

RELATIONSHIP BETWEEN MOTIVATION AND ENJOYMENT IN YOUTH SOCCER PLAYERS: AN EXPLORATORY ANALYSIS

Josep Vidal Conti, P. Borràs Rotger, Pere Palou Sampol, X. Ponseti Verdaguer & C.Sousa
University of the Balearic Islands & Autònomic University of Barcelona, Spain

Context

Commitment to sport is a variable little studied, that arose with the studies of Scanlan, Carpenter, Schmidt, Simons & Keeler (1993) with their validation of a theoretical model of and a related questionnaire. Thus, a measurement instrument was constructed – Sport Commitment Questionnaire (SCQ) – to which a new item was added to the 5 initial ones (Scanlan, Russell, Beals & Scanlan, 2003) (Figure 1).

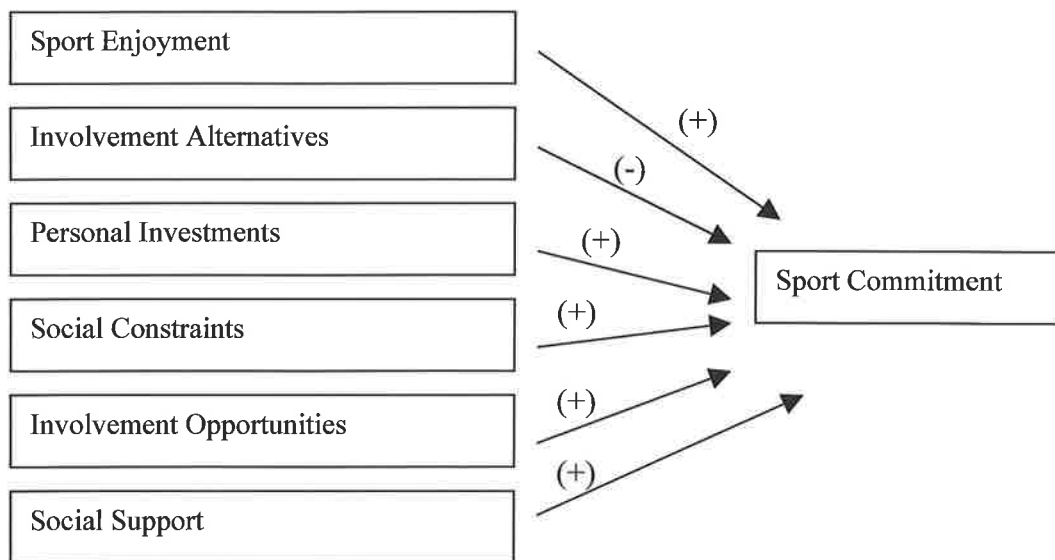


Figure 1: Model of sport commitment and its determinants (Scanlan, Russell, Wilson & Scanlan, 2003)

On the other hand, the concept of sport enjoyment speaks about the positive effects of the sport experience that originates feelings like pleasure and enjoyment. Scanlan, Carpenter, Schmidt, Simons & Keeler (1993) and Scanlan, Simons, Carpenter, Schmidt & Keeler (1993) focussed on sport enjoyment as an affective experience, a factor that has been demonstrated like excellence in motivation. The model suggests that at an elevated level of enjoyment, the commitment level also is elevated. Sport enjoyment presents a significant positive correlation, being one of the strongest predictors of commitment.

Project / Partners

This presentation shows the relation between different motivational aspects associated with sports commitment and enjoyment of sport in a sample of soccer players during the 2003-04 season, as a first step to designing a motivational intervention through coaches. The social-cognitive approach to studying motivation using specific constructs such as goal orientation, intrinsic motivation, extrinsic motivation, etc. Measuring some of these constructs and their relation to commitment and enjoyment, we will have information to promote enjoyment: 893 of a total of 1,204 young soccer players from Catalonia and Balearic Islands (Spain) completed the Sport Motivation Scale (SMS) (Vallerand, Brière, Blanchard & Provencher, 1997) and the Sport Commitment Questionnaire (SCQ) (Scanlan, Simons, Carpenter, Schmidt & Keeler (1993) as a part of their participation in research on sport motivation and commitment.

Results

The main results showed that enjoyment and commitment were more positively related to intrinsic motivation than to extrinsic motivation and negatively related to amotivation. Intervention programmes for coaches to work on young soccer players' commitment will have to be based on promoting intrinsic motivation and enjoyment.

Discussion/Implications

The fact of verifying the importance of the enjoyment in reinforcing sport commitment opens a scope for interventions, among them the one that will be carried out after the present investigation, that is the psychological intervention by trainers to motivate players using a method of playful character, thus reinforcing sport commitment and consequently diminishing the sport drop-out among young people, who then adopt a more sedentary life style.

References

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Contact: josep.vidal@uib.es