RELATIONSHIP BETWEEN ATHLETIC ABILITY AND MOTIVATION

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Results

Achievement Motivation and Athlete Classification

One-way ANOVA

F = 24.682

F = 11.640

F = 6.040

p = 0.001

- Significant difference found between achievement motivation and athlete classification
- Post-Hoc test revealed significant differences between:
 - Elite higher than Age-Grouper, Completer, and Exerciser
 - Sub-Elite higher than Age-Grouper, Completer, and Exerciser
 - Age-Grouper higher than Completer

Health Motivation and Athlete Classification

One-way ANOVA

p = 0.001

p = 0.001

- Significant difference found between health motivation and athlete classification
- Post-Hoc test revealed significant differences between:
 - Elite lower than Sub-Elite, Age-Grouper, Completer, and Exerciser
 - Sub-Elite lower than Completer and Exerciser
 - Age-Grouper lower than Completer

Social Motivation and Athlete Classification

One-way ANOVA

- Significant difference found between social motivation and athlete classification
- Post-Hoc test revealed high significant differences between:
 - Elite higher than Completer and Exerciser
 - Sub-Elite higher than Age-Grouper, Completer, and Exerciser

Psychological Motivation and Athlete Classification

One-way ANOVA

F = 0.942

p = 0.439

- No statistically significant difference found between psychological motivation and athlete classification
- Post-Hoc tests were not run due to p-value > 0.05

Conclusions

There is a relationship between athletic ability and achievement, health, and social motivation. There was not a statistical relationship between athletic ability and psychological motivation. It appears that the better athletic ability an athlete possesses, the greater the motivation is for both achievement and social. This is reversed for health motivations with the average athletes drawing greater motivation from than their elite and sub-elite counterparts. These relationships could be explained by top tier athletes being paid to compete and having a motivation from doing well meaning greater financial support. Average athletes might compete in endurance sports not for competition but instead for the health benefits derived from a healthier lifestyle given through endurance sports.

Future

To widen the applications of this study, further research should be done at a qualitative level. Qualitative responses can provide a personal level of understanding on the what parts of the achievement, health, or social motivation has the greatest impact. With a basic understanding of what motivates these classes of athletes coaches, race directors, and endurance sport personnel can identify goals for each section of athlete.



Introduction

The purpose of this study was to analyze the relationship between athletic ability and motivation among endurance athletes. Does athletic ability affect an athlete's achievement motivation? Is an athlete's health motivation affected by ability? How is social motivation affected by athlete's ability? Is there a relationship between psychological motivation and athletic ability?

Methods

Literature Review	 Research endurance athletes, endurance sports, and motivation 			
Develop Instrument	•Utilize the Motivation of Marathoners Scale developed by Masters et al. (1993)			
Distribute Survey	 Fall 2020: electronic Qualtrics survey is sent to various endurance sport clubs 			
Data Collected	Analyzed through SPSS			
Results	 Hypotheses tested and conclusions 			
Data				
		ABILITY		
		AGE-GROUPER	407	
		COMPLETER	153	
		ELITE	24	

SUB-ELITE

18

181

783