# Article information:

Frontiers | Complementing the Self-Determination Theory With the Need for Novelty: Motivation and Intention to Be Physically Active in Physical Education Students  
<https://www.frontiersin.org/articles/10.3389/fpsyg.2020.01535/full>

# Article summary:

1. Regular physical activity is important for children and adolescents, but adherence to it remains a global health issue.

2. The self-determination theory (SDT) identifies three basic psychological needs (autonomy, competence, and relatedness) that explain the regulation of people's behavior, established on a motivational continuum.

3. The need for novelty has been proposed as a potential fourth basic psychological need within SDT and has been shown to be positively associated with the most self-determined types of motivation and positive consequences in various contexts, including physical education.

# Article rating:

Appears moderately imbalanced: The article provides some useful information, but is missing several important points or pieces of evidence that would be required to present the discussed topics in a balanced and reliable way. You are encouraged to seek a more balanced perspective on the presented issues by exploring the provided research topics and looking at different information sources.

# Article analysis:

The article "Complementing the Self-Determination Theory With the Need for Novelty: Motivation and Intention to Be Physically Active in Physical Education Students" presents an interesting perspective on the role of the need for novelty in motivating physical activity among young people. However, there are some potential biases and limitations to consider.

One potential bias is that the study only focuses on students of Physical Education, which may not be representative of all young people who engage in physical activity. Additionally, the sample size is relatively small and limited to a specific geographic region, which may limit the generalizability of the findings.

Another limitation is that while the article proposes novelty as a new basic psychological need within SDT, it does not fully meet all six criteria established by Ryan and Deci (2017) for a candidate need to be considered a basic psychological need. For example, it is unclear whether satisfaction of this need is strongly associated with well-being and health, or whether it acts as a growth need rather than a deficit need.

Furthermore, while the article suggests that satisfaction of basic psychological needs and novelty can lead to autonomous motivation and positive behavioral consequences such as intention to be physically active, it does not explore potential counterarguments or alternative explanations for these relationships. For example, other factors such as social support or environmental factors may also play a role in motivating physical activity.

Overall, while the article presents an interesting perspective on the role of novelty in motivating physical activity among young people, further research is needed to fully establish its status as a basic psychological need within SDT and to explore potential alternative explanations for its relationship with motivation and behavior.

# Topics for further research:

* Alternative explanations for motivation to be physically active
* Social support and physical activity among young people
* Environmental factors and physical activity behavior
* Criteria for establishing a basic psychological need within SDT
* Well-being and health outcomes associated with satisfaction of psychological needs
* Generalizability of findings on physical activity motivation among Physical Education students

# Report location:

<https://www.fullpicture.app/item/0fc03435ef0363813f25c16e0c9cb36c>