

# SPORT MOTIVATION AMONG THREE LEVELS OF HIGH CALIBRE SOCCER PLAYERS pdf

1: Geoffrey J. Bird , NC DOCKS (North Carolina Digital Online Collection of Knowledge and Scholarship)

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This work is published and licensed by Dove Medical Press Limited The full terms of this license are available at <https://www.dovepress.com/terms-and-conditions>: By accessing the work you hereby accept the Terms. Non-commercial uses of the work are permitted without any further permission from Dove Medical Press Limited, provided the work is properly attributed. This article has been cited by other articles in PMC. Abstract This article presents a current review of the risk of physical and psychological injury associated with participation in elite youth sport, and suggests strategies to ensure the physical and emotional health of these young athletes. Although there is lack of epidemiological data, especially with regard to psychological injury, preliminary data suggest that the risk of injury is high in this population. While there is lack of incident and follow-up data, there is also concern regarding burnout, disordered eating, and the long-term consequences of injury. Modifiable injury risk factors identified include postural control, competition anxiety, life events, previous injury, and volume of training. There are presently no studies designed to determine the effectiveness of injury prevention measures in elite youth sports. However, there is adequate evidence arising from injury prevention studies of youth sports participants "including neuromuscular training, protective equipment, mental training to enhance self-esteem, and sport rules modification" to prevent injuries in elite youth sports settings. Although not tested, psychosocial prevention strategies such as adoption of task-oriented coping mechanisms, autonomous support from parents, and a proactive organizational approach also show promise in injury prevention. Trends over recent decades include increased numbers of participants in some sports, particularly girls, increased duration and intensity of training, earlier specialization and year-round training, and increased difficulty of skills practiced. Sport is by its very nature competitive and even during youth it is performed at different levels, with elite young athletes at the top of the performance pyramid. The elite young athlete is one who has superior athletic talent, undergoes specialized training, receives expert coaching, and is exposed to early competition. In recent years, the International Olympic Committee created a more extensive international sporting event for talented young athletes from all over the world. The Summer YOG regularly feature over 3, athletes and are held over a day period, and the Winter YOG feature over 1, athletes and last 10 days. For example, skateboarding, in-line skating, and sport climbing were showcased in the YOG in Nanjing. Bicycle motocross and mountain biking were also included in the Nanjing YOG. This would seem to be particularly true at the elite level given the intensive training programs and high-frequency participation in sports events. The purpose of this article is to provide a current review of risks related to physical and psychological injury that may be encountered by elite youth athletes and to discuss strategies designed to minimize or eliminate these risks. Relevant research arising from youth athletes and elite-level adult athletes is included to augment the limited research related to elite youth athletes, especially with regard to psychological injury. Recommendations are made for further research that focuses on the physical and emotional health of young athletes. Risk of injury Recent data suggest that the risk of sport injury among elite youth athletes is high. Injury rates in badminton were 2. Several studies reported medical encounters for elite youth athletes at world and national championships. Depending on year, from During the YOG, there were total medical encounters among 54 of the 94 registered US athletes No surgeries were required. Among the 1, registered athletes, a total of injuries were incurred, resulting in a reported incidence of Among the 2, registered athletes, a total of injuries were incurred, resulting in a reported incidence of Additionally, tournament rates may not be representative of the nature and incidence of injuries incurred by athletes during training and competition throughout the year, especially with regard to overuse injuries. Risk factors for injury There is little knowledge on injury risk factors specifically pertaining to elite youth athletes. However, analysis of sports injury risk factors in child and adolescent sport has identified a number of significant predictors of injury that may inform development and evaluation of injury prevention programs relative to the elite youth sport participant population. Nutrition A lack of research

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exists regarding the elite youth athlete and nutrition related to energy intake to support growth and, by extension, prevent injury. Most research on nutrition and elite youth athletes is focused on eating disorders. Energy intake is important for performance; however, elite athletes are at risk for developing eating disorders. Elite youth athletes may be at-risk for poor nutrition and eating disorders. Results showed that elite youth athletes who were most susceptible to eating disorders were athletes competing in weight-dependent sports, female athletes, and male athletes in endurance, technical, or power sports. Additionally, athletes who reported an eating disorder pathology were more likely to have depression and anxiety tendencies. Similarly, Ajuied et al 95 reported that in individuals who suffered an ACL rupture, the relative risk of developing moderate-to-severe OA was 3. These results are consistent with follow-up studies of young athletes who sustained meniscus or ACL injuries. Sport burnout is a consequence of chronic stress that results in a young athlete stopping participation in a previously enjoyable sport. It is unknown what may cause burnout, but some theories suggest sport specialization, time conflicts or interest in other activities, or perhaps a psychological stressor. To aid in the prevention of burnout, diversified sports training may be more effective in developing elite-level skills that transfer over in the primary sport. It is thus imperative that an investigation of psychological injury risks of elite youth athletes be examined from a multifaceted approach, as seen in Figure 1.

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## 2: The elite young athlete: strategies to ensure physical and emotional health

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Twenty eight males and 14 females who participated in this study regularly engaged in soccer. The amateur soccer players ranged in experience from beginning to advanced soccer, with the majority self-reporting at an intermediate level. Males and females soccer players scored similarly on the aggression scale. Female amateur soccer players scored significantly higher on the conflict scale than did male soccer players. Identical means were found for males and females on the competence scale. There were no differences found between males and females on the motivational scales for competition and cooperation. Due to the small number of subjects who have participated, general conclusions can only be made with great caution. The number of men and women playing soccer is expanding the world over. One especially important statistic that can be drawn from the number of registered players is the proportion made up by youngsters, who constitute These figures clearly indicate that FIFA and its associations are on the right track to increasing the popularity of soccer even further in the future. Understanding and enhancing motivation has long been a major concern in sport. The biggest and most common reason that affects soccer performance is soccer motivation or lack of it. Without motivation all soccer players will crumble under the various pressures and problems soccer manages to throw up. Generally, speaking motivation is guided by the hope of success and the fear of failure. When you lack the self-belief and confidence, there is a good chance you also lack motivation. Motivation is an internal energy force that determinates all aspects of our behavior, it also impacts on how we think, feel and interact with others. In sport, high motivation is widely accepted as an essential prerequisite in getting athletes to fulfill their potential. However, given its inherently abstract nature, it is a force that is often difficult to explain fully. Motivation is a dynamic and multifaceted phenomenon that can be manipulated, to some degree at least in the pursuit of superior sporting performance. Some theories and models of motivation were examined, as they relate to sport. The study of motivation is the investigation of the energization and direction of behavior Early theories of motivation Mechanistic theories viewed humans as being passive and driven by psychological drives. More recently, however, cognitive approaches have been developed to explain behaviour from the beliefs or thoughts that people have. The following are some major approaches to motivation, followed by the theory that is the basis of this paper. Need Achievement Theory, introduced by Murray 25 and further developed by McClelland and Atkinson 24 , suggests two motive states that elicit action: This theory reflects the philosophy of our Western society, which places value on gaining rewards, high achievement, and moving forward and improving our position within society 5. Research in sport with Need Achievement Theory has been inconclusive. In recent years, the cognitive approach has been the dominant paradigm in understanding motivation. This refers to how cognitions or thoughts govern behavior. Within this approach is Attribution Theory, which is concerned with the methods and attributes that an individual uses in attempting to account for the causes of behavior 36,37, The way in which one attributes the cause of an outcome will affect the expectation of future successes and failures. The expectation of future outcomes will affect the striving for achievement Although this theory has focused upon why people expect to succeed, it neglects to explain why people want to succeed. More recently, Social Cognitive Approaches have incorporated affect, expectations, and values in order to explain motivated behaviors This theory suggests that the self-perception of the performer determines motivations and aspirations and not the actual ability of the performer. Research within the sport setting indicates self-efficacy to be a modest predictor of sport performance 11, 12, 23 , although many others factors may contribute to behavioral change 3, Harter 17 developed a model of perceived competence which suggested that perceived competence and intrinsic pleasure gained from success will increase achievement striving, while perceived incompetence and displeasure may lead to anxiety and a decrease in achievement striving. A model developed by Butt 4 focuses on the motivational components

specific to sport and is the basis of this study. Butt indicates that motivation in sport evolves on four levels: The first and the fourth levels provide two major sources, or influences of sports motivation: These reinforcements may be extrinsic i. The psychological and social levels contain the five constructs that will be examined in this paper. Aggression, conflict, and competence are the three styles of sport motivation contained within the psychological level, and the other two constructs of competition and cooperation contains the level of social motivation. The aggressive athlete appears to have a great deal of energy, and thus seems to be eager, active, and impulsive. If frustrated, the aggressive athlete may verbally or physically attack others. This involves feelings of power, vivacity, anger, and strength, and often lacks self-control. He or she may also be quick to find fault in others 5. The conflict-ridden athlete often complains and makes excuses. This athlete may be unhappy, and is usually slow to fulfil his or her goals. Life energy is channeled into opposing purposes and pursuits, such as the desire to express impulse versus guilt for the expression of impulse. Energy is used to mediate the struggle between opposing purposes. Conflict can result in self-destructiveness, self-absorption, blaming others, complaints, worries, depression and inactivity, weeping, and other nervous symptoms 5. The competence oriented athlete usually displays more maturity and self-insight than the others. This athlete seeks new challenges and displays confidence in his or her sport. Life energy is channeled into interacting effectively and purposefully with the environment. The individual expects to have the effect on the environment that he or she desires to have and the expectations are realistic. Joy, pleasure, elation, and self-esteem accompany activity and interaction with the environment. Setbacks and failures are accepted as a realistic part of development from which new learning and new development may evolve 5. The level of social motivation contains the constructs of competition and cooperation. The motivation of a competitively oriented athlete is derived primarily from the desire to defeat others. A contest or competitive sporting event is seen as a chance to dominate others and display assertiveness. The competitively motivated athlete also places importance on status and position, which may lead to frustration and resentment if such goals are not achieved 4. The individual wants to defeat others, to be number one, to have rivals, and sees the environment as an adversary over which one must triumph 5. The cooperative athlete sees others as partners in the sporting event or contest. The contest is seen as an opportunity for personal growth and skill development. The cooperative athlete is usually good-natured and shows concern for his or her competitors while striving for personal excellence 4. The major social motive in a contest is derived from participating with others, from feeling part of the group, team or club. The individual desires to raise the performance of all as a group experience, cares for others, empathizes, and congratulates others. The perception of the environment is that of supportive and interdependent with the self 5. One of the most popular and widely tested approaches to motivation in sport and other achievement domains is self-determination theory, that examines the effect of the social context on motivation and individual behaviors 9,10, This theory is based on a number of motives or regulations, which vary in terms of the degree of self-determination they reflect. Self-determination has to do with the degree to which your behaviors are chosen and self-initiated. The behavioral regulations can be placed on a self-determination continuum. From the least to the most self-determined they are amotivation, external regulation, introjected regulation, identified regulation, integrated regulation and intrinsic motivation. According to Hungarian psychologist MihalyiCsikszentmihalyi 7,8 , the highest level of intrinsic motivation is flow state. Flow is characterized by complete immersion in an activity to the degree that nothing else matters. During flow, self-consciousness is lost and athletes become one with the activity. Motivation has been studied in many sports such as figure skating 31 ; rugby 19 ; and gymnastics There is a lack of research, however, on the motivation of soccer. Research is necessary in this sport due to the favor of its participants and increasing popularity and participation by men and women of all ages. Therefore, this literature review is limited to test data from other types of athletes, and other psychological studies involving male and female soccer players. Gender differences investigated in this study pertained to differences in motivation. Investigating the motivations of competitive and amateur soccer players is a necessary step in understanding this complex and popular sport. The diversity among the many theories and models of motivation reminds us of the vast number

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of possibilities as to why we behave the way we do in sport. However, human nature dictates that similarities do exist among our personalities which, if measured, help us to predict our behavior. For the purpose of this paper, motivation was operationally defined as the score on the Sport Motivation Scale. The hypothesis of this study was: There will be no difference on any of motivational scales between male and female soccer players aggression, conflict, competence, competition and cooperation. Forty-two adult male and female amateur soccer players completed and returned the questionnaires. Subjects were members of two amateur soccer teams chosen by the first researcher. The survey was developed to measure motivation specifically in the sport context. The scales measured the motivational components of aggression, conflict, competence, competition and cooperation. These constructs were measured by 10 items on each scale. Internal consistency measures ranged from. Test-retest reliability ranged from. A total of 52 questionnaires were distributed 26 at each team with 42 being returned for a return rate of Four weeks allowed for returning the questionnaire. No questionnaires were received after that time. Data analysis Descriptive statistics were calculated for the Sport Motivation Scales.

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## 3: The Psychological Profile of Youth Male Soccer Players in Different Playing Positions

*Title Date Views Brief Description; Sport motivation among three levels of high calibre soccer players: 4: Although motivation theorists have sought to improve the predictability of human behavior by testing notions of achievement motivation, nAch, variability in the notion remains.*

**Abstract** The current study had three aims: A total of South Korean university student-athletes Previous research Stephan and Brewer, has indicated that elite athletes tend to have a high degree of athletic identity. Whilst some researchers Anderson, ; Werthner and Orlick, have identified that to become elite performers, athletes must sacrifice their time, and their effort levels must be high, negative influences, limitations of an unbalanced lifestyle and strong athletic identity require consideration given their potential impact Stephan and Brewer, Dealing with life demands simultaneously has been highlighted in particular for student-athletes, with previous research findings Fortes et al. In addition, researchers Guidotti et al. Student-athletes ability to cope with their dual careers is critical to the lifespan development and post-sport career adjustment. In contrast to Gaston-Gayles they reported that in Arab Emirates, male student-athletes had a higher academic motivation than female student-athletes. They also concluded that student-athletes from Arab Emirates had higher motivation for their academic careers compared to their athletic career because of the importance of their post-university career choices. Finally, a European study Guidotti et al. However, Guidotti et al. However, it should be noted that the questionnaire items for each underlying factors were grouped differently from the American version. Therefore, the differences observed between the studies above could be explained by socio-cultural influences and the sport and academic contexts where student-athletes belong to in terms of their social support networks, values of academic or athletic achievement and support systems for dual careers. The current study had three aims. The second aim was to examine their degree of motivation toward athletic and academic careers. The third aim was to identify relationships between a degree of athletic identity and academic motivation among South Korean student-athletes. Based on the previous research findings Forte et al. The questionnaire initially contained 30 items on a 6-point Likert scale, ranging from very strongly agree 6 to very strongly disagree 1 , and has three subscales: The scale contains 10 items on a 7-point Likert scale ranging from strongly disagree 1 to strongly agree 7 and contains questions related to social identity, exclusivity, and negative affectivity. Participants A total of South Korean university student-athletes Of the total sample, 31 were international level competitors, 92 competed domestically, and 3did not report their level of competition. There were two main reasons why tennis players were sampled. First, tennis is a popular individual sport in South Korea and there are both semi- and professional teams around the nation, which are the potential post-university sporting careers for student-athletes. Procedure The SAMSQAQ was translated into Korean by two experts in Kinesiology, which was sport psychologist and measurement specialist, respectively, and then it was reverse translated back to English as suggested by Su and Parham Data were collected between August and November through four different tennis tournaments in South Korea. On meeting the participants, the researchers explained the aims of the study and provided instructions of how to complete the questionnaires. Data analysis Descriptive analysis was applied for the demographic information. To investigate the validity evidence of SAMSQAQ-Kr whether the items show the same construct with the original version of the questionnaire, a confirmatory factor analysis CFA and Rasch model were employed. The criteria of the goodness-of-fit for CFA were followed by Guidotti et al. Rasch analysis was applied to examine the unidimensionality and to determine the item difficulty i. Goodness-of-fit index of the Rasch model includes infit and outfit between 0. To determine the group differences of gender and performance level international vs. After removing these misfit items from the data pool, CFA was re-applied and Rasch analysis was performed, then all items showed within the index of goodness-of-fit. Overall reliability coefficients of sub-constructs e.

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## 4: Amateur Soccer Players and the Phenomenon of Motivation “ The Sport Journal

*Submitted by Papanikolaou Zissis and Dr. Asterios Patsiaouras. ABSTRACT The relationship between various types of psychological and social motivation in amateur soccer players was examined in this [www.enganchecubano.com](http://www.enganchecubano.com) eight males and 14 females who participated in this study regularly engaged in soccer.*

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