To Do or Not to Do…That is the Question

A Psychological Analysis

By Erin Oelklaus

The Importance

- Exercise is important
- Yet…
- 3 Theories will be used
  - Theory of Self-Determination
  - Self-Efficacy Theory
  - Theory of Planned Behavior

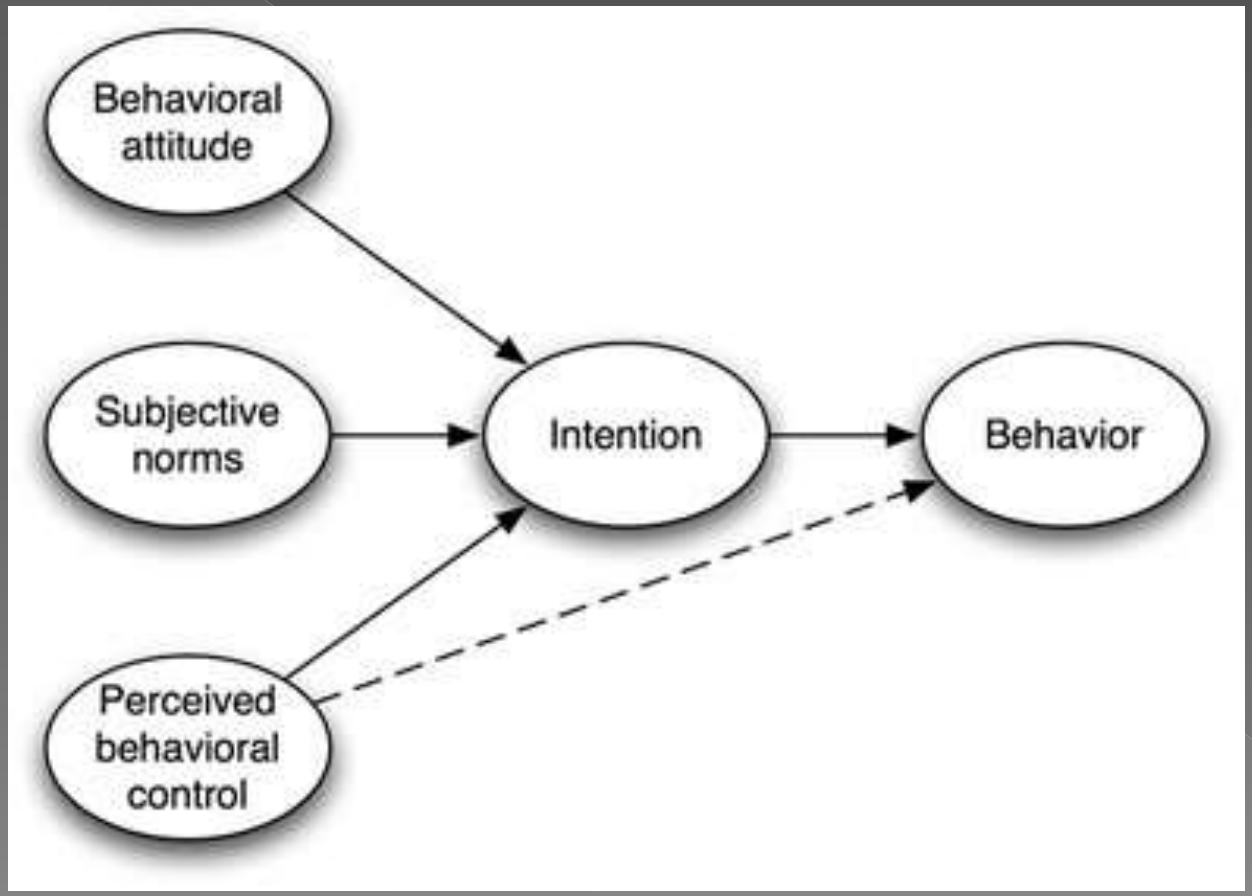
Theory of Self-Determination

- Comprised of 3 smaller theories
  - Basic Psychological Needs Theory
    - Basic needs
  - Cognitive Evaluation Theory
    - Situational factors and their influence
    - I.E.-REWARDS!
  - Organismic Integration Theory
    - Type of motivation & perceived competence
    - Amotivation
      - Use extrinsic rewards!!

Self-Efficacy Theory

- 3 Main categories
  - exercise efficacy
  - barriers efficacy
  - scheduling efficacy
- 5 Different Sources
  - Performance accomplishment
  - Vicarious experience
  - Verbal Persuasion
  - Imaginal Experience
  - Physiological State

Theory of Planned Behavior



Theory of Planned Behavior

- 3 Leading factors that contribute to being physically active
  - Attitude
    - Behavioral Beliefs (Pros and Cons)
    - Evaluation
  - Subjective Norm
    - Perceived Pressure
    - Willingness to comply
  - Perceived Behavioral Control
    - Control-resources and opportunity
    - Self-Efficacy

Theory of Planned Behavior

- Weakness
  - Time and initiation relationship

Complete Analysis

- Initiated Exercise because
  - Ready to graduate
  - Works in the field
  - American Society
    - Subjective Norm (Theory of Planned Behavior)
- High willingness to comply with society

Theory of Planned Behavior Analysis Continued

- Attitude
  - Pros and Cons
  - Valued idea of exercise and gaining weight
- Perceived Behavioral Control
  - Control
    - Weather, financial cost, time
  - Self-Efficacy
    - High Self-Efficacy=successful transition from intention to action

Analysis Weakness

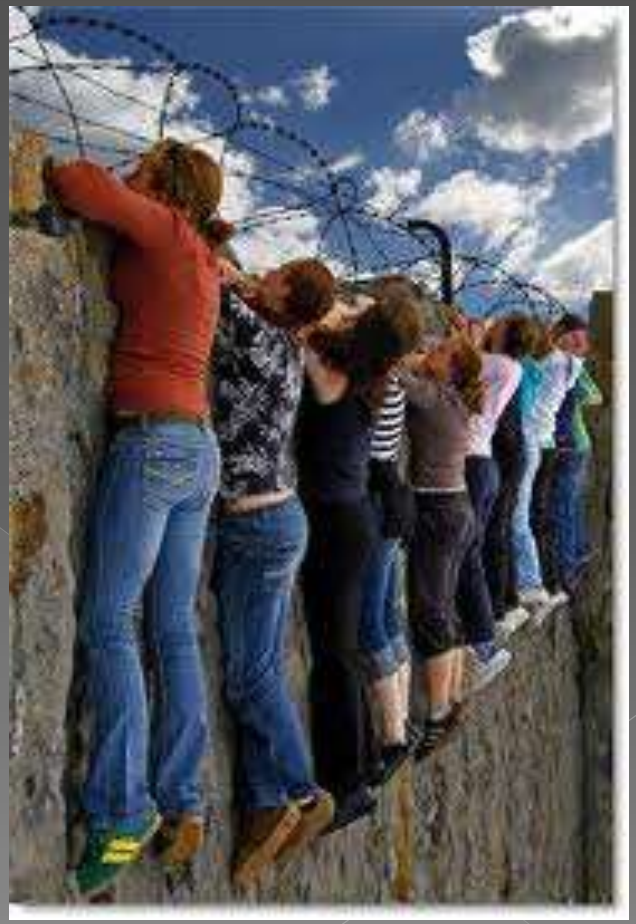
- Time and intention
  - Supposedly correlated, but with subject, after 8 years, initiated exercise
- Reason for beginning = Self-Determination Theory
  - Basic Psychological Needs
  - Cognitive Evaluation Theory
    - More intrinsically motivated
      - "With the Help of a Trainer, I will accomplish my goals"
  - Amotivation
    - 8 year struggle

Barriers

- Personal Motivation
- Financial
- Time
- Belief

Self-Efficacy

- High Exercise Efficacy
- High Barrier Efficacy
- Low Scheduling Efficacy



Self-Efficacy

- Other Fits:
  - Professor who loved personal training
  - Personal success in past
  - Encouraged by friends and personal trainer
  - Low imaginal experience
  - ALSO…

Inspiration

- Felt a “little sore, but nothing which prevents me from attending my next session. The soreness also feels good, hinting at the fact that I am working towards achieving my goal(s)”

Implications

- Know your stuff
- Helps Health Care Professional
- Helps client