

MOTIVATION AND SELF-CONFIDENCE IN SPORT

Gill D L. and Dzewaltowski D.A. (1988) Competitive Orientations among Intercollegiate Athletes: Is Winning the Only Thing? The Sport Psychologist Vol 2

Aim: To measure and compare levels of sport-specific achievement motivation in male and female athletes and non-athletes.

Method: Questionnaire

Participants: The sample comprised 213 college students separated into athletes and non-athletes and by gender. The non-athletes included 43 males and 63 females. The athletes included 59 males and 48 females. The athletes were all high-level performers at a range of different sports including softball, swimming, track, cross-country, baseball, gymnastics, wrestling.

Procedure:

Three questionnaires were administered to all participants at a class or team meeting including:

- Gill's Sport Orientation Questionnaire (SOQ) measuring achievement motivation.
- Vealey's Competitive Orientation Inventory (COI) measuring sports confidence.
- Work and Family Orientation Questionnaire (WOFO)

Results:

- Analysis of the questionnaires showed both gender differences and athlete/non-athlete differences.
- The gender difference was most evident for competitiveness scores, with males scoring higher than females on competitiveness and win orientation.
- Athletes scored higher than non-athletes on most measures, but especially so on the sport-specific competitiveness score.
- Athletes also placed more emphasis on performance and less on outcome than non-athletes did.
- Considerable variations were found between the different sports generally reflecting the competitive structure of the activity.