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Self Determination Theory

Deci and Rayn are the founders Self Determination Theory. This paper is an overview of the theory and its application. The website in the link has more information if you want to dive deeper.

Ryan, R. M., & Deci, E. L. (2000). Self-determination theory and the facilitation of intrinsic motivation, social development, and well-being. *American psychologist*, 55(1), 68.

https://selfdeterminationtheory.org/SDT/documents/2000_RyanDeci_SDT.pdf
