

Internalized and Simplex-Structured Motivation

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Abstract

Self-determination theory (SDT) as proposed by Deci and Ryan (1985, 2000) postulated different types of motivation. As to the introjected and identified regulation of extrinsic motivation, their internalizations were described as “somewhat external” and “somewhat internal” and remained undetermined in the theory. In this talk, we discuss the constrained regression analysis approach by Ünlü and Dettweiler (2015) that allows these vaguely expressed motivations to be estimated from questionnaire data. The approach is even generalized and applied for simplex structure analysis in SDT, where the simplex structure of SDT means that motivation regulation types theoretically closer to one another are more strongly interrelated/correlated. The technique is exemplified with an empirical study by Dettweiler, Ünlü, Lauterbach, Becker, and Gschrey (2015), comparing science teaching in a classical school class versus an expeditionary outdoor program. Based on a sample of 84 German pupils (43 girls, 41 boys), data were collected using the German version of the Academic Self-Regulation Questionnaire. The science-teaching format was seen to not influence the pupils' internalization of identified regulation. The internalization of introjected regulation differed and shifted more toward the external pole in the outdoor teaching format. The quantification approach supported the simplex structure of SDT, whereas correlations may disconfirm the simplex structure.

References

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