



Prediction of resiliency based on Family communication patterns and satisfying basic psychological needs

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Abstract

The purpose of this study was to investigate the relationship between family communication patterns and Resiliency with mediating role of satisfying basic psychological needs in high school students. Therefore, 379 participants (183 males and 196 females) were selected by multistage random cluster sampling among high school students in Dezful city. The research tools include: Basic need satisfaction in relationship (Deci & Ryan, 2000). Resilience Scale of Connor - Davidson (2003) and Revised Family Communication Patterns Questionnaire (Koerner and Fitzpatrick, 2002). The reliability and validity of the instruments were approved. To test the model, Path analysis was used that results indicated that among dimensions of family communication patterns, the dialogue dimension has a significant positive direct and indirect effect on resiliency through three psychological. In addition Conformity dimension had indirect effect on resiliency through satisfying needs for relatedness. In sum the results showed that basic need satisfaction had a mediating role in the relationship between family communication pattern and resiliency. The findings of this study are good evidences of direct and indirect impact of parents on children. Therefore, the families who were trying to have a dialogue with children, pay attention to their demands, this resulted in child resilience.

Keywords: Dialogue, need for relatedness, need for competence and resiliency.

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1. Introduction

Positive psychology approach, according to the talents and abilities of human, instead of considering disorders and disturbances, knows its ultimate goal identifying structures and practices that is seeking welfare and happiness of people. Among these structures, Resilience can be mentioned. Therefore, the research increase in Resilience and development of child and attention to the need for preventive interventions, seems necessary. The high level of resilience reduces emotional problems and establishes mental health of individual (Samani, Jowkar & Sahragard 2007; Snyder, 2002). Resilience is the ability to cope with loaded events and a lot of stressful events (including severe injuries, death, disaster, economic damages, political upheaval and cultural changes) and maintain mental health and mental vitality, despite facing unpleasant events (Agaibi & Wilson, 2005). Trauma, PTSD, and Resilience A Review of the Literature. Waller, 2001). The Resiliency is generally regarded as a feature associated with character, personality and coping ability that implies on strength, flexibility, ability to dominate or back to normal status after exposure to severe stress and challenges (Lazarus & Folkman, 1984). In the case of factors associated with resilience, studies have shown that family, community, attitudes, personality, and ... impact on resilience. Warmth and eager parents that make fixed boundaries, promote Resilience in children (Masten, Hubbard, Gest, Tellegen, Garmezy & Ramirez, 1998). According to the above definitions and various studies that show personality, family, training practices impact on resiliency, it is known that family is a most strong variable that influenced on Resiliency. Dimensions of family communication patterns are one of the important structures in family psychology that impact on the health and resiliency. According to fit (2002) family communication have two dimension namely dialogue and confirmatory dimensions. In the case of family communication patterns and resilience, researches confirm that dialogue dimension is positive prediction and conformity is negative prediction of factors influencing Resilience (Koerner & Fitz Patrick, 2004; Mandel, Amit, Reznichenko, Weinreb, & Youdim, 2006).

On the other hand, Basic psychological Needs Theory (BPNT) provides the necessary conditions for psychological growth, integrity, and psychological well-being (Brawn and Ryan, 2003). Failure to identify and not attempt to satisfy basic needs creates the conditions that can make impatient person and in danger of falling in dealing with crisis situations. Human needs requires certain conditions for mental health or welfare and their satisfaction depend on the conditions support (Deci & Ryan, 2000).

Self-determination theory states that environmental and context conditions effect on satisfying the needs and improved performance. Basic psychological needs, Deci and Ryan (2000; 2001) argue that subjects' optimal performance in various fields depends on the satisfaction of basic psychological needs. These needs include: the Need for Autonomy, the need For Competence, and the Need For Relatedness with people who are important to him/her. The need for autonomy is the need for freedom in doing activities rather than the feeling of being controlled or forced to do something. This requirement is satisfied when one feel that according to understanding of self, acts according to his will (Deci & Ryan, 2000).

The need for competence is the need to feel competent and efficient in dealing with environment. So that a person feels he can control on his environment experiments and cope with the various challenges (White, 1959). Need for relatedness meaning the need to the experience of bonding with others, in such a way that the person feels securely bonded and is considered by those who are important to him (Ryan & Desi, 2008a). In Deci & Ryan (2000; 2001), conceptual model optimal function is depend on context factors and needs satisfaction.

Koerner and Maki (2004) showed during the investigation that the orientation of the dialogue is positively correlated with self-esteem and social support and is negatively correlated with anxiety and depression. On the other hand, conformity is positively correlated with anxiety and is negatively correlated with self-esteem and social support. Also, Keshtkaran (2009) examined in this study, the relationship between family communication patterns and Resilience and concluded that the dialogue dimension is positive predictor of Resilience but conformity is negative predictor of resilience. There is significant difference between family communication patterns that is pluralistic and agreed families and easygoing and restrictive families in terms of

resilience. In another study, Sheldon, Ryan and Reese (1996) tested daily variations in autonomy and competence experiences. They found that in individual differences level, the degree of autonomy and perceived competence is correlated with psychological well-being. Gagan and Deci (2005) in examining Self-determination theory and its applications at Organizational Behavior and Motivation showed that satisfying basic needs in job satisfaction, mental health and employee productivity is of particular importance. In fact studies showed that needs satisfaction and autonomy support of employees by managers is in line with better job performance, higher organizational commitment and job satisfaction.

In a study, Rahimiyan & Asgharnejad (2008) studied the relationship between psychological hardiness and resiliency with youth and adults mental health in earthquake survivors of city Bam. Results, showed the importance of psychological hardiness and resiliency in maintaining and promoting mental health in earthquake survivors.

The present study aims to expand upon pervious research regarding the relationship between contextual factor, basic psychological need and resiliency. In particular it will investigate the mediating role of basic psychological need satisfaction the relationship between family communication pattern and resiliency. Therefore, the main goal of the present study is to explore the effects of family communication patterns on resiliency with basic psychological need satisfaction as a mediation variable.

2. Method

The statistical population of this study is the first to fourth grade students of Dezful high schools. 18047 people are included (9037 girls and 9007 boys). Among all the high schools, 396 students were selected by multistage random cluster sampling. Data of 17 participants were excluded from the analysis due to the incomplete questionnaires. The original sample was reduced to 379 subjects (194 boys and 185 girls).

3. Measurements

Revised scales of family communication patterns: To determine the status of the dialogue and conformity, revised questionnaire of family communication patterns is used (Kowerner & Fitzpatrick, 2002). This scale has 26 items, five options. The result of factor analysis showed two general factors which explained 53.51 percent of the variance. The factor loading obtained from .49 to .72 for items.

Connor– Davidson Resilience Scale: Connor– Davidson Resilience Scale (CD-RISC, 2003) was used to measure resiliency. This scale has 25-items with five-point Likert-type. Validity (in factor analysis method and convergent and divergent validity) and reliability (in Cronbach's alpha method) of scale has been confirmed by producers of various test groups in different groups (normal, at risk). The preliminary results of psychometric properties of the scale have confirmed reliability and validity. (Connor– Davidson, 2003) In the present study, reliability coefficient of the instruments was calculated using Cronbach's alpha that is equivalent to 0.89 and has high validity.

Basic psychological needs scale: that was made by Deci and Ryan (2000). This scale had 9 items concerning the three needs for competence, autonomy and relatedness. Reliability coefficients resulting from the implementation of test on mother, father, romantic partner and friend of subjects have been reported, 0.92, 0.92, 0.92, 0.92, respectively (Guardia et al). Reliability of this test was calculated for 9 items by Cronbach's alpha that its reliability is 0.77 . The result of factor analysis showed three general factors which explained 53.51 percent of the variance. The factor loading obtained from .54 to .79 for items.

4. Results

As the first step in data analysis, the mean and standard deviations of the variables were calculated and they are presented in Table 1.

Table 1. The mean and standard deviation of variables

Variables	Mean	SD
Resiliency	61.75	14.65
Dialogue dimension	51.56	11.45
Conformity dimension	30.92	9.2
Need for competence	14.27	3.33
need for autonomy	14.9	3.5
Need for relatedness	15.14	4.35

In order to examine the linear relationship between family communication pattern, basic psychological needs and resiliency, the zero correlation among variables were computed that presented in table 2.

Table 2. The zero-order correlation matrix between variables

Variable	1	2	3	4	5	6
1- Resilience	1					
2- Dialogue	0.46*	1				
3- Conformity	-0.16*	0.39*	1			
4- Competence	0.33*	0.44*	-0.16*	1		
5- Relatedness	0.36 *	0.66*	0.32*	0.45*	1	
6- autonomy	0.33	0.51*	-0.23*	0.39	0.51*	1

*P<0.001

Since the intent of the present study was to focus on the causal relationships, the correlations are not discussed in any details at this point.

5. Examining the direct and indirect effects of exogenous variables on Resiliency

In order to clarify and examine the mediating role of Basic psychological needs satisfaction in the following table, the direct and indirect effects of exogenous variables are given on the Resiliency.

Table 3. Direct, indirect and total effects of research variables

Paths	Direct effect	Indirect effect	Total effect	Explained variance
On resilience				
Dialogue	0.34	0.13	0.47	23
Conformity	0.06	0.03	0.09	
Need for autonomy	0.11	0.11	
Need for competence	0.12	0.12	
Need for relatedness	0.04	0.04	

*P<0.001

As the results of table 3 shows, dialogue dimension with beta of 0.34 and need to competence and autonomy with 0.12 and 0.11 coefficients have positive direct effect on

resilience. The direct effect of conformity is not significant. The total effect of dialogue on resilience (0.47) in 0.01 levels is significant that 0.13 is for indirect effect. Among basic psychological need the need for competence has the highest beta coefficient (.12) on the resiliency. The total model, after eliminating no significant relationships, is shown in figure. 1.

The total model, after eliminating no significant relationships, is shown in figure1.

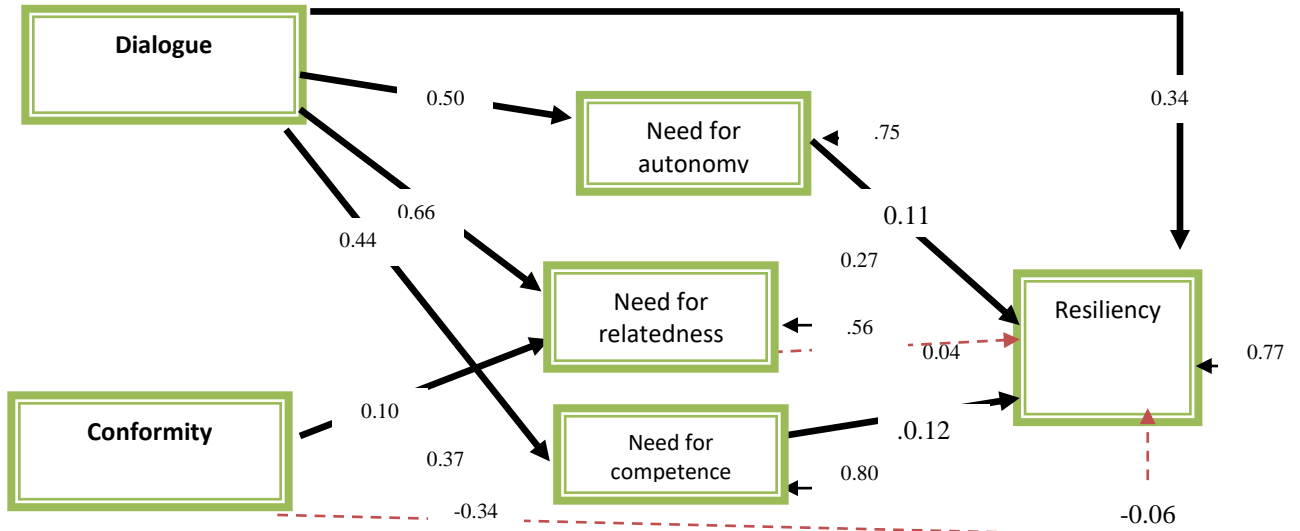


Figure 1. Path diagram and estimating the fitted model parameters

23 percents of the Resilience variance is explained by model variables that effects of variables are given in Table 3 results as direct, indirect and total. For fitness the model we use several indexes such as: GFI=0.96, AGFI=0.93, NFI=0.93 and RMSEA=0.04 that these index provide good fitness for this model.

6. Discussion

Data analysis according to the fit model showed that model variables explained 0.23 of the Resiliency variance. Examining direct, indirect and total causal effects of final model showed that dimensions of family communication patterns predicted Resiliency with mediating role of satisfying psychological needs. Thus, the patterns of family communication are positive predictors of psychological need satisfaction and Psychological need satisfaction, in turn, positively predicted resiliency. Among direct paths, conformity path was not significant resiliency, but resiliency with higher significant coefficient is predicted by dialogue dimension. The results of this study is in line with the results of Kuroshnia and Latifian (2011), Rego (2014), Moltafet & Sadatit (2014) Ryan (2006, 2008) researches. Family-oriented dialogue direct impact on students' resiliency is in line with findings show that children who their family is close to their children and are responsive to their needs have more confidence and more well-being (Diana Bomrind, 1977, 1991, quoted by Siglman, 1999, Ryan & Deci, 2006; 2008).

Orientation of family dialogues, in addition to direct effects, has indirect effects on resiliency through satisfying basic psychological needs of students' intermediaries. This finding is also consistent with findings that argue families with lots of dialogue, transfer their expectations from their children (Kowerner & Fitz Patrich, 2002; Ryan & Deci, 2008). In explaining these findings, we can say that family as the basic social institution is the first effective system for children and youth's growth. Based on research Grolnick and Ryan (1989) parents who are supporting children's autonomy and independent decision making, and are interested to children's programs and activities their children feel more competent and have more adaptive behaviours and more self-regulatory power. Feature raised by these researchers is observable

readily from dialogue- oriented families. The repetitive and easy dialogue and far from imposing beliefs among family members, provides discussion correct pattern for children which, in turn, helps to increase their perception of their competency in this area (Hord, Dampsi & Sandler, 1995). Perception of this competence causes that children of families with high orientated dialogue and low compliance consider the quality of information and supportive evidences of the argument in discussions (Fitz Patrick, 2004; Kowerner & Fitz Patrick, 2002).

What is called resiliency is needed. It is necessary that parents and caregivers to know these features and deal with teenagers appropriately. They should know that teenagers try to be free from power constraint that elders, school and community impose them and they are trying to show their identity. Parents should know that in lives of most adolescents, family always is like an anchorage. If parents trust teenagers, order them less, imposing their opinion less, the crisis of teenagers will be less and mental health, independence and resilience will increases.

Family orientated dialogue indirectly affect resiliency through satisfaction need for relatedness on students'. However, conformity orientation does not affect through need for relatedness. Indirect and positive impact of family orientated dialogue on students' increased resiliency through need satisfaction is consistent with the findings of previous researches. According to researches, dialogue- oriented family members focus on thoughts, opinions and personal feelings (Kowerner & Fitz Patrich, 2002).

The findings of study can be considered from two aspects of theoretical and practical. From a theoretical perspective, this study can help to research on family by introducing a theoretical model, practical aspects of this study could have important information for Iranian parents of adolescents. These findings indicate that if family environment provides comfortable conditions for conversation about many topics and spend much time to express thoughts and feelings of family members, the needs of children will be satisfied more likely and will result in children resiliency. Also, help of families to children's independence and personal growth and giving value for their opinions and interests, even if they do not agree with the opinions and interests of family, will prevent the formation of anxiety. The findings could also be useful for schools. Schools are expected to train communication, social, life skills and values. Schools may help students to train needed skills for expressing feelings and emotions in addition to their thoughts and opinions. Finally, in associated with research proposals and constraints it can be said that, given the limited scope of the study participants in terms of age and geography, it is necessary to be care in generalizing the results to other regions and age groups. Also, as the study is correlation, causal inference is not possible from the results. Finally, it is suggested that the relationship between family communication patterns and resilience and psychological need satisfaction intermediary to be examined in a form of causal model.

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