

The Heartbeat drumming program for stroke: How is it motivational?

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MOTIVATION

What do we know about motivation in stroke rehabilitation contexts?

CURRENT RESEARCH

- Motivation is poorly understood
- Strongly associated with positive rehabilitation outcomes
- Nurturing motivation is complicated
- Involves an array of factors

What does the current literature
on motivation fail to address?

HEARTBEAT

- Cooperative community program
- Participants: individuals with a chronic neurological injury
- Led by: music teacher, primary school students
- Learn to play African drums





AIM

To identify how and why stroke survivors found the Heartbeat program motivating



METHODOLOGY

Semi-structured interviews with five Heartbeat participants:

- What does motivation mean to you?
- What is it about the program that you found motivating?
- What is it about yourself that you believe made you motivated by the program?

PRELIMINARY RESULTS

Participant's definitions of motivation:

- *“being involved”* (male, 76 years)
- *“seeing improvement”* (male, 67 years)
- *“drive to get up and go and do things”* (female, 43 years)

THEMES

1. The students' approach
2. Perceived comparison of self to others
3. Sense of community
4. Fun and enjoyment
5. Personal values
6. Personality traits

1. The Students' Approach

“It’s not intimidating and they [the students] just say oh you’ve done it wrong. You can laugh it off. You can look across the way, they’ve got the giggles and I start laughing”

(Female, 43 years)



2. Perceived Comparison to Others

“But that is a motivation. Where you go to something and look you’re not the worst in the lot so get over yourself and get on with it” (Male, 71 years)

3. Sense of Community

“And living alone and that, so motivation to come out of the house. You know, get out of the house and do something. And meet other people in similar situations”

(Female, 43 years)

“It’s a community” (Male, 76 years)

4. Fun and Enjoyment

“It just felt like you were going to an activity, and a very enjoyable one as well” (Male, 67 years)

“You don’t realise you are doing all that movement”
(Female, 43 years)

5. Personal Values

An underlying theme that each participant had pre-existing personal values that fed into their motivation

eg. desire to help the students, desire to see one's self improve, desire to have fun

6. Personality Traits

“Show-Off” (Male, 71 years)

“Determination” (Male, 67 years)

“Competitive” (Male, 71 years)

“Motivated” (Male, 67 years)



CONCLUSION

Motivation is a complex concept that can be influenced by:

- Group rehabilitation settings
 - Interpersonal comparison
 - Social interaction
- Attitude of person teaching a new skill
- Intrinsic factors, such as personality and personal values

Acknowledgements

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