

## SPRIJINIREA AUTODETERMINĂRII ÎN MEDIUL UNIVERSITAR

### SUPPORTING SELF-DETERMINATION IN THE UNIVERSITY ENVIRONMENT

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#### *Abstract*

*The article uses the conceptual framework offered by The Self-Determination Theory (Deci & Ryan, 1985) and it focuses on two of its subtheories: The Organismic Integration Theory and The Basic Needs Theory. The principles of these theories apply perfectly to the functioning of a students group whose purpose is to organize and participate to extracurricular activities. The self-determined needs and the motivational regulation type were assessed in January 2007 and May 2008 for a sample of Proldeea members and for a control group. We showed that students with high performances are more willing to participate to extracurricular activities and these have an enhancing effect on autonomy and identified regulation. The results must be interpreted with caution, given the small possibilities of generalization.*

*Keywords: extracurricular activities, self-determination, autonomy, competence, affiliation*

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