

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)

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