

# SOME ASPECTS OF MOTIVATION OF PARTICIPANTS OF THE TRAINING PREPARING FOR CONDUCTING THE PREVENTION PROGRAMME «TASTE OF LIFE – THE DEBATE ON ‘DESIGNER DRUGS’».

Maria Wojcieszek (2015)

student on the PhD program, University of Warsaw, Faculty of Psychology, Poland

email: maria.r.wojcieszek@gmail.com

## Background:

The notion of motivation in the research consists of elements abstracted from three conceptions. The first concept includes component of value and component of opportunity (Pintrich, DeGroot, 1990, cit. after Maruszewski et al. 2008). The second conception distinguishes between endocentric and egzocentric motives for altruistic motivation (Karyłowski, 1982, cit. after Kamińska-Feldman, lecture found in the Internet). The third concept of Heckausen and Kuhl (1985, cit. after Maruszewski et al. 2008) contains model OTIUM: opportunity, time, importance, urgency, means.

## Research goals:

1. explore to which extent the prevention of using ‘designer drugs’ by youth is assessed as an important value and because of what kind of reasons it is evaluated in this way (endo- and/or egzocentric motives)
2. identify how strong is the belief that the goal of the programme can be realised
3. analyze the level of readiness to reserve time and the level of having available materials needed to conduct the programme

## Method:

The research was realised with the two research groups together consisting of 63 participants (mainly women) of two trainings realised in September 2015. Both trainings were preparation for conducting the prevention programme ‘Taste of life...’. The questionnaire filled in right after the training, containing 12 questions with the 7-points scale, was prepared specially for this research and was based on the three concepts mentioned in the Background and on the description of the programme written by Krzysztof Wojcieszek, PhD. Some of the psychometric properties of the questionnaire are described below.

THE QUESTIONNAIRE
The version of the questionnaire used for the research is presented below in this table (the parts of the questionnaire and the content of the questions) Important notice: after the statistical analysis only some questions appeared to be useful, these are in <b>bold</b>
<b>PART I – Prevention as an important value because of endo- and/or egzocentric motives</b> 1. I am learning the programme because I care about this to prevent using ‘designer drugs’ by youth. I want to prevent using ‘designer drugs’ by youth because... 2. ...because I care about this that young people develop in the right way. 3. ...because I care about this to protect the youth from dangerous consequences of using ‘designer drugs’. 4. ...because preventing the youth from using ‘designer drugs’ will make me feel personal satisfaction. 5. ...because I feel guilty when I find out that a young person uses ‘designer drugs’.
<b>PART II – the belief that thanks to the programme it is possible to achieve the goal of preventing the youth from using ‘designer drugs’</b> 6. If I conduct the programme ‘Taste of life’, I will contribute to enforcement of caution of the young people with regard to using ‘designer drugs’. 7. If I conduct the programme ‘Taste of life’, it is possible, that I will contribute to increase of general readiness of young people to take healthy behaviours.
<b>PART III – the readiness to reserve time and having means needed for conducting the programme as well as considering programme as a urgent task to realise</b> 8. I will have an occasion to conduct the programme. 9. I have the time opportunities to conduct the programme. 10. I consider conducting the programme as a urgent task to do. 11. I am ready to dedicate time for individual preparation needed to conduct the programme. 12. I have available means (materials) needed for conducting the programme.
The 7-points scale of answers to questions above: 1 - I definitely agree 2 - I agree 3 - I rather agree 4 - I cannot decide whether I agree or not 5 - I rather disagree 6 - I disagree 7 - I strongly disagree

## Psychometric properties of the questionnaire:

### FACTOR ANALYSIS:

The question no. 5 does not correlate with some of the variables. That is why it was excluded from the factor analysis in the beginning. **Not all the assumptions of the factor analysis were fulfilled.**  
In the factor analysis (table 1) after rotation Varimax appeared two factors:  
First factor may be interpreted as the aspect of motivation connected with considering prevention as an important value because of endo- and egzocentric motives and considering the programme as useful tool to gain prevention goal.  
The second factor may be interpreted as the aspect of motivation mainly connected with planning to reserve time needed to conduct the programme.  
The results of factor analysis indicate that the questionnaire consists of two subscales: first one includes 5 questions (1-4, 6) and the second one that includes four questions (8-12).

**RELIABILITY:** The Cronbach's alpha for the first subscale (questions 1-4, 6) is 0.87. For the second subscale (questions 8-12)  $\alpha = 0.83$  Therefore both parts of the questionnaire are highly reliable.

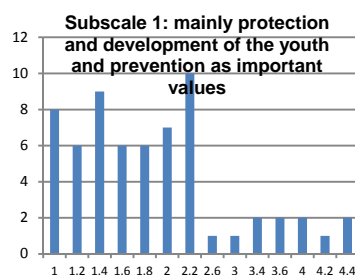
FACTOR ANALYSIS (rotation Varimax) (table 1)		
Question No.	1	2
1.	.832	.158
2.	.855	.212
3.	.866	.262
4.	.750	.325
6.	.830	.423
7.	.644	.502
8.	.490	.559
9.	.259	.869
10.	.488	.720
11.	.236	.906
12.	.201	.908

## RESULTS:

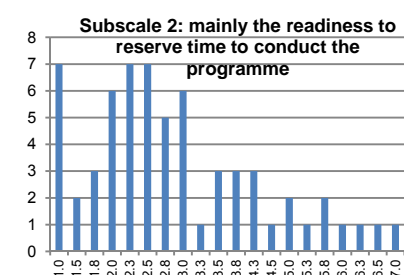
As far as the first and the second research goal is concerned, it was assessed by the mean from the answers for the first subscale consisting of 5 questions (no. 1-4, 6). For the whole group the statistics of this new variable:  $M = 1.98$ ;  $SD = 0.91$ . These numbers can be interpreted according to the scale of the questionnaire (from 1 to 7), therefore the smaller number, the higher is the intensity of this aspect of motivation. Therefore we can see that intensity of the aspect of motivation that results from concerning prevention as an important value as well as from considering programme as a useful prevention tool, is high. For specific results see graph 1 below.

In the same way may be interpreted results of the analysis of the second new variable, mean from answers for the second subscale consisting of 4 questions (no. 8-12). For the whole group the statistics of this new variable:  $M = 2.97$ ;  $SD = 1.47$ . This variable shows the intensity of the aspect of motivation mainly concentrated on the readiness to reserve time to conduct the programme. See graph 2 below.

The difference between the intensity of each aspect of motivation is statistically significant ( $t(62) = -4.75$ ;  $p < 0.001$ ). Therefore we may suppose that the first aspect of motivation was stronger than the second one. On the other hand both aspects were relatively strong – participants were rather motivated.



Graph 1



Graph 2

Legend for both graphs: the vertical axis shows number of people; the horizontal axis shows the intensity of motivation: the smaller number, the higher motivation.

## CONCLUSIONS:

Participants of the training declared interest in the right development of the youth and in the protection of young people from negative consequences of using ‘designer drugs’. Most of the participants were ready or rather ready to reserve time needed to prepare for conducting the programme.