

Reversal theory – Motivation, Emotion and Personality

Reversal theory is an innovative psychological theory exploring human motivation, emotion and personality.

Reversal theory can improve understanding in the following key areas:

- athletes' motivational states when performing
- athletes' motivational characteristics
- identifying performance problems
- athletes' experiences of stress
- intervention strategies
- eating disorders
- exercise addiction.

It focuses on the normal human experience to describe how a person regularly reverses between psychological states, reflecting their motivational style and the meaning they attach to a given situation at a given time. For example, sometimes a roller coaster seems exciting; other times, it may cause anxiety. Sometimes a crying baby creates sympathy; other times it causes irritation.

Reversal Theory proposes that our motives can be organized into four categories (called *domains*). Within each category (or domain), there are two opposite *motivational states*. You are motivated by one state in each domain at any given time (so four states are active at once). This figure shows the domains and states



The four pairs (or domains) are as follows:

- **Means-Ends** - The two states in the first pair are called "Telic" (or "Serious") and "Paratelic" (or "Playful") and refer to whether one is motivated by achievement and future goals, or the enjoyment of process in the moment.

Reversal Theory Motivation Emotion And Personality

M.J. Apter, J.H. Kerr, S. Murgatroyd



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Progress in Reversal Theory M.J. Apter, J.H. Kerr, M.P. Cowles, 1988-04-01 Reversal Theory is a new general theory of motivation emotion personality psychopathology and stress which challenges previous ideas in these fields and sets up an unusually broad and integrative conceptual framework of its own The papers in the six sections which make up this volume are concerned with developing the theory itself looking at different research areas or psychological problems from the perspective of reversal theory describing empirical studies of different kinds aimed at testing ideas drawn from the theory Stress And Emotion Charles D. Spielberger, Irwin G. Sarason, Zsuzsanna Kulcsar, Guus L. Van

Heck, 2015-10-23 This volume based on an international conference on current research in Stress And Emotion Covers In Four Sections Theoretical Aspects perception cognition and emotion the physiological and biological Concomitants Of Emotion And Type A Behaviour And Emotion **Motivation And Emotion In Sport** John H Kerr, 2013-10-15 First Published

in 2004 Why did Michael Jordan quit basketball and take up baseball Why was Martina Navratilova so successful as a professional tennis player Why did Diego Maradona take performance enhancing drugs during the 1994 soccer World Cup Why did ice skater Tonya Harding involve herself in physical attacks on her Olympic rival Nancy Kerrigan These and many other questions about aspects of motivation and emotion in sport are addressed in this book The theoretical background to the book is provided by reversal theory a general psychological theory which is demonstrating its usefulness and versatility as it is being increasingly applied within sport psychology Reversal theory's systematic conceptual framework allows a unique perspective for interpreting behaviour in sport contexts Topics discussed include the motivation behind individual participation in different types of sport and the special attraction of dangerous sports the psychological processes involved in winning and losing in competitive sport the enjoyment of being aggressive and violent in team contact sports the maintenance and enhancement of individual well being including stress management and coping through sport and exercise problems which may arise as result of over participation and stress burnout and overload in competitive sport Real life examples are combined with research findings to provide an understanding of the emotional background and changes which accompany the individual's unique experience in sport In addition suggestions as to applications of reversal theory in new

areas of sport psychology and the future direction of reversal theory based sport research are outlined For those interested in a truly insightful understanding of human behaviour in sport this book will be required reading *Counselling Athletes: Applying Reversal Theory* John Kerr, 2002-08-27 *Counselling Athletes Applying Reversal Theory* describes the basic elements of the Reversal theory by using examples from sport and applying them to help understand human motivation emotion and personality

Exercise Dependence John H. Kerr, Koenraad J. Lindner, Michelle Blaydon, 2007-08-09 In this unique book the authors provide an in depth guide to exercise dependency syndromes They examine the condition in the widest possible sense explore different types of exercise dependence and offer strategies for managing and treating them

Stress And Anxiety Charles D. Spielberger, Irwin G. Sarason, Jan Strelau, John M. Brebner, 2014-09-03 This Volume Is Concerned With Emotional Reactions To Stress And Is organized in five parts dealing with stress and emotion theory stress Conflict And Personality Emotional Reactions To Stress Physiological reactions to stress and the relationship of type A behaviour to heart disease

Encyclopedia of Humor Studies Salvatore Attardo, 2014-02-25 The Encyclopedia of Humor Studies explores the concept of humor in history and modern society in the United States and internationally This work s scope encompasses the humor of children adults and even nonhuman primates throughout the ages from crude jokes and simple slapstick to sophisticated word play and ironic parody and satire As an academic social history it includes the perspectives of a wide range of disciplines including sociology child development social psychology life style history communication and entertainment media Readers will develop an understanding of the importance of humor as it has developed globally throughout history and appreciate its effects on child and adult development especially in the areas of health creativity social development and imagination This two volume set is available in both print and electronic formats Features Benefits The General Editor also serves as Editor in Chief of HUMOR International Journal of Humor Research for The International Society for Humor Studies The book s 335 articles are organized in A to Z fashion in two volumes approximately 1 000 pages This work is enhanced by an introduction by the General Editor a Foreword a list of the articles and contributors and a Reader s Guide that groups related entries thematically A Chronology of Humor a Resource Guide and a detailed Index are included Each entry concludes with References Further Readings and cross references to related entries The Index Reader s Guide themes and cross references between and among related entries combine to provide robust search and browse features in the electronic version This two volume A to Z set provides a general non technical resource for students and researchers in such diverse fields as communication and media studies sociology and anthropology social and cognitive psychology history literature and linguistics and popular culture and folklore Key Themes Anthropology Folklore and Ethnicity Antiquity Components of Humor Culture Entertainment Industry History Literature and Major Literary Figures Performing Arts Philosophy and Religion Politics Psychology Clinical and Counseling Psychology Cognition Developmental Psychology General Psychology Health Psychology Interpersonal Relationships Motivation and Emotion Neuropsychology

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