



**Sri Ramachandra Faculty of Sports & Exercise Sciences**  
**Self-Determination Theory**

Autonomy

Relatedness

Competence

Basic needs satisfied

Basic needs not satisfied

Less likely to burn out

More likely to burnout



Sense of accomplishment

Components of Self determination theory

Burnout

Exhaustion

Devaluation

Increased burnout

Motivational changes

No increased burnout



**COMPETENCE**   **AUTONOMY**   **RELATEDNESS**