



Self-Determination Theory: Basic Psychological Needs in Motivation, Development, and Wellness

By Richard M. Ryan PhD LCP, Edward L. Deci PhD

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Self-determination theory (SDT) provides a framework for understanding the factors that promote motivation and healthy psychological and behavioral functioning. In this authoritative work, the codevelopers of the theory comprehensively examine SDT's conceptual underpinnings (including its six mini-theories), empirical evidence base, and practical applications across the lifespan. The volume synthesizes a vast body of research on how supporting--or thwarting--people's basic needs for competence, relatedness, and autonomy affects their development and well-being. Chapters cover implications for practice and policy in education, health care, psychotherapy, sport, and the workplace.

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Editorial Review

Review

"This valuable volume presents a synthesis of four decades of systematic work within one of the most comprehensive, profound research programs on human motivation in the history of psychology. It is a true milestone in motivational research, as rich in conceptual insights as it is in exciting findings. The book offers a formidable set of answers as to why people do what they do, and with what consequences. An assured and instant classic!"--Arie W. Kruglanski, PhD, Distinguished University Professor, Department of Psychology, University of Maryland, College Park

"This book is a tour-de-force exposition of the motivational nutrients needed for optimal human growth and well-being. It is global in scope, while also replete with applications to specific contexts. SDT and its mini-theories are characterized by astonishing scholarly vitality and depth of thought, combined with unrivaled relevance for everyday life at all levels of society. Taken as a whole, the advances summarized in this volume have transformed what we know about human behavior and development."--Carol D. Ryff, PhD, Hilldale Professor of Psychology, University of Wisconsin–Madison

"Ryan and Deci have produced a treasure for those who want to understand the basis of human motivation and learn how to improve societies. What a resource! The book carefully explains SDT and the research supporting it, including the role of universal needs, intrinsic motivation, and growth. Importantly, the volume addresses how we can use SDT to improve schools, health care, family life, psychotherapy, work, sports--nearly every aspect of social life. It is no wonder that the SDT movement is spreading around the globe."--Ed Diener, PhD, Professor of Psychology, University of Virginia and University of Utah

"A masterful, comprehensive explication of the tenets of SDT. The authors demonstrate a keen sense of history and respect for their intellectual ancestors, stepping only lightly on a few theoretical toes. The theoretical claims that comprise SDT are coherently documented by a plethora of well-crafted and ingenious laboratory and real-world research studies. A major contribution is the compelling practical application of the theory to numerous life domains, including classroom teaching, the workplace, psychotherapy, and others. There is great wisdom in these applications. The breadth of topics will make this volume attractive to researchers, clinicians, educators, and sports and organizational psychologists."--Susan Harter, PhD, John Evans Professor of Psychology (Emerita), University of Denver

"For over 30 years, Richard Ryan and Edward Deci have worked together to expand theory and research on intrinsic motivation. Their new book, *Self-Determination Theory*,...is an impressive synthesis of their work to date."

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About the Author

Richard M. Ryan, PhD, is a clinical psychologist, Research Professor at the Institute for Positive Psychology and Education at Australian Catholic University, and Professor of Clinical and Social Sciences in Psychology at the University of Rochester. Dr. Ryan is a Fellow of the American Psychological Association, the Association for Psychological Science, the American Educational Research Association, and the Society

for Personality and Social Psychology. He received distinguished career awards from the International Society for Self and Identity and the International Network on Personal Meaning, as well as a Shavelson Distinguished Researcher Award, presented by the International Global SELF Research Centre, among other honors. An honorary member of the German Psychological Society and the recipient of an honorary doctorate from the University of Thessaly in Greece, he is also a recipient of a James McKeen Cattell Fund Fellowship and a Leverhulme Fellowship. Dr. Ryan has also been a visiting professor at the National Institute of Education in Singapore, the University of Bath in England, and the Max Planck Institute in Berlin, Germany.

Edward L. Deci, PhD, is the Helen F. and Fred H. Gowen Professor in the Social Sciences at the University of Rochester, with secondary appointments at the University College of Southeast Norway and Australian Catholic University. Dr. Deci is a Fellow of the Association for Psychological Science, the American Psychological Association, and the Society for Personality and Social Psychology, among other associations. His numerous honors include a distinguished scholar award from the Society for Personality and Social Psychology, a lifetime achievement award from the International Society for Self and Identity, and a distinguished scientific contribution award from the Positive Psychology Network. He was named honorary president of the Canadian Psychological Association and is a recipient of a James McKeen Cattell Fund Fellowship.

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