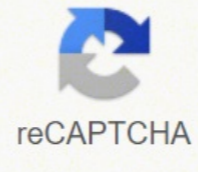




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VALIDATION OF THE BASIC PSYCHOLOGICAL NEEDS IN EXERCISE SCALE (BPNES) (BPNES)

VALIDAÇÃO DO QUESTIONÁRIO DE NECESSIDADES PSICOLÓGICAS BÁSICAS NO EXERCÍCIO (BPNES)

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RESUMO

O objetivo do estudo foi a validação transcultural do questionário de Necessidades Psicológicas no Exercício (BPNES) com alunos brasileiros. Participaram três tradutores envolvidos no processo de tradução, três especialistas em Psicologia do Esporte e 403 alunos. O instrumento utilizado foi o BPNES com 12 itens que avaliaram as necessidades psicológicas básicas dos alunos (autonomia, competência e relacionamento). Para análise dos dados utilizou-se os coeficientes de validade de conteúdo, kappa, alfa de Cronbach, correlação intraclass e análise fatorial confirmatória. Os resultados mostraram que a versão para a língua portuguesa contém questões apropriadas para clareza de linguagem e relevância prática (CVC<81), apresenta consistência interna ($\alpha=0,83$) e confiabilidade teste-reteste satisfatória ($R=0,87$). A análise fatorial confirmatória apresentou coeficientes de ajuste adequados ($X^2/ig=2,10$, GFI=0,95, CFI=0,96, TLI=0,95, RMSE=0,05). Conclui-se que a versão na língua portuguesa para alunos brasileiros do BPNES mostrou-se válida para avaliar os construtos de motivação (autonomia, competência e relacionamento) no contexto educacional.

Palavras-chave: Motivação, Esporte, Psicológico, Questionário, Psicometria.

ABSTRACT

The study aimed to validate for Portuguese language (Brazilian population) the questionnaire Basic Psychological Needs in Exercise Scale (BPNES) in Physical Education. Attended three translators involved in the translation process, three doctors in Sport Psychology and 403 students. The instrument was the BPNES with 12 items that assessed the basic psychological needs (autonomy, competence and relationship). For analysis, we used the content validity coefficients, kappa, Cronbach's alpha, intraclass correlation and confirmatory factor analysis. The results showed that the version for the Portuguese language contains appropriate questions for clarity of language and practical relevance (CVC<81) and presents internal consistency ($\alpha=0,83$), and satisfactory test-retest reliability ($R = 0,87$). Confirmatory factor analysis presented adjustment coefficients ($X^2/ig=2,10$, GFI=0,95, CFI=0,96, TLI=0,95, RMS=0,05). We conclude that the version into Portuguese of BPNES proved to be valid to assessed the constructs of motivation (autonomy, competence and relationships) in the Brazilian educational context.

Keywords: Motivation, Sport, Psychological, Questionnaire, Psychometrics.

Introduction

The school has features that present a pressure environment and excessive charges related to student performance. Excess pressure interferes with the autonomy of the students and, consequently, in the process of teaching and learning¹. Longitudinal studies assessing the aspects that can interfere with the learning process are very scarce².

Some behaviors may reveal a lack of student motivation, highlighting the need for monitoring and intervention in the field of educational psychology. Thus, to identify students do not realize the activities proposed by the teachers, do not participate in the most simple tasks, they feel constrained in certain routines, or turn away from his companions in the classroom, requiring parental support or expertise^{3,4}. These behaviors can reveal that the basic psychological needs (competence, autonomy and relationship) are not being met, interfering with the motivation of school. Every human being is endowed with a capacity to develop their

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Studies suggest that social support has beneficial effects on the cardiovascular, endocrine, and immune systems. TRUE Level: Factual (p. 139)People with strong spiritual beliefs have greater life satisfaction and a slower course of illness. TRUE Level: Factual (p. 130)Job control is a major stressor. TRUE Level: Factual (p. 119)Allostatic load refers to the physiological costs of chronic exposure to the physiological changes that result from repeated or chronic stress. A. Susie, a single mother of a five-year old boy, works long hours in a low-paying position. Level: Factual (p. 153)Health psychologists view social support as an important resource in _____. C. more likely to reject medical treatments that cure terminal diseases. A. physiology B. psychosocial resources C. health behaviors D. health care Level: Factual (p. 115-116)The correct order of the pathways by which stress affects health is _____. C. have an objective, but not subjective, component. C. more negative events or realities. Sympathetic arousal stimulates the medulla of the adrenal glands, which, in turn, secrete the catecholamines epinephrine (EP) and norepinephrine (NE). TRUE Level: Factual Essay Questions (p. 135)Explain coping and the relationship between personality and coping. B. low pendicular load. It acts to conserve stores of carbohydrates and helps reduce inflammation in the case of an injury. A. is negative B. threatens one's self-concept C. is long-term D. requires adaptation Level: Conceptual (p. 125)Which of the following would be considered a stressful life event? Level: Factual (p. 137)M. A. control-enhancing B. informational support C. expressive-writing D. tangible assistance Level: Applied (p. 138)High self-esteem is closely related to: A. higher levels of defense mechanisms. A. Self-control B. Secondary control C. Primary control D. Thought control Level: Factual (p. 138)People that are most likely to benefit from control-based interventions are those who: A. have self-control. These phases in this program are further divided into identifying stressors, monitoring stress, identifying stress antecedents, avoiding negative self-talk, completing take-home assignments, acquiring skills, setting new goals, engaging in positive self-talk and self-instruction, and using other cognitive-behavioral techniques. Although, this may have caused immediate psychological distress to the students, the professor was confident that long-term stress related to these events would eventually reduce. The protective effects of employment, marriage, and parenting on psychological distress and the beneficial effects of social support on health attest to the beneficial effects of social roles. A. eventually habituate to high levels of the stressor B. exhibit little adaptation to chronic stressors C. exhibit few cognitive decrements but do show signs of helplessness D. eventually learn to change their task strategies and attention focus to accommodate the noise in their environments Level: Conceptual (p. 124)The _____ paradigm takes people into the laboratory, exposes them to short-term stressful events, and then observes the impact of that stress on their physiological, neuroendocrine, and psychological responses. A. Inflammatory responses to relaxation therapies B. Health effects of emotional disclosure C. Commonly used coping styles for managing stressful events D. Potential costs of receiving social support and enhancing emotional support Level: Conceptual (p. 143)People who are high in socioeconomic status (SES) have: A. more medical and psychiatric disorders. Sarah is instructed to try the techniques to identify the ones that work best for her so she can confront the stressful situations. B. focus on what happens just before they experience feelings of stress. A. health care, psychosocial resources, health behaviors, and physiology B. psychosocial resources, health behaviors, physiology, and health care C. health behaviors, physiology, health care, and psychosocial resources D. physiology, health behaviors, psychosocial resources, and health care Level: Factual (p. 116)When events are perceived as harmful or threatening, they are first identified by the _____. A. hypothalamus B. medulla oblongata C. isthmus D. cerebral cortex Level: Factual (p. 117)The adrenal cortex produces _____. B. in response to stress. A. Primary response style B. Individual difference C. Direct effect D. Coping style Level: Factual (p. 140)James is a lawyer who used to work in the World Trade Center until the 9/11 incident took place. A. negligible B. modest C. robust D. unpredictable Level: Factual (p. 125)Which of the following is a valid criticism of Holmes and Rahe's (1967) Stressful Life Events (SLE) inventory? Stress is the consequence of a person's appraisal processes: primary appraisal occurs as a person is trying to understand what the event is and what it will mean. 6/14/2020 Assignment Print View /2/71. Social support is also associated with better immune functioning. A. health care B. psychosocial resources C. health behaviors D. physiology Level: Factual (p. 116)Of the four most important pathways by which stress affects health, the last one to occur is usually related to _____. A. bears no relationship to physical health. Students' answers will vary. Daily minor problems produce psychological distress, adverse physiological changes, physical symptoms, and use of health care services. A. disease induction B. stressful life events C. acute stress D. daily stress Level: Applied (p. 125)According to Holmes and Rahe (1967), an event is potentially stressful if it _____. B. It leads people to affirm important aspects of their identity. A. divergent B. synergistic C. dynamic D. static Level: Factual (p. 135)Coping is known to have two important aspects. One line of stress research assesses stressful life events. Level: Factual (p. 150)What is a biopsychosocial pathway, and how is it beneficial in promoting health? D. are poor predictors of physical health than major life events. Studies show that men are more distressed by financial strain and work stress, whereas women are more distressed by adverse changes in the home. These effects result in the cranked-up feeling we usually experience in response to stress: increased blood pressure, increased heart rate, increased sweating, and constriction of peripheral blood vessels, among other changes. A. positive physical B. negative physical C. positive emotional D. negative emotional Level: Factual (p. 113)Stressful events are called _____. D. more likely to create a false impression of good health. D. people strive for a state of mind marked by heightened awareness of the present and focus on the moment. Stressful events are called stressors. FALSE Level: Factual (p. 141)It is more beneficial to use emotion-focused coping while dealing with work-related problems. D. experience their stressful events in a strong manner to understand the extent of the symptoms. A. Some of the items on the list are too specific. D. Karl, a file clerk, has been working intensively for three weeks on a new job responsibility. Level: Factual (p. 151)In which of the following conditions is a man's health likely to improve substantially? A. promotional B. relaxation C. remedial D. assertiveness Level: Applied (p. 148)Invisible support is when: A. one receives help from another but is unaware of it. D. lower mortality rates. Of these, cortisol is especially significant. A. were single B. were married C. were 50 or older D. had few social contacts Level: Factual (p. 130)The effects of unemployment _____. C. It treats both positive and negative events in a similar fashion. Social support can come from parents, a spouse or partner, other relatives, friends, social and community contacts or even a devoted pet. Level: Factual True / False Questions (p. 135)Emotional reactions including anger and depression are part of the coping process. A. catecholamines B. norepinephrine C. cortisol D. pepsin Level: Factual (p. 118) _____ is the degree of change that occurs in autonomic, neuroendocrine, and/or immune responses as a result of stress. A. inhibition B. negative affectivity C. institutionalism D. group identity Level: Factual (p. 140) _____ is a general propensity to deal with stressful events in a particular way. A. epinephrine and norepinephrine B. glucocorticoids C. endogenous opioids D. ACTH Level: Factual (p. 117)Activation of the hypothalamic-pituitary-adrenal (HPA) axis results in the secretion of _____. Level: Conceptual (p. 126)Hassles are minor life events that _____. Become Premium to read the whole document.Why is this page out of focus?This is a Premium document. C. It only counts unresolved stressful events. C. higher levels of stress indicators. Such hassles include being stuck in a traffic jam, waiting in a line, doing household chores, and having difficulty making small decisions. Ambiguous events are more stressful than clear-cut events. A. acute and chronic illness. A. psychological B. gastrointestinal C. adrenomedullary D. adrenocortical Level: Conceptual (p. 114)The first phase of the general adaptation syndrome is Holmes and R. B. poor health behaviors. The hypothalamus releases corticotrophin-releasing hormone (CRH), which stimulates the pituitary gland to secrete adrenocorticotrophic hormone (ACTH), which, in turn, stimulates the adrenal cortex to release glucocorticoids. The psychologist clearly explains the procedure to Sarah and answers her questions to ease her worries. Emotional reactions, including anger or depression, are part of the coping process as are actions that are voluntarily undertaken to confront the event. Level: Conceptual Chapter 07 Coping, Resilience, and Social Support Multiple Choice Questions (p. 135)Which of the following statements best defines coping? D. It is especially beneficial for men. Being a parent also confers resistance to colds. For example, having a supportive life partner while undergoing treatment for a disease can act as a stress moderator. A. acute stress B. induced disease C. SRRS D. hassles Level: Factual (p. 124)Professor Woster brings his participants into the laboratory, attaches electrodes and sensors to them, and has them play a computer game. B. It fails to consider individual differences in the experience and reporting of events. Over the next few months, he spent time gathering information on the attack, talking to other survivors, and organizing resources for them. Social support is tied to reduced cortisol responses to stress which can have beneficial effects on illness. Scheier, C. A. high pendicular load B. low pendicular load C. high allostatic load D. low allostatic load Level: Conceptual (p. 120)Particularly for women in disadvantaged groups, _____ can endanger human pregnancy. A. Negative B. Overly passive C. Modest D. Overly intrusive Level: Factual (p. 152)Inflammation in response to a short-term stressor can be _____. C. change the private experience of stress and maintain commitment. Tangible assistance involves the provision of material support such as services, financial assistance, or goods. A. lymphatic B. muscular C. integumentary D. endocrine Level: Factual (p. 150)The _____ hypothesis maintains that social support is generally beneficial during nonstressful as well as stressful times. B. reduces psychological well-being over the short term. In this case, the professor had most likely conducted a(n) _____ intervention with his class. A. It is not correlated with illness and health behaviors. A. lactose B. testosterone C. pepsin D. oxytocin Level: Factual (p. 115)Of the four most important pathways by which stress affects health, the first one to occur is usually related to _____. D. low allostatic load. D. experience their stressful events in a strong manner to understand the extent of the symptoms. D. they have unrealistic expectations about the future that produce _____ can compromise health. Answers will vary. Feedback: The CSN program is a stress management program that makes use of the various phases of education: skill acquisition, and practice to overcome stress. A. matching B. working C. buffering D. direct effects Level: Factual (p. 151)According to Ditzen, Hoppman, and Klumb, which of the following is one of the best protectors against stress? C. the person who is receiving the support has at least above average intelligence. TRUE Level: Factual (p. 136)Negative affectivity has been related to alcoholism, depression, and suicidal behavior but not to poor health. 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beingdiagnosing, preventing, and treating a disease without including the option of surgery?he World Health Organization's 1948 definition of health:does not include social healthdefines health as the absence of diseaseencompasses social, mental, and physical healthFor All Chapters --> smthhub@gmail.comWhy is this page out of focus?This is a Premium document. For both men and women, the research on multiple roles is converging on the idea that stress is lower when one finds meaning in one's life. One executive is concerned about production and constantly urges Mike to meet performance quotas. FALSE Level: Factual (p. 139)Celebrating positive events with other people improves mood in the short-term but does not show significant benefits over the long-term. W. C. cardiovascular diseases in old age. Level: Applied (p. 132)Who of the following is LEAST likely to experience illness due to the stress associated with their job? He feels that the therapist helps him in ways that his family is unable to. B. Joe arrives at his first class of the day to find that the professor will administer a pop quiz. In this case, the health psychologist is conducting a(n) ____ intervention. C. include psychological but not physical symptoms. Answers will vary Feedback: Stress moderators modify how stress is experienced and the effects it has. A. Caucasian women B. happily-married women C. Asian adults and children D. African American men and women Level: Conceptual (p. 130)Karoshi is a Japanese term which refers to _____. Level: Conceptual (p. 120-121)What makes events stressful? B. measure indirect social relationships. In this case, the instructor is using _____ training. A. alarm B. resistance C. exhaustion D. flight Level: Factual (p. 114)According to its critics, Selye's (1956, 1976) model _____. These biopsychosocial pathways provide the links between social support and reduced risk of illness. Level: Conceptual (p. 141)When people anticipate potential stressors and act in advance either to prevent them or to reduce their impact, it is known as _____. A. exhaustion B. flight C. alarm D. resistance Level: Factual (p. 114)According to Selye (1956, 1976), the _____ phase of the general adaptation syndrome occurs if the person fails to overcome the threat and depletes its physiological resources in the process of trying. C. It provokes the stress regulatory system. Answers will vary Feedback: Social support is defined as information from others that one is loved and cared for, esteemed and valued, and part of a network of communication and mutual obligations. When these sources of meaning and pleasure in life are challenged, as through role conflict and role overload, health may suffer. FALSE Level: Factual (p. 137)Optimistic people use problem-focused coping and seek social support from others. In addition to major stressful life events, researchers have studied minor stressful events, or daily hassles, and their cumulative impact on health and illness. C. long-term psychological problems. TRUE Level: Factual (p. 151)Emotional support is most beneficial when it comes from experts who are responsive to an individual's needs.

We provide solutions to students. Please Use Our Service If You're: Wanting for a unique insight into a subject matter for your subsequent individual research; Health insurance or medical insurance (also known as medical aid in South Africa) is a type of insurance that covers the whole or a part of the risk of a person incurring medical expenses.As with other types of insurance is risk among many individuals. By estimating the overall risk of health risk and health system expenses over the risk pool, an insurer can develop a routine ... Want to learn how to get the most out of RefWorks? Simply download our Quick Start Guide and you'll be using RefWorks in no time! You can also check out our great series of videos to learn how to quickly navigate through the basic RefWorks features. For more detailed information participate in one of our free live training sessions or view one of our many webinar recordings. 14/10/2021 · Learn about the misinformation effect, Elizabeth Loftus' experiments on this effect, and see understand its importance. Explore misinformation effect examples. Project Implicit is thrilled to introduce a collaboration with interdisciplinary artist and activist Bayeté Ross Smith to create two Implicit Association Tests based on the Race Attitudes IAT and Race Weapons IAT. 10/5/2022 · No other bank has been able to clock market share gains of this magnitude organically over the past five years," Marcellus said in a note to investors. Mukherjee, who is known for his strategy of picking high-quality stocks that are likely to compound consistently and then sitting on them through thick and thin for long periods, said rising rate cycles are actually ... Environmental Health is the branch of public health concerned with all aspects of the natural and built environment affecting human health. Environmental health focuses on the natural and built environments for the benefit of human health. The major subdisciplines of environmental health are: environmental science; environmental and occupational medicine, toxicology and ...

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