

## Abstract

The Present study investigated the relationship between Basic psychological needs fulfillment, cognitive emotion regulation, internalizing and externalizing problems of adolescents. The sample consisted of 600 adolescents taken from public and private schools in Lahore. Purposive sampling strategy was used for sample selection. It was hypothesized: a) psychological need fulfillment, emotion regulation and behavior problems will be significant related in adolescents b) psychological needs fulfillment and emotion regulation will be significant positive predictors of internalizing and externalizing problems in adolescents. Basic Psychological Need Satisfaction and Frustration Scale-Child version (BPNSFS) (Van der Kaap-Deeder et al., 2015), Cognitive Emotion Regulation Questionnaire (CERQ) (Granefski, Rieffe, Jellesma, Terwogt & Kraaij, 2001) and Strength and Difficulty Questionnaire (SDQ) (Goodman, 1997) were used for assessment. Results revealed that basic psychological needs fulfillment, cognitive emotion regulation, internalizing and externalizing problems were significantly correlated with each other. Basic psychological needs (relatedness frustration, autonomy satisfaction) significantly positively while (competence satisfaction, relatedness satisfaction) significantly negatively predicted internalizing and externalizing problems in adolescents. Cognitive emotion regulation significantly positively predicted internalizing and externalizing problems except positive reappraisal which was the negative predictor. The study will help parents and policy makers in schools and other educational settings in order to provide more supportive mechanisms for adolescents.

*Keywords: Psychological need fulfillment, Cognitive Emotion regulation, Internalizing and Externalizing problems.*