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Self-Determination Theory

(Ryan & Deci, 2017)

Dylan Blain

Trawsnewid Addysg; Trawsnewid Bywydau
Transforming Education; Transforming Lives

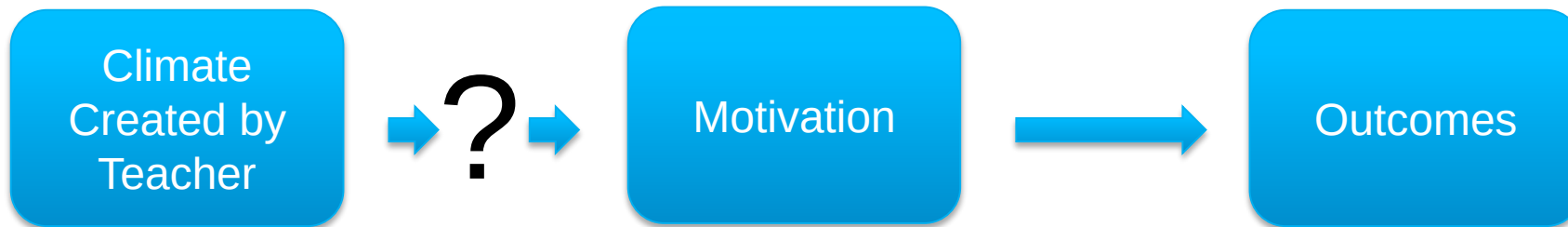


www.uwtsd.ac.uk

Self Determination Theory (SDT; Ryan & Deci, 2017)

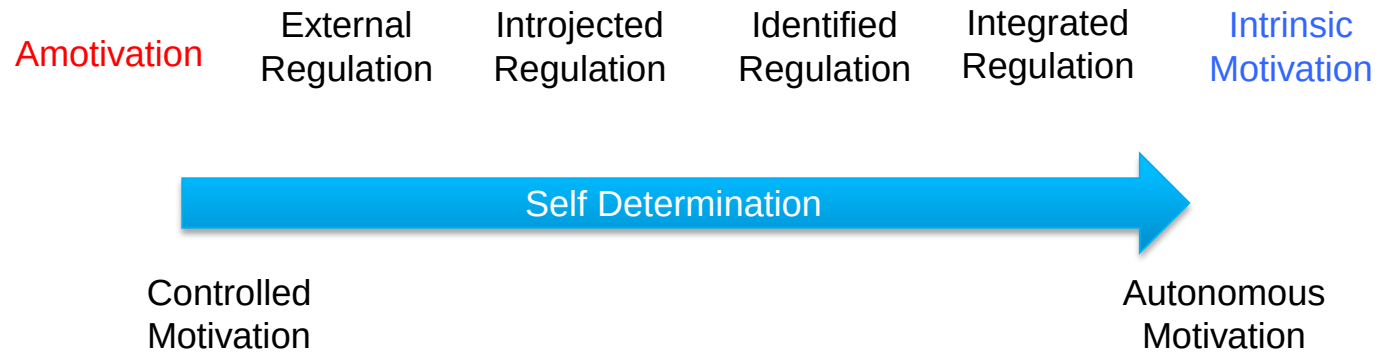
- Motivation = what moves people to act (Ryan & Deci, 2017)
- SDT – broad framework for the study of human motivation and personality







Motivation



Extrinsic Motivation

External
Regulation

Introjected
Regulation

Identified
Regulation

Integrated
Regulation



Extrinsic Motivation



Extrinsic Motivation

External
Regulation



Extrinsic Motivation

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Extrinsic Motivation

External
Regulation

Introjected
Regulation

Identified
Regulation

Integrated
Regulation



Controlled
Motivation

Extrinsic Motivation

External
Regulation

Introjected
Regulation

Identified
Regulation

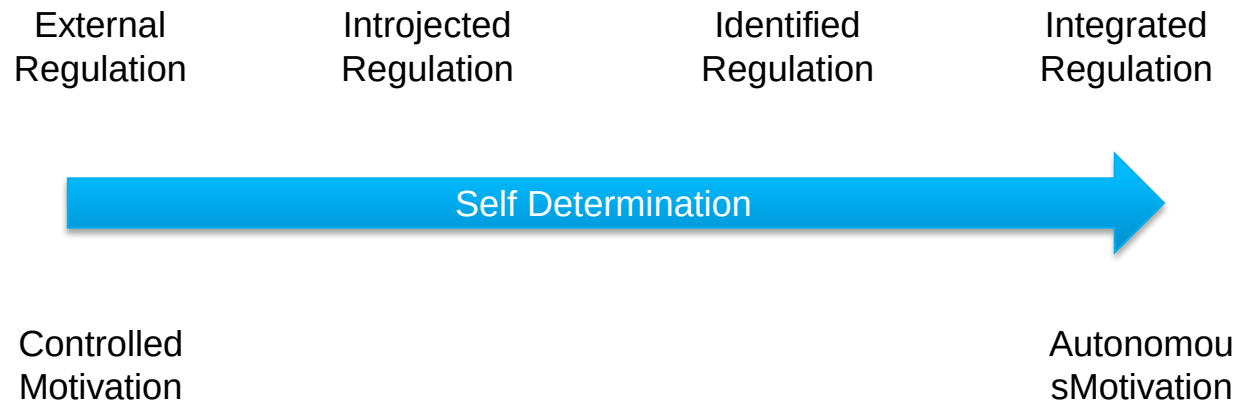
Integrated
Regulation

Controlled
Motivation

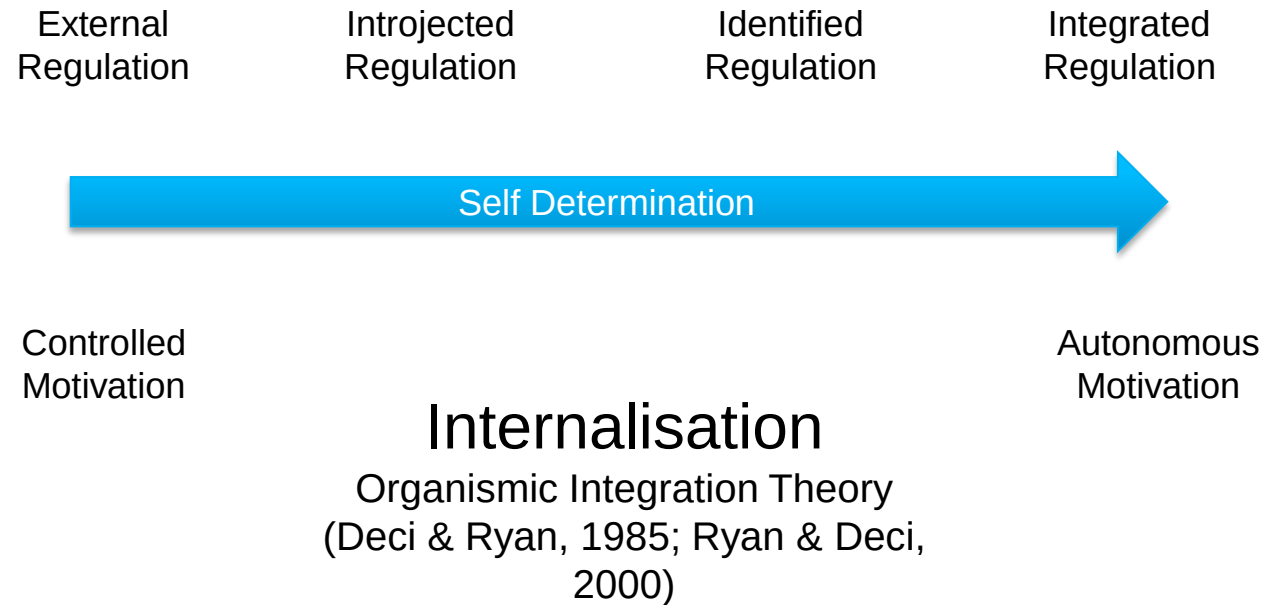
Autonomou
sMotivation



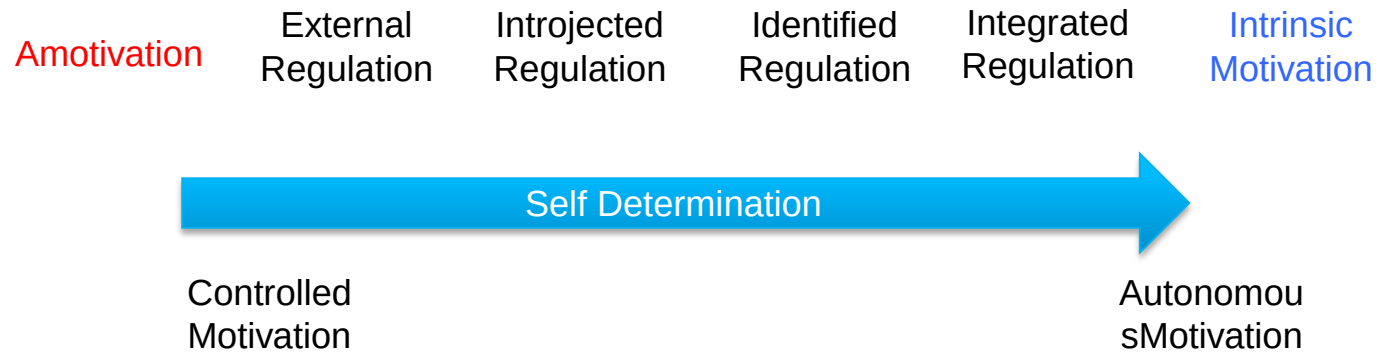
Extrinsic Motivation



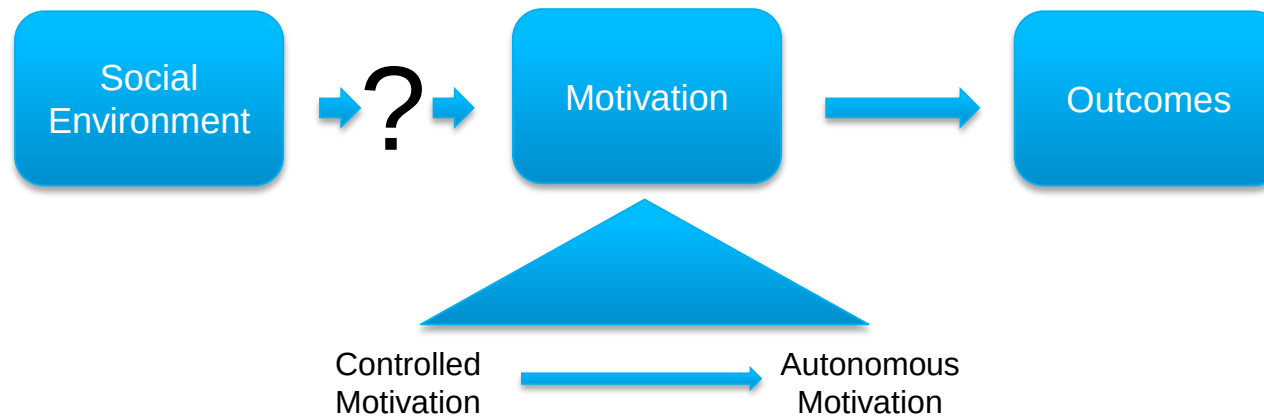
Extrinsic Motivation



Motivation

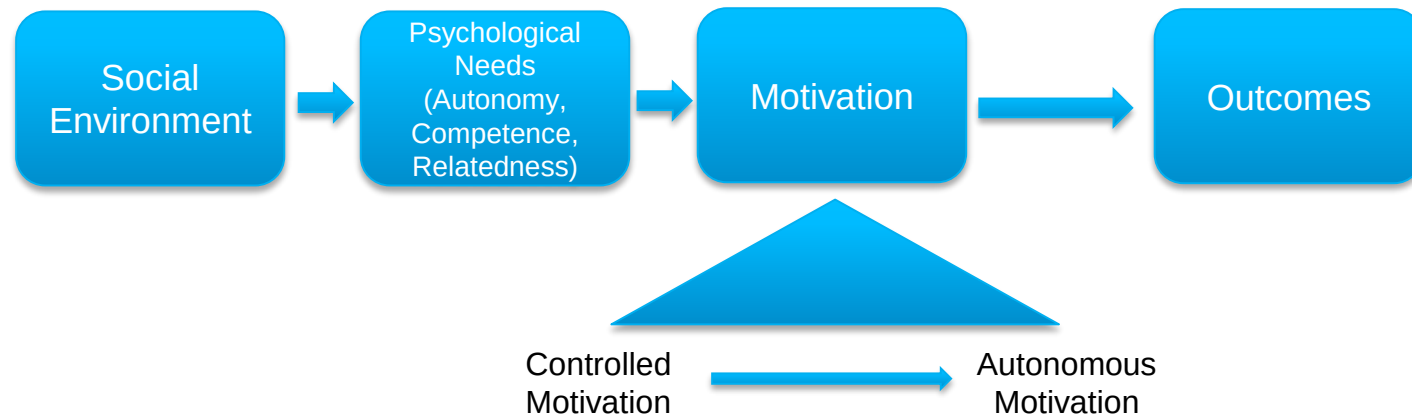


Self Determination Theory



(Deci & Ryan, 2012; 2017)

Self Determination Theory



(Deci & Ryan, 2012; 2017)

Basic Psychological Needs Theory

- Autonomy
- Relatedness
- Competence

Autonomy

- The need to experience activities as self-endorsed and choicefully enacted

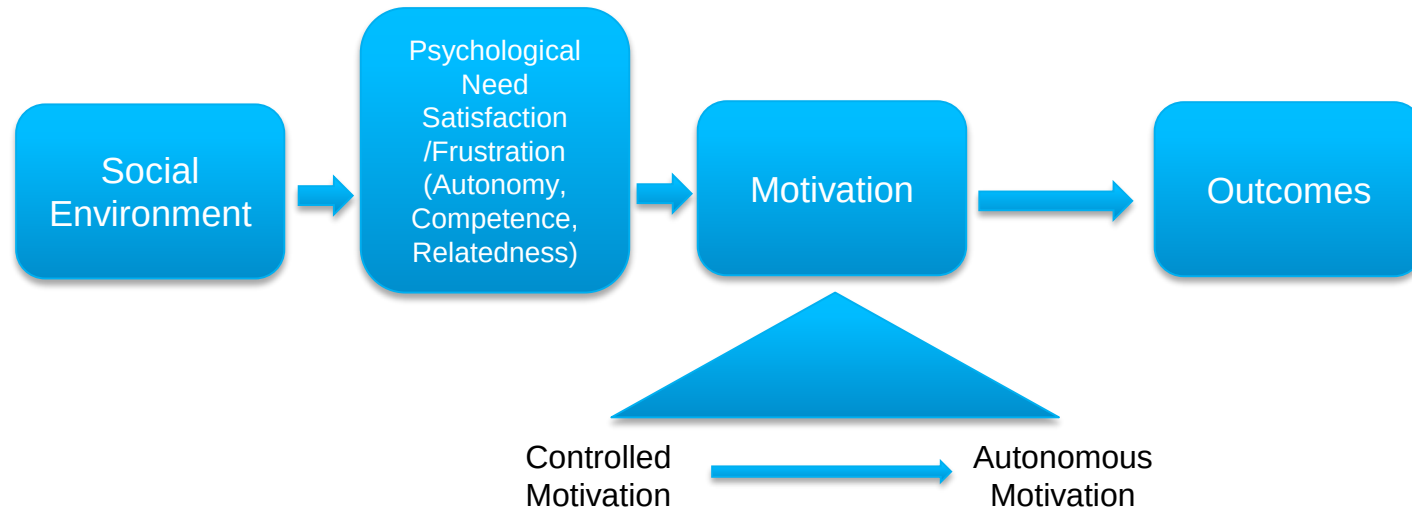
Relatedness

- The need to feel close, connected, and cared for with important others

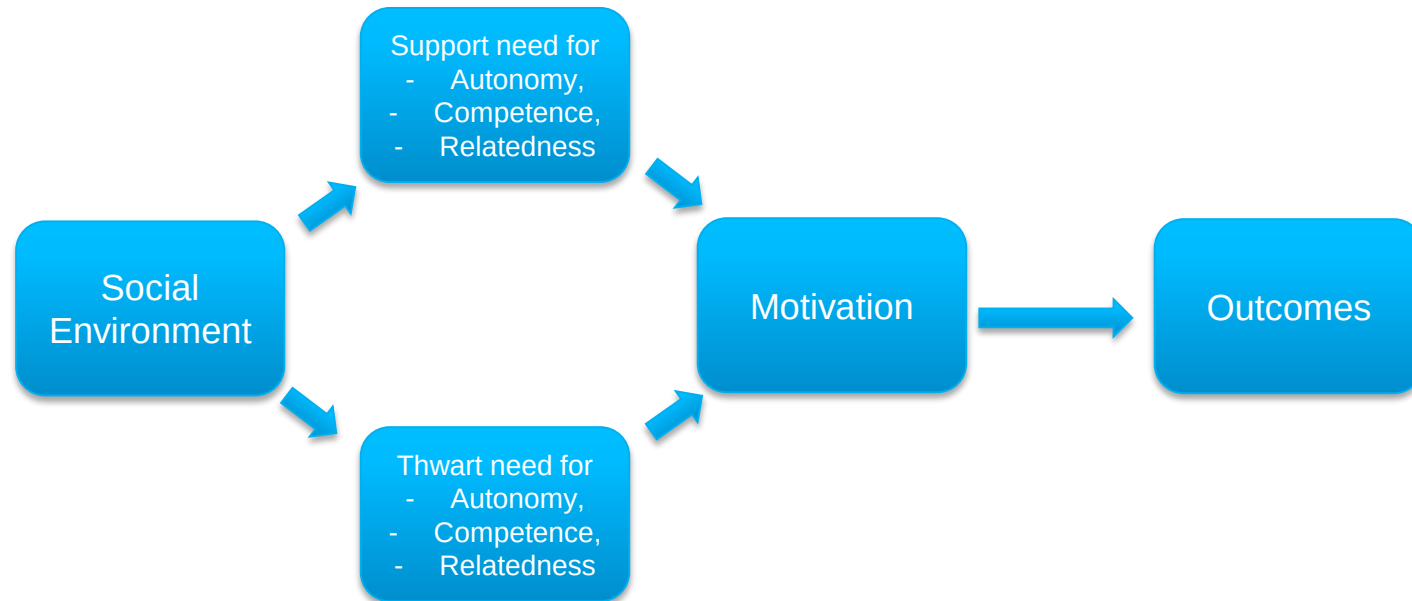
Competence

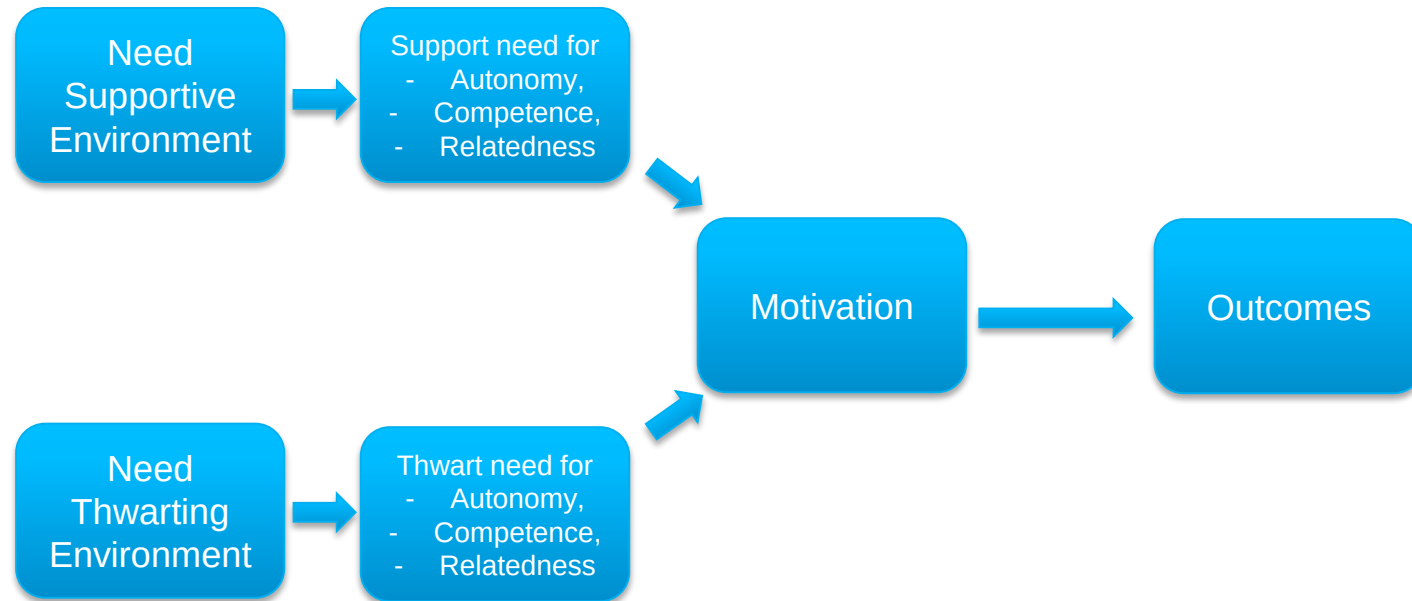
- The need to interact effectively within an environment
- How do we know if we are competent?
 - How to judge success?

Self Determination Theory



Self Determination Theory





SDT & Inclusion in PE

- Practical strategies:
 - How to create a need supportive climate **for all**
 - How to avoid need thwarting experiences in PE

References

Ryan, R. M., & Deci, E. L. (2017). *Self-determination theory: Basic psychological needs in motivation, development, and wellness*. New York: Guilford Publishing.