

**Well-Being and Basic Psychological Needs.
The Case of Greek Traditional Dances.**

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Abstract

The purpose of the present study was to examine the relationship between the satisfaction of basic psychological needs and psychological well-being in adults participating in programs of traditional dances. The sample was consisted of 234 participants (79 men & 155 women) from Cultural Associations of Eastern Macedonia and Thrace, 30 – 60 years of age ($M. = 41 \pm 8.84$) and average years of participation in organized programs of traditional dances 3.5 (± 1.2 years). In order to conduct the study the following instruments were used: a) the Basic Psychological Needs in Exercise Scale (Vlachopoulos & Michailidou, 2006), consisted of 12 items grouped into three factors: Autonomy, Competence and Relatedness, and b) the Subjective Exercise Experiences Scale (McAuley & Courneya, 1994), adjusted to the Greek population (Mavrovouniotis, Argiriadou & Papaioannou, 2010), with 12 items concerning the factors Positive Well-being, Psychological Stress and Fatigue. The reliability analysis showed that indicators of internal cohesion of subscales in both instruments were at satisfactory levels (Cronbach's α from .69 to .88). Considering the analysis of descriptive statistics, it was found that participants showed a high average in satisfaction of basic psychological needs, positive well-being and a low average in psychological stress and fatigue. Correlation analysis showed that autonomy had a statistically significant positive correlation with positive well-being and negative with psychological stress and fatigue. Competence and relatedness were positively correlated with well-being and negatively with psychological stress. The results of this study showed that basic psychological needs' satisfaction through participation in traditional dance programs has the positive effect of improving the psychological well-being. In conclusion, similar programs of traditional dances it could be introduced in the life of adults, during leisure time, so as to improve their quality of life.

Keywords: basic psychological needs, psychological well-being, Greek traditional dances.