

תיאוריית ההכוונה העצמית כבסיס לקידום התפתחות ולמידה רגשית-חברתית:
הומניזם מפוכח (נתמך מחקר) כמצפן

יחס מותנה מפרספקטיבה
של תיאורית ההכוונה העצמית:
מה למדנו מאז (Assor et al., 2004)

פרופ' יניב קנט-מימון
אוניברסיטת רייכמן (הבינתחומי)

The need for relatedness

Self-determination theory (Ryan & Deci, 2017)

Attachment theory (Bowlby, 1969)

Need for belonging (Baumeister & Leary, 1995)

Maslow (1970)

Object relations (Miller, 1981; Kohut, 2018; Winnicott, 1960)

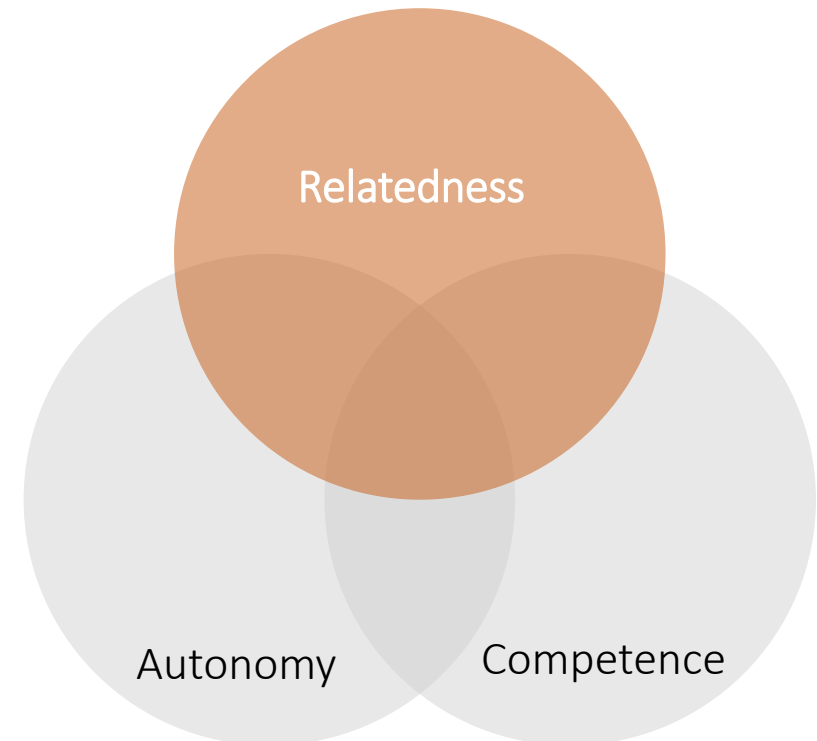
Relatedness - an interpersonal perspective:

To be cared for

Reliable & secure

Intimacy (self-disclosure)

To care for others



Conditional regard

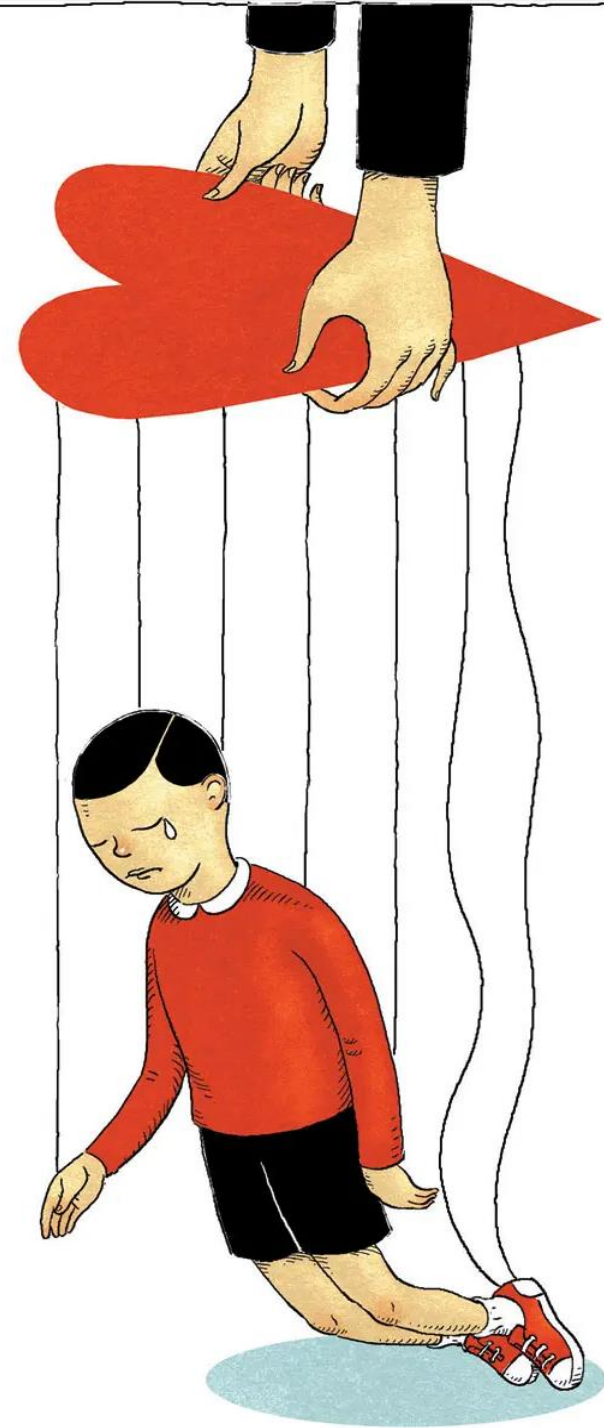
“...parents provide love and affection when their children display particular behaviors or attributes and withhold love and affection when the children do not”

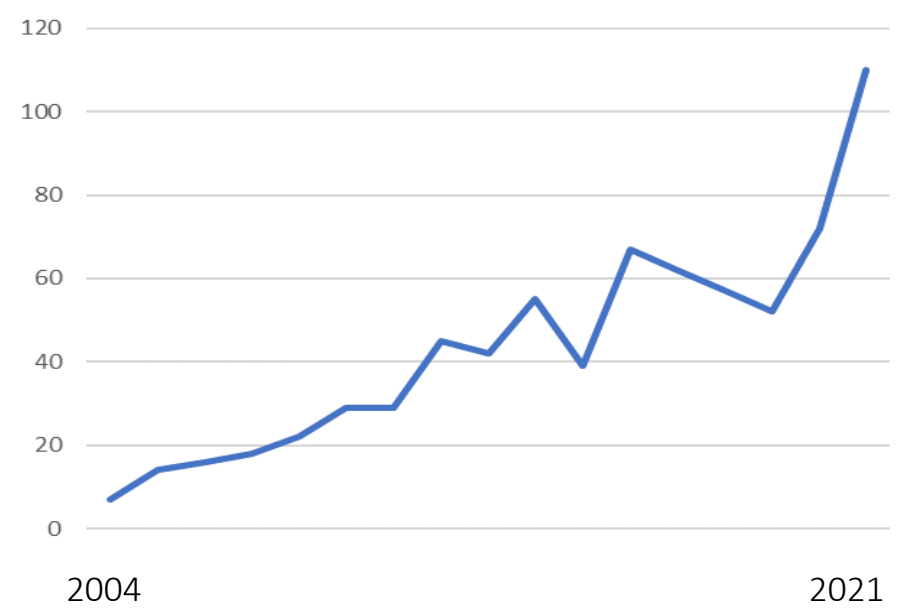
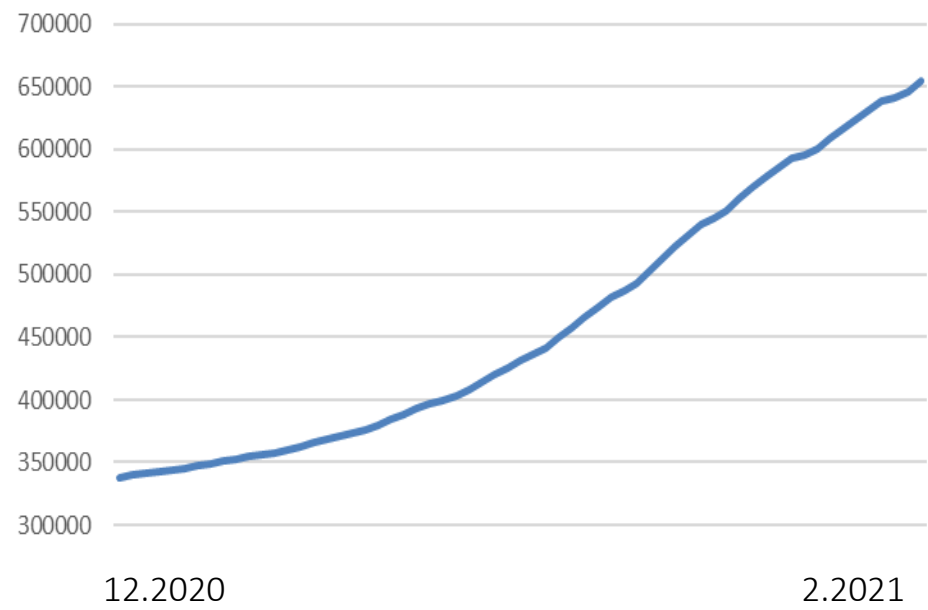
Assor, Roth, & Deci, 2004

Conditional **Negative** Regard (love withdrawal)

Conditional **Positive** Regard

Roth, Assor, Niemic, Ryan, & Deci, 2009





Agenda



Conditional **Positive** Regard

Relatedness



Autonomy



CPR & basic need satisfaction



Autonomy

Thwarts freedom from coercion
Give up organismic inclination
Suppress inner compass

Relatedness

↑ More relatedness support
Signals care
Hope that one is genuinely lovable

↓ Temporary & not secure
Evoke resentment
Encourage concealment

Diluted relatedness at the cost of autonomy

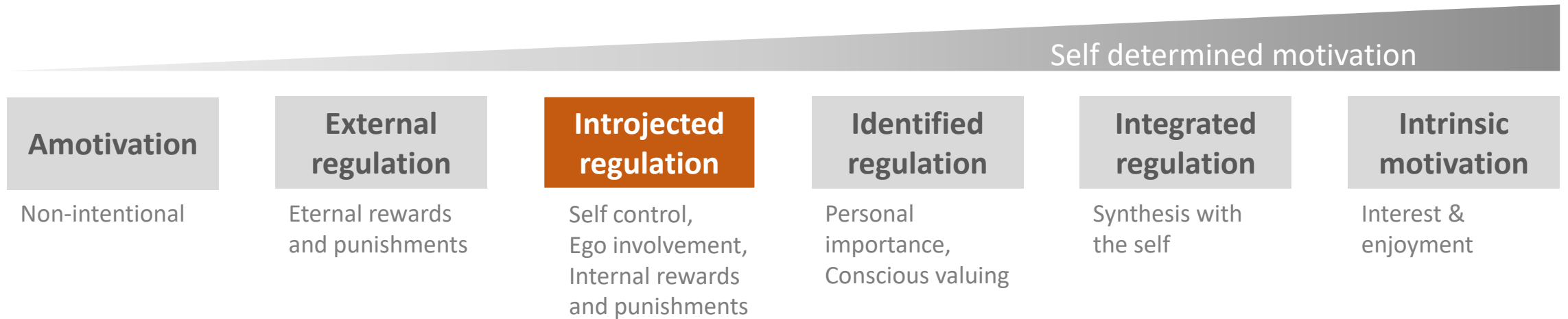


Short-lived satisfaction (Kanat-Maymon et al., 2017)

Frustrated autonomy yet not supported relatedness

(Kanat-Maymon et al., 2016; Cohen et al., 2019)

CPR & introjected regulation



Others' criteria for approval are internalized and translate into self-acceptance and self-disapproval criteria. The pressure of avoiding loss of self-regard or gaining more self-regard causes the behaviors and goals adopted via introjected internalization to feel controlling and not autonomous (Assor, 2018; Assor et al., 2004, 2014; Kanat-Maymon, in press; Roth et al., 2009; Ryan & Brown, 2004).

CPR - Double edged sword

The pros

Academic/Athletic/Prosocial/Emotion regulation (Assor et al., 2004)

Student/Class behavioral engagement (Kanat-Maymon et al., 2021)

Grade focused engagement (Roth et al., 2009)

The cons

Academic dishonesty (Kanat-Maymon et al., 2009)

Low agentic engagement (Cohen et al., 2019)

Perfectionism (Assor & Tal, 2012; Curan, 2017; Kanat-Maymon et al., 2020; Lavrijsen et al., 2020)

Anxiety & Depression (Otterpohl et al., 2019)

Contingent self-worth (Assor & Tal, 2012; Wouters et al., 2018)

Poor relationship quality (Kanat-Maymon et al., 2017; Kanat-Maymon et al., 2016)

Preschoolers' anxiety & distress (Smiley et al., 2020)

Preschoolers' compliance & helplessness (Assor et al., 2020)



Antecedents of CPR

Modeling

Inter-generational transmission of CR

(Assor et al., 2004; Otterpohl et al., 2020)

Child-invested contingent self-worth

Prenatal CSW predicted parental CR at 18 (Assor et al., 2020)

Grandmothers' CR predicted mothers' CR through child-invested CSW (Otterpohl et al., 2019)

Selection

Children of CR parents tend to choose CR peers and romantic partners (Moller et al., 2019)

Recipient characteristics

Temperament (frustration proneness) at 8m predicted maternal CR at 18m (Assor et al., in press)

Inner compass

Inner compass tends to buffer parental CR (Assor et al., in press)

Thanks