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### Student Research Conference Abstract

#### The Interaction Between Coaching Behavior, Athlete Trait Motivation and Athletes' Situational Motivation

Intrinsically motivated athletes will invest more effort and persistence, have higher levels of concentration, and perform better than athletes that are not intrinsically motivated. Studies have found that perceived coaching behaviors are determinants of athletes' motivation. Therefore, coaches should exhibit behaviors that facilitate the development of intrinsic motivation in their athletes. Previous work has closely examined the effects of coaching behaviors on athlete motivation. However, there is minimal literature on the influence of athletes' trait motivation and perceived coaching behaviors on their situational motivation. The current study aims to address the interaction between coaching behavior, athlete trait motivation, and athlete situational motivation. Participating high school varsity soccer student athletes completed self-report measures on trait motivation, situational motivation, and perceived coaching behaviors during preseason and throughout competition. Data was analyzed using Pearson correlation coefficients. Results include a significant, positive correlation between end-of-season democratic behaviors and end-of-season intrinsic motivation ( $r = 0.978$ ,  $p < 0.01$ ) and a significant, negative correlation between mid-season social support and mid-season intrinsic motivation ( $r = -0.900$ ,  $p < 0.05$ ). It was found that democratic behaviors facilitate intrinsic motivation while social support undermines intrinsic motivation. Results further support the body of literature on the relationship between democratic behaviors and intrinsic motivation and support the argument that social support could undermine intrinsic motivation. Recommendations are for coaches to engage in democratic behaviors while being cautious and aware of how perceptions of social support are affecting athlete motivation.