



## A Short Note on Basic Psychological Needs and Their Association with Personality

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### ABOUT THE STUDY

Psychological need is a motivational concept. In a common motivation cycle framework, the needs that drive our behaviour to achieve goals satisfy them. Humans have many needs, but not all of them are equally important for optimal psychological functioning and well-being.

According to SDT, there are three psychological needs (self-control, competence, relationship) that are important for psychological well-being and self-motivation. You can think of these shared needs the same way you think about physiological needs (e.g., hunger, thirst, sleep). In other words, if any of these needs are not met, happiness suffers and motivation may decrease. Conversely, if you feel empowered, competent, and connected with others in a particular area of your life (e.g. physical activity), you are likely to feel more empowered. Motivation to engage in that behaviour.

In contrast, in self-determination theory, the term psychological need is defined more specifically and narrowly, i.e., as a psychological nutrient essential for adjustment, integrity, and Personal growth. In this framework, a particular desire can take on the more formal status of a basic psychological need only when its satisfaction is not only beneficial but necessary for the individual's well-being, whereas its frustration increases the risk of passivity, irritability and defensiveness.

Central to BPNT is the argument that individuals have a limited number of basic psychological needs, the satisfaction of which is essential for fulfilment and happiness. While the list of psychological needs is always expanding to include more, the current set of needs is limited to just three: autonomy,

competence, and relevance. The BPNT examines both satisfaction and frustration with respect to these three needs, where frustration represents a more powerful and threatening experience than mere dissatisfaction. Autonomy refers to the experience of action and will. When satisfied, one experiences a sense of wholeness as when one's actions, thoughts, and feelings are self-approved and authentic.

Relationship signifies the experience of warmth, connection and care, and satisfaction by connecting and feeling important to the other person. Frustration with kinship is accompanied by feelings of social exclusion, exclusion, and loneliness.

Competence is the experience of efficiency and mastery. It becomes gratifying when one is proficiently engaged in activities and experiences opportunities to use and expand skills and expertise. When people are frustrated, people feel less effective, even defeated, and powerless.

First, as a psychological theory, BPNT focuses on needs of a psychological nature. Physiological needs, such as hunger, thirst, and sleep, have received considerable attention in the field of biology, where the focus is on physical growth and health. This primary focus on psychological needs does not mean that physiological needs are ignored in BPNT, quite the contrary.

Second, just as physiological needs such as hunger and thirst must be satisfied in order to grow and develop physically, the satisfaction of psychological needs is considered urgent or essential to promote growth and development. Psychological development, integrity and well-being. Conversely, a lack of frustration of these needs reduces the ability to meet them and increases the risk of illness and mental illness.

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