satisfaction and need frustration, while the dependent variable was psychological wellbeing.

Research Settings

The participants involved in this research were randomly selected and gathered in the school halls for the research.

Participants and Sampling technique

A total of 268 adolescents were selected from four high schools of Akoko North East of Ondo State as a sample for the study using a convenient sampling technique. The schools are Comprehensive High School, Ikare-Akoko, Victory college, Ikare-Akoko, Bofeat Model College, and Ikare-Akoko Grammar School. The participants were 115 (42.9%) males and 153 (57.1%) females and age (Mean = 15.57, S.D = 1.85).

Instrument

Standardized scales were used to gather information from the participants. The research instrument was divided into four sections; A to D.

Section A: Socio-Demographic Information: This comprises socio-demographic information such as age and gender.

Section B: Parental Psychological Control Scale: Parental Psychological Control was measured using Mageau et. al. (2015) parental psychological control scale. The scale measures one's level of parental psychological control an individual receives. It consists of 12 items. The Scale was developed on a 7-point Likert format ranging from 1 = Do not agree at all, 2 = Hardly agree, 3 = Slightly agree, 4 = Somewhat agree, 5 = Agree, 6 = Strongly agree and 7 = Very strongly agree. Sample items include, "When I refused to do something, my parents threatened to take away certain privileges to make me do it" and "I always had to do what my parents wanted me to do, if not, they would threaten to take away privileges". The higher adolescents scored on a parental psychological control scale, the higher the level of parental psychological control such respondents

experienced and reported a Cronbach alpha of .89. In this present study, a Cronbach alpha of .91 was obtained.

Section C: Need Satisfaction and Frustration Scale: Needs satisfaction and frustration was measured using Need Satisfaction and Frustration scale by Chen et al. (2015). It measures the level of need satisfaction and frustration adolescents' experiences. It consists of a 24-item scale. The scale was developed on a 5-point Likert format ranging from 1 (completely disagree), 2 (disagree), 3 (undecided), 4 (agree) and 5 (completely agree). Sample items include, "I feel a sense of choice and freedom in the things I undertake" and "I feel that my decisions reflect what I really want." Sample item on frustration includes "I feel disappointed with many of my performances and I feel like a failure because of the mistakes I make". The scores of items on frustration were reversed and a composite score was derived. Those whose scores were high were regarded as having to be satisfied with basic needs, while those with low scores were seen as having frustrations with basic needs. Hence, an adolescent is labelled satisfied or frustrated depending on either a high or low score and obtains a Cronbach alpha of .54. In this present study, a Cronbach alpha of .60 was obtained.

Section D: Psychological wellbeing scale: The psychological wellbeing scale that was developed by Ryff & Keyes (1995) was used to measure adolescents' psychological wellbeing. It is an 18-item scale on a 7-point Likert form ranging from 1 = strongly agree; 2 = somewhat agree; 3 = a little agree; 4 = neither agree nor disagree; 5 = a little disagree; 6 = somewhat disagree and 7 = strongly disagree". Sample items include, "I like most parts of my personality" and "When I look at the story of my life, I am pleased with how things have turned out so far" and obtained a Cronbach alpha of .70. In this present study, a Cronbach alpha of .95 was obtained. Adolescents whose scores tend to the high extreme of the continuum scale were seen as being high on psychological wellbeing and adolescents with low scores are seen as low on the construct.

Procedure

An introductory letter was obtained from the researcher's university to the schools where the selection of samples for the study was done. Before the administration of the scale, the researcher sought permission from the schools' authorities to administer the questionnaire. The purpose of the study was explained to them and approval was given by the authority to come back to

administer the questionnaire after being given a fixed date. However, before leaving, the students who were willing to participate were given consent forms for their parents after the purpose of the study was explained to them. On administration of the questionnaires, assurance of confidentiality and anonymity of their identities and responses were given. In addition, the respondents were told that there were no right or wrong answers, and as such should try to be honest as possible in their responses. A good rapport was established with the respondents, and participation voluntary. There was no time limit, they were encouraged to be patient in responding to the items to ensure proper filing. It took the researcher 5 weeks to administer and retrieve the copies of the questionnaire. Out of 270 copies of questionnaires that were administered, 268 were retrieved and were found usable for analysis.

Data Analysis

Pearson Product Moment Correlation (PPMC) analysis was used to test the relationship among the study variables. Hypotheses 1, 2 and 3 were tested using Hierarchical Regression Analysis. All analysis was conducted using SPSS 20.

Results

Table 1

Multiple Correlation Analysis showing Relationships among all Variables of Study

Variables	Mean	SD	1	2	3	4	5
1. Age	15.57	1.85	1				
2. Gender	-	-	-.14*	1			
3. Parental Psychological Control	110.11	28.32	-.09	-.08	1		
4. Basic need satisfaction and frustration	78.78	9.01	-.05	-.18**	.37**	1	
5. Psychological Well being	75.35	8.54	-.39**	.10	.28**	.32**	1

Note: ** $p < .01$, * $p < .05$, $N=268$

The result indicated that the relationship between parental psychological control and psychological wellbeing was positively significant [$r(266) = .28$, $P < .01$]. This implies that when parental psychological control increases, there tends to be an increase in psychological wellbeing. It was noted that basic need satisfaction and frustration had a significant positive relationship with

psychological wellbeing [$r(266) = .32, P < .01$]. This means that the higher the basic need for satisfaction and frustration, the higher the psychological wellbeing of adolescents in Akoko North-East tend to be. There was also a significant positive relationship between parental psychological control and basic need satisfaction and frustration [$r(266) = .37, P < .01$]. This implies that the higher the parental psychological control adolescents received, the higher their basic need satisfaction and frustration tends to be. The result indicated that age was negatively related to psychological well-being [$r(266) = -.39, P < .01$]. This means that older adolescents tend to experience a lower level of psychological well-being, while younger ones have higher psychological well-being. The relationship between gender and psychological wellbeing was not significant [$r(266) = .10, P > .05$].

Test of Hypotheses

Table 2

Hierarchical Regression showing Parental Psychological Control and Basic Need Satisfaction and Frustration Predicting Psychological Wellbeing of In-school Adolescents in Akoko North-East

Variables	B	t	R	R ²	ΔR ²	df	F	p
<i>Step 1</i>			.39	.15	-	2, 265	23.93	< .01
Age	-.38	-6.69**						
Gender	.05	.83						
<i>Step 2</i>			.47	.22	.07	3, 264	24.55	< .01
Age	-.36	-6.43**						
Gender	.07	1.31						
Parental Psychological Control	.26	4.69**						
<i>Step 3</i>			.52	.27	.05	4, 263	24.64	< .01
Age	-.34	-6.45**						
Gender	.11	2.09*						
Parental Psychological Control	.17	2.92**						
Basic need satisfaction and frustration	.26	4.44**						

Note: ** $p < .01$, * $p < .05$, $N=268$

Three steps hierarchical regression analysis was conducted and in step 1, the socio-demographic factors were entered. The result revealed that age significantly predicted psychological wellbeing ($\beta = -.38, t = -6.69, P < .01$). This was such that psychological wellbeing decreases with the increase in adolescents' age. Gender did not predict psychological wellbeing ($\beta = .05, t = .83, P > .05$). The

socio-demographic variables considered jointly predicted psychological wellbeing with a significant variance of 15% [$R = .39$, $R^2 = .15$, $F(2,265) = 23.93$, $P < .01$].

In step 2, parental psychological control was added to the model and it revealed that parental psychological control predicted psychological wellbeing such that the psychological wellbeing of adolescents increases with an increased level of parental psychological control ($\beta = .26$, $t = 4.69$, $P < .01$). It was noted that parental psychological control contributed a significant variance of 7% to the observed changes in psychological wellbeing ($\Delta R^2 = .07$) and the variable altogether in step 2 significantly predicted psychological wellbeing with a big variance of 22% [$R = .47$, $R^2 = .22$, $F(3,264) = 24.55$, $P < .01$]. The result confirmed hypothesis 1 and it was accepted.

Basic needs satisfaction and frustration were added to the model in step 3. The findings revealed that basic needs satisfaction and frustration predicted psychological wellbeing ($\beta = .26$, $t = 4.44$, $P < .01$) with the basic need satisfaction aspect causing an increase in psychological wellbeing. Jointly, the variables contributed a big variance of 27% to the total variance in psychological wellbeing [$R = .52$, $R^2 = .27$, $F(4,263) = 24.64$, $P < .01$]. Specifically, basic need satisfaction and frustration contributed 5% from the total observed changes in psychological wellbeing ($\Delta R^2 = .05$). Results confirmed hypothesis 2 and 3.

Discussion

This study examined the extent to which parental psychological control and basic needs satisfaction and frustration predict psychological wellbeing among adolescents in Akoko North-East of Ondo State. Hypothesis one which states that Parental psychological control will significantly predict psychological wellbeing among adolescents in Akoko North-East of Ondo State was accepted, the result obtained indicated that parental psychological control significantly predicted psychological wellbeing. This implies that when parental psychological control increases, there is an increase in psychological wellbeing and vice versa. The result is in a sense supported by the findings of Huppert et. al. (2009) and Gupta & Mechtani (2015). Their findings showed that parental psychological control predicts psychological wellbeing. However, in this study psychological control enhanced psychological wellbeing which could be as a result of youths being indifferent to this method or style adopted by parents, as Arulsubila & Subasree (2009)

indicated also that poor parental control results in a low-level perception of psychological wellbeing.

Hypothesis two which stated that basic need satisfaction and frustration will significantly predict psychological wellbeing among adolescents in Akoko North-East of Ondo state was accepted. Basic needs satisfaction and low frustration was observed to have a positive significant relationship and prediction on psychological wellbeing. This means that the higher the basic need for satisfaction, the higher the psychological wellbeing of these adolescents tend to be, while a low score implies frustration and low psychological wellbeing. This result supported a study conducted by Cordeiro et al. (2016) and Nishimura and Suzuki (2016). The result of their findings showed that need satisfaction and frustration predicts psychological wellbeing.

Furthermore, age and gender were found to be joint predictors of psychological wellbeing. Hence, age and gender are joint significant antecedents of psychological wellbeing in this study. Psychological wellbeing decreases with the increase in adolescents' age when considered independently in this sample. This supports the findings of Maroof and Khan (2016); the result of their findings revealed a strong relationship between age and psychological well-being, attesting psychological well-being as dependent on age. Gender did not have an independent prediction on psychological wellbeing. This finding is supported by the study of Rothmans, Kirsten and Wissing (2003) which found that gender has no influence on psychological wellbeing. Also, a study conducted by Dowdy et al. (1996) found gender differences as negative indicators of psychological wellbeing. While positive indicators of psychological wellbeing showed no significant differences by gender, which is also in support of this present study.

Conclusion

The present study examined whether parental psychological control and basic needs satisfaction and frustration predict psychological wellbeing among in-school adolescents in Akoko North-East of Ondo State. The findings of the study showed that parental psychological control and basic needs satisfaction and frustration significantly predicted psychological wellbeing among adolescents in Akoko North-East of Ondo State.

Recommendations

Based on the findings of the present study, it was recommended that:

Parents employ behavioural control and authoritative parenting style which foster child expressiveness, identity, autonomy, competence and social skills, as against psychological control which is intrusive. Literature attests to the fact that basic needs will be satisfied in the process of employing these parental behaviours. These altogether will ensure high psychological wellbeing.

Limitation of Study

Like other studies, this present study also has some limitations. One of the limitations is that the study made use of only 270 participants which may not be enough for generalization. This study considered two variables as antecedents of psychological wellbeing which were parental psychological control and need satisfaction and frustration. Dispositional factors of adolescents should be considered for future research.

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