**Self determination theory** (Deci, 1975; Deci and Ryan, 1985)

- The development and functioning of personality within social contexts (e.g. sport) – and how growth and development can be supported...
- Humans are inherently and proactively motivated to master their social environment and controls behaviour

**Motivational process – self-determination theory**

1) Social factors
   - Competitive context
     - Competition
     - Cooperation
     - Goal achievement
     - Coach factors
     - Rewards

2) Psychological mediators
   - Perceptions of: competence, autonomy, relatedness

3) Motivation
   - Intrinsic motivation
   - Extrinsic motivation: identified, introjected and external regulation

4) Consequences
   - Affect
   - Sportsmanship
   - Persistence
   - etc.

**Self determination (meta) theory**

Events that occur within the environment:
- Rewards
- Coaching processes
- Goal progress

Needs:
- Autonomy
- Competence
- Relatedness

Intrinsic motivation relates to more internalised motives (autonomy, competence)