



**HAL**  
open science

## **Relation between portrait of value congruence and psychological well-being: the case of French professional preparation for physical education's trainee teachers**

Clément Llena, Isabelle Joing, Alessandro Porrovecchio, Olivier Dieu, Gaëlle Marais, Philippe Masson, Francois Potdevin, Christophe Schnitzler, Jacques Mikulovic

### ► To cite this version:

Clément Llena, Isabelle Joing, Alessandro Porrovecchio, Olivier Dieu, Gaëlle Marais, et al.. Relation between portrait of value congruence and psychological well-being: the case of French professional preparation for physical education's trainee teachers. AIESEP International Conference-Building Bridges for Physical Activity and Sport, Jun 2019, New York, United States. hal-02525924

**HAL Id: hal-02525924**

**<https://hal.univ-lille.fr/hal-02525924>**

Submitted on 31 Mar 2020

**HAL** is a multi-disciplinary open access archive for the deposit and dissemination of scientific research documents, whether they are published or not. The documents may come from teaching and research institutions in France or abroad, or from public or private research centers.

L'archive ouverte pluridisciplinaire **HAL**, est destinée au dépôt et à la diffusion de documents scientifiques de niveau recherche, publiés ou non, émanant des établissements d'enseignement et de recherche français ou étrangers, des laboratoires publics ou privés.

## **Relation between portrait of value congruence and psychological well-being: the case of French professional preparation for physical education's trainee teachers**

Llena Clément<sup>1&2</sup>, Joing Isabelle<sup>1</sup>, Porrovecchio Alessandro<sup>1</sup>, Dieu Olivier<sup>1</sup>, Marais Gaëlle<sup>1</sup>, Masson Philippe<sup>1</sup>, Schnitzler Christophe<sup>3</sup>, Potdevin François<sup>1</sup> and Mikulovic Jacques<sup>2</sup>

<sup>1</sup> Univ. Lille, Univ. Artois, Univ. Littoral Côte d'Opale, EA 7369-URePSSS- Unité de Recherche Pluridisciplinaire Sport Santé Société, F-59000 Lille, France

<sup>2</sup> Univ. Bordeaux, EA 7437-LACES-Laboratoire Culture, Éducation, Société, F-33000 Bordeaux, France

<sup>3</sup> Univ. Strasbourg, EA 1342 – E3S - Equipe d'accueil en Sciences Sociales, F-67000 Strasbourg

### **Background**

Well-being is recognized as a key parameter in education. Literature showed that subjective well-being of students and teachers were strongly correlated. The purpose of this study was to examine the congruence between general and contextual "portraits of values" in a group of physical education (PE) trainee teachers. This congruence is considered in the literature as an important indicator of their psychological well-being. Exploring these key variables could improve professional preparation for sports, physical activities and PE educators.

This research hypothesized that PE's trainee teachers successful at implementing their personal values in their teaching exhibit higher levels of well-being. Otherwise, we identified the profiles and the value priority that strongly impact psychological well-being for trainee PE teachers.

### **Methods**

Participants (N=194; 81 females, 126 males, age = 24,87) were recruited in 28 French graduate schools for teaching and education. All participants were invited to complete validated surveys concerning their personal portrait of value, portrait of value in PE context, work motivation, psychological well-being at work and sociological variables. The responses were organised in quantitative and ordinal data. Correlation analysis and multiple logistic regressions were performed with R software. Level of confidence was fixed at .05.

### **Results**

High values of "Self-transcendence" and "Openness-to-change" correlate with higher levels of psychological well-being at work. More generally, our result confirm that the congruence between trainees teachers' personal values and those taught in classrooms induced a feeling of superior psychological well-being.

### **Conclusions and implications**

This study suggests that examining the congruence between general and contextual portraits of values is a fertile ground for questioning emancipation, intrinsic motivation and psychological well-being in professional preparation for physical education trainees teachers, which could be generalized to other educators in sports and physical activity.