

# Contents

## **I. Introduction**

- |  |   |
|--|---|
| 1. Self-Determination Theory: An Introduction and Overview | 3 |
|--|---|

## **II. Philosophical and Historical Considerations**

- |   |     |
|---|-----|
| 2. Organismic Principles: Historical Perspectives on Development and Integration in Living Entities | 29  |
| 3. Human Autonomy: Philosophical Perspectives and the Phenomenology of Self                         | 51  |
| 4. Psychological Needs: Varied Concepts and a Preliminary Description of SDT's Approach             | 80  |
| 5. A Brief History of Intrinsic Motivation  | 102 |

## **III. The Six Mini-Theories of Self-Determination Theory**

- |   |     |
|---|-----|
| 6. Cognitive Evaluation Theory, Part I: The Effects of Rewards, Feedback, and Other External Events on Intrinsic Motivation | 123 |
| 7. Cognitive Evaluation Theory, Part II: Interpersonal and Intrapersonal Processes Affecting Intrinsic Motivation           | 158 |
| 8. Organismic Integration Theory: Internalization and the Differentiation of Extrinsic Motivation                           | 179 |
| 9. Causality Orientations Theory: Individual Differences in, and Priming of, Motivational Orientations                      | 216 |

10. Basic Psychological Needs Theory: Satisfaction and Frustration of Autonomy, Competence, and Relatedness in Relation to Psychological Wellness and Full Functioning	239
11. Goal Contents Theory: Aspirations, Life Goals, and Their Varied Consequences	272
12. Relationships Motivation Theory: The Self in Close Relationships	293

#### **IV. Motivation and Human Development in Families, Schools, and Societies**

13. Parenting and the Facilitation of Autonomy and Well-Being in Development	319
14. Schools as Contexts for Learning and Social Development	351
15. Identity Development, Self-Esteem, and Authenticity	382
16. Development, Basic Psychological Needs, and Psychopathology	401

#### **V. The Application and Practice of Self-Determination Theory in Multiple Domains**

17. Psychotherapy and Behavior Change: Creating Facilitating Environments	423
18. Health Care and Patient Need Satisfaction: Supporting Maintained Health Behavior Change	454
19. Sport, Physical Activity, and Physical Education	481
20. Motivation and Need Satisfaction in Video Games and Virtual Environments	508
21. Work and Organizations: Promoting Wellness and Productivity	532

#### **VI. Basic Psychological Needs in Pervasive Social Contexts**

22. Pervasive Social Influences, Part I: Cultural Contexts	561
23. Pervasive Social Influences, Part II: Economic and Political Systems	591
24. On Basic Needs and Human Natures: Altruism, Aggression, and the Bright and Dark Sides of Human Motivation	616
A Very Brief Epilogue	647
References	651
Author Index	725
Subject Index	740