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MOTIVATION IN SPORT AND PHYSICAL ACTIVITY: HOW CAN WE GET PEOPLE TO BE MORE ACTIVE?



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Abstract. Motivation is one of the most important constructs studied in psychology as it represents the 'why' question of behaviour. Although numerous motivational theories have been proposed, with accompanying assumptions about the nature of humans and factors that motivate behaviour, no single theory has yet to claim the ability to explain motivated behaviour in its entirety (Roberts, 1992). Modern approaches are beginning to pull together different aspects of motivational research in order to understand motivated behaviour. The purpose of this presentation is to draw together recent studies on achievement motivation of young people in PE using a social cognitive approach. Specifically, I will make use of three theories: self-theories of ability (Dweck, 1999; Dweck & Leggett, 1988), achievement goal theory (Dweck & Leggett, 1988; Nicholls, 1984, 1989), and self-determination theory (Deci & Ryan, 1985), as the underpinning framework for understanding motivation in PE context. First the definition of motivation will be outlined. Next, an overview of the three theoretical frameworks self-theories of ability, achievement goal theory, and self-determination theory will be presented. Finally, the presentation will focus on research findings related to the synthesis of theories and statistical methods in physical activity settings.

Biography. Professor Wang is currently an Associate Dean in the Office of Education of Research, National Institute of Education (NIE), Nanyang Technological University, Singapore. He was the former Head of Physical Education and Sport Science in NIE and immediate past President of the Singapore Physical Education Association. Professor Wang is a BPS Chartered Psychologist and registered with the Health Professions Council of UK as a Sport and Exercise Psychologist. He obtained his PhD from Loughborough University in the United Kingdom in Sport and Exercise Psychology. Dr Wang leads a group of NIE staff in the Motivation in Educational Research Lab (MERL) in NIE. The aim of MERL is to focus on specific motivational issues related to education and works on translating theories into knowledge for evidenced-based practice in education. His areas of research include motivational and emotional aspects of physical activity and exercise. His recent publications have been on sport ability beliefs, achievement goals, intrinsic motivation, emotion, and self-esteem. In addition, he also wrote papers on outdoor education, project work, internet gaming, and problem-based learning. His strength is also in statistical analyses, structural equation modeling, multilevel analysis and latent growth curves analyses. To date, Dr Wang has published widely with more than 200 publications. His work is highly cited internationally. He is also a member of 16 editorial boards, including International Journal of Sport and Exercise Psychology (Section Editor), and International Journal of Asian Society for PE, Sport, & Dance (Associate Editor). He has been involved in more than 40 research projects with a total grant of more than \$4 million Singapore dollars.