

## Psychology - motivation

Self determination theory (6 sub themes)

Sub theories:

- 1) cognitive evaluation theory,
- 2) basic needs theory

Basic needs theory

- Competence

Seek to control outcomes and experience mastery

- Autonomy

Self-initiating in regulating one's outcomes

- Relatedness

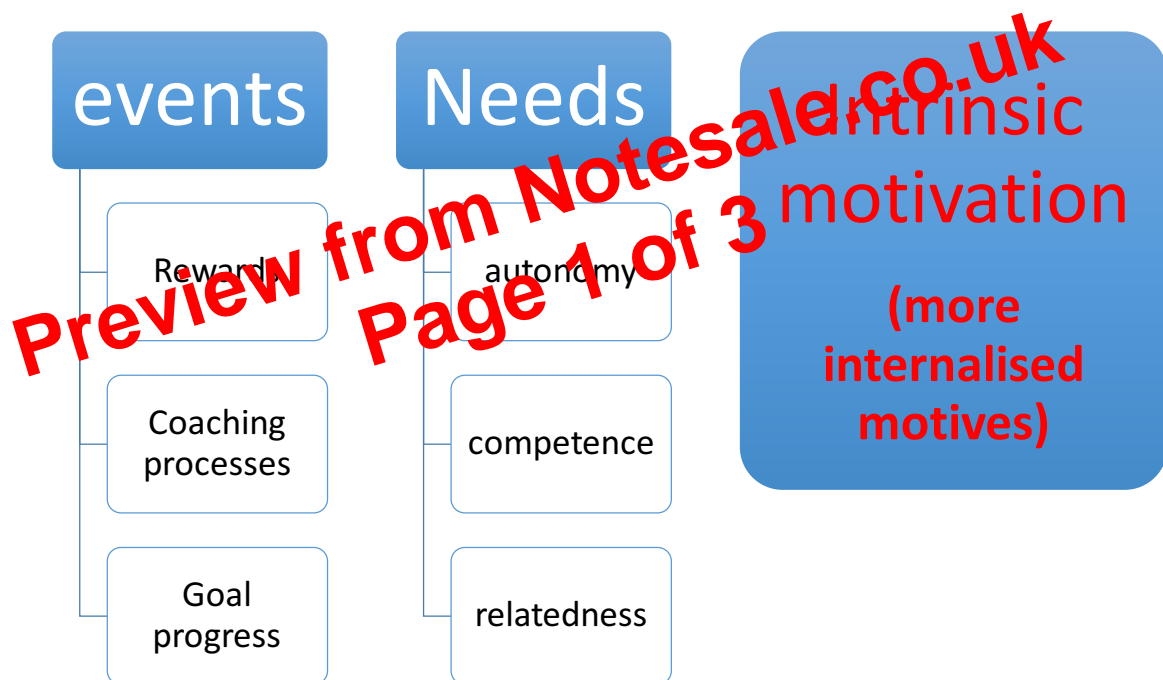
Desire to feel connected with others

- If these needs are being satisfied, your growth is being facilitated

Self determination (meta) theory

Events: rewards & incentives, coaching behaviours and processes, goal progress

Needs: autonomy, competence, relatedness



**Events influence intrinsic motivation, through the use of needs.**

**Internalisation: degree to which the motives that we have are driven internally, rather than externally (controlling behaviour)**

Levels of internalisation can change during activities

Satisfaction of 'needs' lead to more internalised athletes (intrinsic motives).