

Self-Determination Theory

By understanding the underlying components of academic motivation, instructors can find ways to tap into students' motivation and thwart temptations to be dishonest. Using self-determination theory ([Deci & Ryan, 2015](#)) as a framework, instructors can find ways that the three basic psychological needs for *autonomy*, *competence*, and *relatedness* are fulfilled in the classroom, thereby reducing the desire to be dishonest. [Kanat-Maymon, Benjamin, Stavsky, Shoshani, and Roth \(2015\)](#) found that frustrating these needs leads to increased likelihood of cheating. Instructors can create a needs-supportive environment in the class.