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ARAŞTIRMA

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Adolescents' Psychological Needs and Perceived Family Atmosphere during the Covid-19 Epidemic Process

Kovid-19 Salgını Sürecinde Ergenlerin Psikolojik İhtiyaçları ve Algılanan Aile Atmosferi

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ABSTRACT

The aim of this study is to examine the Adolescent's psychological needs and perceived family atmosphere during the Covid-19 Pandemic. This research was designed in the correlational survey model, which is one of the general survey model designs. 684 (F = 389; M = 295) adolescents were reached. Personal information such as age, gender, the place they live, parents' education level was obtained and psychological needs and moods data were collected using the "Psychological Needs and Moods Scale in Restricted Life" and data on perception of the adolescents' family environment were collected using the "Perceived Family Atmosphere Scale for Adolescents". According to the results of the study, when the psychological needs of adolescents and their anger-anger reactions are examined, according to variables such as gender, age, parental education level, family atmosphere, adolescents' anger-anger reactions, safety needs and needs to establish relationships differ according to gender, age and education level of parents' ($p > .05$). When psychological needs and anger-anger response - perceived family atmosphere are examined, it is seen that the most important determinant of the perceived family environment is the need for relationship.

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ÖZET

Bu araştırmanın amacı Kovid-19 salgını döneminde ergenlerin psikolojik ihtiyaçlarının neler olabileceğini ve algılanan aile atmosferini araştırmaktır. Araştırma genel tarama modeli desenlerinden ilişkisel tarama modelinde tasarlanmıştır. Araştırma kapsamında toplam 684 öğrenciye (389 kız, 295 erkek) ulaşılmıştır. Ergenlerin yaş, cinsiyet, yaşadıkları şehir, annenin ve babanın sosyoekonomik durumları gibi demografik özellikler araştırılmış ve ergenlerin psikolojik ihtiyaçlarının neler olabileceği ilgili veriler "Kısıtlanmış Yaşamda Psikolojik İhtiyaçlar ve Duygu Durum Ölçeği" ile ve ergenlerin yaşadıkları aile ortamına ilişkin algıları "Ergenler İçin Algılanan Aile Atmosferi Ölçeği" ile toplanmıştır. Araştırma sonuçlarına göre, cinsiyet, yaş, ebeveynin eğitim düzeyi, aile atmosferi gibi değişkenlere göre ergenlerin psikolojik ihtiyaçları ve kızgınlık-öfke tepkileri incelendiğinde, ergenlerin kızgınlık-öfke tepkileri, güvende olma ve ilişki kurma ihtiyaçları cinsiyete, yaşa ve ebeveynlerin eğitim düzeyine göre farklılaşmaktadır ($p > .05$). Psikolojik ihtiyaçlar ve Kızgınlık-Öfke Tepkisi - Algılanan Aile Atmosferi incelendiğinde, bulgulara göre Algılanan Aile Ortamının en önemli belirleyicisinin İlişki Kurma İhtiyacı olduğu görülmektedir.

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Ethical Statement: The ethics committee of Nevşehir Hacı Bektaş Veli University was consulted for ethical approval of this study.

INTRODUCTION

The sudden interruption of the usual lifestyle of all living beings, especially humans, causes a crisis. In other words, the interruption of their lives in one way or another causes a crisis because even if the living conditions they have been leading are problematic, they are somehow adapted to them. The individual has a general prediction about his/her current situation and how his or her life will be in the near future. The sudden interruption of this long or short-term adaptation for any reason causes uncertainty. Uncertainty is a state of imbalance and causes anxiety and mental confusion. Especially in situations of severe crises, ordinary problem-solving efforts cannot solve the problem, and the individual faces a serious loss or anxiety about not being able to survive (Kavan & Guck, 2006, s.59-64). According to James and Gilliland (2005), often it is not the event itself that causes the crisis; rather, it is the assessment that the situation is serious, uncontrollable, and beyond one's capacity to cope with that triggers a crisis response.

The crisis can be on an individual scale as well as on a mass and global scale. Earthquakes, fires, floods, tsunamis, wars, and epidemics are the causes of massive and global crises (Robert & Pfaltzgraff 2008). Not knowing how the disaster or epidemic disease will end and how the future will take shape causes serious psychological and social impairments in the individual because psychological, social, and economic uncertainties carry various risks. These risks may have different impacts on the lives of individuals or masses. However, what kind of damages they will cause to sustainable life is related to variables such as the potential and frequency of the risk (Shamkhi & Ebraheem, 2020). On the other hand, in addition to natural disasters, epidemics that have resulted in the deaths of millions of people throughout history create global crises that affect human psychology and behavior. Since crises from disasters and epidemics have a strong impact on people, it has always been a question of how people will react in times of crisis.

How people react to crises differs from person to person depending on their resilience. Some people may manage the pandemic without panic or with less stress and anxiety, whereas others may experience depression, high anxiety, loss of concentration, panic disorder, obsessive-compulsive disorders, or even fail to manage their daily lives. Hamoaka, Benedek, and Ursano (2007) stated that although many people experience some level of distress after a crisis, some experience more persistent psychological disorders such as anxiety, insomnia, excessive smoking, increased alcohol consumption, and persistent pessimism. Psychological support is needed for people who experience the epidemic with more severe symptoms, while pharmacological interventions are required for those who have sleep problems and intense anxiety. In a smaller part of the population, permanent problems such as anxiety disorders, Post-Traumatic Stress Disorders, major depressive disorder, and substance use can be observed.

Epidemics are catastrophic situations on a global scale caused by a bacterium or a virus. State administrators are forced to take measures such as quarantine, social isolation, and curfew and so on to cope with the epidemic. In other words, the individual's social and physical living space is restricted to prevent contamination. The restriction prevents meeting psychological and social needs that are not even noticed in ordinary daily life. First and foremost, "survival", the most fundamental motive of man, is under threat due to the epidemic because there is a possibility that they or their relatives may die due to an epidemic. In epidemic diseases, the risk and fear of death can change people's social relations and needs priorities. Ryan (2018) investigated how Maslov's ranking of Basic Needs changed in the face of natural disasters. Ryan et al. (2020) conducted a similar study for the Covid-19 outbreak. In this study,

the order of priority and the way of meeting these needs have changed. For example, individuals meet their need for safety by “staying at home” and living as still as possible. They question whether they are worthwhile because of their job loss and the uncertainty of their future. Taormina and Gao (2013), referring to Maslow's theory, stated that the need to be safe takes precedence over other needs.

Donahue, Cunnion, and Balaban (2012) emphasize the importance of rapid and effective crisis management to cope with traumatic crises. In other words, information is critical in combating epidemics. Any reliable information is very important during the Covid-19 outbreak process. This information is not only about the medical characteristics of the Covid-19 outbreak but also includes the social, emotional, and psychological needs of individuals. It is a well-known fact that people need to be in contact and be close to one another in the face of common threats. Communicating and getting closer serve the need to be safe. Psychologically and sociologically, the mental process that forces people to live collectively is the thought of “we are stronger together”. In this context, it is very important to know the psychological needs of individuals and adults during the Covid-19 epidemic process and to understand their feelings, and to provide effective assistance.

The Purpose of the Study

In this study, the effect of restricted living conditions on some psychological needs, feeling of anger and perceived family atmosphere of adolescents during the Covid-19 epidemic was examined. The independent variables of the study are gender, the type of the curfew program (quarantine and stay-at-home calls) imposed and the education level of the parents of the adolescents.

The answers were sought to the following questions: Do adolescents' mean scores for their need to be safe/need for safety and need to establish a relationship/ need for a relationship differ by gender? Do adolescents' feelings of anger-anger response mean scores differ by gender? Do adolescents' psychological needs and anger-anger response mean scores differ according to the type of curfew program being implemented? Do adolescents' psychological needs mean scores and their anger response mean scores differ according to the education level of their parents? Do adolescents' psychological needs and anger scores predict their perceived family atmosphere scores?

METHOD

Research Model

The research was designed in the correlational survey model, which is one of the general survey model designs.

Study Group

684 (F = 389; M = 295) adolescents between the ages of 16 and 24 who received distance education due to the Covid-19 epidemic were reached. 513 (75 %) of the participating adolescents were aged 18 and below. 171 (25 %) participants were aged 19 and older. Data collection started in the first week of July 2020 and ended after 10 days. Therefore, the participants had been subject to restrictions and social isolation for at least 90 days or more.

Ethical Statement

The ethics committee of Nevşehir Hacı Bektaş Veli University was consulted for ethical approval of this study. With the decision dated 08.06.2020 and numbered 2020.12.137, it was decided that the study was ethically appropriate.

Data Collection Tools

Four groups of data were collected in this study. Personal information was obtained from the adolescents about their gender, age, and education level of their parents. The second group of data is the data about the psychological needs and moods of the adolescents during the Covid-19 Outbreak. The third group of data is about how adolescents perceived the atmosphere of their families during the Covid-19 process. The fourth group of data involves the question asked adolescents regardless of the data collection scales, i.e. "If you could define your relationship with your family in a word, which word best describes your relationship?" "Unproblematic"; "Stressful"; "Conflicting".

During the epidemic, psychological needs and moods data were collected using the "Psychological Needs and Moods Scale in Restricted Life" developed by the researcher and data on the perceptions of the adolescents' family environment were collected using the "Perceived Family Atmosphere Scale for Adolescents" also developed by the researcher. In addition, regardless of the scales, adolescents were asked which adjectives could define their relationship with their families, such as "Without Problems", "Tense" and "Conflicting."

Development of the Psychological Needs and Moods Scale in Restricted Life. 48 statements were developed by scanning the sources about the primary psychological needs of the individuals and their possible moods and reactions to the situation in situations of long-lasting crises caused by epidemics and disasters. Five academicians who held doctorate degrees in applied fields of psychology (Psychological Counseling 2; Clinical Psychology 1; Psychiatry 1 and Social psychology 1) were asked to evaluate expressions that could express the psychological needs and moods of adolescents who had been living restricted and socially isolated lives for more than two months within the scope of the Covid-19 outbreak measures with the options "not suitable", "correctable" and "suitable". 32 statements that four of the referees deemed "appropriate" were examined. Three academicians working in the field of psychology and social psychology were asked to evaluate the given statements with one of the "needs to be corrected", "suitable" and "very suitable" options in line with the explanation given to them. Eighteen statements in which the referees agreed on the "very suitable" option were used in the development of the scale.

18 statements determined by the referees were given to 368 adolescents (Female: 202; Male: 166) and the obtained data were used to determine the psychometric properties of the scale. The adequacy of the sample size to exploratory factor analysis was checked with the Kaiser-Mayer-Olkin test. According to the results of the Kaiser-Mayer-Olkin test, the adequacy value was determined as 0.908. The distribution of the data was checked by the Bartlett Test of Sphericity. Bartlett's Sphericity value was $X^2 = 3427.126$ and $p < .001$. As a result of the Explanatory Factor Analysis, it was observed that the Psychological Needs and Moods in Restricted Life Scale consisted of 15 items and three factors. The First Factor was about the need for Relationship and included six (6) items. The second factor contained four (4) items related to Feeling of Anger and Anger Response. The third factor consisted of five (5) items about the need for safety.

Cronbach's alpha values were examined for the reliability coefficient of the Psychological Needs and Moods Scale in Restricted Life and its subscales. Cronbach's alpha values were calculated as .83 for Need for Relationship, .75 for Feeling of Anger and Anger response, and .72 for the Need for Safety subscale. The scale items are of the Likert type. For each item, the participants are asked to choose one of these options; Does Not Fit Me at all (I strongly disagree) (1 point), Fits Me Slightly (I agree a little) (2 points), Fits Me Partially (I partially agree) (3 points), Fits Me Quite (I agree mostly) (4 points) and Fits Me Totally (I strongly agree) (5 points). The total score is not calculated on the Psychological Needs and Moods in Restricted Life Scale. Separate scores are calculated for each subscale. In samples with normal distribution, the upper limit of the low score is determined by subtracting 0.5 standard deviation from the mean of the total score obtained from a certain subscale, and the lower limit of the high score by adding 0.5 standard deviation ($\bar{x} \pm 0.5 ss$).

Development of the Perceived Family Atmosphere Scale. The path followed in the "Psychological Needs and Moods in Restricted Life Scale" was followed in the development of the Perceived Family Atmosphere Scale. 42 statements thought to describe the family atmosphere were prepared by scanning the sources related to communication within the family, social structure of the family and sociology of the family. Five academicians who worked in the fields of Social Services, Family Sociology, Family Counseling and Education, Guidance and Psychological Counseling and Interpersonal Relations were asked to evaluate how much each statement defined the family atmosphere by marking one of the options of "inappropriate, partially appropriate, appropriate and very appropriate". 29 statements that four of the academics deemed "appropriate" or "very appropriate" were worked on in detail. 29 statements were simultaneously applied to 368 adolescents during the development of the Psychological Needs and Moods in Restricted Life Scale. The adequacy of the obtained data for factor analysis was tested with the Kaiser-Mayer-Olkin test and the adequacy value was found to be 0.95. According to the Bartlett Test of Sphericity, it was observed that the data showed a normal distribution ($X^2= 9439.109$, $p < .001$).

Exploratory Factor Analysis was conducted to determine the construct validity of the Perceived Family Atmosphere Scale. The item factor load value was determined as .40 and 7 items were removed because they were below the value of .40. The Perceived Family Atmosphere Scale consisted of 22 items with three factors. Factor I: Perception about the Father Factor was composed of 12 items; Factor II: Perceptions of Attitude and Nonverbal Expression were composed of five items, and Factor III: Perception about the Mother Factor was composed of five (5) items. Cronbach's Alpha values were examined for the reliability of the Perceived Family Atmosphere Scale and its sub-factors. Cronbach's alpha values were found to be .93 for the perception of the Father Factor of the scale, .86 for the perception of attitude and non-verbal expressions, and =.82 for the perception of the Mother Factor. The Cronbach Alpha value for the overall scale was calculated as = .94.

The Perceived Family Atmosphere Scale consisted of 22 Likert-type items. Every item includes the choices of Not Suitable for me (1 point), Not Suitable (2 points), Partially Suitable (3 points), Fairly Suitable (4 points), Suitable (5 points) and Very Suitable (6 points). A high score obtained (88 points and above) indicates the perception of a tense or conflictual family atmosphere.

Process

The data were collected via the internet. After obtaining the necessary legal permissions, the advisers of the undergraduate students, i.e. the participants, in universities were contacted and personal information

forms, Psychological Needs and Moods Scale and Perceived Family Atmosphere Scale were applied electronically to the participants. The data on the adolescents attending secondary education were collected in cooperation with guidance and psychological counseling specialists working in schools in the cities of Konya, Nevşehir and Niğde. At the end of the 15-day waiting period, the data returned were transferred to SPSS 22.0 environment.

RESULTS

Adolescents' Gender, Psychological Needs and Anger-Anger Response

Whether the mean scores of the adolescents' need to establish relationship/need for relationship, need to be safe/need for safety, and the feeling of anger-anger response differed according to the gender variable was compared using the t-test for independent groups. The findings of the comparisons are given in Table 1.

Table 1. Independent t-test results of participants' psychological needs and anger reactions

Psychological Needs and Anger-Anger Response	Gender	N	Mean	t	Level of significance
Need to Establish relationships	Female	389	18.57	6.52	p<.01
	Male	295	15.58		
Anger – Anger Response	Female	389	10.99	1.28	p>.05
	Male	295	10.57		
Need to be Safe	Female	389	16.80	6.36	p<.01
	Male	295	14.65		

When Table 1 is examined, it is seen that the women's mean score for the need to establish Relationships is $\bar{x} = 18.57$, whereas the men's mean score for the need to establish Relationships is $\bar{x} = 15.58$. The difference between the two means is significant at the level of $p < .01$. When the mean scores of the groups in terms of the Need to Be Safe are compared, the mean score of the Need to be Safe for women is $\bar{x} = 16.80$ and that of men is $\bar{x} = 14.65$. The difference between the two means is significant at the level of $p < .01$.

There was no significant difference ($p > .05$) between the participants' anger and anger response mean scores (Women $\bar{x} = 10.99$, Men $\bar{x} = 10.57$) ($p > .05$).

Adolescents' Age, Psychological Needs, and Feeling of Anger and Anger Response

Two separate restriction programs were implemented for adolescents within the scope of epidemic prevention measures during the Covid -19 outbreak. Under this practice, adolescents aged 18 and under the age of 18 were prohibited all day from going out to the streets from the beginning of March to the beginning of July. Restrictions applicable to adolescents aged 19 and above were limited to the curfews imposed generally at weekends across Turkey. Whether these two different applications made a difference in the psychological needs and moods of the adolescents was checked with t-test for independent groups. The findings obtained are given in Table 2.

When Table 2 is examined, it is observed that the mean score of the adolescents aged 19 and over for the need to establish relationships ($\bar{x} = 18.49$) is higher than that of the adolescents aged 18 and below ($\bar{x} = 16.88$) and the difference between the mean scores is significant at $p < .05$ level. In the age groups, the difference between the mean scores of Need to be safe and Anger and Anger Response is statistically insignificant ($p > .05$).

Table 2. T-test results for psychological needs and anger response of adolescents over 18 and under 18

	Age	N	Mean	t	p significance level
Need to establish relationships	Age 18 and below	513	16.88	--3.00	p<.05
	Aged 19 and above	171	18.49		
Feeling of Anger. – Anger Response	Aged 18 and below	513	10.66	--1.58	p>.05
	Aged 19 and above	171	1.,26		
Need to be safe	Aged 18 and below	513	15.70	--1.773	p>.05
	Aged 19 and above	171	16.40		

Fathers' Education Levels, Psychological Needs and Anger-Anger Responses

In line with the aims of the study, whether the mean scores of the Need to Establish Relationships and The Need to Be Safe and the sense of Feeling of Anger-Anger Response differed according to the education level of the fathers of the adolescents was compared with the One-Way Variance Analysis. The results of the comparison are given in Table 3.

Table 3. One-way ANOVA results of adolescents' psychological needs and anger reactions according to their fathers' education level

Psychological Needs – Feeling of Anger-Anger Response		Total of squares	df	Square of Means	F	Level of Significance
Need to Establish Relationships	Intergroup	490.95	2	245.47	6.662	.001
	Intragroup	25092.87	681	36.84		p<.001
	Total	2558.83	683			
Feeling of Anger	Intergroup	33.27	2	16.63	.915	.401
	Intragroup	12383.51	681	18.18		p>.05
	Total	12416.78	683			
Need to Be Safe	Intergroup	273.74	2	136.87	6.912	.001
	Intragroup	13485.94	681	19.80		p<.001
	Total	13759.68	683			

According to the results of the variance analysis applied, Need to Establish Relationships mean score of the adolescents whose fathers' education level is Basic Education is $\bar{x} = 18.46$, the mean score of the adolescents whose fathers' education level is Secondary-High School is $\bar{x} = 16.88$, the mean score of those whose fathers have higher education is $\bar{x} = 16.42$ and the general mean score of the sample is $\bar{x} = 17.28$. Adolescents' Needs to Establish Relationships mean scores differ at the level of $p < .01$ according to the education level of their fathers. The difference between the Need to Establish Relationships mean scores of the adolescents whose fathers' education level is Basic Education and the Need to Establish Relationships mean scores of the adolescents whose fathers' education level is Secondary-High School and Higher Education is significant at the level of $p < .01$. There is no statistically significant difference between the Need to Establish Relationships mean score of the adolescents whose fathers' education level is Middle School-High School and the Need to Establish Relationships mean score of the adolescents whose fathers' education level is Higher Education ($p > .05$).

When the mean scores of the Adolescents' Feeling of Anger-Anger Response are compared according to the education level of the fathers, it is observed that the mean scores of all the groups are very close to the general mean score of the sample (the education level of the father of the adolescents; Primary

Education: $\bar{x} = 11.13$, Secondary-High School: 10.68, Higher Education: $\bar{x} = 10.62$. and the Sample: $\bar{x} = 10.62$). Therefore, there is no statistically significant difference between the groups' Feeling of Anger-Anger Response mean scores.

According to Tukey results, when the need for safety is compared according to the education level of the adolescents' fathers, the group with the highest mean score for the need for Safety is the group whose father's education level is Basic Education ($\bar{x} = 16.60$). The group with the lowest mean score is the group whose father's education level is Higher Education ($\bar{x} = 14.94$). There is no significant difference between the need for Safety mean scores of the adolescents whose fathers' education level is Basic Education and the need for Safety mean scores of the adolescents whose fathers' education level is Secondary School-High School. The need for Safety mean scores of the adolescents whose fathers' education level is basic education and the need for Safety mean scores of the adolescents whose fathers' education level is Higher Education differ at the significance level of $p < .01$. The difference between the need for Safety mean scores of the adolescents whose fathers' education is secondary school-high school and the need for Safety mean scores of the Adolescents whose fathers' education is Higher Education is not significant ($p > .05$).

The Mothers' Education Levels, Psychological Needs and Anger Response

Of the adolescents participating in the study, the mothers of 33 (5 %) are illiterate, whereas 315 (46 %) are graduates of Basic Education, 253 (37 %) Secondary-High School education and 83 (12 %) Higher Education. According to the education level of their mothers, adolescents' mean scores for need to Establish Relationship, need to Be Safe and Feeling of Anger-Anger Response were compared using one-way analysis of variance. Findings of the analysis applied are given in Table 4.

According to the education level of their mothers, the difference between the adolescents' Need to Establish Relationships mean scores is not statistically significant ($p > .05$). The need to Establish Relationships mean score of the adolescents whose mothers are illiterate is $\bar{x} = 17.30$; the need to Establish Relationships mean score of the adolescents whose mothers have basic education is $\bar{x} = 17.89$; the need to Establish Relationships mean score of the adolescents whose mothers have secondary school-high school education is $\bar{x} = 16.84$; the need to Establish Relationships mean score of the adolescents whose mothers have higher education is $\bar{x} = 16.34$ and the need to Establish Relationships general mean score of the sample is $\bar{x} = 17.28$. Likewise, there is no significant difference between the mean scores of the groups for the Feeling of Anger-Anger Response. The groups' Feeling of Anger - Anger Response mean score is very close to the sample's Feeling of Anger - Anger response mean score $\bar{x} = 10.81$.

When Table 4 is examined, it is observed that the need to be Safe mean scores of the adolescents differs at a significance level of $p < .01$ according to the education level of their mothers. According to Tukey results, the need to be Safe mean score of the adolescents whose mothers are illiterate is $\bar{x} = 18.66$; the need to be Safe mean score of the adolescents whose mothers' education level is Basic Education is $\bar{x} = 16.11$; the need to be Safe mean score of the adolescents whose mothers' education level is Middle School-High School is $\bar{x} = 15.54$; the need to be Safe mean score of the adolescents whose mothers' education level is higher education is $\bar{x} = 14.97$ and the general average of the sample is $\bar{x} = 15.87$.

Table 4. One-way ANOVA results of adolescents' psychological needs and anger reactions according to mothers' education level

Psychological Needs		Total of Squares	df	Square of Means	F	Level of Significance
Feeling of Anger-Anger Response	Intergroup	240.50	3	80.16	2.151	.093
	Intragroup	25343.33	680	37.27		p>.05
	Total	25583.83	683			
Anger-Anger Response	Intergroup	22.79	3	7.59	.417	.741
	Intragroup	12393.99	680	18.22		p>.05
	Total	12416.78	683			
Need to be Safe	Intergroup	347.46	3	115.82	5.872	.001
	Intragroup	13412.22	680	19.72		p<.001
	Total	13759.68	683			

The need to be Safe mean score of the adolescents whose mothers are not literate differ from the need to be Safe mean score of the adolescents whose mothers' education level is Basic Education, Secondary-High School Education and Higher Education at a significance level of $p < .05$. The difference between the need to be Safe mean scores of the adolescents whose mothers are illiterate and those whose mothers have higher education is significant at the level of $p < .01$. There is no significant difference between the need to be Safe mean scores of the adolescents whose mothers' education levels are Basic, Secondary-High School and Higher Education ($p > .05$).

Psychological Needs, Anger-Anger Response and Perceived Family Atmosphere

Whether the adolescents' need to be Safe, need to Establish Relationships and Feeling of Anger-Anger response scores predicted the adolescents' perceived family atmosphere scores during the epidemic was examined by Simple Linear Regression Analysis. Findings regarding the regression analysis applied are given in Table 5 and Table 6.

Table 5. Simple linear regression analysis results related to the psychological needs of adolescents and the level of anger emotion scores explaining the perceived family atmosphere

Model	R	R ²	Corrected R ²	Standard Error of the Estimation
1	.459(a)	.211	.207	18.16930

F= 60.56 p= .000. Level of Significance. $p < .001$

When Table 5 is examined, it is seen that in the applied model, the need to be Safe, the need to Establish Relationships and Feeling of Anger-Anger Response mean scores explain 21 % of the adolescents' Perceived Family Atmosphere scores. This finding shows that the scores related to the needs and feelings of adolescents are not a strong predictor of the Perceived Family Atmosphere scores. However, the value of $F = 60.59$ is statistically significant ($p < .001$) and indicates that the relevant determining variables have different effects on the outcome. The contribution of the determining variables to the system is given in Table 6.

When the contribution of the independent variables to the model is examined, it is observed that the need to Establish Relationships ($\beta = .345$, $t = 7.262$, $p < .001$) makes the greatest contribution, followed by the need to be Safe ($\beta = .092$, $t = 2.191$, $p = .05$). It is observed that the contribution of Feeling of Anger-Anger Response to the system ($\beta = .081$, $t = 1.829$, $p = .069$ and $p > .05$) is statistically insignificant.

Table 6. Beta weights of simple linear regression analysis indicated in Table 5

Model	Nonstandardized		Standardized	t	Sig.
	Coefficients		Coefficients		
P. Needs/ Anger-Anger	B	Std. Error	β		Std. Error
1 (Fixed (constant) Value)	13.540	2.680		5.053	.000
Need to Establish Relationships	1.149	.158	.345	7.262	.000
Anger-Anger	.386	.212	.081	1.820	.069
Need to be Safe	.418	.191	.092	2.191	.029

a Dependent Variable: Family Atmosphere

Psychological Needs and Feeling of Anger-Anger Response According to the Definition of Adolescents' Relationships with Their Families

Regardless of the measuring tools, the participants were asked the following question: "If you could define your relationship with your family in one word, which of the following words best describes your relationship? "Unproblematic"; "Stressful"; "Conflicting". 413 (60 %) adolescents defined their relationship with their families as "unproblematic", 238 (35 %) as "stressful" and 34 (5 %) adolescents as "conflicting". The adolescents' need to Establish Relationships, need to Be Safe and Feeling of Anger-Anger Response mean scores according to the way they defined their relationships with their families were compared using One-Way Analysis of Variance. Findings are given in Table 7.

Adolescents who define their relationship with their families as "unproblematic" have a Need to Establish Relationships mean score of $\bar{x} = 15.44$; adolescents who define their relationship with their families as "stressful" have a Need to Establish Relationships mean score of $\bar{x} = 19.83$, and adolescents who define their relationship with their families as "conflicting" have a Need to Establish Relationships mean score of $\bar{x} = 22.51$. The mean scores of the three groups for Need to Establish Relationships differ at a significance level of $p < .001$. According to Tukey results, the difference between the mean scores of the adolescents who define their relationships with their families as "stressful" and those who define them as "conflicting" is significant at the level of $p < .05$. The Need to Establish Relationships mean scores of the adolescents who define their relationship with their family as "unproblematic" and those who define it as "stressful" differ at the level of $p < .001$. Likewise, the Need to Establish Relationships mean score of the adolescents who define their relationship with their family as "unproblematic" and the mean score of the adolescents who define their relationship with their family as "conflicting" differ significantly at the level of $p < .001$.

The mean scores of the Feeling of Anger - Anger Response were compared with one-Way Analysis of Variance according to whether they defined their relationship with their family as "Unproblematic", "Stressful" and "Conflicting". The anger-anger response mean score of the adolescents who defined their relationship with their family as "Unproblematic" was $\bar{x} = 9.87$; the mean score of the adolescents who defined their relationship as "Stressful" was $\bar{x} = 12.03$, and the anger-anger response mean score of the adolescents who defined their relationship with their family as "conflicting" was $\bar{x} = 14.24$ dir. The differences between the Anger-Anger response mean scores of the of the groups differ significantly at the level of $p < .01$.

Table 7. Comparison of adolescents' psychological needs and anger emotion scores predicting their family relationships (One-way ANOVA)

Psychological Needs, Anger-Anger Response		Total of Squares	df	Square of Means	F	Level of Significance
Need to Establish Relationships	Intergroup	3752.62	2	1876.313	58.529	.000
	Intragroup	21831.21	681	32.058		p<.001
	Total	25583.83	683			
Anger - Anger Resp.	Intergroup	1065.51	2	532.757	31.962	.000
	Intragroup	11351.27	681	16.669		p<.001
	Total	12416.78	683			
Need to be Safe	Intergroup	1093.09	2	546.546	29.384	.000
	Intragroup	12666.59	681	18.600		p<.001
	Total	13759.68	683			

Whether or not the Need to be Safe mean scores of the adolescents differed according to the way they defined their relationships with their families was examined with One-Way Analysis of Variance within the scope of the study. The Need to be Safe mean score of the adolescents who defined their relationships with their family as "Unproblematic" was $\bar{x} = 14.88$; the Need to be Safe mean score of those who defined their relationships with their family as "Stressful" was $\bar{x} = 17.23$, and the Need to be Safe mean score of the adolescents who defined their relationships with their family as "conflicting" was $\bar{x} = 18.79$. The Need to be Safe mean scores of the adolescent groups who defined their relationship with their family as "Unproblematic" and "Stressful" differ at the significance level of $p < .01$. The Need to be Safe mean scores of the adolescent group who defined their relationship with their family as "Unproblematic" and the adolescent group who defined them as "conflicting" differ significantly at the level of $p < .0$. However, the difference between the Need to be Safe mean scores of the adolescent group who defined their relationship with their family as "stressful" and the adolescent group who defined their relationship as "conflicting" was not significant ($p > .05$).

DISCUSSION, CONCLUSION & SUGGESTIONS

Adolescents' Gender, Psychological Needs and Anger-Anger Response

It was investigated whether there was a difference in the mean scores of the participants in terms of their Need to be Safe, Need to Establish Relationships and Feeling of Anger and Anger Responses according to the variable of gender. The women's mean scores of Need to Be Safe and Need to Establish Relationship were significantly higher than those of the men. The maximum score that can be obtained for the Need to Be Safe is 25, whereas the maximum score that can be obtained from the Need to Establish Relationship is 30 points. In terms of the Need to be Safe, the mean score of the sample is ($\bar{x} = 15.87$) and it can be said that the sample generally experienced high distrust and anxiety. The mean score of the men is ($\bar{x} = 14.65$) and is below the general average. The mean score of the women is ($\bar{x} = 16.80$) and is higher than the sample's Need to be Safe mean score of ($\bar{x} = 16.80$).

In terms of the Need to Establish Relationships, the mean score of women is ($\bar{x} = 18.57$) and the mean score of men is (15.58). The sample's overall mean score for the Need to Establish Relationships is ($\bar{x} = 17.30$). While the men's Need to Establish Relationships mean score is much lower than the general average, the women's mean score for the Need to Establish Relationships is higher than the average of the sample. Since the Need to Establish Relationships includes needs such as establishing proximity with

other people, feeling valuable, and receiving psychological and social support from their relatives, it is intertwined with the sense of feeling safe. Therefore, the fact that women were found to have higher Need to be Safe and Need to Establish Relationships scores is considered as a consistent finding.

The participants' Feeling of Anger and Anger response mean scores do not differ significantly according to gender. The general mean score of the sample for the Feeling of Anger and Anger Response is $\bar{x} = 10.81$. The maximum score that can be obtained from the Feeling of Anger and Anger Response subscale is 20.00. The mean score of women is $\bar{x} = 10.99$, whereas the mean score of men is $\bar{x} = 10.57$. The mean scores of the two groups in regard to the Feeling of Anger and Anger Response are very close to the general average of the sample. Since the norms of the measurement tool used in this study regarding ordinary daily life have not yet been developed, it will be very controversial to make decisions about the Feeling of Anger and Anger Response of adolescents during the epidemic process.

Adolescents' Ages, Psychological Needs and Anger-Anger Response

Two different restrictions were implemented during the Covid-19 epidemic. First, a full-time "curfew" was imposed on adolescents aged 18 and under and individuals over 65. Secondly, adolescents and adults over the age of 19 were subject to intermittent curfews across the country (Friday, Saturday and Sunday). The researcher expected that the "don't go out - stay at home" practice implemented for a full day and approximately three months for adolescents under 18 years of age (adolescent I) would increase the psychological needs and feeling of anger scores of the adolescent I group. However, the research results do not support the researcher's hypothesis. The Need to Establish Relationships mean score of the adolescents aged 19 and over ($\bar{x} = 18.49$) is significantly higher than the Need to Establish Relationships mean score of the adolescents aged 18 and below ($\bar{x} = 16.88$). According to age groups, the sample's Need to Establish Relationship mean score is $\bar{x} = 17.30$. This is attributed to the fact that the age group of 18 and below is the Distance Education Group of the Ministry of National Education, which is preparing for university examination and might have considered staying at home as an obligation. The age group 19 and over is usually university students. Restrictions may have prevented meeting the social and psychological needs of adolescents aged 19 and over because a distance education program was also implemented in universities and students did not attend the universities.

According to the age variable of the adolescents, there is no significant difference between their Feelings of Anger and Need to be Safe mean scores ($p > .05$). The adolescents' Feeling of Anger and Anger Response general mean score is $\bar{x} = 10.81$. The Feeling of Anger and Anger Response mean scores of the adolescents aged 18 and below is $\bar{x} = 10.66$, which is very close to the general mean score of the sample. Although the mean score of the adolescents aged 19 and over is $\bar{x} = 11.26$, the difference between the mean scores is not statistically significant ($p > .05$). However, considering that the maximum score that can be obtained from the Anger and Anger Response subscale is 20.00, it can be thought that the Feeling of Anger and Anger Responses of both adolescent groups are high.

While the mean scores for the Need to be Safe differ significantly according to the gender of the adolescents, they do not differ according to the age groups of the adolescents. The Need to be Safe mean score of the adolescents aged 19 and over is $\bar{x} = 16.40$, whereas the Need to be Safe mean score of the adolescents aged 18 and below is $\bar{x} = 15.70$. The Need to be Safe general mean score of the sample is $\bar{x} = 15.87$. Considering that the highest score that can be obtained from this part of the scale is 25.00, the

sample's Need to Be Safe mean score is quite high. In other words, the Need to be Safe mean scores of the groups do not differ. However, the sample's need to be Safe is very high.

Education Level of Parents: Psychological Needs and Feeling of Anger- Anger response Based on assumption that the education level of the parents may affect their children's behaviors such as problem solving skills, psychological resilience, and coping with stress, the researcher compared, using one-way analysis of variance, whether adolescents' Need to Establish Relationships and Need to be Safe mean scores and their Feeling of Anger mean score differed according to the education level of their parents.

According to the education level of the fathers of the adolescents, the adolescents' Need to Establish Relationships mean scores differ at the level of $p < .01$. The group with the highest mean score for Need to Establish Relationships is the adolescents whose fathers have Basic Education ($\bar{x} = 18.46$). The group with the lowest mean score is the adolescents whose fathers are graduates of higher education ($\bar{x} = 16.42$). There is no statistically significant difference between the adolescents' Need to Establish Relationships mean scores according to the education level of the mothers ($p > .05$).

Anger and Anger Response Mean scores do not differ statistically according to the education level of neither fathers nor mothers. The reason for this may be the sample's high Anger and Anger Response mean scores. Since the norm value in normal living conditions has not been found for this dimension of the scale, a reliable result cannot be reached.

The adolescents' Need to be Safe mean scores according to the education level of their parents differ significantly according to the education level of both their mothers and fathers. The Need to be Safe mean score of the adolescents whose father's education level is Basic Education ($\bar{x} = 16.60$) is significantly higher than that of the other groups. The group with the lowest Need to be Safe is the adolescent group whose fathers have Higher Education ($\bar{x} = 14.94$).

Adolescents whose mothers are illiterate have a very high Need to Be Safe mean score ($\bar{x} = 18.66$). The Need to be Safe mean score of the adolescents whose mother's education level is Higher Education is ($\bar{x} = 14.97$). Although the Need to Be Safe mean score of the adolescents whose mothers' education level is Higher Education is the lowest mean score among the groups, the difference between the Need to Be Safe mean scores of the adolescents whose mother's education level is Basic Education, Secondary-High School Education and Higher Education is not significant. These findings show that the education level of parents can affect adolescents' Need to be Safe during epidemic periods. It can be said that this effect arises from variables such as family interaction, income level associated with education of the family, and obtaining information about the epidemic, which act as intervening variables.

Psychological Needs and Anger-Anger Response: Perceived Family Atmosphere

It is a well-known phenomenon that needs and moods affect perception. Whether the adolescents' Need to be Safe, Need to Establish Relationships and their Feelings of Anger and the Anger Response they gave to the emotional state they experienced were predictors of their perception of the family environment in which they lived during the epidemic process was examined via simple linear regression analysis. It was observed that the adolescents' needs, feeling of Anger and Anger response were important in their perception of the family environment during the epidemic process. These variables explain 21 % ($R^2 = .211$) of the adolescents' Perceived Family Environment scores. The obtained value is important for the Social Sciences field, where variable control is difficult. It is observed that the need to Establish

Relationships ($\beta = .345$) makes the greatest contribution to the perception of the family environment. Although the contribution of the need to be Safe to the system was low ($\beta = .092$), it was found to be $p < .05$. It seems logically consistent that in order to meet the need for Relationship, intra-family communications, intra-familial interactions and the resulting emotional states can affect the perception of the family environment, and this perception can affect the need to Establish Relationships.

60 % of the adolescents described their relationships with their families as "problem-free", whereas 35 % of the adolescents described their relationships as "tense" and 5 % as "conflicting". The need to Establish Relationships mean score of the adolescent group who defined their relationship with their family as "problem-free" was $\bar{x} = 15.44$; the need to Establish Relationships mean score of the adolescents who defined their family relationship as "tense" was $\bar{x} = 19.83$, and the need to Establish Relationships mean score of the group that defined their family relationship as "conflicting" was $\bar{x} = 22.51$. Considering that the highest negative score that can be obtained from the need to Establish Relationships subscale is 30.00, it is predictable that the most important determinant of the Perceived Family Environment during the epidemic period is the Need to Establish Relationships.

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