

**SUBJECTIVE PSYCHOLOGICAL DISTRESS AMONG YOUNG ADULTS:
THE ROLE OF GLOBAL AND CONTEXTUAL LEVELS OF SELF-
DETERMINED MOTIVATION**

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Abstract: The purpose of this study was to contrast two perspectives on the linkages between levels of self-determined motivation and subjective psychological distress. The first perspective posits that global self-determined motivation (i.e., a trait) is more negatively related to psychological distress than contextual self-determined motivations in leisure, interpersonal relationships, and education. The second perspective, in contrast, posits that self-determined motivation in these three contexts are more negatively related to subjective psychological distress than global self-determined motivation. Participants were 1039 college students who collaborate to a five-year prospective study. Results from structural equation modeling provided more support for the second perspective than for the first one. Discussion centers on the theoretical and practical implications of the results.

Key words: Contextual levels of motivation, Global levels of motivation, Self-determination, Subjective psychological distress.

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