THE MOTIVATIONAL CLIMATE, NEED SATISFACTION, AND WELL-BEING IN DANCERS

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The Basic Needs Mini-Theory, within the Self Determination Theory framework (Ryan & Deci, 2000), proposes that the psychological needs of competence, autonomy and relatedness are fundamental antecedents of well-being and the social environment is relevant to the degree of basic need (BN) satisfaction. Recent sport research has supported the former proposition (Reinboth & Duda, 2004). Further, it has been shown that the extent to which the motivational climate is perceived as task and/or ego involving (Ames, 1992) is critical to variability in BN satisfaction (Reinboth & Duda, 2006). To date, no research has systematically tested these relationships in dance environments.

This study aimed to i) examine the interplay between perceptions of the motivational climate, BN satisfaction and well-being outcomes, and ii) test the mediating role of BN satisfaction in terms of the relationship between the perceived motivational climate and well-being among dancers. Two hundred and fifty-seven vocational ballet, contemporary and hiphop dancers (M age =18.62±2.39 yrs) completed a multi-section questionnaire tapping key variables. Multiple regression analyses revealed satisfaction of all three BNs to be positively predicted by perceptions of a task involving environment (p<0.01). Perceptions of an ego involving climate negatively predicted autonomy and relatedness (p<0.01). The need for competence and relatedness emerged as (positive and negative, respectively) predictors of positive and negative affect, and the need for relatedness and autonomy negatively predicted emotional and physical exhaustion (p<0.05). The BNs were found to partially mediate the relationship between perceptions of the task and ego involving features of the climate and each well-being indicator.

Findings suggest that the task involving features of dance environments should be facilitated with the aim of promoting dancers’ welfare. This study supports the overall premise of Basic Needs Theory, but indicates particular BNs may be salient in promoting certain aspects of well-being.


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