

The Relationship between Motivation for and Engagement in Good and Poor Behavior in Youth Ice Hockey

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INTRODUCTION

- Self-Determination Theory (SDT) posits a holistic framework considering contextual, interpersonal, and intrapsychic mechanisms (e.g. autonomous vs. controlled regulation; Deci & Ryan, 2000) that motivate im/moral or good/poor sport behaviors (GPSB: Hodge & Lonsdale, 2011; Ntoumanis & Standage, 2009; Walker, 2004).
- Autonomous (self-determined) or intrinsic motivation (IM) has been shown to be a strong, positive predictor of sportpersonship and moral behavior towards teammates (Ntoumanis & Standage, 2009; Hodge & Lonsdale, 2011).
- Controlled, or extrinsic motivation (EM), predicted antisocial attitudes and moral disengagement, and was found to predict antisocial behavior towards teammates and opponents (Ntoumanis & Standage, 2009; Hodge & Lonsdale, 2011).
- Previous literature has not overtly looked at motivations for good and poor sport specific behaviors and has focused solely on sport motivation, inhibiting direction of motivation for specific behaviors within sport.

PURPOSE

To examine the relationships between self-determined (IM) and controlled motivation (EM) for good and poor sport behavior and self-reported good and poor sport behavior in youth ice hockey players



METHODS

Participants:

- Male youth hockey players (N = 68; M_{age} = 12.24, SD_{age} = 2.33) participating in competitive youth hockey in the Rocky Mountain Region of the US.
- Data were collected in person after receipt of parental consent before/after a practice/game.

Measures:

- Good and Poor Sport Behavior in Hockey - 33 items (GPSB: Lavoie & Babkes Stellino, 2008)
 - Good Sport Behavior (Graciousness (G) and Concern & Respect for Others (CR))
 - Poor Sport Behavior (Play & Talk Tough (PTT) and Complain & Whine (CW))
 - Likert Scale Responses: (1 = Not at all like me - 5 = Very much like me)
- Behavior Regulation in Sport Questionnaire - 24 items (BRSQ: Lonsdale et al., 2008)
 - Self-Determined Regulation/IM (Intrinsic, Integrated, and Identified; IM_G & IM_P)
 - Controlled Regulation/EM (Amotivation, External, and Introjected; EM_G & EM_P)
 - Likert Scale Responses: (1 = Not at all True - 7 = Very True)

Data Analysis:

- Linear regression analyses were conducted to examine whether the type of motivation (intrinsic vs. extrinsic) for good and poor sport behaviors was predictive of good sport behavior (Concern and Respect for others; Graciousness) or poor sport behavior (Complain and Whine; Play Talk Tough) and to specially determine the directionality of the theoretically posed relationships.

RESULTS

Predictive Variable	Variable	β	R ²
Intrinsic Motivation for Good Sport Behavior (IM_G)	Good sport behavior: concern and respect for others (G_CRO)	.30*	.087
	Good sport behavior: graciousness (G_G)	.26*	.069
Intrinsic Motivation for Poor Sport Behavior (IM_P)	Poor sport behavior: complain and whine (P_CW)	.29	.086
Extrinsic Motivation for Poor Sport Behavior (EM_P)	Poor sport behavior: play talk tough (P_PTT)	.26*	.066

Notes: N = 68, * = p < .05

- Intrinsic motivation for good sport behavior predicted good sport behaviors; concern and respect for others ($F_{(1,65)} = 6.22, p < .05, \beta = .30 R^2 = .087$) and graciousness ($F_{(1,65)} = 4.83, p < .05, \beta = .26 R^2 = .069$)
- Intrinsic motivation for poor sport behavior predicted poor sport behavior; complaining and whining ($F_{(1,64)} = 6.04, p < .05, \beta = .29 R^2 = .086$)
- Extrinsic motivation for poor sport behavior predicted poor sport behavior; play and talk tough ($F_{(1,65)} = 4.59, p < .05, \beta = .26, R^2 = .066$)

DISCUSSION/CONCLUSIONS

- The more an athlete's poor sport behavior is externally motivated, or controlled, the more likely the athlete is to engage in poor sport behavior; PTT.
- The more an athlete's poor sport behavior is self-determined, the more likely they are to engage in poor sport behavior; CW.
- The more an athlete's good sport behavior is self-determined, or intrinsically motivated, the more likely the athlete is to engage in good sport behavior; CRO & G.
- These findings illuminate the necessity to inquire about motivations for specific sport behaviors due to the variations in motivations for both good and poor hockey behaviors observed.
- Youth externally regulated to engage in poor sport behaviors may begin to integrate and identify with the poor sport behavior through recognition and rewards for the exhibited poor behavior, resulting in a shift to self-determined regulation to engage in poor sport behavior.



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*References available upon request