

**HOMEOSTAZIA MOTIVAȚIEI ȘI A STĂRII DE BINE.
STUDIU EXPERIMENTAL PE UN EȘANTION DE STUDENȚI
PSIHOLOGI**

**THE HOMEOSTASIS OF MOTIVATION AND WELL-BEING.
AN EXPERIMENTAL STUDY ON A SAMPLE OF
PSYCHOLOGY STUDENTS**

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*„...trebuințele sunt semnalul ruperii unui echilibru,
iar acțiunile pe care organismul le efectuează
au ca scop restabilirea echilibrului.”
Alexandru Roșca, 1943*

Abstract

Starting from the proven relationship between the self-determined needs, we wanted to investigate whether the induction of affective states may have a motivational effect as well. All the participants were students majoring in psychology at the University of Oradea. The first experiment was based on the Velten technique. We used a sample of 36 students, and we took measures of positive and negative affect, autonomy, competence and affiliation needs. The Velten technique was used between the evaluations. There was a significant increase of the need for autonomy for the group who received the positive suggestions; the group who received the negative suggestions showed a significant increase for the need for competence. A sample of 60 students participated in the second experiment and we used two types of short movies to induce the affective states (positive and negative). A short story was told before showing the movies. After the movies were shown the subjects had to answer some questions concerning the short story. The answers were classified as positive, negative, and correct. We didn't find any significant differences. For the third experiment, we used a sample of 37 students and we took measures of affect balance, satisfaction with life, autonomy, competence and affiliation, before and after an exam. The positive affect was significantly lower in T2, the need for autonomy and affiliation were higher, and the need for competence was lower. When we investigated the homeostasis of motivation regulation and basic needs structure over one month, we found only two significant differences. The satisfaction with the future and the negative affect were higher, probably because of the approaching spring break. The strengths and limits of the study are discussed.

Keywords: homeostasis, motivation, self-determination theory, well-being, Velten induction

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