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To be attractive or to be healthy? Promoting autonomous motivation in physical activity through goals framing. An abstract

Insufficient physical activity kills! It represents the 4th leading risk factor for mortality worldwide¹ (OMS, 2022). Each year, approximately 3.2 million deaths are due to insufficient physical activity². Thus, physical inactivity is considered as an urgent public health priority³. According to Ramsay Health Foundation (2020)⁴, French youth are more and more "subject to new forms of pathologies such as obesity or sleep disorders" (p.10). According to Eurobarometer (2018), lack of motivation is one of the main reasons for insufficient physical activity. Most of motivation theories view motivation as a unitary phenomenon that varies from very low motivation to very high motivation (Ryan & Deci, 1999). Self-Determination Theory (SDT, Deci & Ryan, 1987) highlights the existence of several types of motivation (autonomous: refers to the search for pleasure and personal fulfillment in behaviors vs controlled: refers to internal and/or external pressures in behaviors) that vary according to the satisfaction (or frustration) of basic psychological needs (autonomy, competence and relatedness) (Deci & Ryan, 1987; Vallerand, 1997). The satisfaction or frustration of basic psychological needs is influenced by the individuals' goals contents (Kasser & Ryan, 1996). Individuals may pursue goals (intrinsic vs extrinsic) to guide their behaviors (Deci & Ryan, 2008a). SDT has proven its ability to explain motivations and sustainable behavior changes specially in the physical activity intervention field. (...)

❖ 12h30 – Salle 103 / Comodal

❖ Participer à la réunion Zoom

<https://zoom.us/j/99935051449>

ID de réunion : 999 3505 1449

❖ Calendrier des séminaires

<https://urlz.fr/nv08>

