

Enhancing the Sense of Well-Being

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MOTIVATION THEORY



Edward Deci & Richard M. Ryan Self-Determination Theory

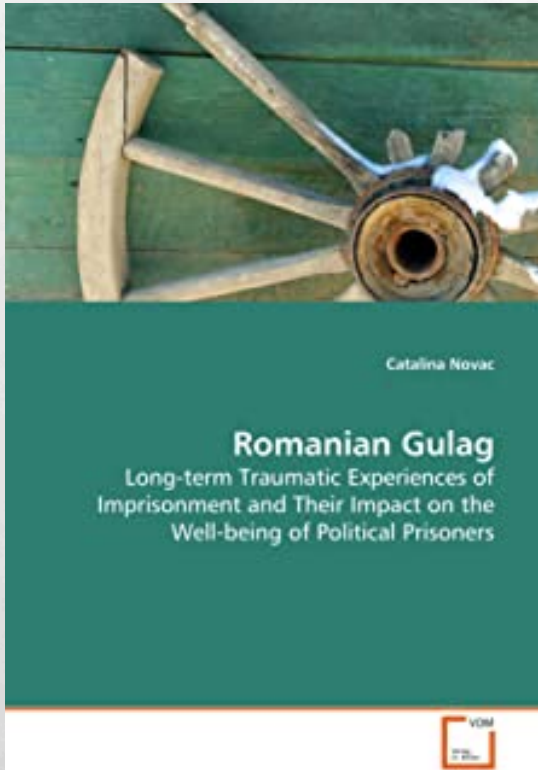


Richard M. Ryan, Ph.D., is a Professor at the Institute for Positive Psychology & Education at the Australian Catholic University and Research Professor in Psychology at the University of Rochester in New York. Ryan is a clinical psychologist and co-developer of Self-Determination Theory, one of the leading theories of human motivation. With over 300 papers and books in the areas of human motivation, personality, and psychological well-being, Ryan is among the most cited and influential researchers in psychology and social sciences today.

<https://selfdeterminationtheory.org/ryan-faculty-bio/>



Well-Being Work



International Week flag parade on Mason's Fairfax campus,
Credit: Alexis Glenn/Creative Services/George Mason University

<https://wellbeing.gmu.edu/articles/13489>

“From The Top To The Bottom, From The Bottom To The Top: Systemically Changing The Culture Of Nursing Homes”

<https://pdfs.semanticscholar.org/821c/E6b33ab5422c745e226d89dcb9dd3aabcad4.Pdf>

Nursing home research: Can life in nursing homes be meaningful?

Living in a nursing home usually comes with dire expectations that all too often turn out to be well founded. Many scholars and policymakers believe that the sterility, depersonalization and oppressively rigid routines that characterize even the best conventional nursing homes damage people who live there that it is difficult to tell which aspects of illness or aging are truly organic, and which are produced by the constraining and depressing regime of the institution.

Dannefer's team documented the structure of day-to-day activities at the homes and evaluated their impact on the health and quality of life of residents and the morale and turnover of staff. Other research has already shown that an individual's physical and mental decline can sometimes be slowed even reversed if given the right living conditions, he says.

"The problem is to change the system so that people can continue to make their own decisions about daily routines and to enjoy a variety of experiences and a rich social life despite their limitations and challenges," (Dale Dannefer), "and to make the change in a way that is cost-effective."

In nursing homes, the focus should be on the match between individual preferences and actual support of relatedness, autonomy, and competence.

Well-being during COVID19 Times

- New way of life: social distancing, living with a pandemic, wearing masks, on hold for a change
- Schools will be back in session soon; we're forced to spend more time indoors
- How can we stay motivated in these circumstances?
- How do we spend our time and try to be happy?
- The strategy is the Self-determination Theory (STD)

Self-Determination Theory (SDT)

We are driven by three basic psychological needs:

- Autonomy (Choosing for yourself rather than being controlled by others; when you find your circumstances changing without any input from you, it's easy to feel that life is happening to you. When this happens, focus on the things you can control in your life and maybe add some new ones.
- Relatedness (happy people have more connections and connecting with others makes you happier)
- Competence (Being good at what you do. This comes from personal or professional growth.

Humans are designed to be continuous learners)

We can increase our motivation through self-empowerment, social connection. and personal growth

Self-Determination Theory (SDT)

People are centrally concerned with motivation — how to move themselves or others to act. Everywhere, parents, teachers, coaches, and managers struggle with how to motivate those that they mentor, and individuals struggle to find energy, mobilize effort and persist at the tasks of life and work. People are often moved by external factors such as reward systems, grades, evaluations, or the opinions they fear others might have of them. Yet, just as frequently, people are motivated from within, by interests, curiosity, care or abiding values. These intrinsic motivations are not necessarily externally rewarded or supported, but nonetheless they can sustain passions, creativity, and sustained efforts. The interplay between the extrinsic forces acting on persons and the intrinsic motives and needs inherent in human nature is the territory of self-determination theory.

<https://selfdeterminationtheory.org/the-theory/>

SDT

SDT represents a broad framework for the study of human motivation and personality. It focuses on how social and cultural factors facilitate or undermine people's sense of volition and initiative, in addition to their well-being and the quality of their performance. Conditions supporting the individual's experience of autonomy, competence, and relatedness are argued to foster the most volitional and high quality forms of motivation and engagement for activities, including enhanced performance, persistence, and creativity.

SDT proposes that the degree to which any of these three psychological needs is unsupported or thwarted within a social context will have a robust detrimental impact on wellness in that setting.

SDT proposes three universal psychological needs that must be satisfied for optimal psychological health, effective functioning, and an enhanced sense of well-being (Deci & Ryan, 2008).

Autonomy is the need to be in control of our own behavior and lives.

Competence is our need for achievement, skill, and mastery.

Relatedness is the need for a sense of belonging and meaningful relationships with others.

Richard M. Ryan: SDT

- <https://www.youtube.com/watch?v=wzN10--mNw8>

Extrinsic Vs. Intrinsic Motivation

SDT also differentiates between *extrinsic* and *intrinsic* motivation. Extrinsic motivation is derived from external sources (grading systems, evaluations, awards, respect, etc.) while intrinsic motivation comes from within ourselves, our values, interests and mores. Social environments that promote these three needs and that promote intrinsic motivation will yield the most positive psychological, developmental, and behavioral results.

Three Psychological Needs

The satisfaction and the support of the three psychological needs (autonomy, relatedness and competence) are essential components for promoting life satisfaction and psychological well-being in all aspects of a life of an individual (succeeding in school, finding a job, being happy).

Autonomy: The Need To Act And Experience Freedom Within One's Own Actions

Research shows that in nursing homes, by granting the residents more autonomy, their satisfaction increased, their daily routine changed, and their participation in social activity increased. A correlation was found between the degree of autonomy and the degree of the participation in different activities within the ward. The residents' quality of life improves with more autonomy within the institution's framework.

The quality of a person's motivation may depend on the quality of their relationships with care givers and how involved those care givers are in supporting resident's needs.

Relatedness: The Need To Be Connected To And Experience Caring For Others

Relatedness is found to be the most important aspect of the caring relationship.

Care/lack or care (impact, trauma)

Relatedness: The Need To Be Connected To And Experience Caring For Others

[Socioemotional selectivity theory \(SST\)](#), Carstensen

<https://lifespan.Stanford.Edu/projects/sample-research-project-three>

Relative to younger people, older people enjoy relatively stable and positive emotional experience in daily life, focus on positive more than negative information, and prioritize meaningful activities over activities related to individual achievement and exploration. Together, these qualities represent a significant source of social capital.

Selection, optimization, and compensation, Paul Baltes

Selective optimization with compensation is a strategy for improving health and wellbeing in older adults and a model for successful aging. It is recommended that seniors select and **optimize** their best abilities and most intact functions while compensating for declines and losses.

For example, an elderly person with fading eyesight who loves to sing could focus more time and attention on singing, perhaps by joining a new choir, while cutting back on time spent reading. Overall, this model suggests that seniors take an active approach in their aging process and set goals that are attainable and meaningful.

Competence: The Need To Experience Mastery

Autonomy supportive environments conducive to the development of competence are more likely to create intrinsic motivation for an action (Ryan & Deci, 2000).

Perception of competence is the first construct important to SDT. There is evidence to suggest that older age is associated with lower perceptions of physical abilities (Franzoi & Koehler, 1998), indicating a potential age-related decline in perceived competence.

According to SDT, meeting needs for competence and high self-perceptions are important in motivation to continue behavior.

Enhancing Well-Being

Well-being is enhanced by self-determined behavior and the social and cultural conditions that promote it, including the needs for personal autonomy (with an environment where choice is an option), meaningful connections with peers, family and friends, and competency. If these needs are not fulfilled, individuals become frustrated and disengaged. These needs nourish the development of a healthy sense of well-being and help promote personal and academic success.

How To Get Psychologically Healthier During A Pandemic

- [HTTPS://WWW.PSYCHOLOGYTODAY.COM/CA/BLOG/CUTTING-EDGE-LEADERSHIP/202009/HOW-GET-PSYCHOLOGICALLY-HEALTHIER-DURING-PANDEMIC](https://www.psychologytoday.com/ca/blog/cutting-edge-leadership/202009/how-get-psychologically-healthier-during-pandemic)

5 Steps To A Better You

1. Accomplish something
2. Help someone else
3. Show [gratitude](#)
4. Try something new
5. Spend quality time with loved ones.

Foods To Fight Stress And Boost Happiness

- [HTTPS://THEBEET.COM/THE-TOP-11-FOODS-TO-HELP-YOU-FIGHT-STRESS-AND-HAVE-A-POSITIVE-MINDSET/](https://thebeet.com/the-top-11-foods-to-help-you-fight-stress-and-have-a-positive-mindset/)

HERE'S ANOTHER REASON TO LOVE YOUR HOUSEPLANTS: THEY GIVE US SENSE OF CONTROL

- <https://www.Mindbodygreen.Com/articles/why-houseplants-give-us-sense-of-control>

Capturing Autonomy, Competence, And Relatedness

- Examples





