

MOMENTARY WELL-BEING

AT WORK

THE ROLE OF

RELATEDNESS

ECPP18

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▲ Self-determination theory

Deci & Ryan, JSTOR, 1980

**AUTONOMY
COMPETENCE
RELATEDNESS**

**VOLITION
MOTIVATION
ENGAGEMENT**

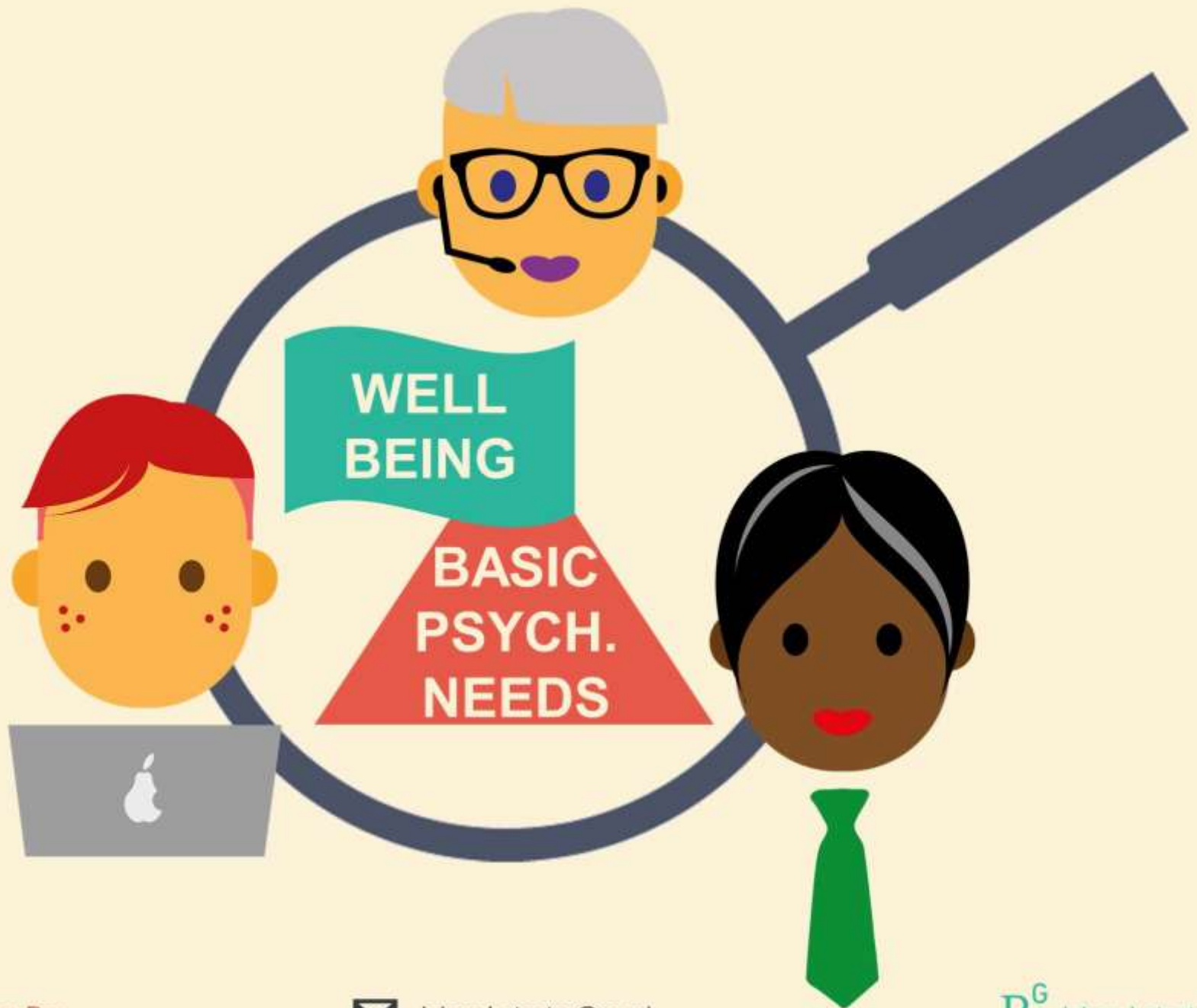
**CREATIVITY
PERSISTENCE
PERFORMANCE**

**WELL
BEING**

“OPENING THE BLACK BOX OF DAILY LIFE”

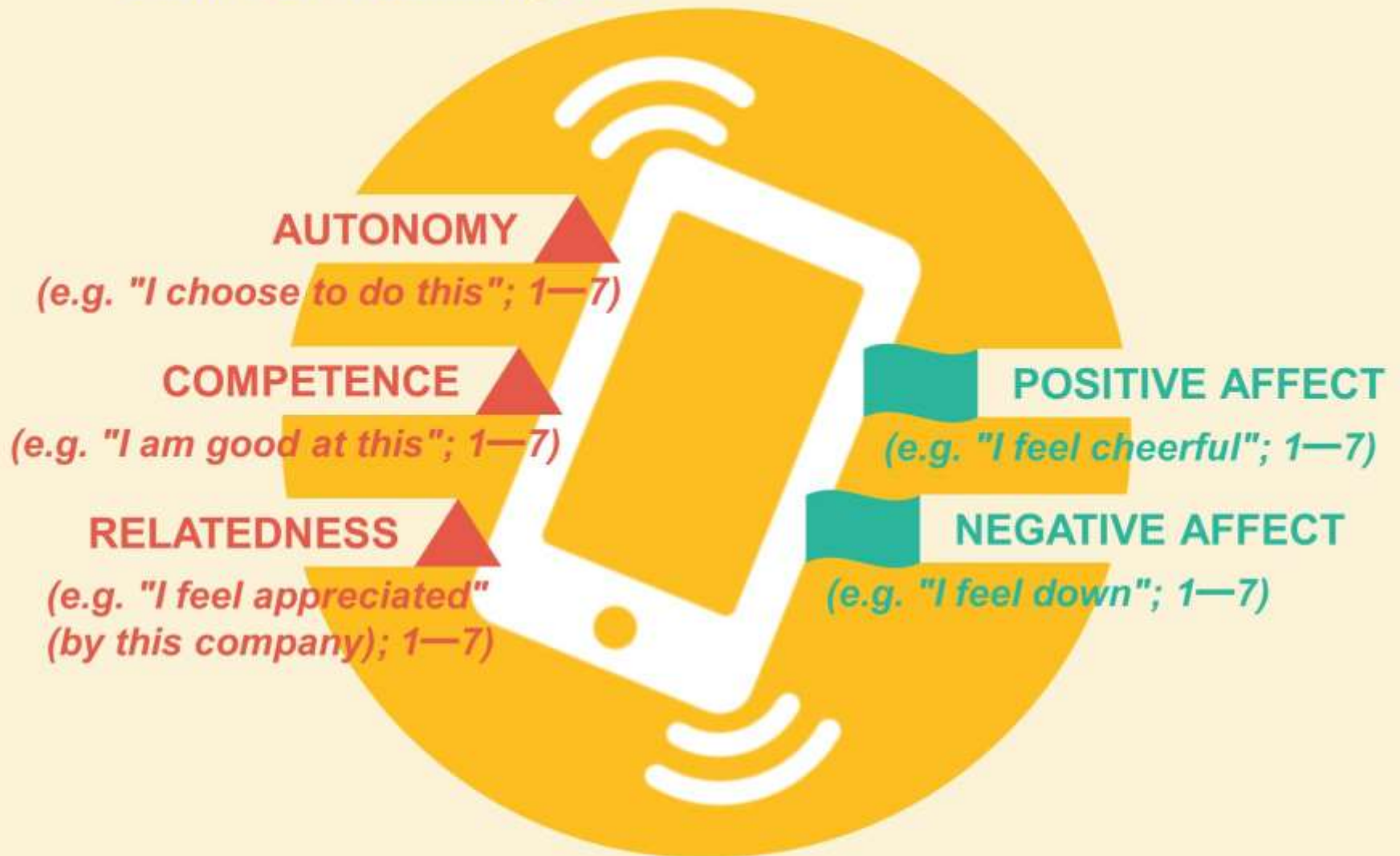
Myin-Germeys et al., Psychol Med, 2009





EXPERIENCE SAMPLING METHOD

Larson & Csikszentmihalyi, 1983



THE SAMPLE

N=172

N=134 > FULL-TIME / PART-TIME JOB

N=115 > AT LEAST 1/3rd COMPLIANCE

THE SAMPLE

N = 115

Age, M (SD)	40.6 (13.6) (min 20 – max 66)
Gender, n (%)	
male	42 (37%)
female	73 (63%)
Education level, n (%)	
lower vocational	4 (3%)
intermediate vocational	23 (20%)
pre-university	15 (13%)
bachelor's degree	51 (45%)
master's degree	22 (19%)

THE SAMPLE

N = 115

Work situation, n (%)

full-time	55 (48%)
part-time (>20 hours)	48 (42%)
part-time (<20 hours)	12 (10%)

Relationship, n (%)

relationship, living together	84 (73%)
relationship, not living together	10 (9%)
single	21 (18%)

No. prompts replied, M (SD)

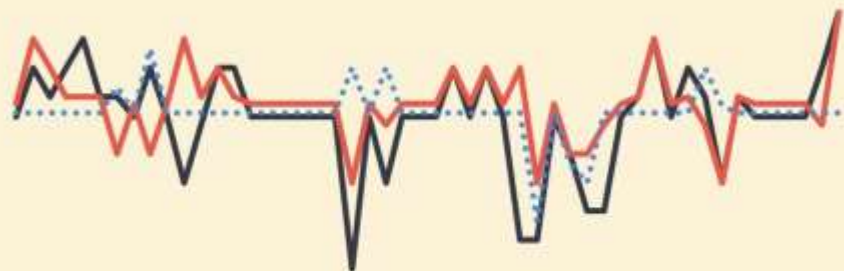
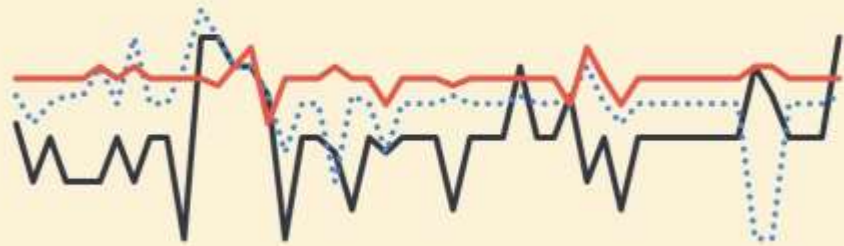
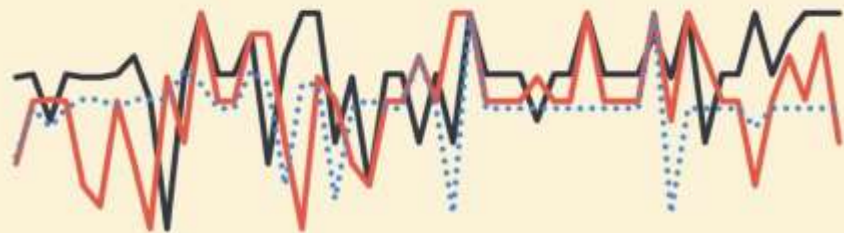
32.2 (7.8)
(min 17 – max 49)



AUTONOMY

COMPETENCE

RELATEDNESS



POSITIVE AFFECT

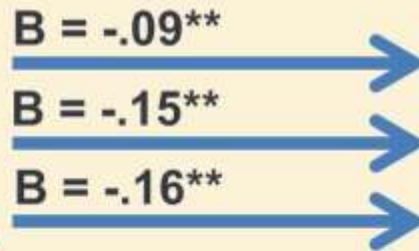
NEGATIVE AFFECT



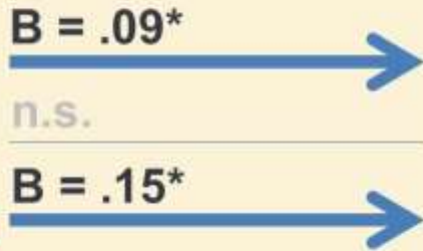
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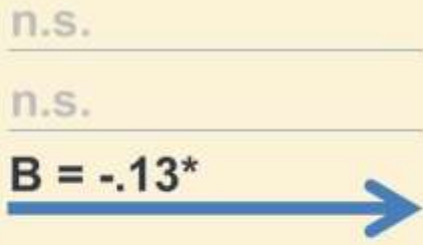
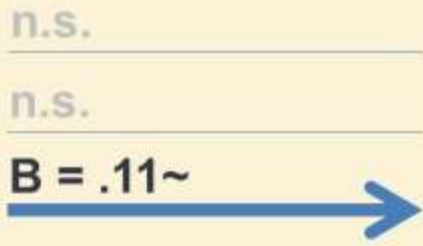
** $p < .001$
* $p < .05$
~ $p = .06$



** p < .001
* p < .05
~ p = .06



** p < .001
 * p < .05
 ~ p = .06



THANKS

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