

THE EFFECTS OF WIN:LOSS [W:L] ON INDIVIDUAL MOTIVATION AND PERFORMANCE

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Discussion Points

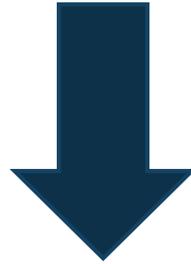
- Background
- Overview
- Procedure
- Results
- Explanation
- Implications
- Future considerations

Background on Sport Psych & Motivation Scales

- “Sport psychology is a proficiency that uses psychological knowledge and skills to address optimal performance and well-being of athletes, developmental and social aspects of sports participation, and systemic issues associated with sports settings and organizations” (APA, 1986).
- Perceived Motivational Climate in Sport Questionnaire (PMCSQ) (Walling et al., 1992).
 - Perceived motivational climate, degree of worry, team satisfaction
- Sport Motivation Scale (SMS) (Pelletier et al., 1995)
 - Intrinsic vs. extrinsic motivation.
- Behavioral Regulation in Sport Questionnaire (BRSQ) (Lonsdale et al., 2008).
 - Continuation of SMS.

What is being Addressed?

Problem: Many athletes feel individual pressure to perform without regard to the team's entire performance.



Hypothesis: An athlete's individual motivation and performance can be impacted by the w:l of their team.

Sport Psychology Motivational Assessment Scale [SP-MAS]

- 20 question survey
 - 4 questions for demographics
 - 16 statements of motivation
 - 4 statements corresponding to each scenario
 - Statements randomized to prevent pattern recognition

Gender
Age*
Academic Standing*
Sport

*Not a factor considered in data analysis

D.D. <i>Decrease in wins</i> → <i>Decrease in Motivation</i>	D.I. <i>Decrease in wins</i> → <i>Increase in motivation</i>
I.D. <i>Increase in wins</i> → <i>Decrease in motivation</i>	I.I. <i>Increase in wins</i> → <i>Increase in motivation</i>

Rated 1 → 5 (Strongly Disagree → Strongly Agree)

Sport Psychology Motivational Assessment Scale (SP-MAS) (Created by Bailey & Neuwirth, 2017)

Instructions: Please answer the following questions about yourself and the sport you play.

1. What is your gender? (circle one)
 - a. Male
 - b. Female

2. What is your age? (circle one)

a. 17	d. 20	g. 23
b. 18	e. 21	h. 24
c. 19	f. 22	i. 25+

3. What is your academic standing? (circle one)

a. Freshman	c. Junior
b. Sophomore	d. Senior

4. What sport do you play? (circle one)
 - a. Basketball
 - b. Soccer
 - c. Lacrosse

Instructions: For the following questions circle one number rating for each, indicating how much you agree with each statement.

Strongly Disagree	Disagree	Neither Disagree nor Agree	Agree	Strongly Agree	
1	2	3	4	5	
5. The more my team wins, the more games I want to play in.	1	2	3	4	5
6. I don't care if my team loses as long as I perform well.	1	2	3	4	5
7. If my team is losing I want to give up.	1	2	3	4	5
8. I enjoy playing with my teammates more when my team is winning.	1	2	3	4	5
9. I don't care how many points I score if my team loses.	1	2	3	4	5
10. I'd rather my teammates play more than me when we are winning.	1	2	3	4	5
11. The more games my team loses, the more I want to play again.	1	2	3	4	5
12. I will sit out as many games as I have to if my team keeps winning.	1	2	3	4	5
13. I want to play as many minutes as possible when my team is winning.	1	2	3	4	5
14. I stop wanting to play my sport when my team loses a lot of games.	1	2	3	4	5
15. I don't take as many shots when my team is winning.	1	2	3	4	5
16. I play better when my team is winning.	1	2	3	4	5
17. I feel like I am not good enough when my team performs well.	1	2	3	4	5
18. I want to sit out of the next game if my team loses badly.	1	2	3	4	5
19. I try to play better when my team is losing.	1	2	3	4	5
20. I am less likely to pass to my teammates if we are losing.	1	2	3	4	5

Participants – *N*-Sizes

	Soccer	Basketball	Lacrosse
Male	$n = 8$	$n = 3$	X
Female	$n = 8$	$n = 4$	$n = 15$

$N = 38$

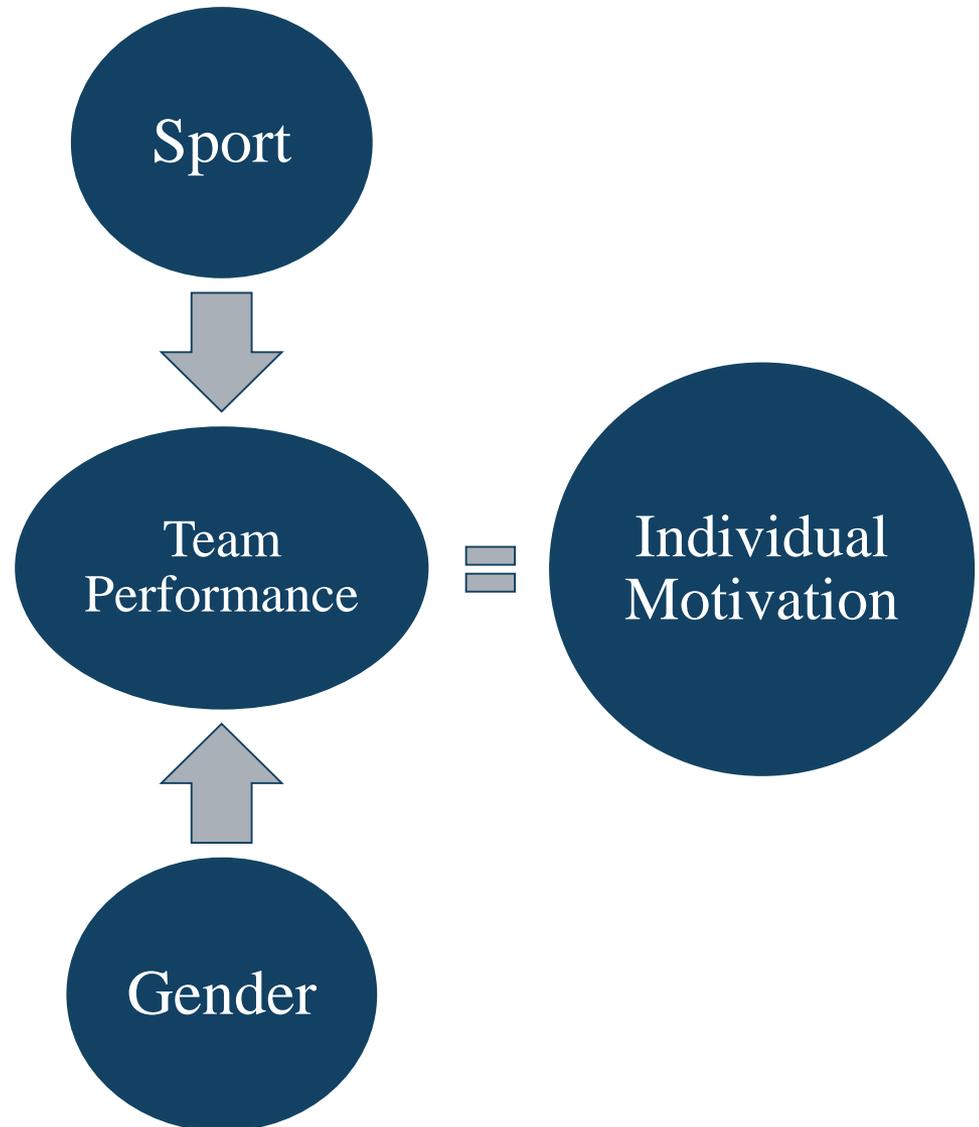
Procedure

- Inform coaching staff of research
- Distribute surveys to teams
- Inform athletes of purpose and procedure
- Surveys completed
- Surveys scored using SP-MAS key

<i>Motivation Scenario</i>	<i>Question Number</i>
Decrease winning → Decrease Motivation and AP	8, 10, 15, 19
Decrease winning → Increase Motivation and AP	7, 12, 20, 21
Increase winning → Decrease Motivation and AP	11, 13, 16, 18
Increase winning → Increase Motivation and AP	6, 9, 14, 17

Data Analysis

- Data categorized based on sport, gender, motivation level in Microsoft Excel
- Calculated Mean, Standard Deviation, Standard Error of the Mean of each motivation level for each sport and gender
- Ran an *Analysis of Variance (ANOVA)*



Soccer

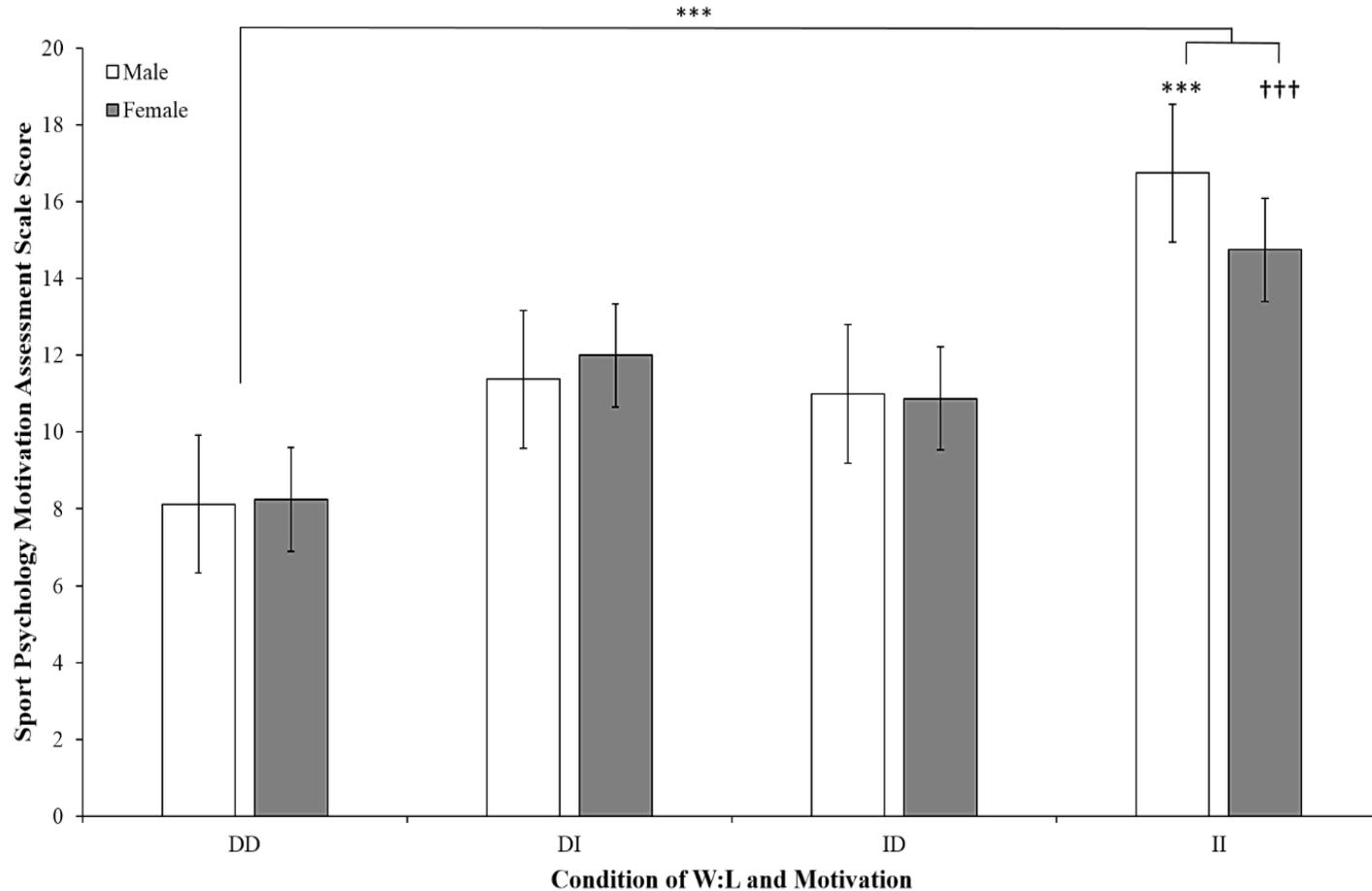


Fig. 1. Illustrates the soccer team athletes SP-MAS Scores for the W:L conditions and motivation score as a function of gender. Data are presented as \pm SEM with $\alpha = 0.05$, 95% CI, and $p < 0.05^*$, $p < 0.01^{**}$, and $p < 0.001^{***}$ for males (*) and females (†).

Basketball

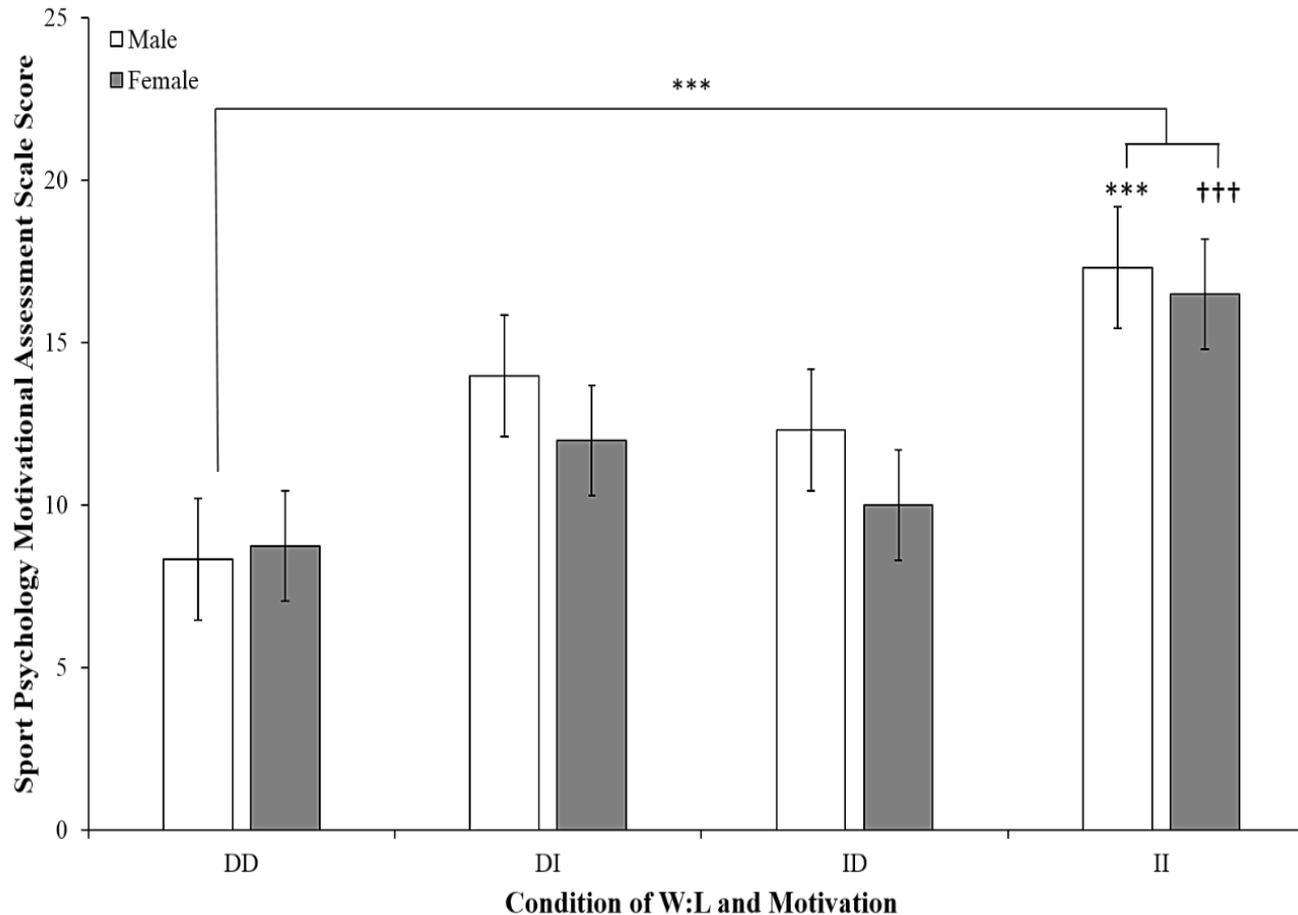


Fig. 2. Illustrates the basketball team athletes SP-MAS Scores for the W:L conditions and motivation score as a function of gender. Data are presented as \pm SEM with $\alpha = 0.05$, 95% CI and $p < 0.05^*$, $p < 0.01^{**}$, and $p < 0.001^{***}$ for males (*) and females (†).

Lacrosse

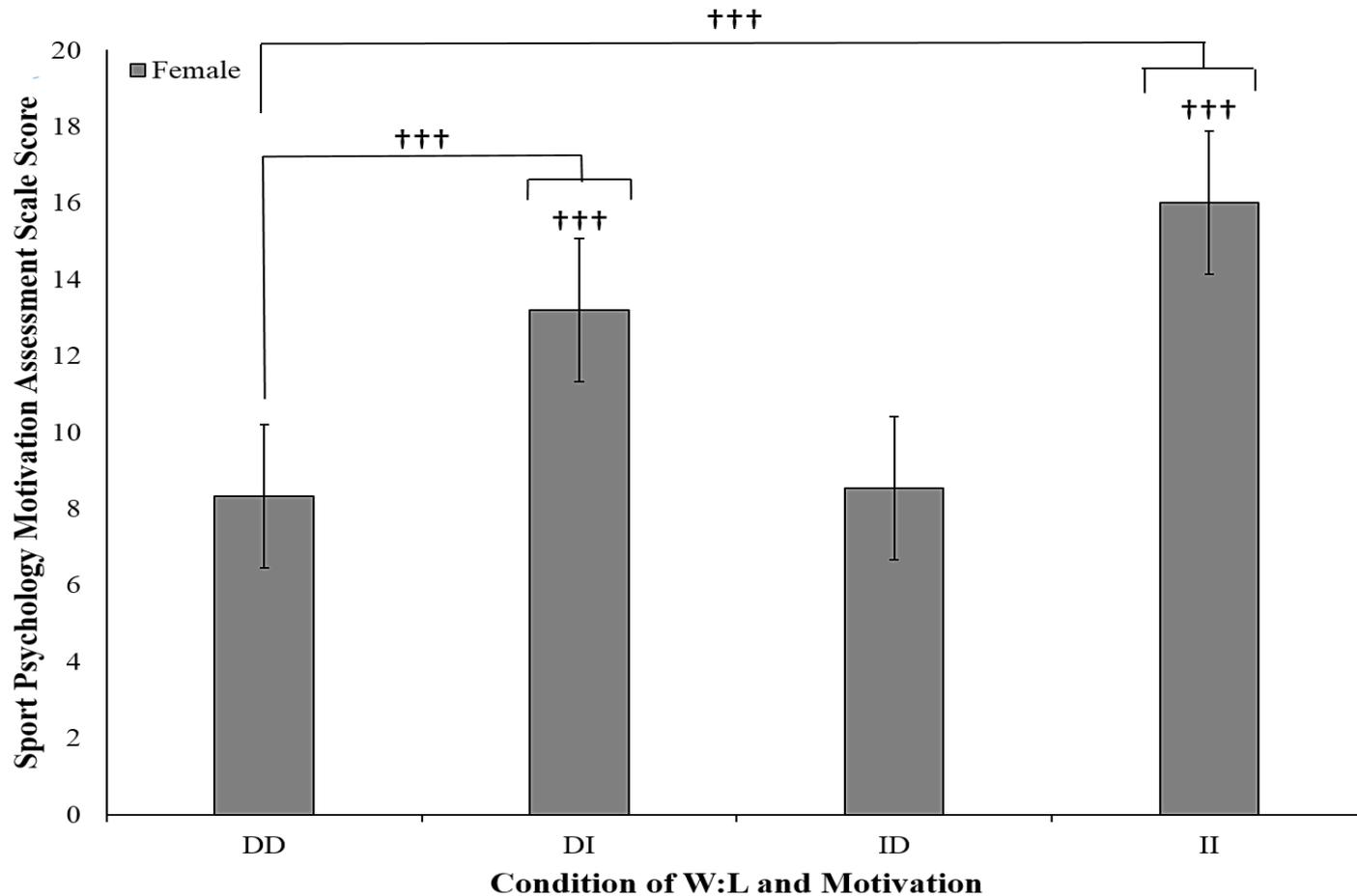


Fig. 3. Illustrates the lacrosse team athletes SP-MAS Scores for the W:L conditions and motivation score. Data are presented as \pm SEM with $\alpha = 0.05$, 95% CI and $p < 0.05$ †, $p < 0.01$ ††, and $p < 0.001$ ††† for females (†).

All Teams

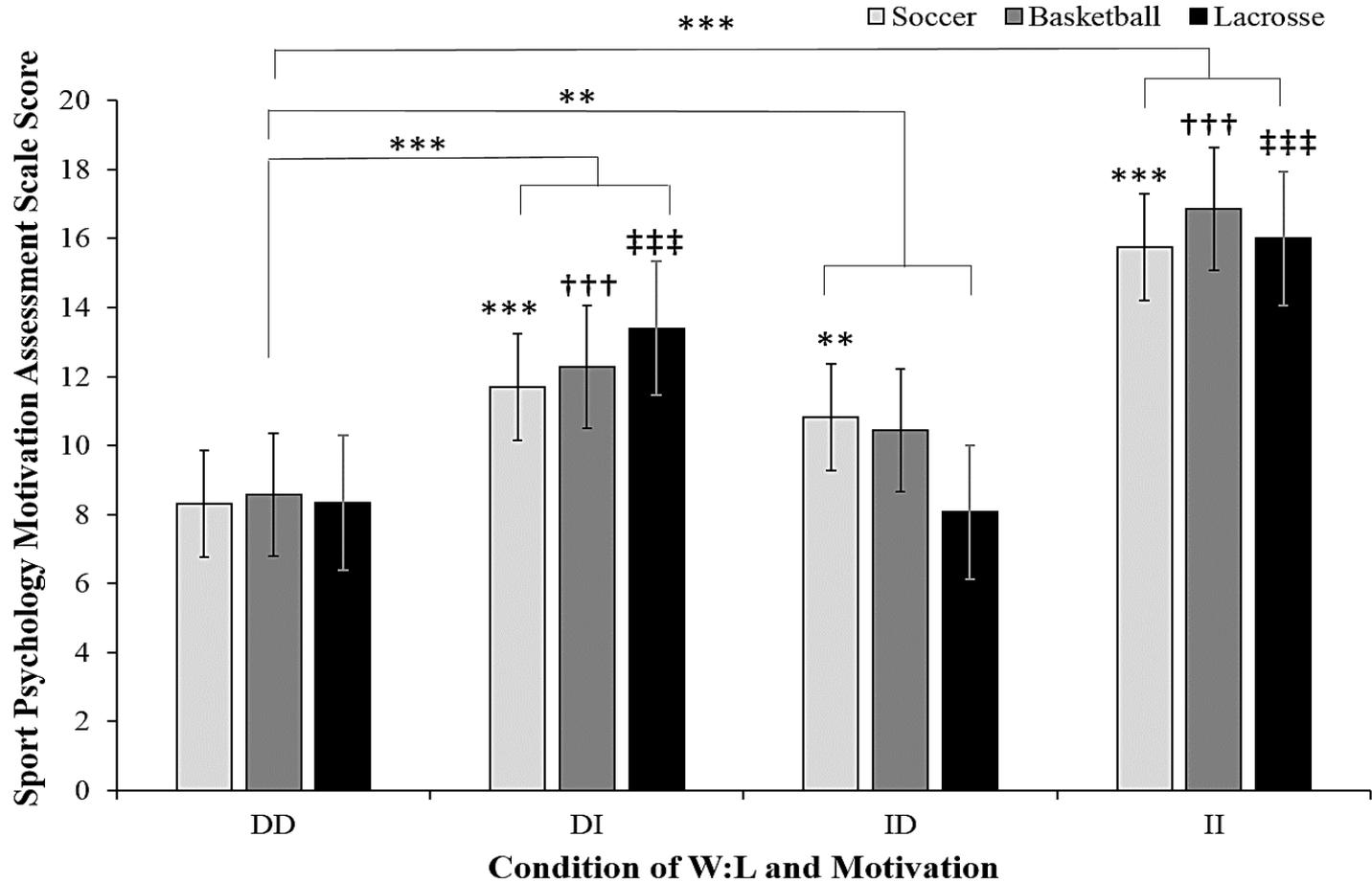
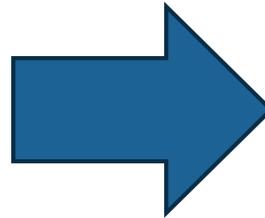


Fig. 4. Illustrates the combined team athletes SP-MAS Scores for the W:L conditions and motivation score as a function of sport team. Data are presented as \pm SEM with $\alpha = 0.05$, 95% CI and $p < 0.05^*$, $p < 0.01^{**}$, and $p < 0.001^{***}$ for soccer (*), basketball (†), and lacrosse (‡).

Discussion

**Hypothesis
Supported**



**Individual
motivation is
impacted by team
performance**

What this means

- Biopsychosocial approach to success or failure
- Maintenance of motivation

Limitations to Consider

- Participants
- Number of teams
- Timeline of season

Conclusion

Future Studies

- More participants
- Different teams
- Combined analysis of player stats., Motivation Assessment Scale scoring and, Sport Motivation Scale score
- Training to promote or eliminate motivators and behaviors

Takeaway

- Introduction to topic in Sport and Exercise Psychology
- Understanding of the complexity of performance
- Many factors that can impact performance

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THANK YOU
