

BASIC PSYCHOLOGICAL NEEDS, COPING AND PSYCHOLOGICAL DISTRESS  
AMONG ORPHANS LIVING IN ORPHANAGES



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01-275192-007

A thesis submitted in fulfilment of the  
requirements for the award of the degree of Masters of Science (Clinical Psychology)

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BAHRIA UNIVERSITY ISLAMABAD

AUGUST 2021

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## **DEDICATION**

*Dedicated to my parents without whom none of success would be possible.*

*Thank you for giving me the life I live today*

## ACKNOWLEDGEMENT

All praises to Allah Almighty, the Most Beneficent and the Most Compassionate. The accomplishment of this dissertation is solely Almighty's beneficences and blessings upon me. Without His Mercy, help and will, I would have never been able to reach fulfilment of this research. I would like to express gratitude to my worthy supervisor Dr. Mahmood Sadiq for supporting and guiding me through this journey.

I would also thank Dr. Noshi Iram Zaman for always giving me the opportunities to conduct this research and for always believing in me. I owe my deepest gratitude to her. I would like to express my gratitude to my parents, siblings and my friend Sarah for their unconditional support and always understanding and facilitating me in my hectic routine, without their support I would not be able to complete my work.

## 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. Convenient sampling technique was used to collect the data. Sample consisted of 200 orphans in 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 (BPNSF) 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 SPSS 26 version. There was significant relationship between basic psychological needs frustration and psychological distress. Avoidance focused coping and emotion focused coping were significant predictor of psychological distress. Psychological distress was positively predicted by avoidance focused coping and emotion focused coping. Male orphans score higher on avoidance focused coping and task focused coping. The findings of the study are likely to facilitate experts in developing customized strategies to support and guide orphans which can help reduce their distress and encourage them to cope with difficulties in a better way.

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## LIST OF ABBREVIATIONS

AS	Autonomy Satisfaction
AF	Autonomy Frustration
CS	Competence Satisfaction
CF	Competence Frustration
RS	Relatedness Satisfaction
RF	Relatedness Frustration
AFC	Avoidance Focused Coping
TFC	Task Focused Coping
EFC	Emotion Focused Coping
SDT	Self-Determination Theory
BPNT	Basic Psychological Needs Theory

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