



Thematic conference: Self and identity in emerging adulthood  
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# Emerging adult self-perceptions in freshman year

## Role of basic psychological needs satisfaction and frustration

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**Tyler Slaba**  
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People weren't lying when they said that 18-24 are some weird years. I got friends engaged, friends with children, friends who don't know how to work a washing machine, and friends who out here flipping a check. I am confusion!

2/25/18, 12:54 PM



**Nathan Jain**  
@NathanJain\_

18-21 is a confusing age. I got friends getting married, some in prison, some having kids and then some still have to ask their parents to stay out past 9.30



## University context

- Natural laboratory (Montgomery & Côté, 2003)
- Specific context of development (e.g., Arnett, 2016)

“In college, a person is exposed to a very wide array of alternative career goals, belief systems, and life styles”

(Waterman & Archer, 1990, p.40)

## Freshman year

- Major transitions
  - High school to University
  - Living under parent’s authority to relative independency
  - Home leaving

## Self-exploration context

## Self-determination theory

- Basic psychological need theory (Deci & Ryan, 2000)
  - Relatedness = care for others and cared for by them
  - Competence = effective and talented
  - Autonomy = free of experiment

## Satisfaction – Frustration

(Chen et al., 2015; Vansteenkiste & Ryan, 2013)

- Asymmetric relation

Satisfaction → Well-being

vs.

Frustration → Ill-being



👉 How these experiences will influence self-perception?



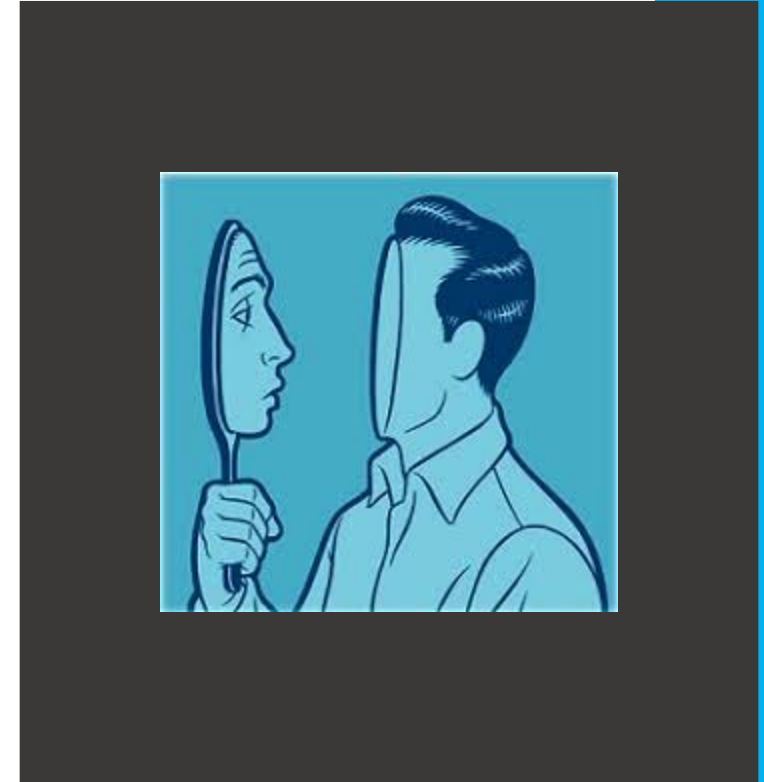
## Self-perception

- Self-evaluation
- Critical look at oneself

Needs satisfaction and frustration → Self-perception?

## Focus on

- Depression (Beck & Beamesderfer, 1974)
- Self-worth = positive or negative perception toward the self as a totality (Rosenberg, 1965)
- Psychological well-being = optimal psychological functioning (Ryff, 1989)



# Hypothesis

- Emerging adult self-perceptions in freshman year is influenced by their experiences through satisfaction and frustration of basic psychological needs



## Preliminary study

- Validation of the French version of the Basic Psychological Need Satisfaction and Frustration Scale (BPNSFS; Chen et al., 2015)

## Study

- Structural equation modeling to test the link between basic psychological needs satisfaction and frustration and self-perception

# Preliminary study: Validation of the French version of the BPNSFS (Chen et al., 2015)

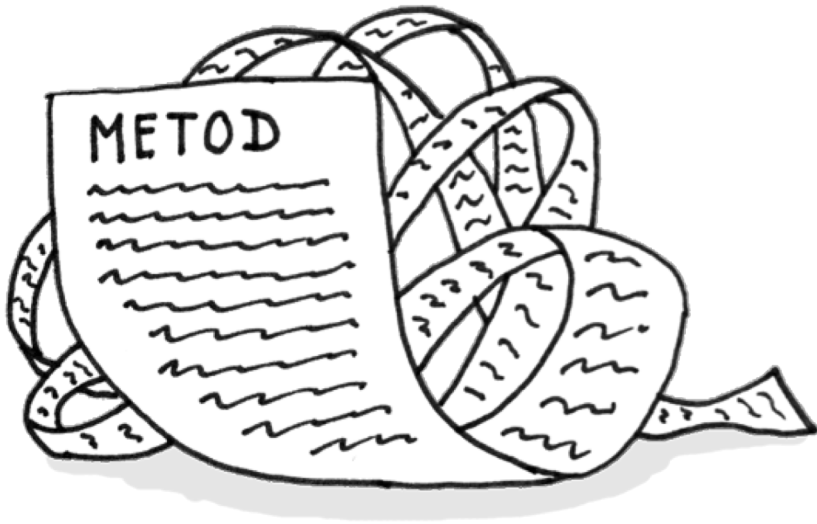
## Participants

- 1,031 emerging adult students from different fields of study (66.89% women,  $M_{\text{age}} = 18.72$ ,  $SD_{\text{age}} = 0.71$ )

## Measure

- BPNSFS (Chen et al., 2015)
  - 6 dimensions
  - 24 items

👉 Example, item 3: I feel my choices express who I really am



# Preliminary study: Validation of the French version of the BPNSFS (Chen et al., 2015)

## Relatedness (Ryan, 1995)

- Satisfaction = intimacy and genuine connection with others
- Frustration = relational exclusion and loneliness

## Autonomy (deCharms, 1968; Deci & Ryan, 1985)

- Satisfaction = self-determination and full willingness
- Frustration = controlled through externally enforced

## Competence (Deci, 1975; Ryan, 1995)

- Satisfaction = effective and capable to achieve desired outcomes
- Frustration = failure and doubts about one's efficacy



e.g., Chen et al., 2015, p.217

## Preliminary study: Validation of the French version of the BPNSFS (Chen et al., 2015)

### Validation

- Explanatory factor analysis = 6 factors confirmed
- Confirmatory factor analysis = acceptable criteria

$\chi^2 (237) = 515.61$ , CFI = .98, RMSEA = .05[.043-.054], TLI = .98, and WRMR = 1.02

- Internal consistencies (Cronbach's  $\alpha$ )

	Satisfaction			Frustration		
	Relatedness	Competence	Autonomy	Relatedness	Competence	Autonomy
English	.83	.88	.81	.81	.86	.71
Chinese	.65	.74	.69	.73	.76	.72
Spanish	.75	.78	.74	.64	.67	.77
Dutch	.83	.82	.82	.67	.84	.77
<b>French</b>	<b>.82</b>	<b>.91</b>	<b>.82</b>	<b>.82</b>	<b>.84</b>	<b>.80</b>

## Preliminary study: Validation of the French version of the BPNSFS (Chen et al., 2015)

- Invariance measurement across gender

	$\chi^2$	df	RMSEA [90 CI%]	CFI	$\Delta\chi^2$	$\Delta$ df	p	$\Delta$ RMSEA	$\Delta$ CFI
M1: <b>configural invariance</b>	577.69	474	.049 [.042-.055]	.980	-	-	-	-	-
M2: <b>metric invariance</b>	598.83	492	.048 [.041-.054]	.980	7.769	18	<b>.98</b>	.001	.000
M3: <b>scalar invariance</b>	651.14	558	.045 [.039-.051]	.979	42.061	66	<b>.99</b>	.002	.001
M4: strict invariance	968.79	564	.060 [.039-.051]	.964	35.313	6	<b>***</b>	.014	.015

Needs satisfaction and frustration → Self-perception?



# Study: Structural equation modeling to test the link between basic psychological needs satisfaction and frustration and self-perception

## Participants

- 673 freshman emerging adults from different fields of study  
(67.45% women,  $M_{age} = 18.42$ ,  $SD_{age} = 0.54$ )



## Measures

- Psychological needs satisfaction and frustration = BPNSFS (Chen et al., 2015; Study 1 for French version)
- Self-perception
  - Depression = Beck Depression Inventory (Beck & Beamesderfer, 1974; Reynolds & Gould, 1981, for French version)
  - Self-worth = global self-worth dimension of the Self-Perception Profile for College Students (Neeman & Harter, 2012; French validation in progress)
  - Psychological well-being = Scale of Psychological Well-Being (Ryff & Keyes, 1995; Bouffard & Lapierre, 1997, for French version)

# Study: Structural equation modeling to test the link between basic psychological needs satisfaction and frustration and self-perception

## Depression = Beck Depression Inventory

(Beck & Beamesderfer, 1974; Reynolds & Gould, 1981, for French version)

- 1 dimension – 13 items (Cronbach's  $\alpha = .80$ )


## Self-worth = global self-worth dimension of the Self-Perception Profile for College Students

(Neeman & Harter, 2012; French validation in progress)

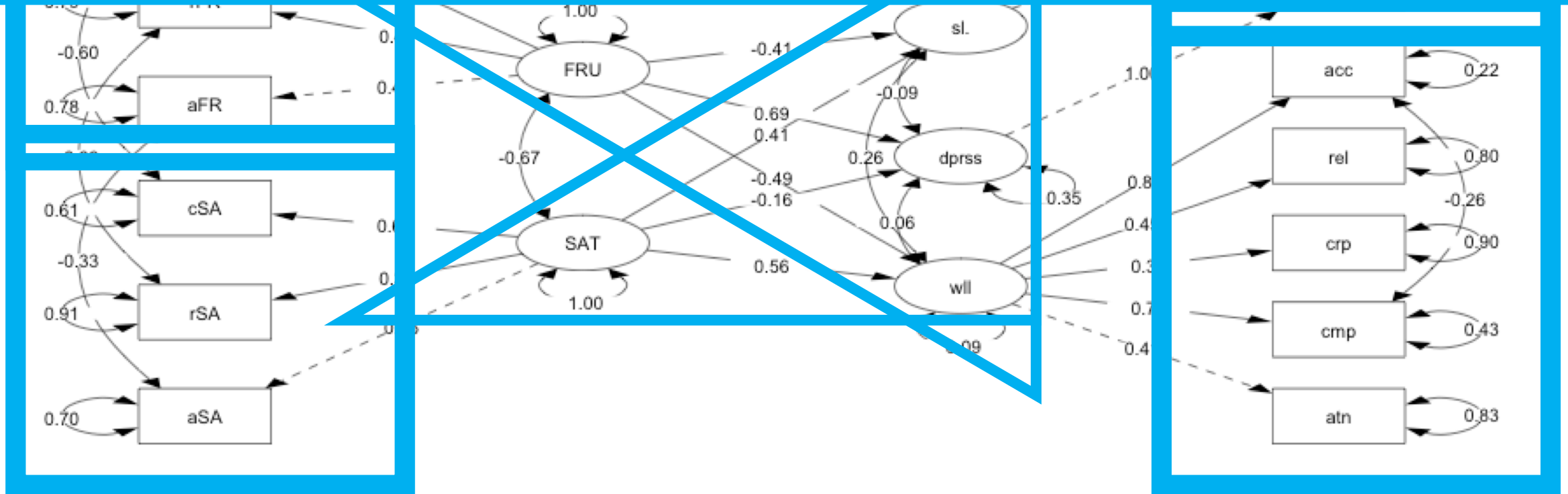
- 1 dimension – 6 items (Cronbach's  $\alpha = .83$ )

## Psychological well-being = Scale of Psychological Well-Being (Ryff & Keyes, 1995; Bouffard & Lapierre, 1997, for French version)

- 5 dimensions – 15 items

- 
- Autonomy (Cronbach's  $\alpha = .55$ )
  - Environmental mastery (Cronbach's  $\alpha = .54$ )
  - Personal growth (Cronbach's  $\alpha = .45$ )
  - Positive relationships (Cronbach's  $\alpha = .51$ )
  - Self-acceptance (Cronbach's  $\alpha = .65$ )

# Study: Structural equation modeling to test the link between basic psychological needs satisfaction and frustration and self-perception



$\chi^2 (53) = 246.47$ ; CFI = .94; RMSEA = .07[.065-.083]; TLI = .91; SRMR = .05

## Preliminary study: Validation of the French version of the BPNSFS (Chen et al., 2015)

- Good psychometrics properties
- Can be use for gender comparison

## Study: Structural equation modeling to test the link between basic psychological needs satisfaction and frustration and self-perception

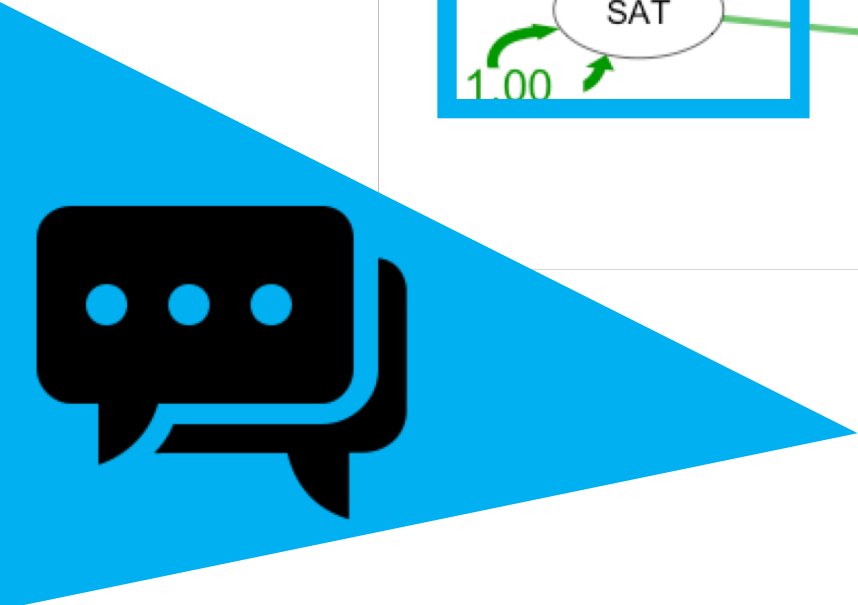
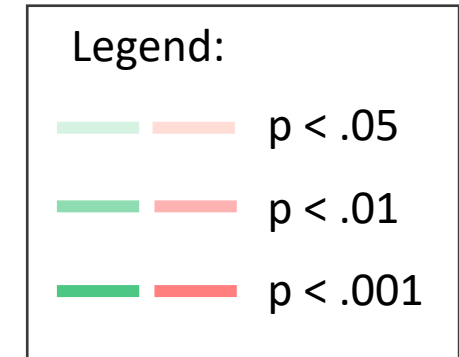
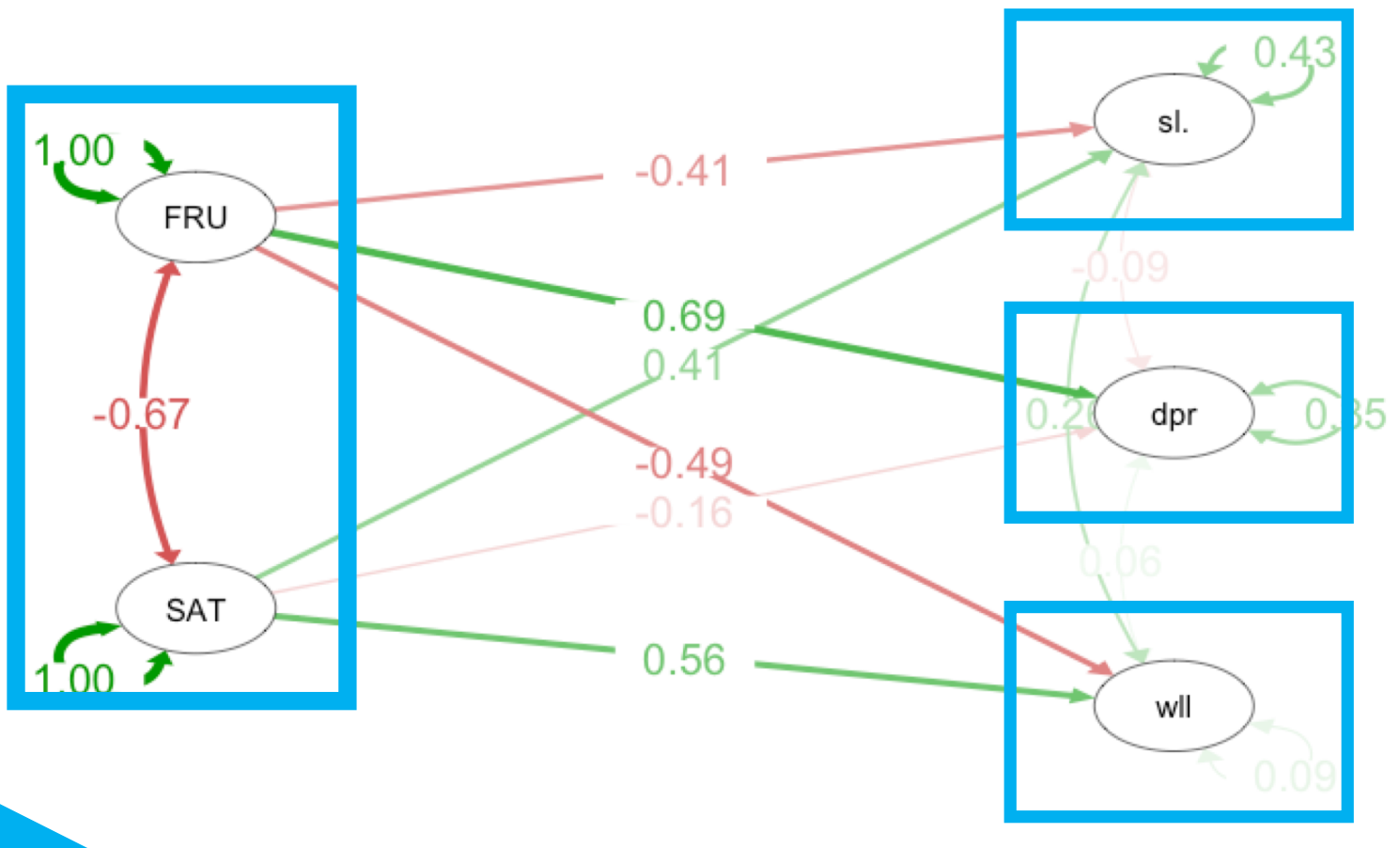
Needs satisfaction → Positive self-perception

- depression
- + self-worth
- + psychological well-being

Needs frustration → Negative self-perception

- + depression
- self-worth
- psychological well-being





👉 Bidirectional effect over time?

👉 Specificity of our context: Freshman year?

## Perspectives?

👉 Freshman year: numerous transitions

### Family context

- Relation with parents
  - Play a part in the adulthood transition (Bidart & Pellissier, 2007)
  - From hierarchical to mutual relation (Grotevant & Cooper, 1986; Rice, FitzGerald, Whaley, & Gibbs, 1995)



Family context → Needs satisfaction and frustration → Self-perception during freshman year?



