


# Motivating the Academically Unmotivated: The Why and How

Prof John Wang, PhD  
National Institute of Education, Nanyang Technological University,  
Singapore

# Overview of Presentation

- Define motivation
- Overview of the three theoretical frameworks
  - sport ability beliefs
  - achievement goal theory
  - self-determination theory
- Research Findings

# Understanding Motivation



**motivation**

Persistence

Direction

Intensity

Persistence  
over time



WHY  
DO  
YOU  
DO  
WHAT  
YOU  
DO

Performance

Theory Y

Theory X

+

=

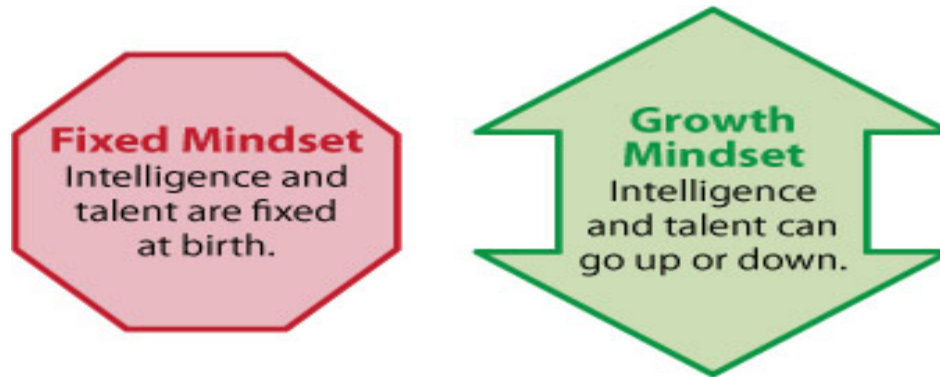
+

Theory Z



# Sport Ability Beliefs

- Dweck & her colleagues (Dweck & Leggett, 1988) proposed that theories of intelligence that people hold create different goals.

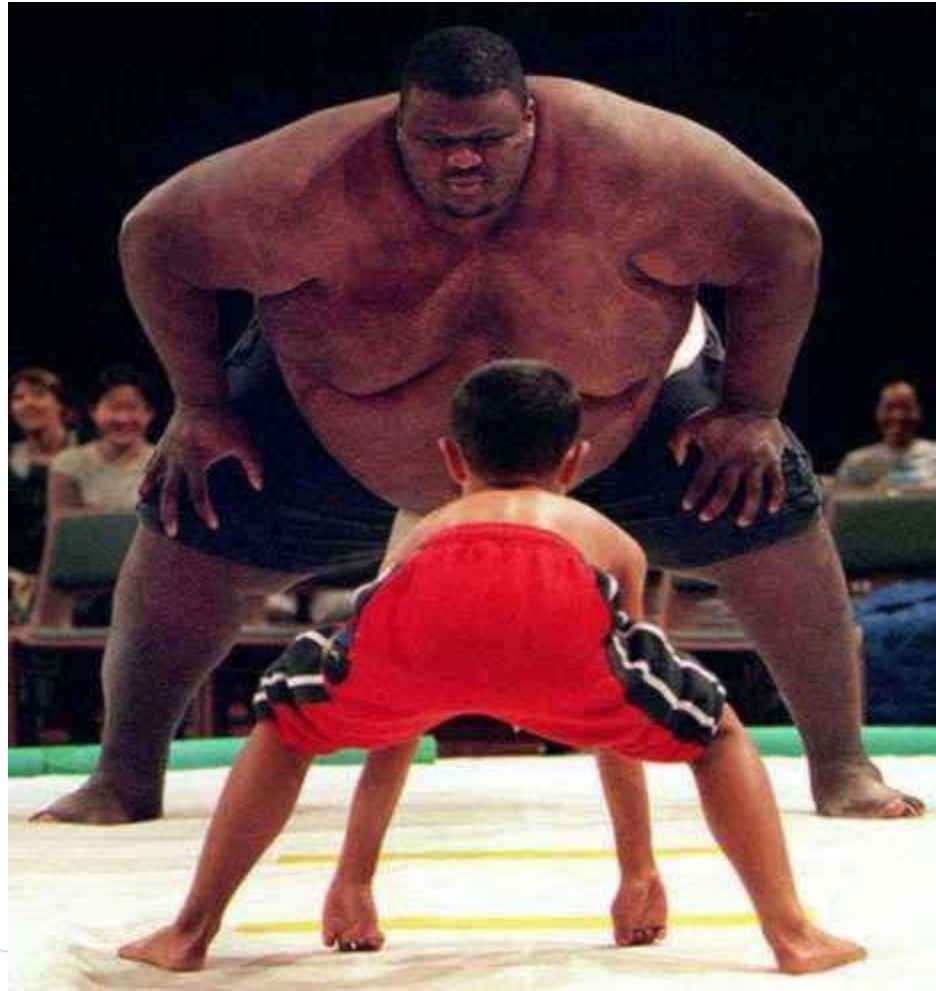


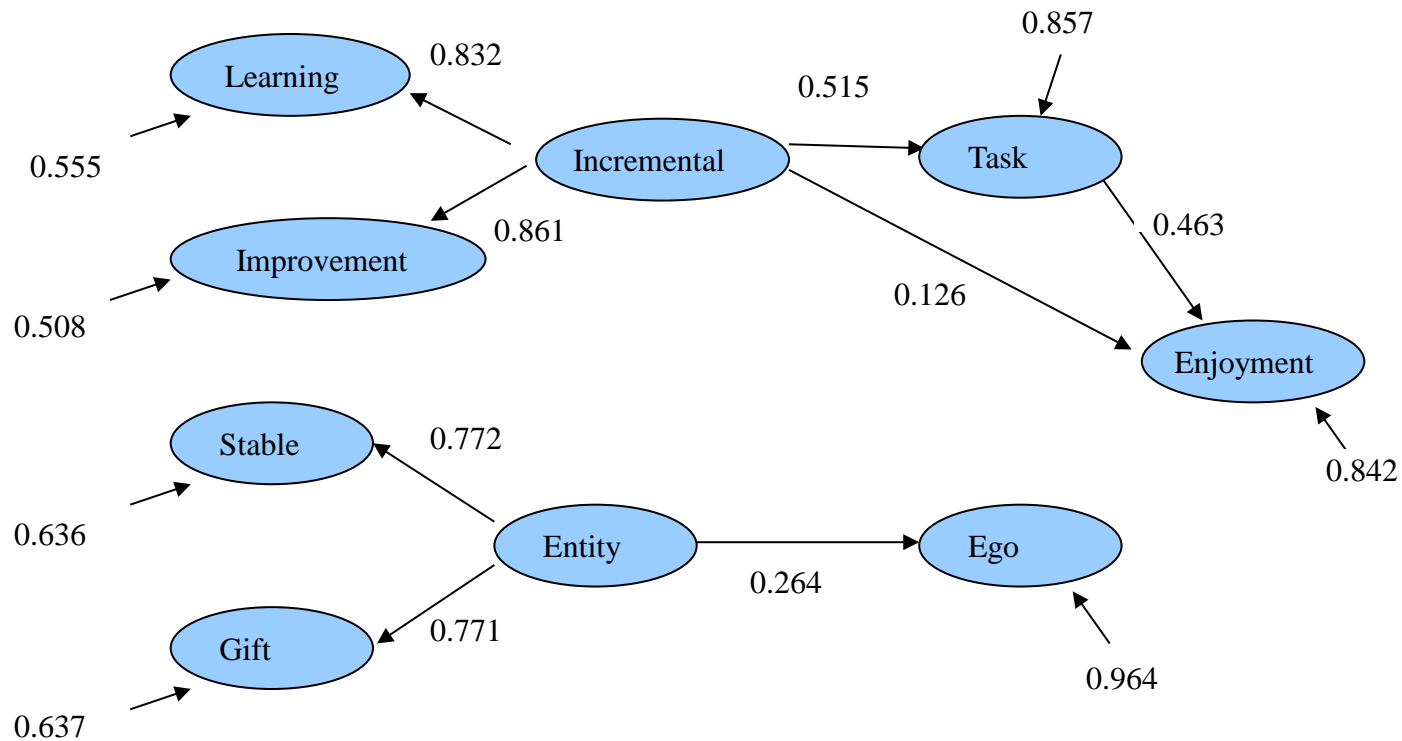
**Ego Goals**



**Mastery Goals**

# *Sport Ability Beliefs*





$\chi^2 = 815.49$ ,  $df = 343$ ,  $NNFI = 0.915$ ,  $CFI = 0.921$ ,  $RMSR = 0.065$ ,  $RMSEA = 0.047$

- Entity beliefs do not allow feelings of confidence and control over future outcomes, especially when perceived competence is low, thus resulting in less adaptive responses.
- Incremental beliefs, through the pursuit of task goals, allow the feeling that success is under one's personal control (Duda & Nicholls, 1992; Nicholls, 1989), resulting in more adaptive motivational patterns.
- It is apparent that looking at self-conceptions of ability or beliefs is useful in understanding students' motivation in physical activity settings.



- Nicholls' AGT (1989) assumes individuals strive to demonstrate competence and avoid showing incompetence.



# Achievement Goal Theory

## Predictions:

Goal Orientation

Perceived Ability

Behaviour Pattern

Ego/Performance

High

Adaptive

Ego/Performance

Low

Maladaptive

Task/Mastery

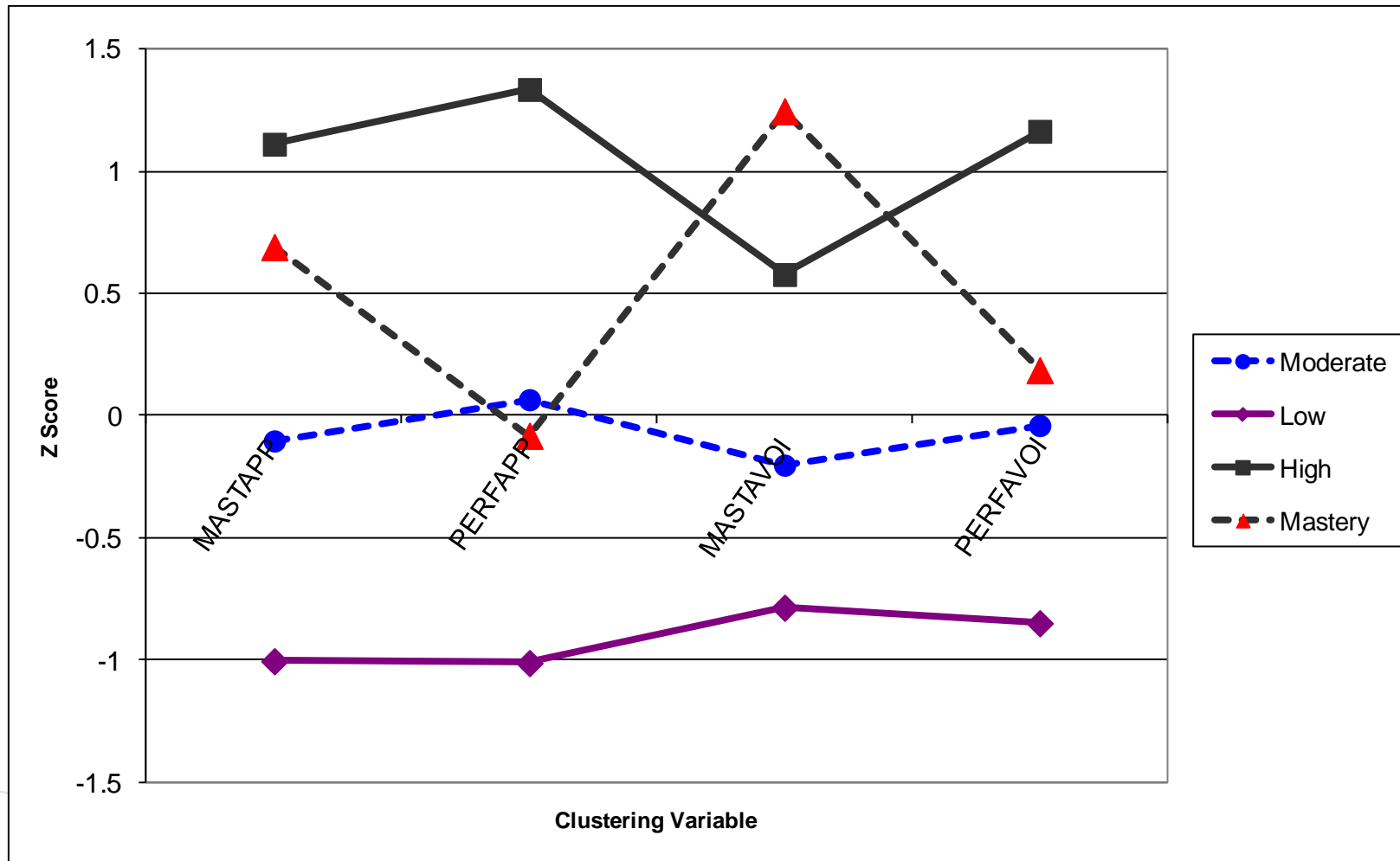
High or Low

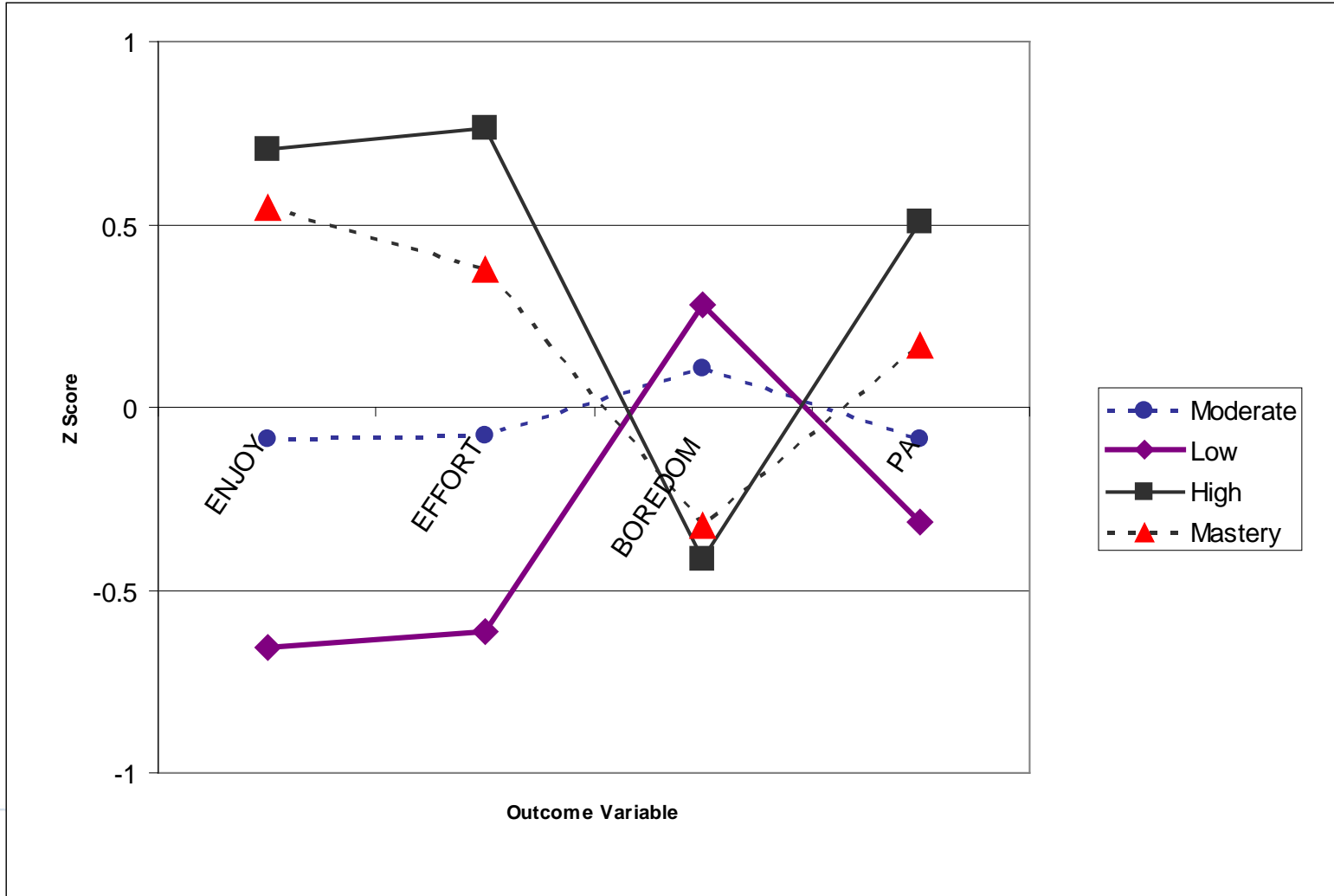
Adaptive

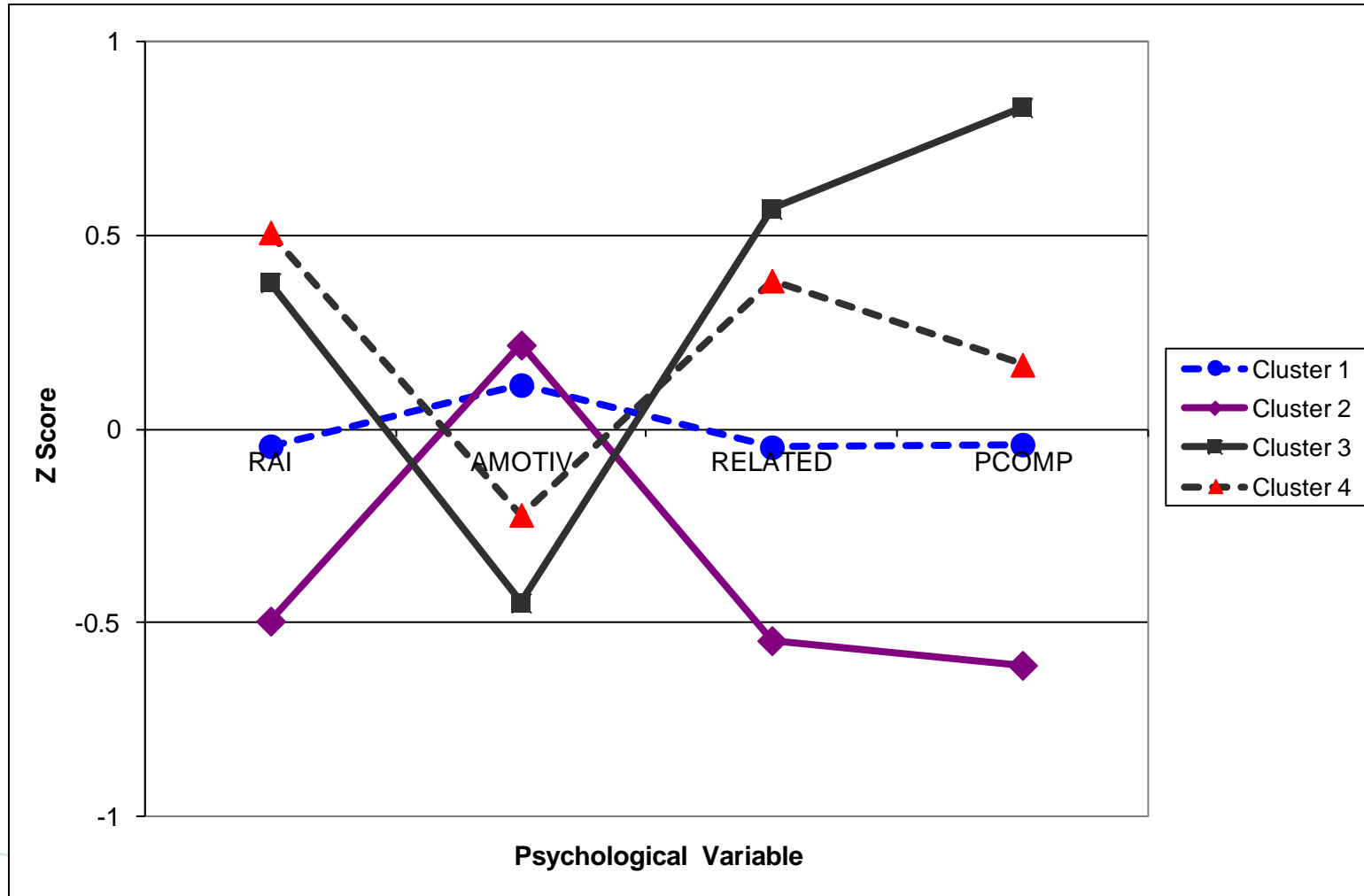
# A 2x2 Achievement Goal

		Definition	
		Mastery	Performance
Valence	Approach	Mastery-Approach	Performance-Approach
	Avoidance	Mastery-Avoidance	Performance-Avoidance



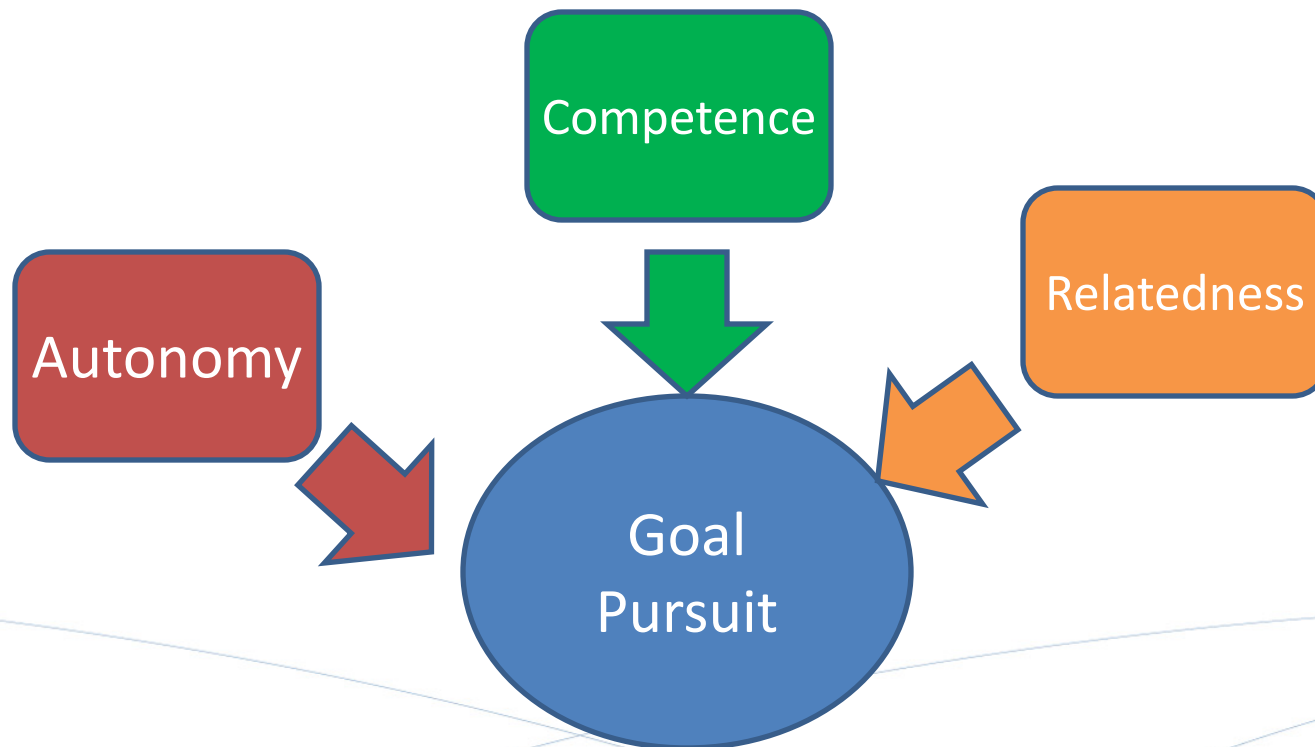


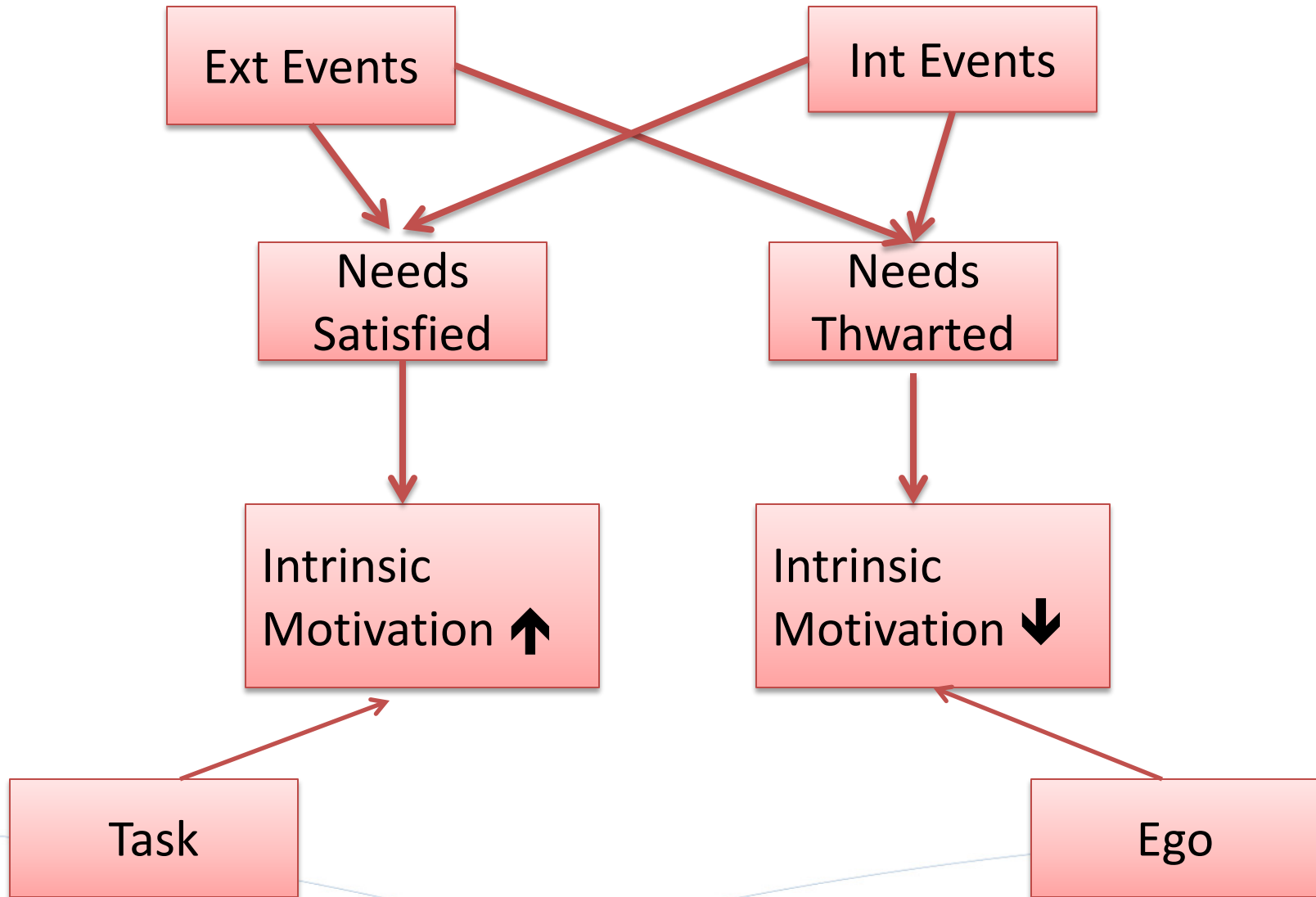




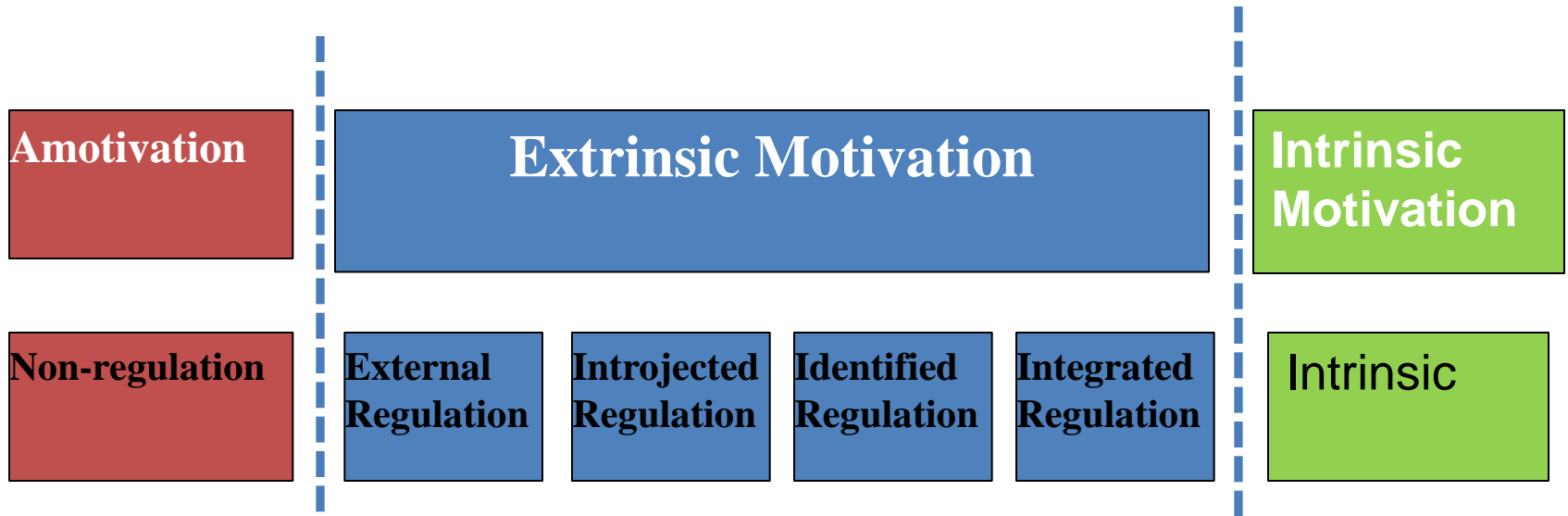
# Self-Determination Theory

- According to SDT, people are active organisms seeking to master their internal and external environment (Ryan & Deci, 2008).
- Three psychological needs are essential conditions for self-growth, integrity and well-being.
- Goals pursuit are driven by psychological needs.









**The self-determination Continuum**

