

THE ROLE OF OPTIMISM AND PROGRESS TOWARDS PERSONAL GOALS ON BASIC PSYCHOLOGICAL NEEDS SATISFACTION AND PSYCHOLOGICAL WELL-BEING

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Abstract

The aim of this study is to explore the role of optimism and progress in life goals on meeting basic psychological needs and their impact on the well-being of students. **Participants.** The sample consisted of 251 healthy participants, students of the Faculty of Psychology and Education Sciences, University of Bucharest (age 20-34, $M = 22.16$, $SD = 1.97$, 142 women, 109 men). **Methodology.** This study is transversal. To test the hypotheses of research we used linear hierarchical regression and mediation analysis. **Results.** The study revealed that optimistic students achieve greater progress towards their goals, which leads to a higher degree of satisfaction with the needs of autonomy, competence, relationship. Also, optimistic students tend to satisfy their basic psychological needs to a great extent, which is associated with psychological well-being. Research studies have emphasized the important role of these variables on the process of satisfying one's needs and achieving the psychological well-being state (Sheldon and Elliot, 1999). In this study it is highlighted the important role of optimism and goal progress on basic psychological needs satisfaction and psychological well-being in the educational environment.

Keywords: optimism; goal progress; basic psychological needs; psychological well-being

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