



The benefits of our work at Pop Arts is supported by the following theories

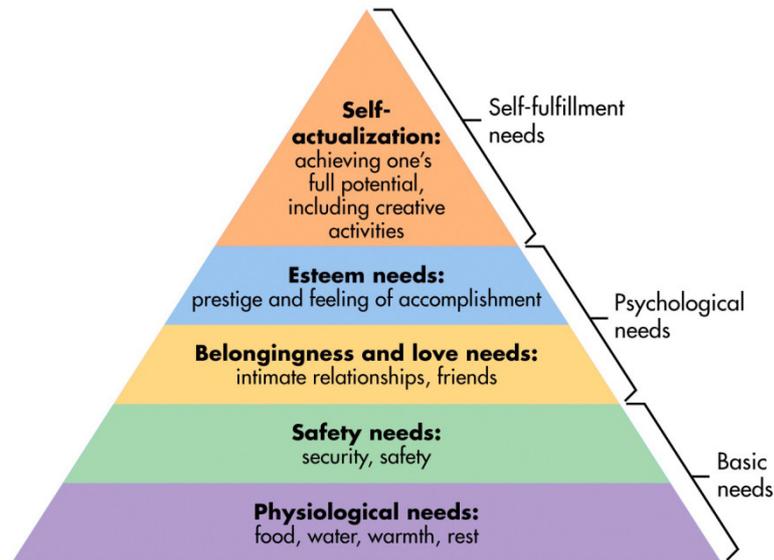
Pop Arts is guided by Deci and Ryan's Self-Determination Theory. This is a theory of motivation and personality, which addresses three key psychological needs: competence, autonomy and psychological relatedness. Self-Determination Theory (SDT) focuses on the social and cultural factors that influence an individual's wellbeing and quality of performance. If any one of the three key psychological needs are unsupported, then there is the potential for a negative impact on wellbeing. At Pop Arts we strive to motivate and engage young people, who may otherwise feel disaffected. Through our programme, they will learn the benefits of persistence, creativity and performance.

Competence – by working in collaboration with a music producer on a successful music project, participants' self-esteem and feelings of self-worth are boosted. These are also celebrated through their private blog.

Autonomy – the music producer is there to guide them, ultimately participants can create music of their choice, and be as creative as they wish. This level of independence bolsters feelings of autonomy. In addition, the participants are collaborating with a musician, rather than a teacher, social worker or mental health worker therefore the power-dynamics are different, giving the participant a greater sense of artistic freedom.

Relatedness – by creating music and sharing this through their private blog, participants feel connected to others as they have a way of sharing their thoughts and feelings. If music is their passion, they may feel connected to other artists, creating feelings of positivity.

In addition to being guided by Deci and Ryan's Self-Determination Theory, we also refer to Maslow's Hierarchy of Needs. This is another motivational theory, and its basic principles are communicated in the diagram below:



Needs lower down the hierarchy must be more or less satisfied before individuals can attend to needs higher up. The first four needs (physiological, safety, belongingness and esteem needs) are referred to as 'deficiency needs', i.e. an individual is motivated if one of these needs is unmet, for example, if they are hungry, they will be motivated to seek food. At the top of the hierarchy, 'self-actualisation' is known as a 'growth need'. It is at this stage that the individual is motivated to grow and develop as a person.

Each and every one of us has the capability to move up the hierarchy towards self-actualisation, however negative life experiences can act as an obstacle. At Pop Arts, we hope that we can support young people on their journey towards self-actualisation, by giving them a sense of belonging and accomplishment, as well as an opportunity to fulfil their creative potential.