

Anxiety and motivation in basketball athletes with and without disability

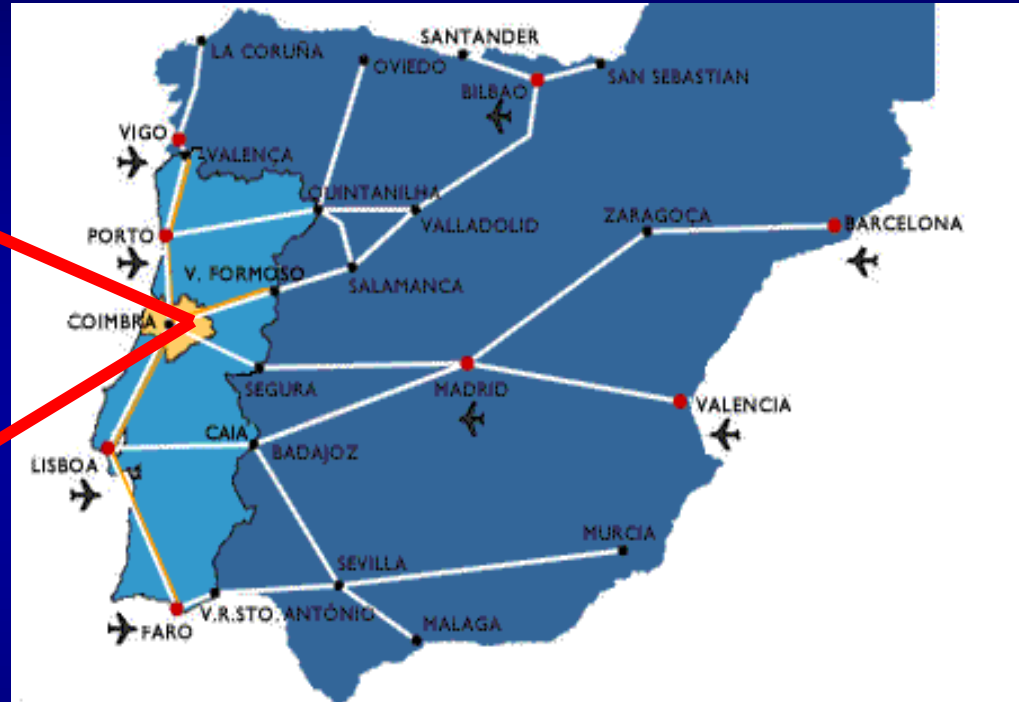


University of Coimbra

**Sport Sciences and Physical
Education Faculty**

Portugal

José Pedro Ferreira (PhD)



Psychological benefits of sport participation



- Better prepared to support tension and frustration,
- Easier to control anxiety levels,
- Less susceptibility to depression and low mood states,
- Higher contribution for the construction of individuals personality.

Psychological determinants



Determinants are factors that might influence the individual participation in sport and exercise

(Biddle & Mutrie, 2001)



Which determinants?



- **Motivation**
- **Trait anxiety**
- **State anxiety**
- **Self-esteem & Physical Self**
- **Self-confidence & Self-efficacy**
- **Athletic Identity**
- (...)

What is motivation?

“Motivation is simply the direction and the intensity of the individual effort”

(Sage, 1977)

“We may define motivation as the totality of the factors that determine different forms of behaviour directed to a certain goal”

(Samulski, 1990)



Motivation orientation



Task orientation – perceptions are self-referenced, with the motivation driven by the desire to master demands of a particular task and to improve one's ability or competence;

Ego orientation – perceptions are norm-referenced, with motivation driven by desire to perform as well or better than others.

Motivation orientation

Instrument:

Task and Ego Orientation in Sport Questionnaire (TEOSQ)
(Duda, 1989) – 13 items

Portuguese version (Fonseca, 1999)

2 dimensions:

- Task (7 items)
- Ego (6 items)

Competitive sport anxiety



Top level disability sport has become increasingly organized and competitive, and achieved the potential to create anxiety in many disability sport participants (Campbell & Jones, 1997, 2002a, 2002b; Ferreira et al., 2007)

Competitive sport anxiety

Trait

Trait Anxiety - It's an individual predisposition where a person perceives a huge diversity of situations as threatening and responds to those situations with an unadjusted level of Anxiety.

State

Arousal – It's a general physiological and psychological excitement of the body, varies in a continuum from sleep to extreme excitement

State anxiety – Changes in the feelings related to worry and concern associated to body excitement

Cognitive
Concern and
negative
thoughts

Somatic
Perceived
physiological
activation

AROUSAL, STRESS & ANXIETY IN SPORT



Sport trait anxiety assessment

Instrument:

Modified version of the Sport Anxiety Scale – SAS –
(Smith, Smoll, & Schutz, 1990) - 21 original items

Portuguese version (Cruz, 1996) – 15 items

3 dimensions:

- Somatic anxiety (9 items)
- Worry anxiety (7 items)
- Concentration disruption (5 items)

State anxiety



Cognition and arousal are considered to be different components of the anxiety response and a distinction has been made between cognitive and somatic anxiety (Burton, 1998; Davidson & Schwartz, 1976; Deffenbacher, 1977; Smith, Smoll, & Wiechman, 1998) and they can be differently related to performance

Sport state anxiety assessment

Instrument:

Competitive State Anxiety Inventory – 2 (revised) – (Cox, Martens, & Russell, 2003) - 27 items

Portuguese version (Cruz et al., 2006)

3 dimensions:

- Cognitive anxiety (9 items)
- Somatic anxiety (9 items)
- Self-confidence (9 items)

Sample

- N=95

Male basketball athletes from 1st division teams participating in the National Competition

- n=50

Athletes without disability 24.62 ± 3.53 yrs.

- n=45

Athletes with disability 30.40 ± 11.93 yrs.

Procedures

- One-to-one administration
- Being available to answer any questions
- In particular cases interview method was used
- Administration at the end of exercise and training sessions or during team meetings, with coaches agreement and cooperation
- Data was collected in private and social security institutions for elderly people in the district of Coimbra - Centre Portugal

Basketball athletes trait anxiety

	Without disability			With disability		
SAS	n	M	SD	n	M	SD
Som_anx_i	50	7.30	2.19	45	7.91	2.21
Worry_i	50	10.74	2.55	45	11.07	3.73
Conc_disrup_i	50	7.52	1.94	45	8.89	5.09
Som_anx_d	50	1.08	5.28	45	<u>-.444</u>	6.59
Worry_d	50	<u>-.26</u>	5.59	45	2.36	7.71
Conc_disrup_d	50	1.34	6.41	45	.931	7.89
Tot_anx_i	50	25.56	4.49	45	27.87	7.98
Tot_anx_d	50	2.16	14.71	45	3.21	18.57

Basketball athletes state anxiety & motivation

	Without disability			With disability		
CSAI-2	n	M	SD	n	M	SD
Cog_anx_i	50	25.56	4.49	45	27.87	7.98
Som_anx_i	50	2.16	14.71	45	3.21	18.57
Selfconf_i	50	18.36	3.97	45	22.53	10.09
Cog_anx_d	50	19.10	6.92	45	24.86	32.12
Som_anx_d	50	32.20	9.44	45	35.91	30.87
Selfconf_d	50			45		

TEOSQ	n	M	SD	n	M	SD
Task	50	4.34	.481	45	4.23	.525
Ego	50	2.57	.782	45	2.18	.881

Trait anxiety in basketball athletes

Basketball athletes with and without disability showed a similar psychological pattern for both intensity and direction of trait anxiety .

Trait anxiety

Basketball athletes with more years of sport experience present lower levels of intensity of somatic anxiety and intensity of total anxiety.

Significant at 0.01 level and * at 0.05 level

State anxiety in basketball athletes

Basketball athletes with disability presented higher levels of cognitive anxiety [intensity] than athletes without disability. Significant statistical differences were found between both groups;

Wheelchair basketball athletes seem to think more about their performance and feel more concerned and worried with their performance just before the competition starts.

State anxiety in basketball athletes

Significant statistical differences for intensity of cognitive anxiety between athletes with and without disability;

Athletes with disability present higher levels of cognitive anxiety, suggesting that they think more about the competition and are more concerned with their performance before the competition.

** Significant at 0.01 level and * at 0.05 level

Motivation orientation in BA

Athletes with disability show a similar motivation orientation pattern than basketball athletes without disability;

Basketball athletes with and without disability showed that they are strongly task oriented rather than ego oriented.

** Significant at 0.01 level and * at 0.05 level

Motivation orientation in WBA

Athletes with disability with more years of competitive experience showed higher levels of Ego motivation orientation when compared with their team mates with less competitive experience.

** Significant at 0.01 level and * at 0.05 level

Sport Orientations and Goal Perspectives of Wheelchair Athletes

Emmanouil K. Skordilis
University of Thessalia

Dimitra Koutsouki and Katerina Asonitou
University of Athens

Elizabeth Evans, Barbara Jensen, and Kenneth Wall
Springfield College

Motivation orientation in WBA

The motivational pattern found in the present study is similar to the one found in previous studies using the same instrument in WBA

This strong task orientation may be explained by the fact that team sport athletes tend to be more task oriented as consequence of the cooperation activities.

Task

Ego

Perceptual and Motor Skills, 2007, 105, 339-346. © Perceptual and Motor Skills 2007

PRECOMPETITIVE ANXIETY AND SELF-CONFIDENCE IN ATHLETES WITH DISABILITY¹

JOSÉ PEDRO L. FERREIRA

University of Coimbra

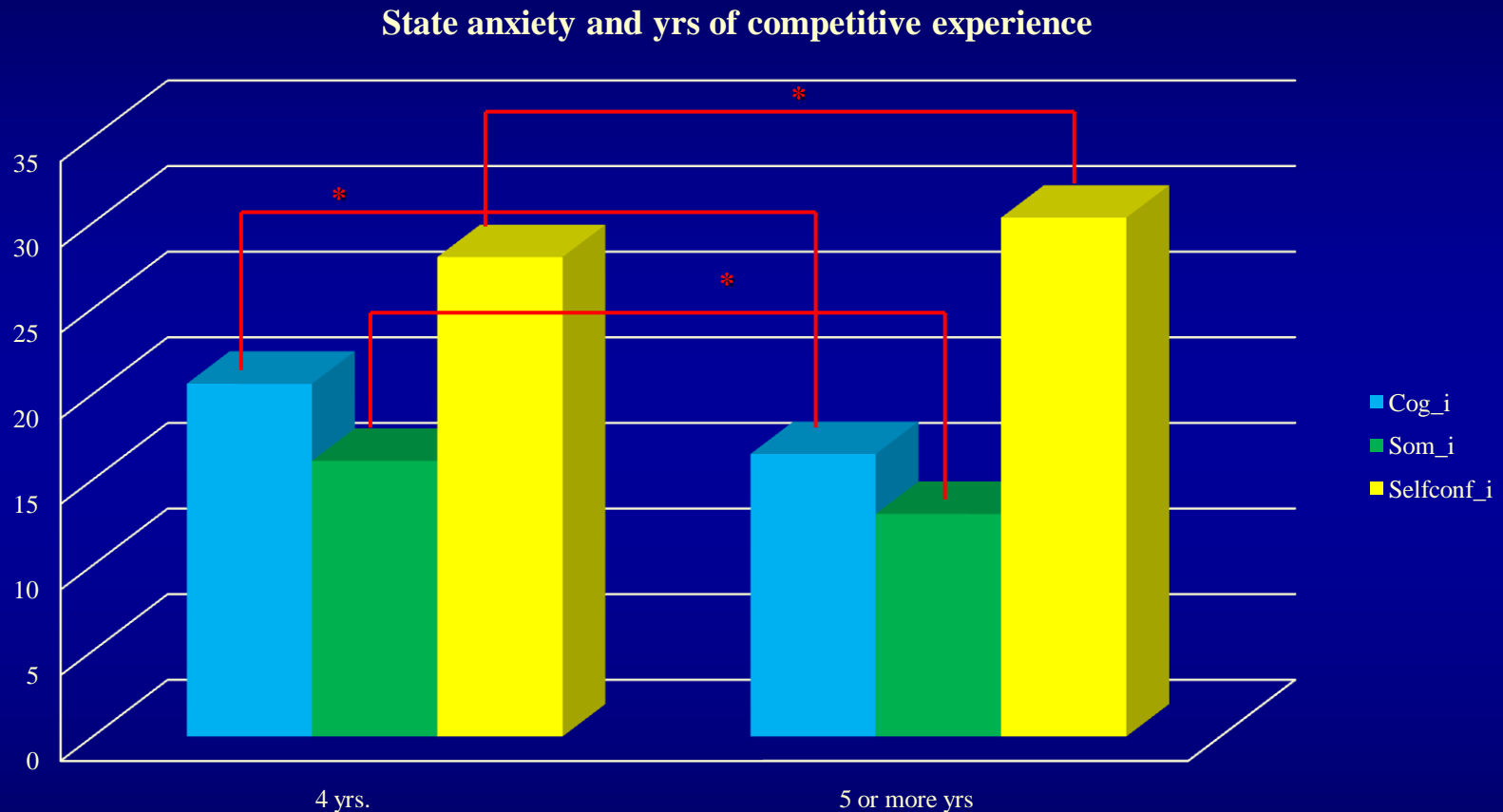
NIKOS CHATZISARANTIS

University of Plymouth

PEDRO MIGUEL GASPAR AND MARIA JOÃO CAMPOS

University of Coimbra

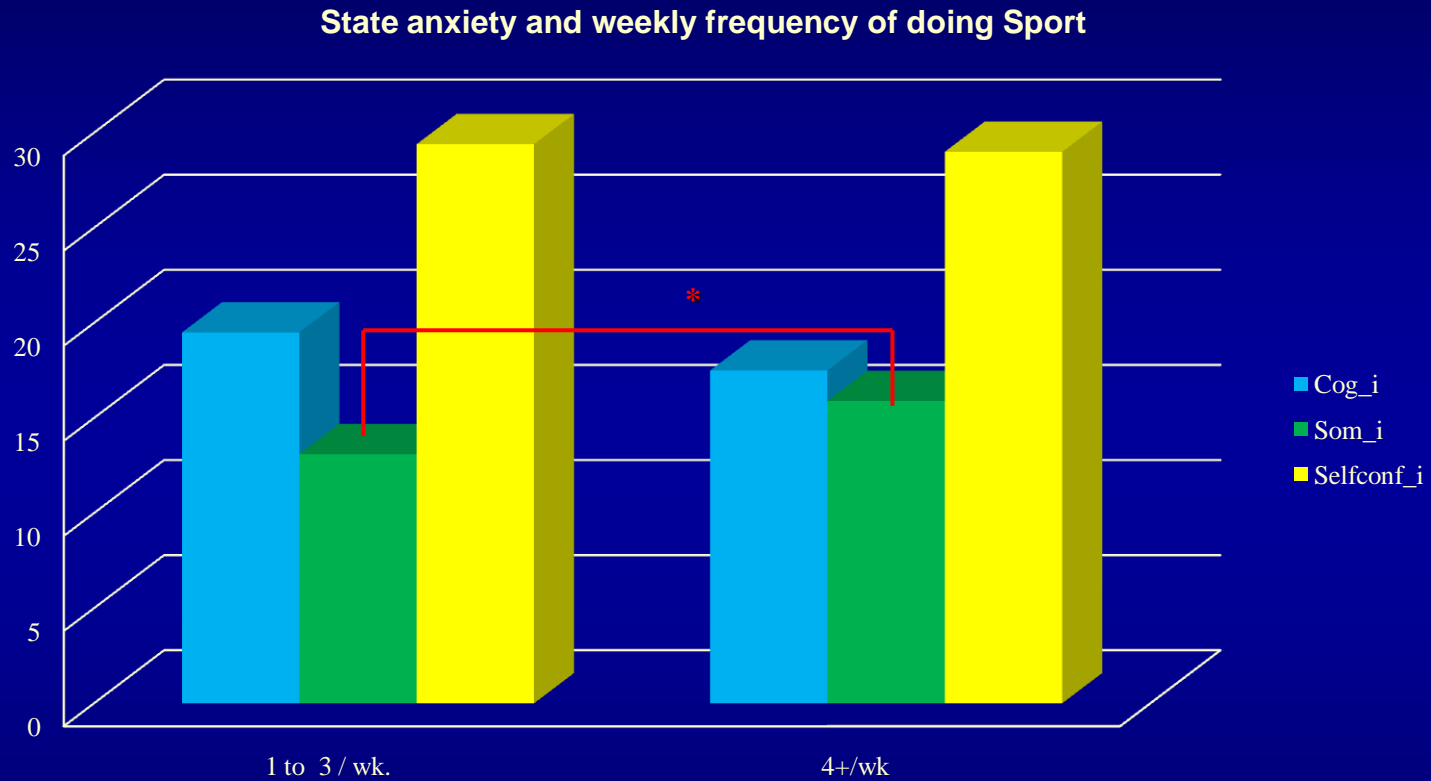
State anxiety in wheelchair basketball athletes



(Ferreira et al., 2007)

** Significant at 0.01 level and * at 0.05 level

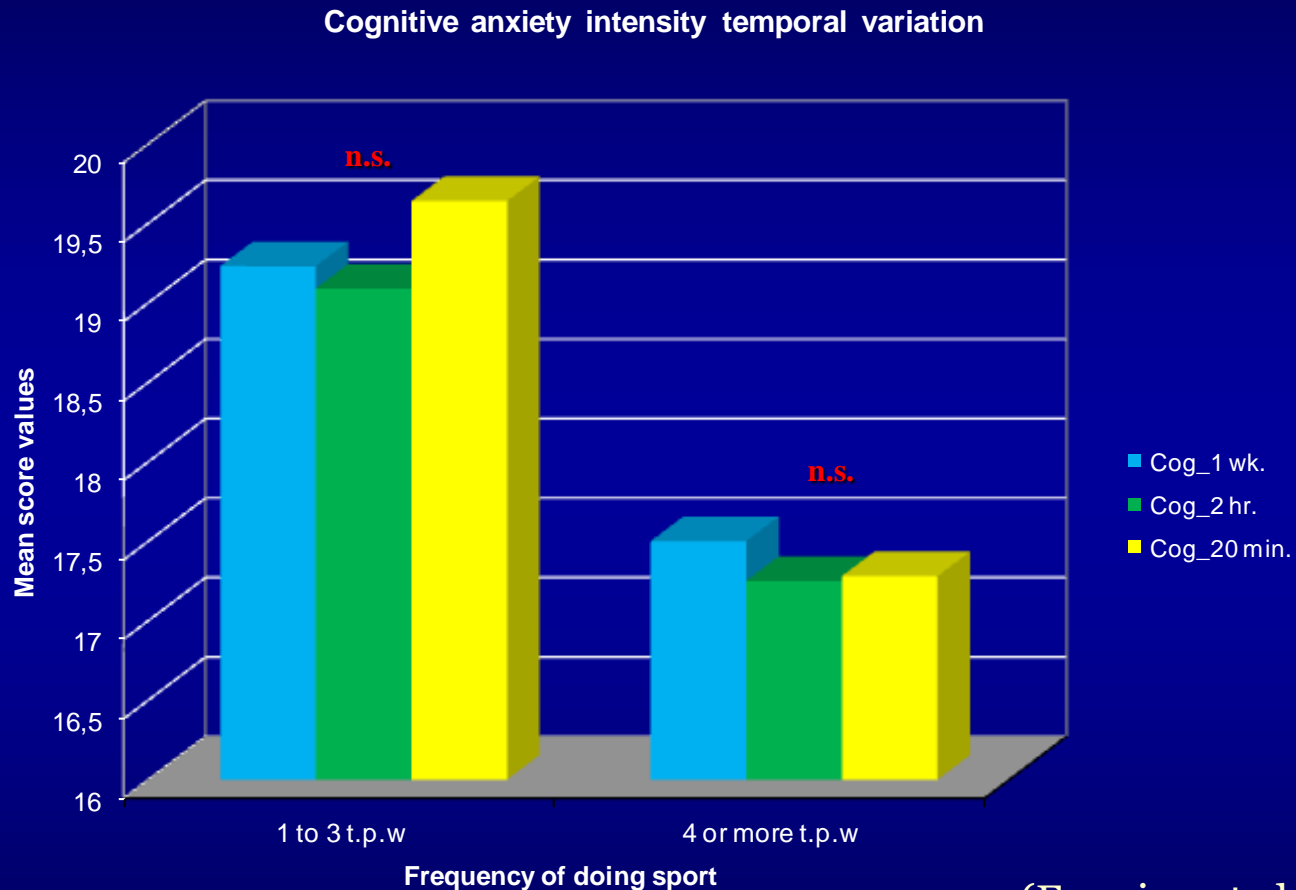
State anxiety in WBA



(Ferreira et al., 2007)

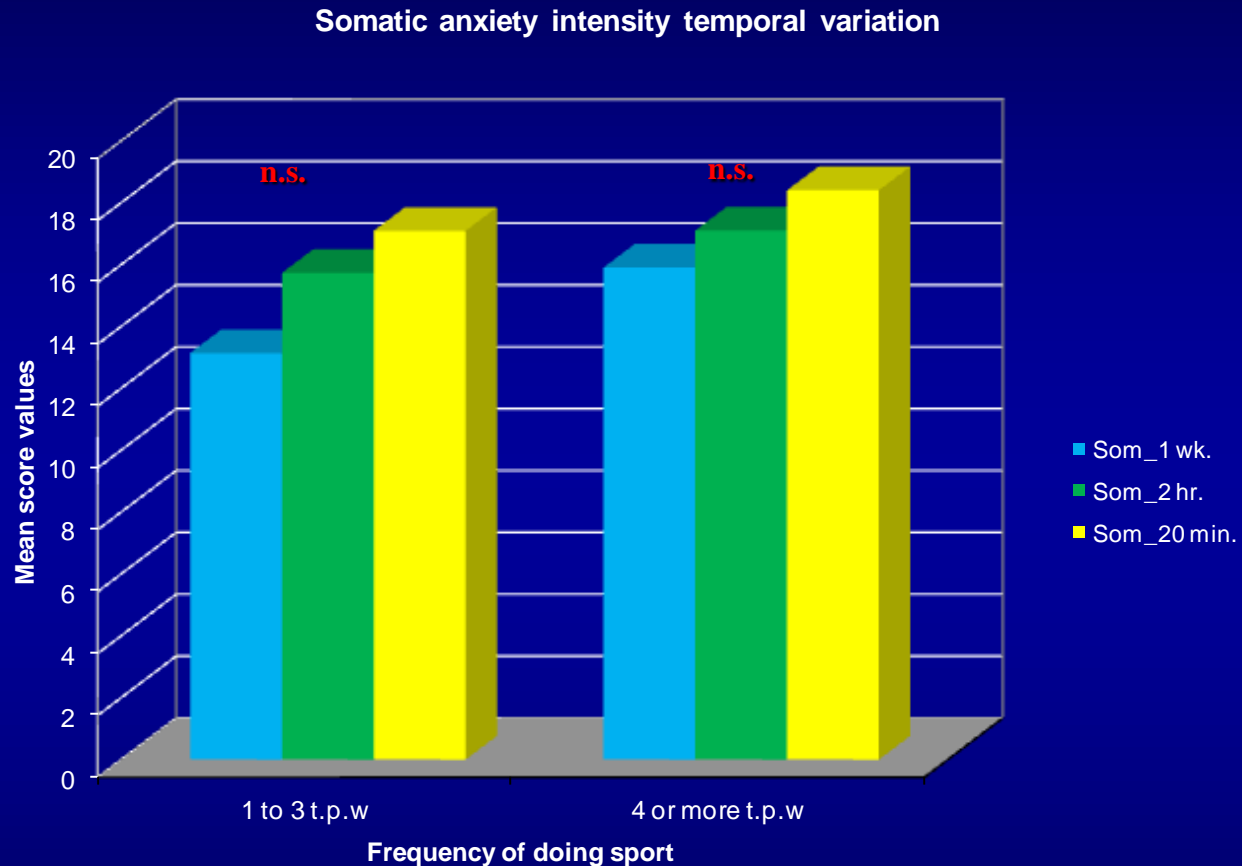
** Significant at 0.01 level and * at 0.05 level

Cognitive anxiety in WBA



(Ferreira et al., 2007)

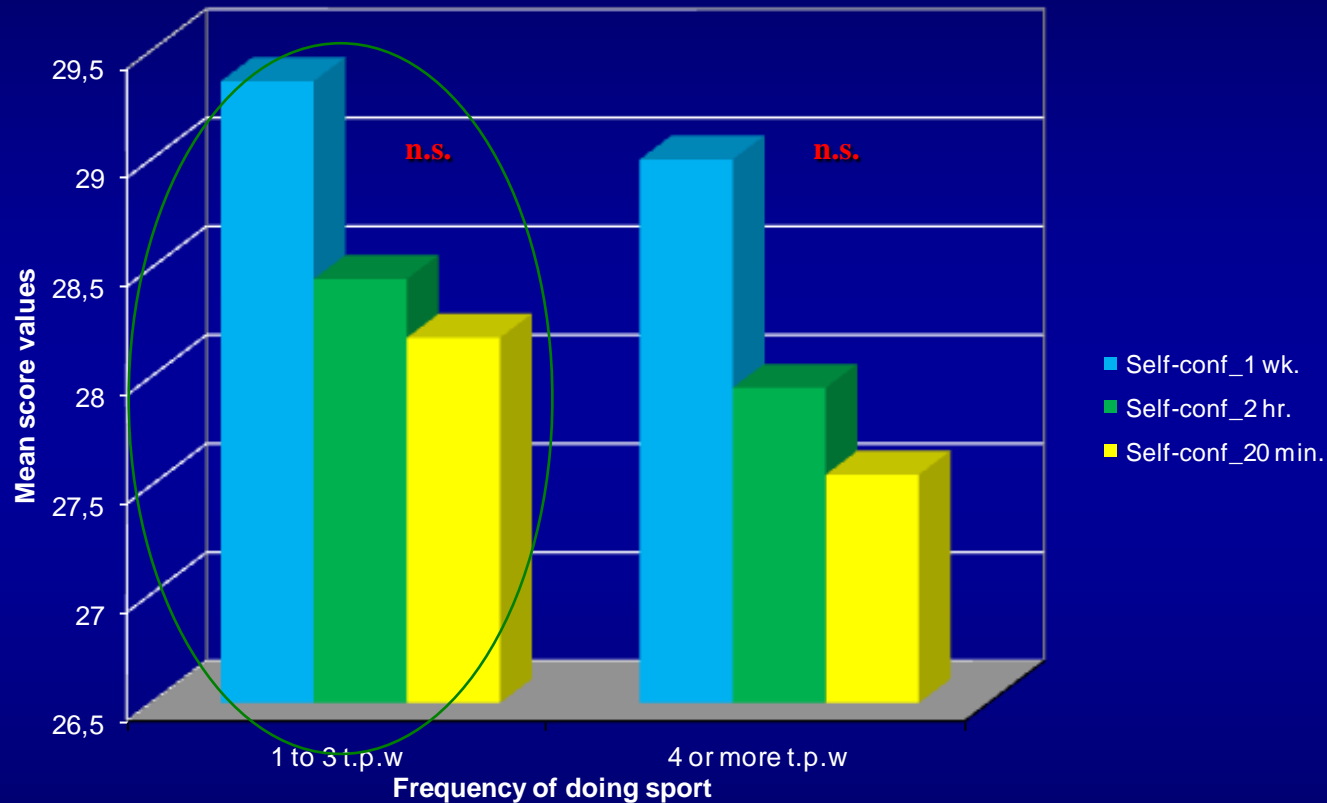
Somatic anxiety in WBA



(Ferreira et al., 2007)

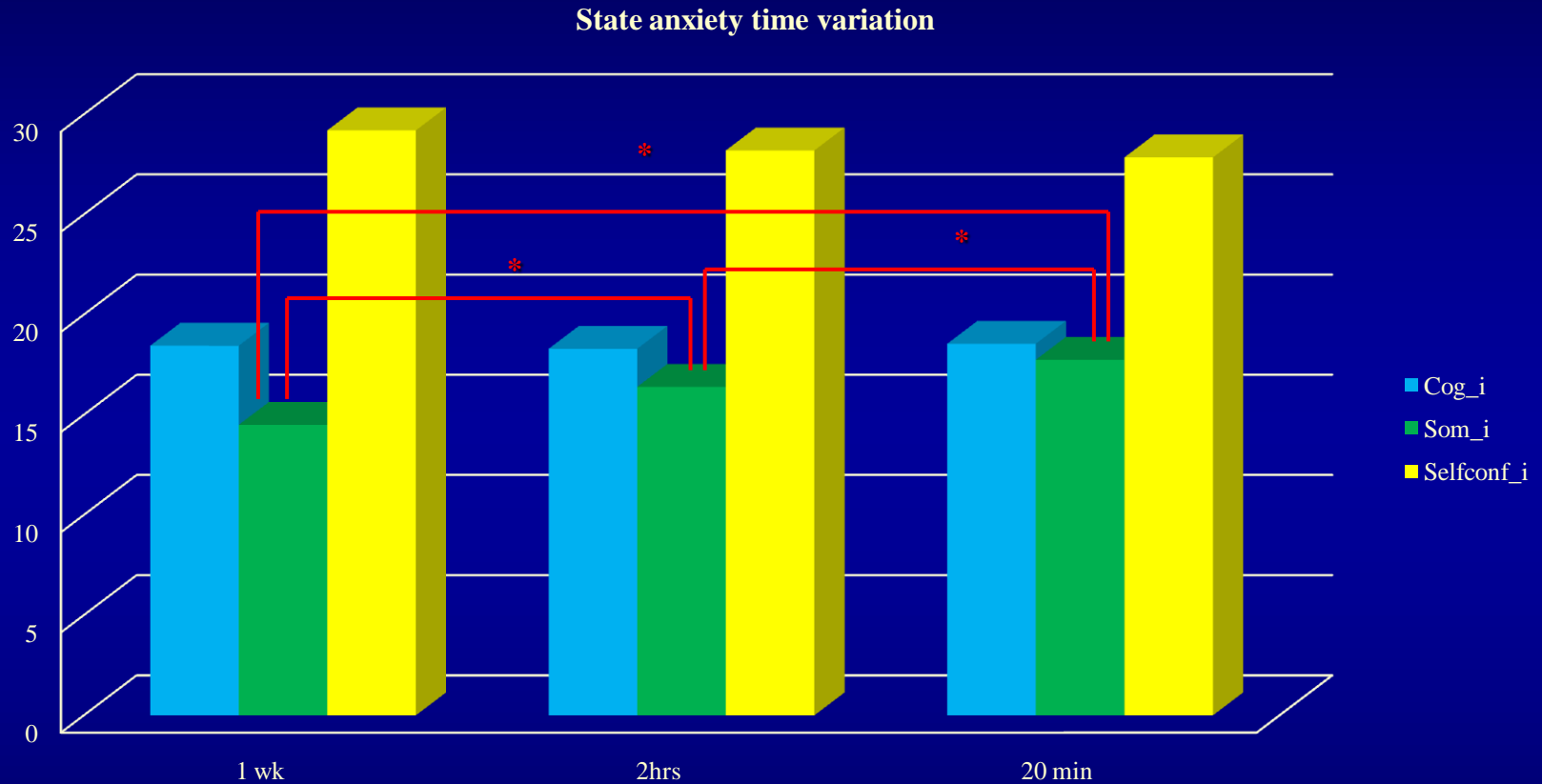
Self-confidence in WBA

Self-confidence intensity temporal variation



(Ferreira et al., 2007)

State anxiety in WBA



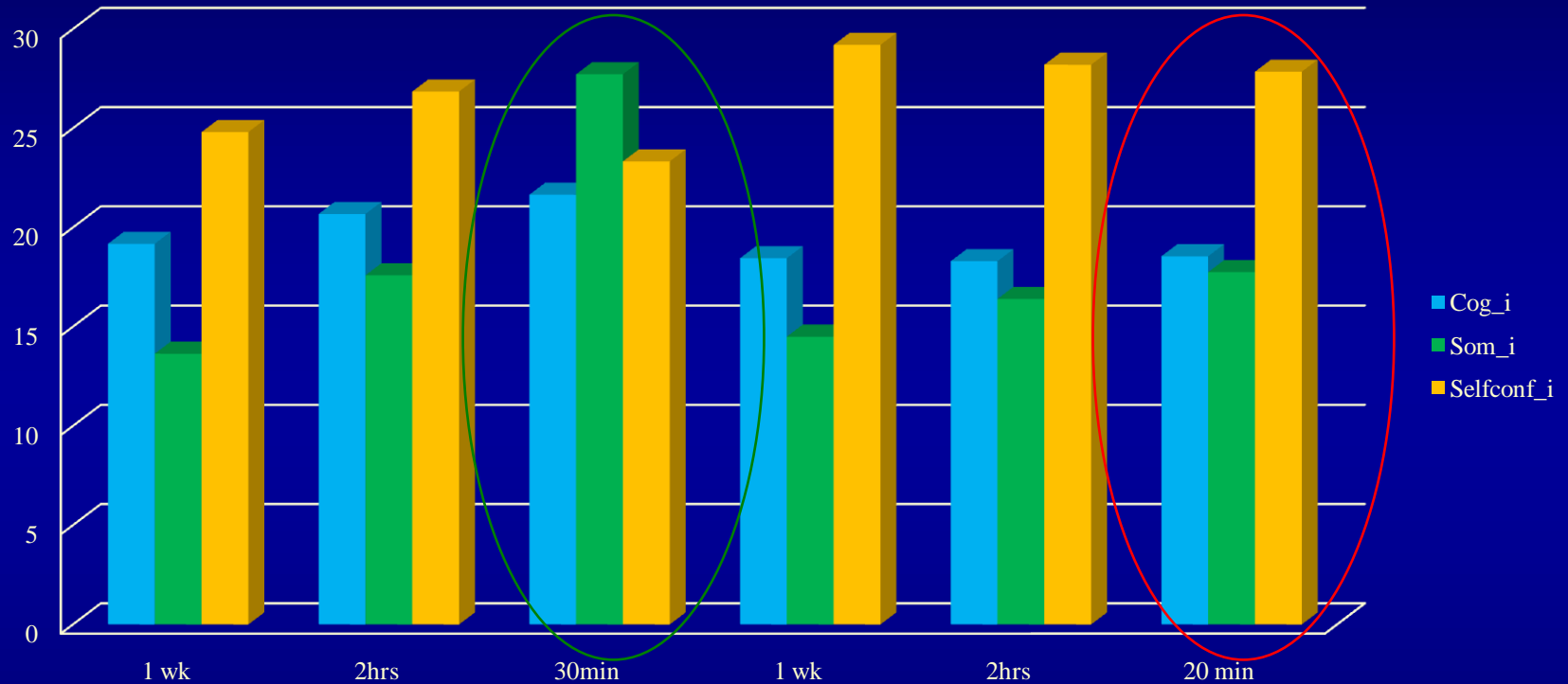
(Ferreira et al., 2007)

** Significant at 0.01 level and * at 0.05 level

Precompetition Anxiety and Self-Confidence in Wheelchair Sport Participants

Elizabeth Campbell and Graham Jones
Loughborough University

State anxiety in WBA



Campbell & Jones, 1997

Ferreira et al., 2007

In summary



Key elements

- Disability sport athletes presented a pre-competitive anxiety pattern similar to the one found in athletes without disability,
- Disability athletes may have fewer competitive experiences and may perceive less secure and less confident when experiencing new or less usual competitive sport situations,
- Disability sport and disability athletes may not be so competitive oriented as it is the case of male athletes without disability.



Thank you for your attention!



UNIVERSIDADE DE COIMBRA FACULDADE DE CIÊNCIAS DO DESPORTO E EDUCAÇÃO FÍSICA



mestrado

Exercício e Saúde em Populações Especiais



Secretariado de Cursos Pós-graduados

Aldina Coelho

Secretariado de Cursos Pós-graduados

Faculdade de Ciências do Desporto e Educação Física - Estádio Universitário de Coimbra - Pavilhão III - Santa Clara 3040-156 Coimbra

Tel. 239802770 Fax. 239802779 e-mail: mestrados@fcdef.uc.pt

Informações adicionais: www.fcdef.uc.pt



Curso reconhecido (para efeitos do art.º 54.º do decreto-lei 15/2007 de 19/01) pelo Ministério da Educação por despacho de 2008/08/29 da Sua Excelência o Secretário de Estado da Educação

coordenação

Prof. Doutor José Pedro Ferreira Faculdade de Ciências do Desporto e Educação Física

jpferreira@fcdef.uc.pt

UNIVERSITY OF COIMBRA
Sport Sciences and Physical Education Faculty

Portugal

Tel: (00351)239 802770

Fax: (00351)239 802779

www.fcdef.uc.pt