

THE ROLE OF PERCEIVED PSYCHOLOGICAL NEED SATISFACTION IN EXERCISE-RELATED AFFECT

Philip M. Wilson¹, Diane E. Mack¹, Chris M. Blanchard², & Casey E. Gray¹

*¹Brock University, St. Catharines, Ontario, Canada, & ²Dalhousie University
Halifax, Nova Scotia, Canada*

Abstract: The aim of this investigation was to examine the role of psychological need fulfillment in promoting affective responses to exercise from the perspective of self-determination theory. Participants in the two studies (*N* ranged from 140 to 175) were university students and staff who completed measures of psychological need satisfaction and exercise-related affect. Descriptive statistics across both studies indicated that participants reported greater satisfaction of competence and autonomy than relatedness needs in exercise although minimal differences were evident in Study 2. Structural equation modeling analyses conducted in Study 1 supported the contribution of a latent variable representing overall psychological need satisfaction to positive well-being and psychological distress. Multiple regression analyses conducted in Study 2 supported the link between greater satisfaction of SDT-based needs with enhanced positive and reduced negative affect in exercise settings and provided no support for the influence of gender on the perceived psychological need satisfaction-exercise affect relationship.

Key words: Internalization, Self-determination theory, Well-being.

Address: Philip M. Wilson, Department of Physical Education & Kinesiology, 500 Glenridge Avenue, Brock University, St. Catharines, Ontario, L2S 3A1 Canada. Phone: +1-905-6885550 Ext. 4997, Fax: (905) 688-8364. E-mail: phwilson@brocku.ca

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