

# **Intrinsic goals and eudaimonic motivation:**

## **life aspirations and motives for the everyday activities of middle-aged Polish individuals.**

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# Division between types of aspirations

Kasser and Ryan (1996) defined intrinsic goals as ones that are inherently rewarding to pursue, presumably because they directly satisfy innate psychological needs.

Personal growth, community involvement, emotional intimacy and relationships are usually defined as intrinsic goals.

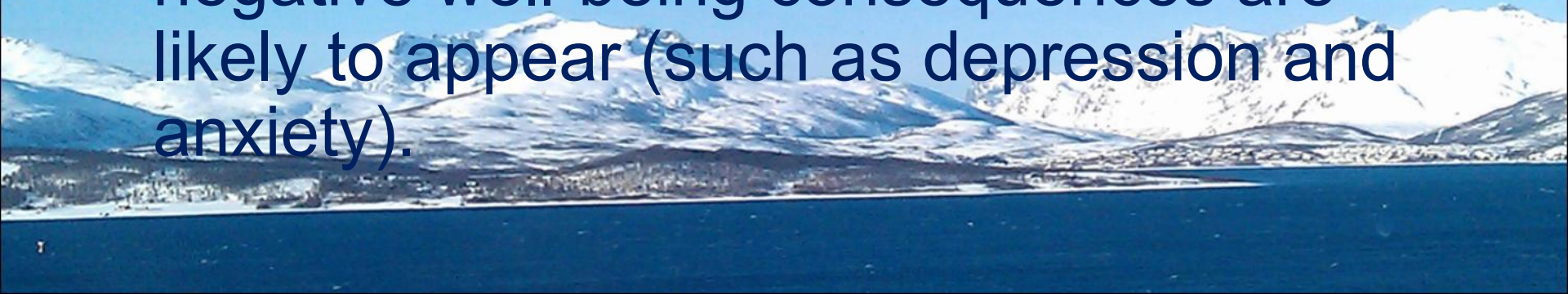
Kasser, T., & Ryan, R.M. (1996). Further examining the American dream: Differential correlates of intrinsic and extrinsic goals. *Personality and Social Psychology Bulletin*, 22, 80-87.



# **Intrinsic goals as central life aspirations**

Research has found that intrinsic aspirations are positively related to various aspects of psychological well-being (such as vitality and self-actualization).

In the opposite situation, when extrinsic goals become particularly strong and out of balance with intrinsic ones, then negative well-being consequences are likely to appear (such as depression and anxiety).





# The American dream controversy

This relationship, it has been suggested, could be mediated by motivational orientations, such as having autonomous rather than controlled reasons for one's aspirations.

Carver and Baird (1998) have argued that the negative relations of extrinsic goals are a function of the fact that people typically report feeling controlled and insecure while pursuing extrinsic goals.

Carver, C. S., & Baird, E. (1998). The American dream revisited: is it what you want or why you want it that matters? *Psychological Science*, 9(4), 289-292.



# Purpose of a study

The present study set out to test whether intrinsic life goals are associated with specific kinds of motivation and emotions during everyday activities.

In this study we are focused on question whether particular kinds of intrinsic goals are more likely to result in more eudaimonic motivation and feelings in everyday life.





# Day Reconstruction Method

DRM assesses how people spend their time and how they experience the various activities and settings in their lives.

Participants systematically reconstruct situations of the preceding day and report about motives and feelings connected to each event or activity.

Kahneman, D., Krueger, A. B., Schkade, D. A., Schwarz, N., & Stone, A. A. (2004). A Survey Method for Characterizing Daily Life Experience: The Day Reconstruction Method. *Science*, 306(5702), 177-1780.



# Measures

(Translated into Polish)

- **Aspiration Index, short version.**

Kasser, T., & Ryan, R. M. (1993). A dark side of the American dream: correlates of financial success as a central life aspiration. *Journal of personality and social psychology*, 65, 410-22.

- **Hedonic and Eudaimonic Motives for Activities (HEMA)**

Huta, V., & Ryan, R. M. (2010). Pursuing Pleasure or Virtue: The Differential and Overlapping Well-Being Benefits of Hedonic and Eudaimonic Motives. *Journal of Happiness Studies*, 11, 735-762.

- **Basic Emotions State Test (BEST).**

Vittersø, J., Dyrda, G. M., & Røysamb, E. (2005). Utilities and capabilities: A psychological account of the two concepts and their relation to the idea of a good life. *The 2nd Workshop on Capabilities and Happiness*. Milan, Italy



# Aspirations

- 35 items reflecting three intrinsic goals:
  - **Personal growth** aspirations
  - **Community** aspirations
  - **Relationship** aspiration
- Each aspiration had two dimensions:
  - a) Personal importance
  - b) Degree of aspiration attainment

A ratio reflecting the difference between (a) and (b) was used as the indicator of aspiration fulfillment.



# Motives and feelings

- HEMA
  - Eudaimonic motivation
  - Hedonic motivation
- BEST
  - Hedonic feelings (pleasure, happiness, contentment)
  - Eudaimonic feelings (engagement, interest, enthusiasm)
  - Negative feelings (anger, fear, sadness)

HEMA and BEST were reported repeatedly during the DRM part of the study and then aggregated into one mean score for each participant.



# Study 1

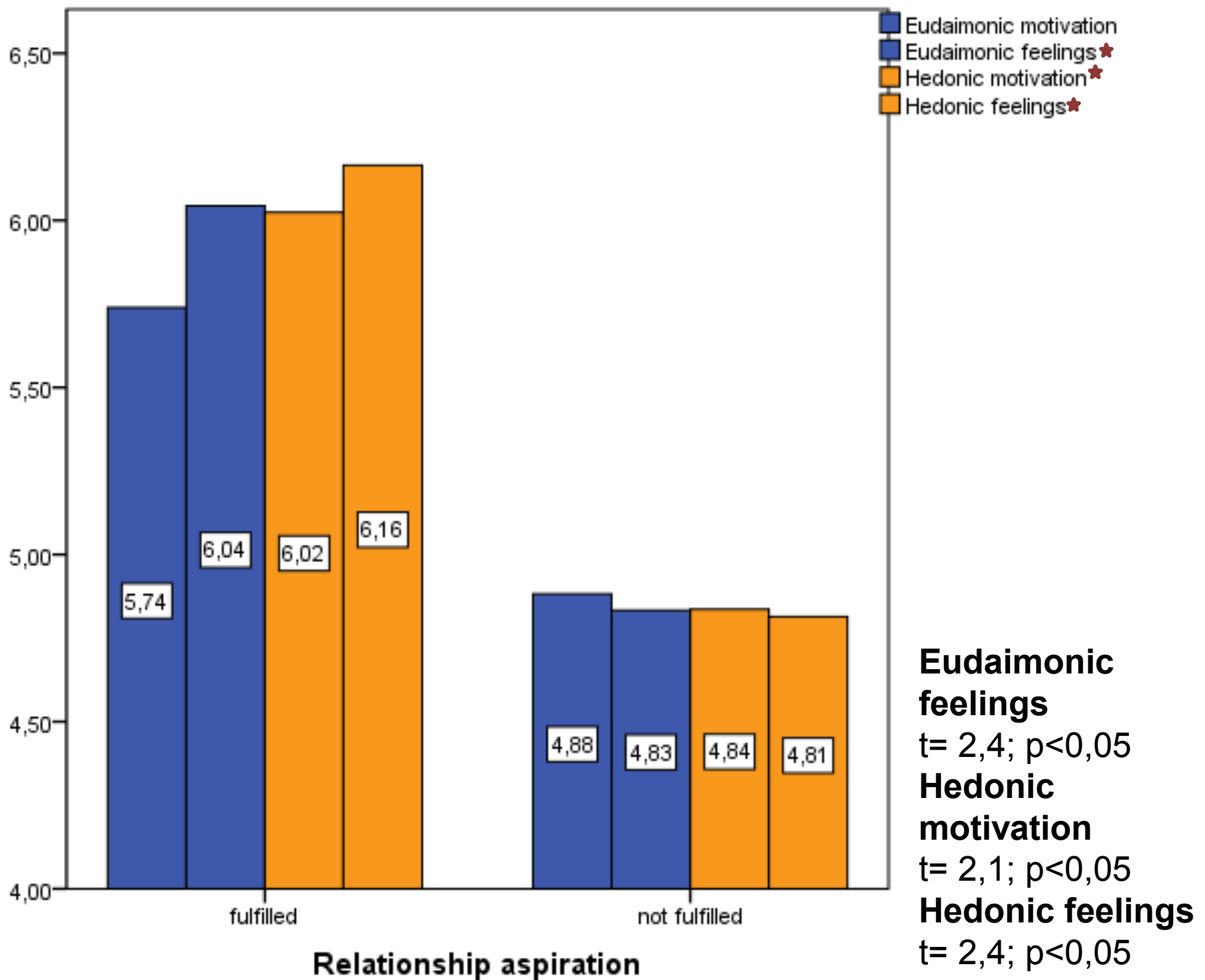
(Poland, November 2011)

- N = 109 (50 men [46%])
- Middle-aged (mean = 46 years)
- Reported altogether 930 DRM events

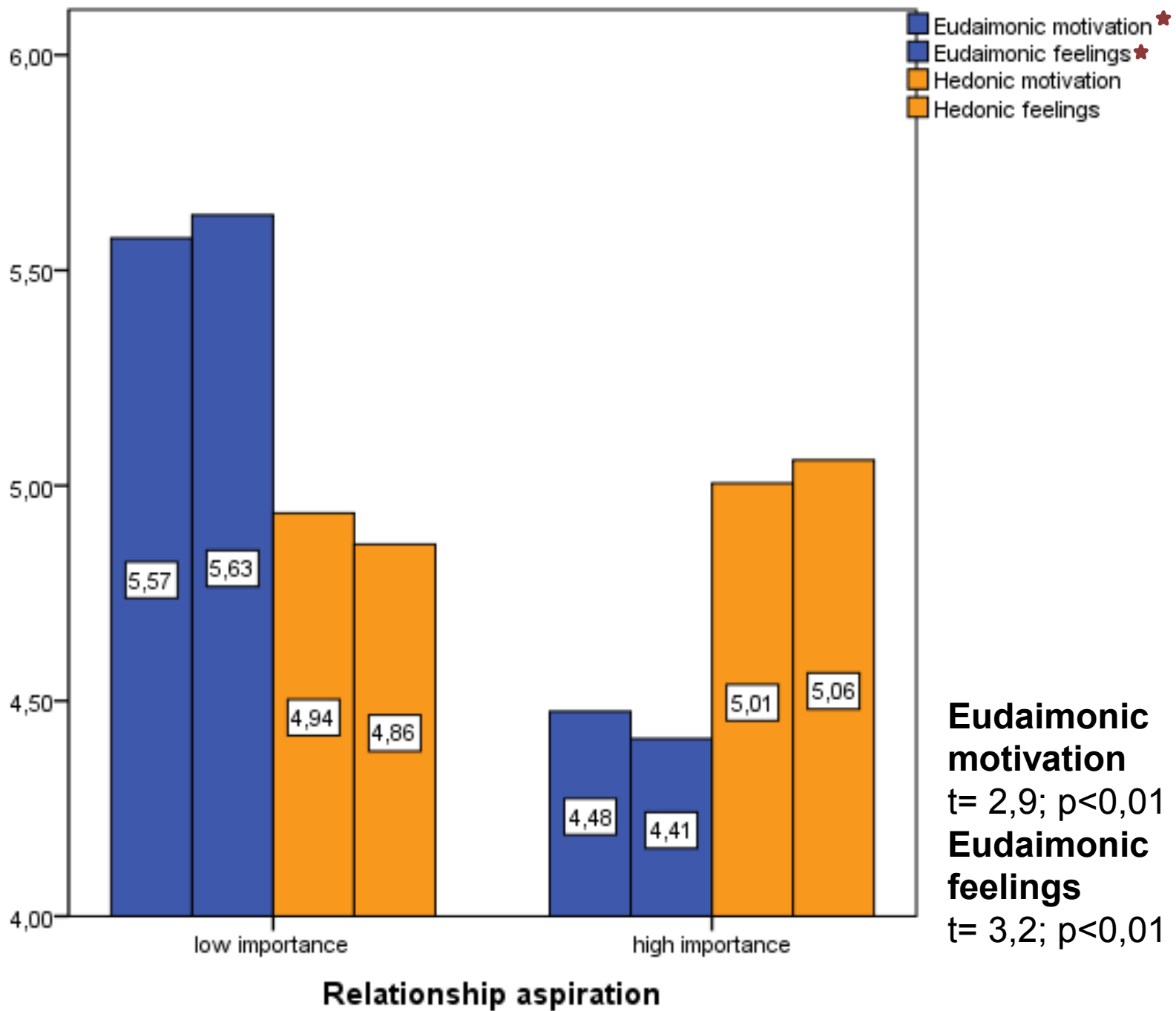
## Procedure:

Participants were first asked about their aspirations during an interview. A few days later they were given the DRM questionnaire.

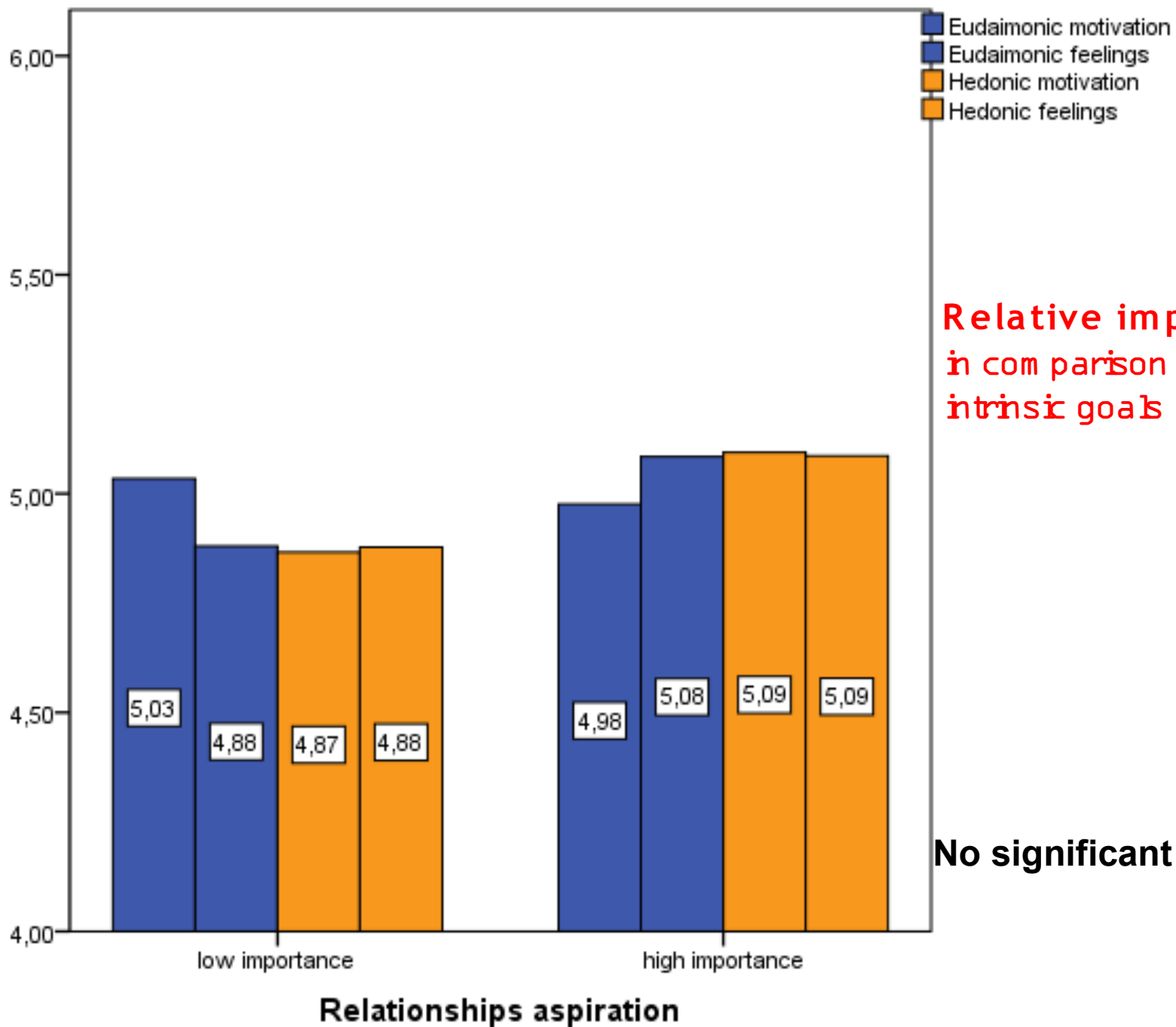








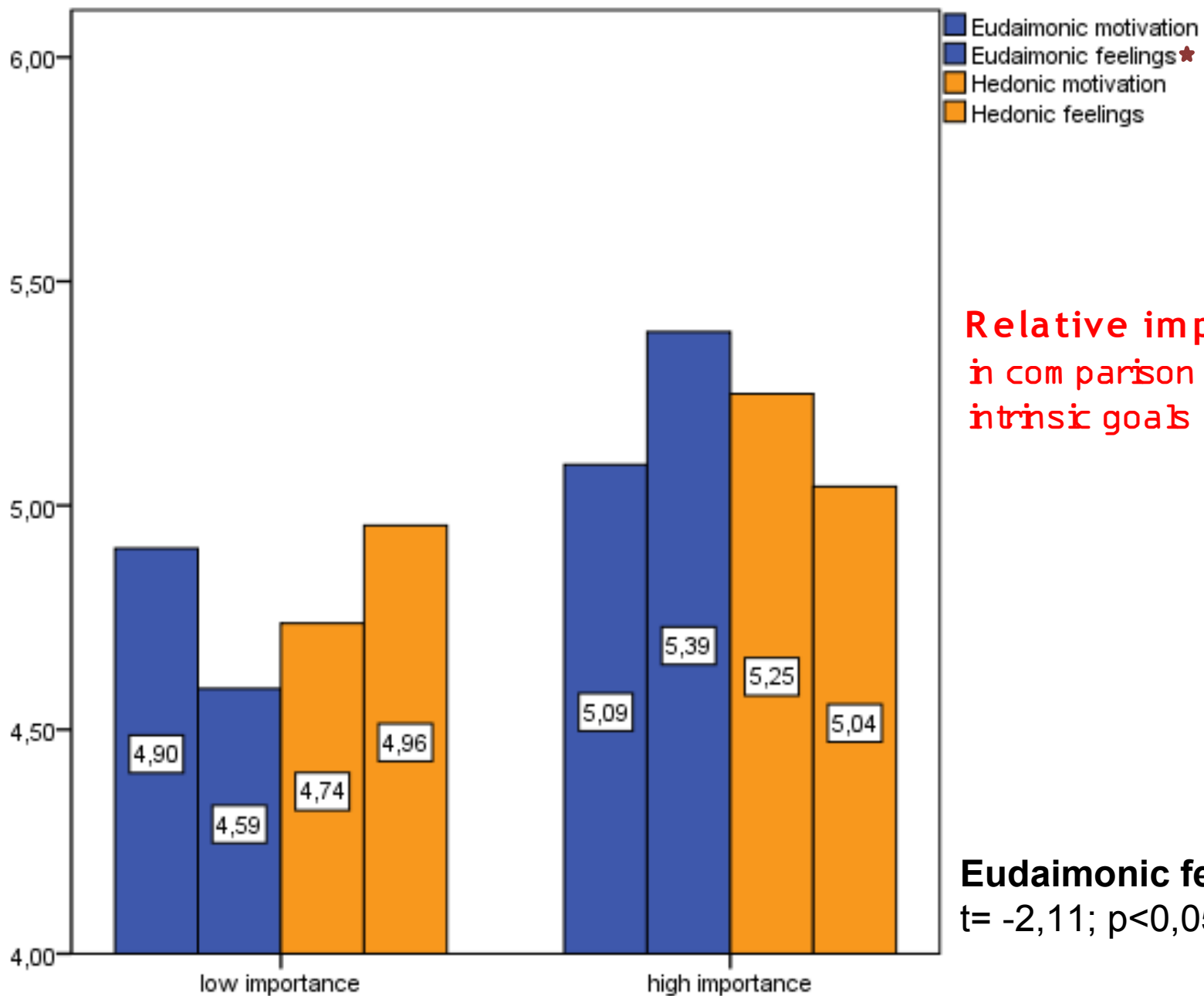




**Relative importance:**  
in comparison to other  
intrinsic goals

**No significant differences**

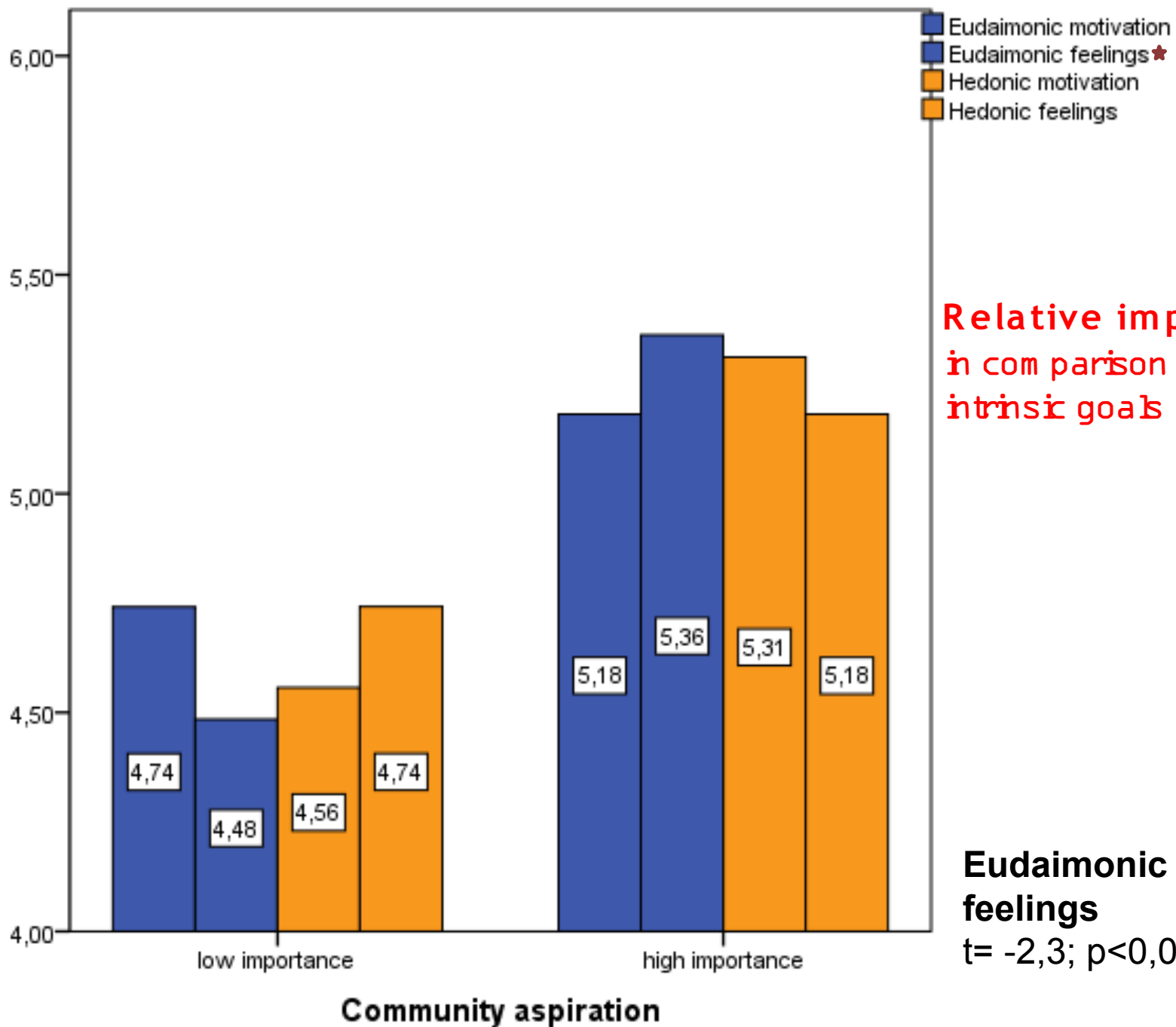




**Relative importance:**  
in comparison to other  
intrinsic goals

**Eudaimonic feelings**  
 $t = -2,11$ ;  $p < 0,05$





**Relative importance:**  
in comparison to other  
intrinsic goals

**Eudaimonic  
feelings**  
 $t = -2,3; p < 0,05$



# Study 2

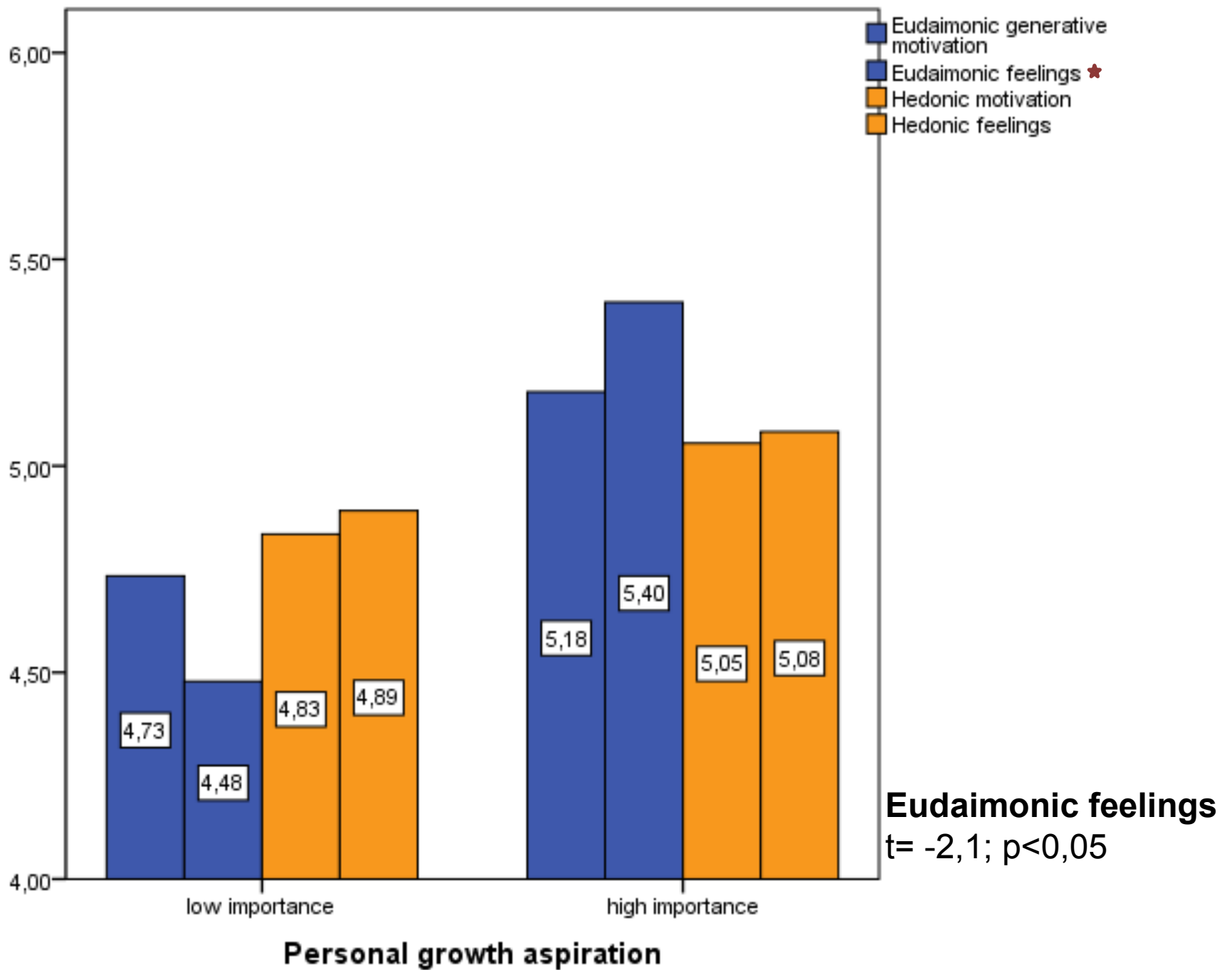
(Poland, April 2012)

- N = 102 (57 men [55%])
- Middle-aged (mean = 37 years)
- Reported altogether 612 DRM events

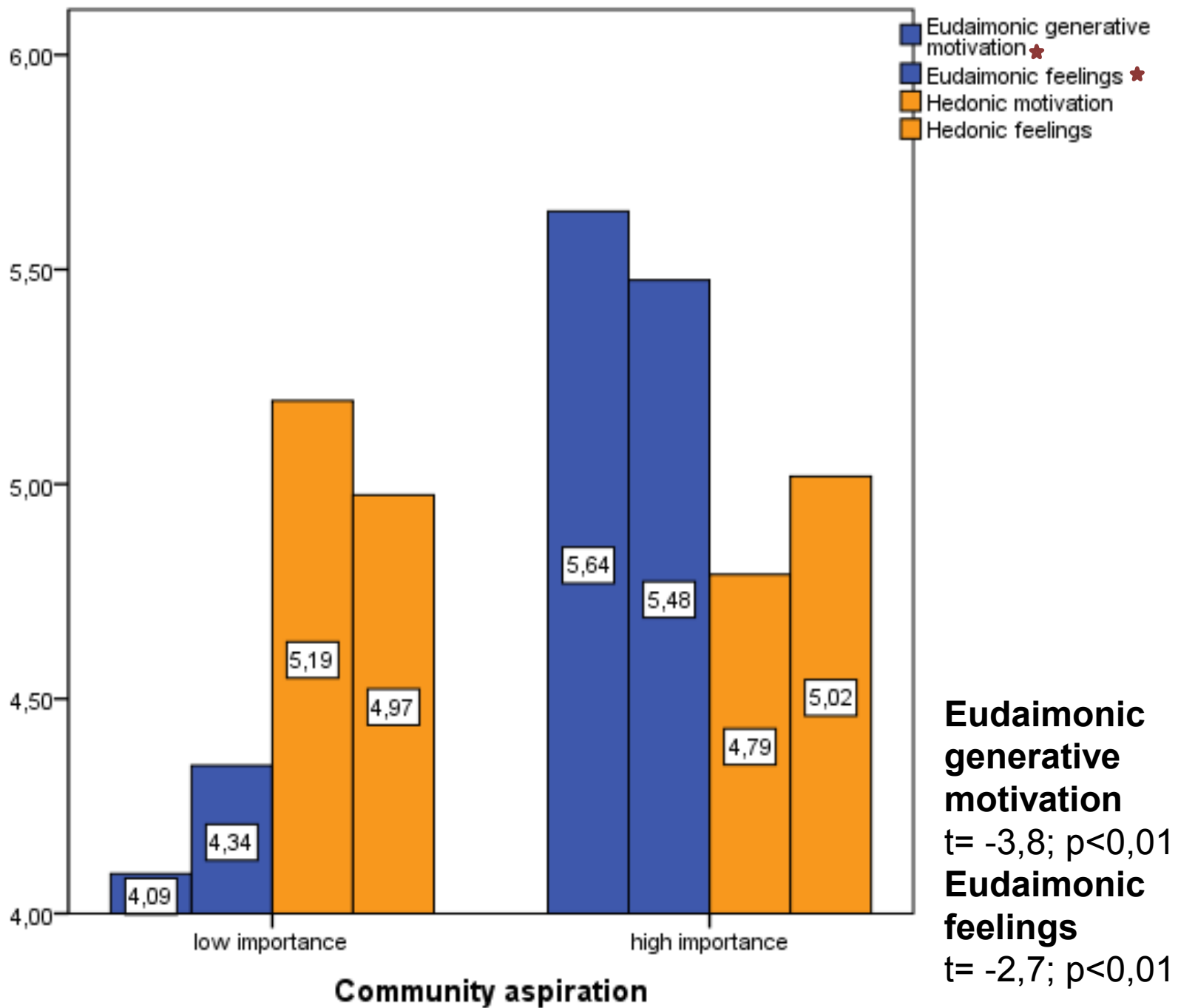
Procedure:

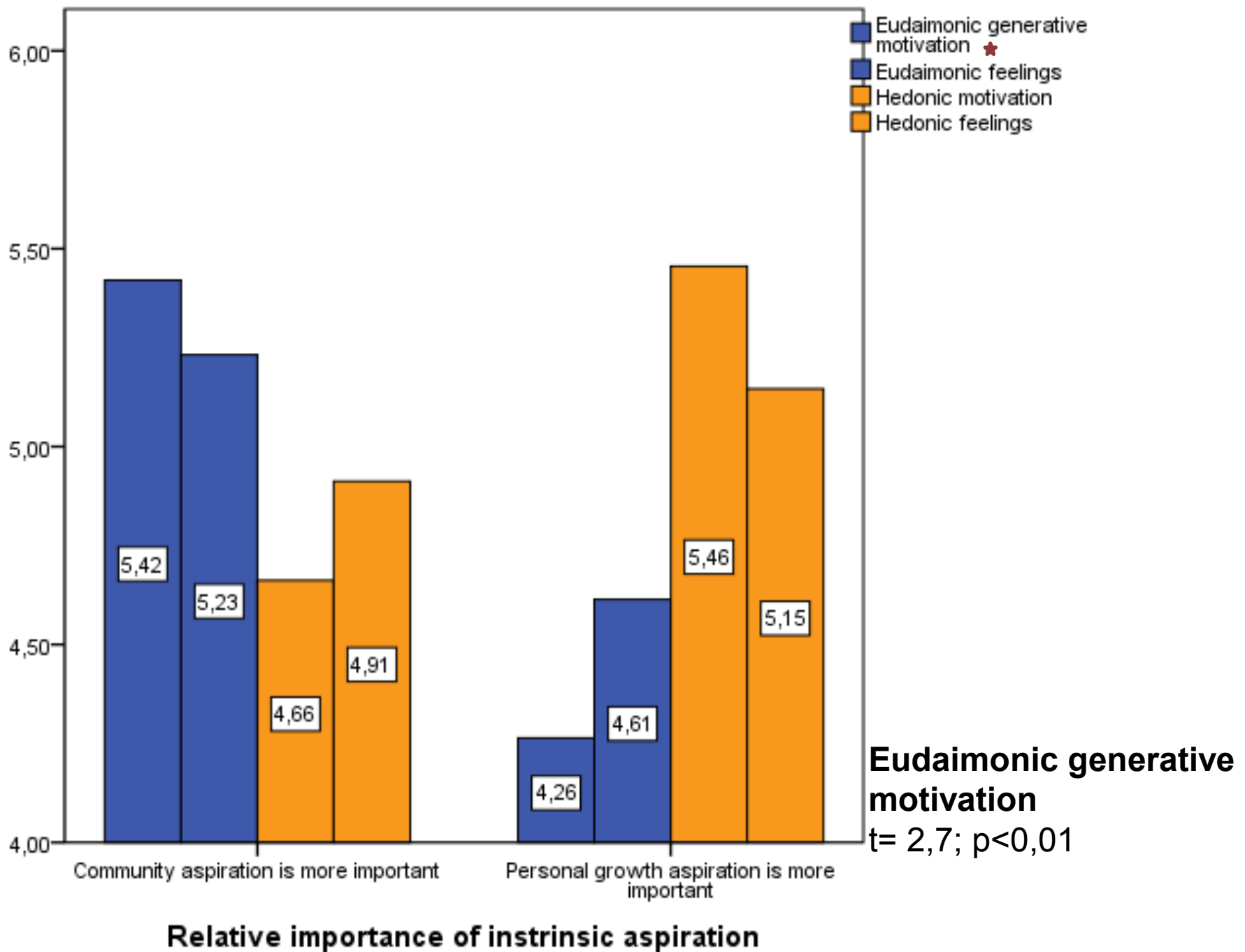
Respondents filled out an on-line questionnaire.

Generativity items were added to the eudaimonic motivation subscale.











# Correlations

	Fam e	Com m unity	W ea lth	Personal G row th
Hedonic feelings	.281**	-.009	-.052	.037
Eudaimonic feelings	.002	.218*	-.016	.237*
Negative feelings	-.028	-.022	-.216*	.051
Eudaimonic generative motivation	.143	.330**	-.062	.123
Hedonic motivation	.194	-.188	.222*	.047

\*\*  $p < 0.01$

\*  $p < 0.05$





# Conclusions

The results showed that the importance of **personal growth** aspiration was associated with the eudaimonic indicators, and not with the hedonic indicators.

Moreover, holding **community** goals as important led to more eudaimonic and generative motives. Again community involvement aspiration had no impact on hedonic indicators.

Findings suggest that separate analyses of different intrinsic goals are essential for a full understanding of their role in triggering motivation and emotions.



# Thank you!

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