

## MOTIVATION AND SELF-CONFIDENCE IN SPORT

### Bart S. Lerner and Edwin A. Locke (1995) The Effects of Goal-setting, Self-efficacy, Competition and personal Traits on the performance of an Endurance Task Journal of Sport and Exercise Psychology Vol 17

**Aim:** To investigate the effects of goal-setting, self-efficacy, competition and personality on the performance of a sit-up task.

**Method:** Laboratory Experiment.

**Participants:** 75 male P.E. students, mean age 20.4, who volunteered in order to gain course credits.

**Procedure:** Participants were randomly assigned to one of five conditions:

- Competition with hard goal
- Competition with medium goal
- No competition with hard goal
- No competition with medium goal
- Do best control condition

The task involved a one-minute sit-up endurance test performed 3 times with a 7 minute rest in between each trial.

Participants in the competition groups performed the task against a confederate, with the confederate performing first and the participant instructed to try and match or exceed their performance.

Participants in the non-competition groups performed the task alone and were instructed to try to attain or exceed the assigned goals.

The targets for the 'hard goal' groups were to perform 52 sit-ups in the first trial, 51 in the second trial and 48 in the third trial.

The targets for the 'medium goal' groups were to perform 44 sit-ups in the first trial, 43 in the second trial and 38 in the third trial.

Participants in the 'do best' condition performed the task alone and were told to try their best each trial. They were given a verbal task to complete whilst they performed in order to prevent them from counting their scores.

Before completing the test all participants completed the Sport Orientation Questionnaire measuring achievement motivation.

Before each trial participants completed a questionnaire measuring goal-commitment and provided measures of their self-efficacy, by indicating how confident they were of achieving success in their next trial, on a scale of 1-10.

**Results:**

1. 'Medium' and 'hard goal' groups significantly out performed the 'do best' group.
2. Competition did not affect performance, personal goals, commitment or self-efficacy.
3. There was a significant positive correlation between achievement motivation and performance.