

# Relationship Between Satisfying Psychological Needs and Resilience in B.Ed Students

Khin Myo Thein<sup>1</sup> and Aye Chan Myat Phyoe<sup>2</sup>

## Abstract

The primary purpose of this study was to investigate the relationship between satisfying psychological needs and resilience of B.Ed students. Descriptive survey research method was applied in this study. Two Universities of Education, Yangon University of Education (YUOE) and Sagaing University of Education (SUOE) were purposefully selected for this study. A total of 1436 B.Ed students from the two University of Education participated in this study. Child and Youth Resilience Measure (CYRM) developed by Liebenberg, Ungar, and Van de Vijver (2012) and Basic Psychological Needs Scale developed by Deci and Ryan (2000) were used as research instruments in this study. The CYRM comprises three sub-scales: Individual Capacity/Resources, Relationship with Primary Caregiver and Contextual Factor. The BPNS consists of three sub-scales, namely, Need for Autonomy, Need for Competence and Need for Relatedness. Alpha reliability for CYRM and BPNS revealed at 0.83 and 0.78 respectively. The result of this study revealed that significant differences existed in B.Ed students' resilience with respect to gender, university and level of education. But there was no difference in resilience with respect to age group. Again, the result showed that significant differences existed in satisfying psychological needs by university and age group. However, significant differences in satisfying psychological needs were not found with regard to gender and level of education. Moreover, all three subscales of psychological needs were positively correlated with resilience. Therefore, it could be said that the higher the satisfaction of a student's psychological needs, the higher his or her resilience. Besides, multiple regression analysis results showed that all basic psychological needs have positive and significant effect on resilience. In sum, findings of study provide good evidence for effect of satisfying psychological needs on resilience.

**Key words:** Basic Psychological Needs, Resilience.

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1. Lecturer, Department of Educational Psychology, Yangon University of Education  
2. Senior Assistant Teacher, BEHS(Anangone), Patheingyi Township