



(2) Motivation



2. Motivation

- Successful athletes are aware of the rewards and benefits that they expect to experience through their sports participation.
- They are able to persist through difficult tasks and difficult times, even when these rewards and benefits are not immediately forthcoming.
- They realize that many of the benefits come from performance, not just the outcome or results

Questionnaire for Athletes

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Name _____ Sport _____ Date _____

Age _____

Sex: Male _____ Female _____

(Please complete this questionnaire without discussing it with anyone.)

1. Below is a list of reasons why people sometimes participate in sports. Please read the list carefully and think of why you participate in your sport. Then:

- a. Place a small check mark on the line in front of the five most important reasons for your participation.
- b. Rank the items that you have checked in order of their importance for you, by placing a number from one to five next to the check mark in front of each of your selections. "One" being the most important reason for your participation, "two" being the next most important reason, and so on.

- ___ a. Becoming a healthier person
- ___ b. Improving my skills
- ___ c. Having fun
- ___ d. Making and enjoying friends
- ___ e. Excitement of competition
- ___ f. Learning social skills
- ___ g. Developing confidence in myself
as a person
- ___ h. Winning in competition
- ___ i. Earning respect from other people
- ___ j. Learning life skills: such as setting goals,
dealing with frustration, etc.
- ___ k. Earning self-respect
- ___ l. Performing well in competition
- ___ m. Doing something I do well
- ___ n. Being part of a team
- ___ o. Financial gains: salary, scholarships, etc



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(Form SSI-A)

To what extent have you had the following experiences as a result of participating in your sport during the past two weeks ? After each item please circle the number that represents your experience. Have you participated in organized competition during this time period ? _____ Y _____ N

	<i>Not at All</i>					<i>A Great Deal</i>
a. Becoming a healthier person	1	2	3	4	5	
b. Improving my skills	1	2	3	4	5	
c. Having fun	1	2	3	4	5	
d. Making and enjoying friends	1	2	3	4	5	
e. Excitement of competition	1	2	3	4	5	
f. Learning social skills	1	2	3	4	5	
g. Developing confidence in myself as a person	1	2	3	4	5	
h. Winning in competition	1	2	3	4	5	
i. Earning respect from other people	1	2	3	4	5	
j. Learning life skills: such as setting goals, dealing with frustration, etc.	1	2	3	4	5	
k. Earning self-respect	1	2	3	4	5	
l. Performing well in competition	1	2	3	4	5	
m. Doing something I do well	1	2	3	4	5	
n. Being part of a team	1	2	3	4	5	
o. Financial gains: salary, scholarships, etc.	1	2	3	4	5	

Table 7.1. Differences in Approach to Competition Based on the Orientation Adopted.

High Ego	High Mastery
1. Only winners profit. Losers get nothing.	1. There are multiple paths to victory. Losing brings progress and development.
2. Fear your opponents, for they might beat you. If you win, they lose.	2. Strong opponents bring greater achievement on your part. Your strength pushes others to excel.
3. The value of competition lies in the prize to be won.	3. The value of competition is personal development and long-term success.
4. Happiness comes from winning.	4. Happiness comes from becoming good at what you love.
5. Sportsmanship is peripheral to competition. Cheating is OK if you can get away with it.	5. Sportsmanship is part of the essence of competition. Cheating robs you of success.
6. If you win the prize, nothing is left for the losers.	6. Your success creates more opportunities for others.
7. Practice is useful if it makes you look good. Otherwise, avoid it.	7. Practice provides the opportunity to become good at something you enjoy.