

Tikanga based Motivation for Physical Activity

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Purpose

- To investigate the ability of various Maori concepts to promote physical activity (PA), and => function as motivational constructs to increase PA among Maori.



Self-determination, Self-efficacy, & Flow

- SD = Intrinsic Motivation (IM) maintains and develops desired behaviour (as opposed to Extrinsic Motivation).
- Relatedness (to others)
- Competence (in ones ability)
- Autonomy (self-determination)

- SE = One's perceived capability to execute a particular activity successfully.
- Predicts attendance and maintenance
- 4 sources: Vicarious Experiences (modelling)

- FLOW =Optimal experience, balance btw challenge and ability
- Variety of domains, e.g. sports, writing, gardening.
- ↑ motivation, self-confidence, competence, enjoyment, and other intrinsic rewards. (Csikszentmihalyi 1993 & 1998)

Maori Psychological Concepts

- Whanaungatanga, Kotahitanga, tuakana/teina (Relatedness)
 - cohesion/social support = ↑ attendance, enjoyment, psych adjustment
 - Marae/Turangawaewae-based PA's
- Role-Modelling (Competence, Self-Efficacy)
 - Marae/Turangawaewae-based PA's
 - Sense of self and belief in one's ability = ↑ exercise participation
 - Diving, eeling, mau rakau, kapahaka etc.



Maori Psychological Concepts cont..

- Whakapapa and cultural links can provide spiritual exp and a sense of transcendence (FLOW).
- Marae/Turangawaewae-based PA's
- Spiritual motives
- ↑ motivation, self-confidence, competence, enjoyment, and other intrinsic rewards

Csikszentmihalyi 1993 & 1998



Pourerere Tangaroa Wananga
MOTIVATING RANGATAHI TO BECOME RANGATIRA FOR THE FUTURE
5th – 9th January 2009

- ***Kaitiaki (caretaker)***
- ***Age range: 6 – 15 years old***
- ***Develop skills, understanding, knowledge and confidence in the natural environment***
- ***Push PLAY & HEHA– NZ Water Safety, Ki-O-Rahi, Waka-ama, Surf Lifesaving, Diving etc***

- **The programme revolves around the following 5 learning objectives.**
- To strive to **sustain the mauri** of the rohe moana through understanding te ao Māori realities.
- To develop an awareness of **Te Angiangi Marine Reserve** and ensure information is available with respect to te rohe moana.
- To awahi rangatahi develop skills and competency as they relate to the Te **Mahinga Kai** programme.
- To inspire rangatahi to honour and have regard for the **rohe moana** “the realm of Tangaroa”.
- To provide and insight into the practice of **kaitiakitanga** for now and for future generations.

Policy Implications

- Recognition of a Maori Psychology of Physical Activity
- Increase evidence-based research
- Increase community resources and workforce capacity, Maori PHOs. (HEHA)
- Increase access means

Conclusion

- Maori-centred Physical Activities can be maintained over a long time period. (Not just a faze!)
 - Foster the needs of relatedness, competence (self-efficacy), and autonomy
- ⇒ Intrinsic motivation is enhanced

⇒ Childrens stories available from Learning Media;
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