



Deutsche
Sporthochschule Köln
German Sport University Cologne

Joy of movement at work

A matter of organismic integration

Workshop „Prevention of physical inactivity at office workplaces“
St. Augustin / Germany ♦ June, 10th, 2015

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Content

- 1. How joy works:**
Need satisfaction
- 2. Close to needs:**
Organismic integration
- 3. Complexity:**
Action organisation
- 4. Conclusion:**
Research framework

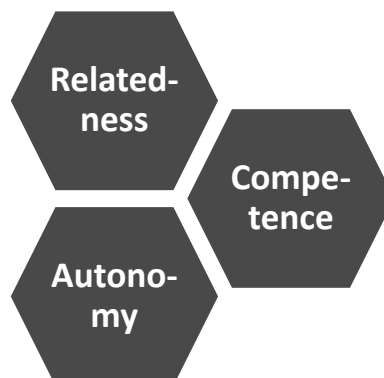
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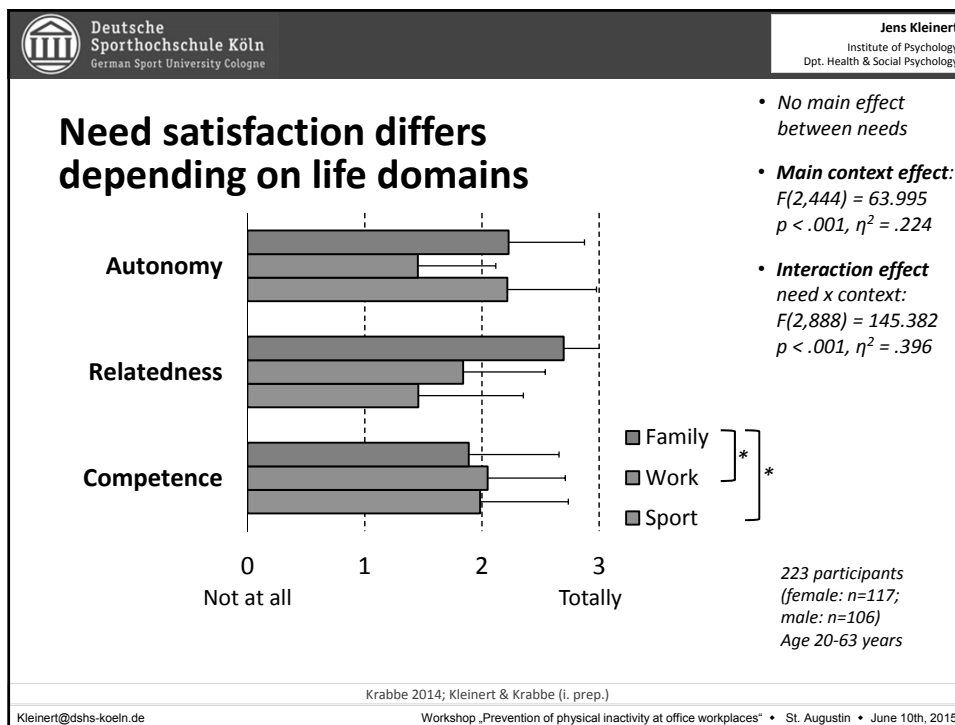
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How does joy work?

A need satisfaction perspective

Three basic psychological needs (Edward Deci & Richard Ryan)





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Postulate # 1

➔ Well-being (i.e. positive affect) at workplaces depends especially on the satisfaction of basic psychological needs ... but sometimes also on the satisfaction of biological oriented needs.

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To be close to needs

The process of internalization in Organismic Integration Theory

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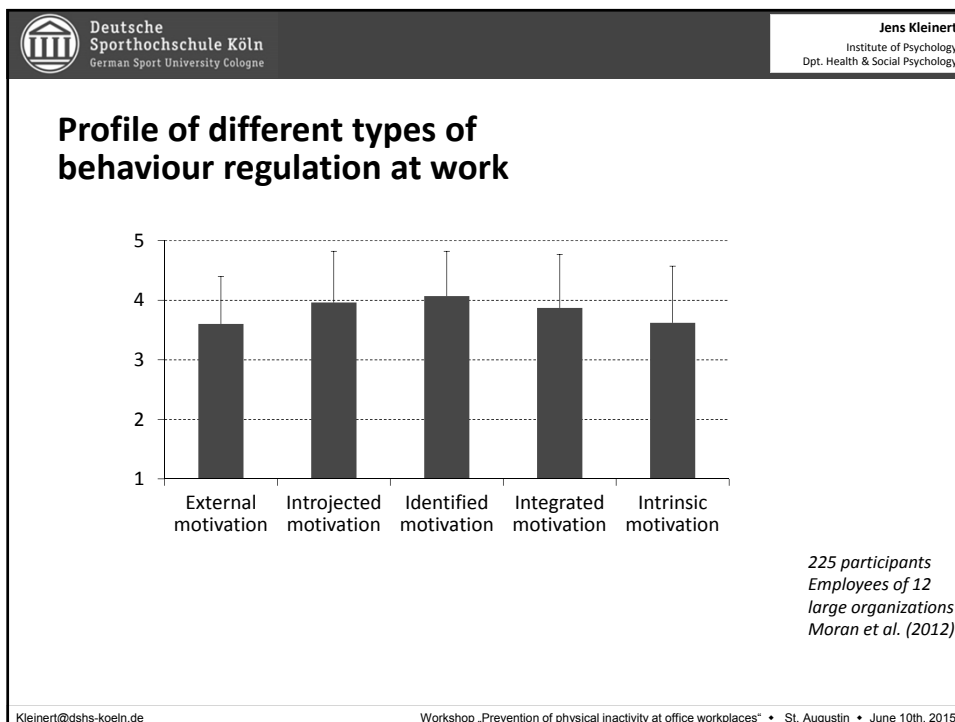
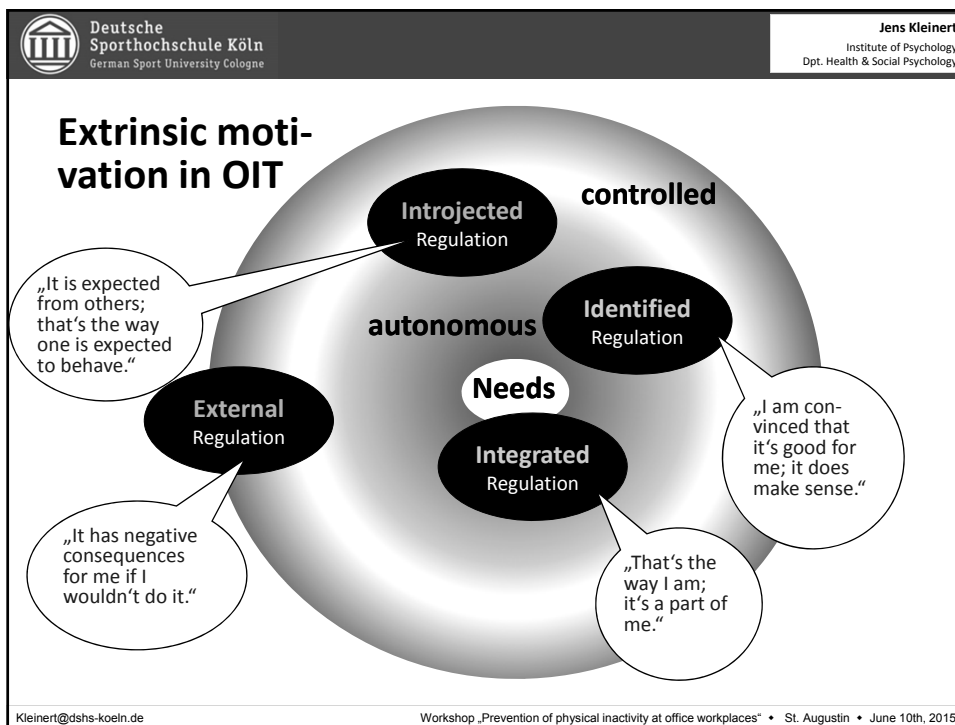
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Intrinsic motivation in Organismic Integration Theory (OIT)

Intrinsic Motivation

„I love to do it; I enjoy it inherently.“

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Postulate # 2

- ➔ Identification with a behaviour and the perception of its meaning is relatively close to need satisfaction and thus associated with well-being



Getting complex

Organismic integration in hierarchically and sequentially organized actions

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Sequential and hierarchical organisation of action

Level 5

Level 4

Level 3

Level 2

Level 1

● Automatic and conscious tasks of working actions ● Movement tasks

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Organismic integration in double task actions

		Working tasks				
		External Regulation	Introjected Regulation	Identified Regulation	Integrated Regulation	Intrinsic Regulation
Movement tasks	External Regulation	<div style="position: absolute; top: 10%; left: 10%; background-color: white; color: black; padding: 5px;">Discomfort</div> <div style="position: absolute; top: 40%; left: 40%; background-color: white; color: black; padding: 5px;">Satisfaction</div> <div style="position: absolute; top: 80%; left: 80%; background-color: white; color: black; padding: 5px;">Joy</div>				
	Introjected Regulation					
	Identified Regulation					
	Integrated Regulation					
	Intrinsic Regulation					

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Postulate # 3

- ➔ In dual-task settings (“work & move”) different forms of behaviour regulation interrelate with each other and lead to a common mood state.

Conclusion

OIT-relevant psychological constructs as framework for treatment and assessment of physical activity while working

