

Self-Determination Theory and the Facilitation of Intrinsic Motivation, Social Development, and Well-Being	
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Causes of self-motivation	When three innate psychological needs-competence, autonomy, and relatedness-are satisfied, it yields enhanced self-motivation
Self-Determination Theory	Investigates people's inherent growth tendencies and innate psychological needs that are the basis for their self-motivation
Intrinsic motivation	People whose motivation is intrinsic compared to extrinsic have more interest, excitement, and confidence, which in turn is manifest as enhanced performance, persistence, and creativity Extrinsic rewards can undermine intrinsic motivation Research revealed that threats, deadlines, directives, pressured evaluations, and imposed goals diminish intrinsic motivation Choice, acknowledgment of feelings, and opportunities for self-direction were found to enhance intrinsic motivation because they allow people a greater feeling of autonomy People will be intrinsically motivated only for activities that have the appeal of novelty, challenge, or aesthetic value
Students and intrinsic motivation	Teachers who are autonomy supportive (in contrast to controlling) catalyze in their students greater intrinsic motivation, curiosity, and desire for challenge Lower intrinsic motivation was found in students who experienced their teachers as cold and uncaring Providing meaningful rationale for an uninteresting behavior, along with supports for autonomy and relatedness, promotes internalization and integration
Cognitive evaluation theory	Social-contextual events (e.g., feedback, communications, rewards) that conduce toward feelings of competence during action can enhance intrinsic motivation for that action Early studies showed that positive performance feedback enhanced intrinsic motivation, whereas negative performance feedback diminished it

	People must not only experience competence or efficacy, they must also experience their behavior as self-determined for intrinsic motivation
Harm of focusing on external goals	Intrinsic aspirations (goals such as affiliation, personal growth, and community) were linked to greater well-being and lower depression and anxiety - Extrinsic aspirations, such as wealth, fame, and image, were negatively associated with well-being

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