

Motivation Orientation and Level of Anxiety of Correctional Home Inmates

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Abstract

The aim of the present study was to assess the motivation orientation of Correctional Home inmates and then assess its relationship with their level of depression and anxiety. Anxiety is the critical clinical conditions that severely affect the inmates of Correctional Homes. The two kinds of motivation orientation, as put forward by Ryan and Deci, namely, intrinsic and extrinsic motivation are thought to be related to the different human conditions in a variety of ways. Data was collected from 100 correctional home inmates (50 males and 50 females) at random from all the four Correctional Homes in West Bengal. The participants were all within the age range of 18-60 years and belonged to both rural and urban background. Among all the participants, 50 of them (25 males and 25 females) were convicts and the other 50 (25 males and 25 females) were under-trial inmates. The Bengali version of the Global Motivational Scale (GMS) and the General Anxiety Scale (GAD) was used to examine the participants. The results revealed a significant positive correlation between extrinsic motivation and anxiety while negative correlation between intrinsic motivation and anxiety but it was not statistically significant.

KEYWORDS: intrinsic and extrinsic motivation, anxiety, correctional home and rehabilitation.

Introduction

Motivation is the major force that keeps a person going. Any goal directed activity we engage in, is the result of the underlying motivation. Whatever be the orientation of motivation, intrinsic or extrinsic, it guides behavior. In case of intrinsic orientation of motivation, the act of engaging in the activity becomes the motivating factor, whereas in case of extrinsic motivation, external rewards and criteria motivates the action. Ryan and Deci distinguished between these two types of motivation orientation in their Self-Determination Theory (SDT; Deci & Ryan, 1985).

Intrinsic motivation motivates a person to engage in an activity for the pleasure and satisfaction one derives from participating or engaging in the activity itself. People engage in these activities in the absence of any material rewards, voluntarily (Deci & Ryan, 1985a, 1987). It is an important feature of human nature that affects performance, persistence, and well-being across life's epochs (Ryan & LaGuardia, in press).

Extrinsic motivation on the other hand is dependent upon external rewards and criteria. The motivation to engage in an act is instrumental to external reasons. According to Brown (2007), "Extrinsic motivation refers to our tendency to perform activities for

known external rewards, whether they be tangible (e.g., money) or psychological (e.g., praise) in nature."

Clinical conditions like depression, anxiety are well affected by motivation. The onset, diagnosis and recovery from depression can be well affected by motivational factors (Burns, Westra, Trockel & Fisher, 2013).

General Anxiety is a condition that is characterized by too much apprehension and excessive worry. When worry becomes unreasonable, excessive or chronic, it gives rise to generalized anxiety disorder, symptoms include restlessness or feeling keyed up, being easily fatigued, difficulty concentrating, irritability, muscle tension, and sleep disturbance. People suffering from generalized anxiety disorder lacks control over their worry process (Barlow, 2002a; Barlow et al., 1996). Correctional homes witness a plethora of clinical conditions which largely remains undiagnosed and untreated. Due to the dearth of studies in Indian prisons, it becomes very important to know more about their prevalent condition and thus subsequently aid in rehabilitation purpose.

Intrinsic motivation is considered the most positive potential of human nature. Thus the role of intrinsic motivation in mediating these clinical conditions even in a correctional home is the main focus of our research. The aim of the present study was to assess the motivation orientation of Correctional Home inmates and then assess its relationship with their level of anxiety.

OBJECTIVE

To examine the relationship between intrinsic-extrinsic motivation orientations and anxiety of jail inmates.

HYPOTHESES

- It was hypothesized that intrinsic motivation would be negatively correlated with anxiety.
- It was hypothesized that extrinsic motivation would be positively correlated with anxiety.

METHODOLOGY

Participants

The study was carried out with 100 inmates of Correctional Homes in West Bengal, namely, Presidency Correctional Home, Alipore Central Correctional Home, Alipore Women's Correctional Home and Dum Dum Central Correctional Home. It included both male and female inmates and also both convicted and under-trial inmates. Data was collected from a total of 100 inmates, 50 male inmates (25 convicted and 25 under-trial inmates) and 50 female inmates (25 convicted and 25 under-trial). The study was carried out with due permission of the ADG of West Bengal Correctional Homes. Inmates were approached individually. After explaining the nature and purpose of the study to them, informed written consent was taken. Data was not taken from inmates who were not will-

ing and not consenting to give data. For security reasons, inmates in the maximum-security wing (psychopathic killers, serial murderers, terrorists and foreign espionage agents) were excluded and Inmates who were not consenting or not willing to participate also excluded.

Tools

The Global Motivation Scale (GMS) for assessing motivation orientations i.e., intrinsic and extrinsic motivation and the General Anxiety Disorder (GAD-7) questionnaire for General Anxiety Disorder were administered to examine the participants. As the study was conducted in West Bengal, for the ease of the participants as the native language spoken there is Bengali, all the questionnaires were used in Bengali. The questionnaires were translated into Bengali and then back translated in English following the standard procedures.

The Global Motivation Scale (GMS): The Global Motivation scale (GMS; Guay, Mageau, & Vallerand, 2003) is a scale which is used to assess the global motivation orientation of people. Three types of intrinsic motivation (toward knowledge, stimulation, and accomplishment; see Vallerand, 1997; Vallerand & Bissonnette, 1992), three types of extrinsic motivation (i.e., identified, introjected, and external regulation), and amotivation are measured using this scale. There are a total of 28 items, i.e., four items per sub-scale. A possible reason for doing things in general is represented by each item. Items are scored on a 7-point Likert-type scale ranging from 1 (does not correspond at all) to 7 (corresponds completely). Results with the GMS indicate that the scale is both reliable and valid. Furthermore, its factorial structure indicates that an independent assessment of the different motivational types is provided. Internal consistency and temporal stability were also found to be adequate. The GMS has demonstrated high levels of construct and concurrent validity. Furthermore, the different subscales of GMS were found to be unrelated to scores on the Social Desirability Scale (Crowne & Marlowe, 1960).

General Anxiety Disorder-7 (GAD7): The GAD-7 is a seven item scale to assess whether a person is suffering from general anxiety disorder or not. The items are scored on a four point scale ranging from 0 to 3, where 0 corresponds “not at all”, 1 corresponds to “several days”, 2 corresponds to “more than half the days” and 3 corresponds to “nearly every day”. GAD-7 has a high internal consistency (Cronbach alpha=.92) and test-retest reliability-0.83. Construct validity was demonstrated by the fact that increasing scores on the GAD-7 scale were strongly associated with multiple domains of functional impairment. A score of 10 or greater on the GAD-7 represents a reasonable cut point for identifying cases of GAD. Cut points of 5, 10, and 15 might be interpreted as representing mild, moderate, and severe levels of anxiety on the GAD-7.

Procedure

Participants were interviewed individually. Female inmates were interviewed at first followed by the male inmates. Four to five inmates were interviewed per day on an average. The rapport was established with each participant before proceeding with the data collection. The female participants were not only eager to give answers to the ques-

tions asked but they also indulged in various kinds of conversations including their previous life, their family, their current situation, their feelings, emotional conditions and thus these information also facilitated the process of data collection. As compared to the female participants, the male participants were much more reserved and gave answers only to what has been asked. Each participant was informed about the purpose of the study and assured them to the confidentiality of their responses. Before conducting interview, written consent was taken from each participant and unwilling participants were allowed to leave without any hesitation.

Demographic details, marital status, nature of imprisonment, and duration of stay in correctional home was noted down and then each questionnaire was presented one by one. It was explained to them that answering each question was compulsory but it was also mentioned that if at any point of time, even after having given the written content and beginning the work, they felt that they were not wanting or willing to continue with the questions they were free to stop the work at that very point and leave. It took almost 25 to 26 days for the entire work to be completed. Every participant was thanked for their cooperation.

RESULTS AND DISCUSSION

In order to infer the relationship between intrinsic-extrinsic motivation and anxiety, correlation was computed.

Table 1: Shows the correlations between Intrinsic-Extrinsic motivation and Anxiety (GAD).

	Intrinsic motivation	Extrinsic motivation
Anxiety	-.178	.295**

P < 0.01**

Table 1 shows the correlations between Intrinsic-Extrinsic motivation and anxiety (GAD). Results indicated that extrinsic motivation was found to have a significant positive correlation with anxiety (GAD). Non-significant negative relationship has also been found between intrinsic motivation and anxiety.

Thus, as hypothesized a significant negative relationship has been found between intrinsic motivation and anxiety and a significant positive relationship between extrinsic motivation and anxiety. Thus it can be said that intrinsic motivation which is considered to be the highest degree of self-determination, is negatively related to depression. According to the Cognitive Evaluation Theory (CET) by Deci and Ryan (1985), a person who is high on competence, autonomy, and relatedness is more likely to be intrinsically motivated. A person who is competent is more likely to view life as successful, one who is autonomous has more control over his or her life events.

One of the major events that have been implicated in inducing anxiety in people is unpredictable and uncontrollable aversive events. People who face too many unpredictable and uncontrollable stressful events are more likely to develop GAD than people who face predictable and controllable events. Thus autonomous people tend to have control over their life are less likely to develop anxiety, as it has been found, experience with predictable and controllable life event can sometimes immunize one against developing GAD (Chorpita, 2001; Mineka & Kelly, 1989). As autonomous people tend to be more intrinsically motivated the negative relationship of intrinsic motivation with anxiety is well justified. Extrinsically motivated people tend to be less autonomous or non autonomous and thus has a lacking control over life events and thus more vulnerable to developing anxiety and thus have been found to have a positive correlation with anxiety.

Conclusion

The study lends support to the hypothesis that intrinsic motivation has a negative correlation with anxiety and extrinsic motivation on the other hand has a positive correlation with anxiety.

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