

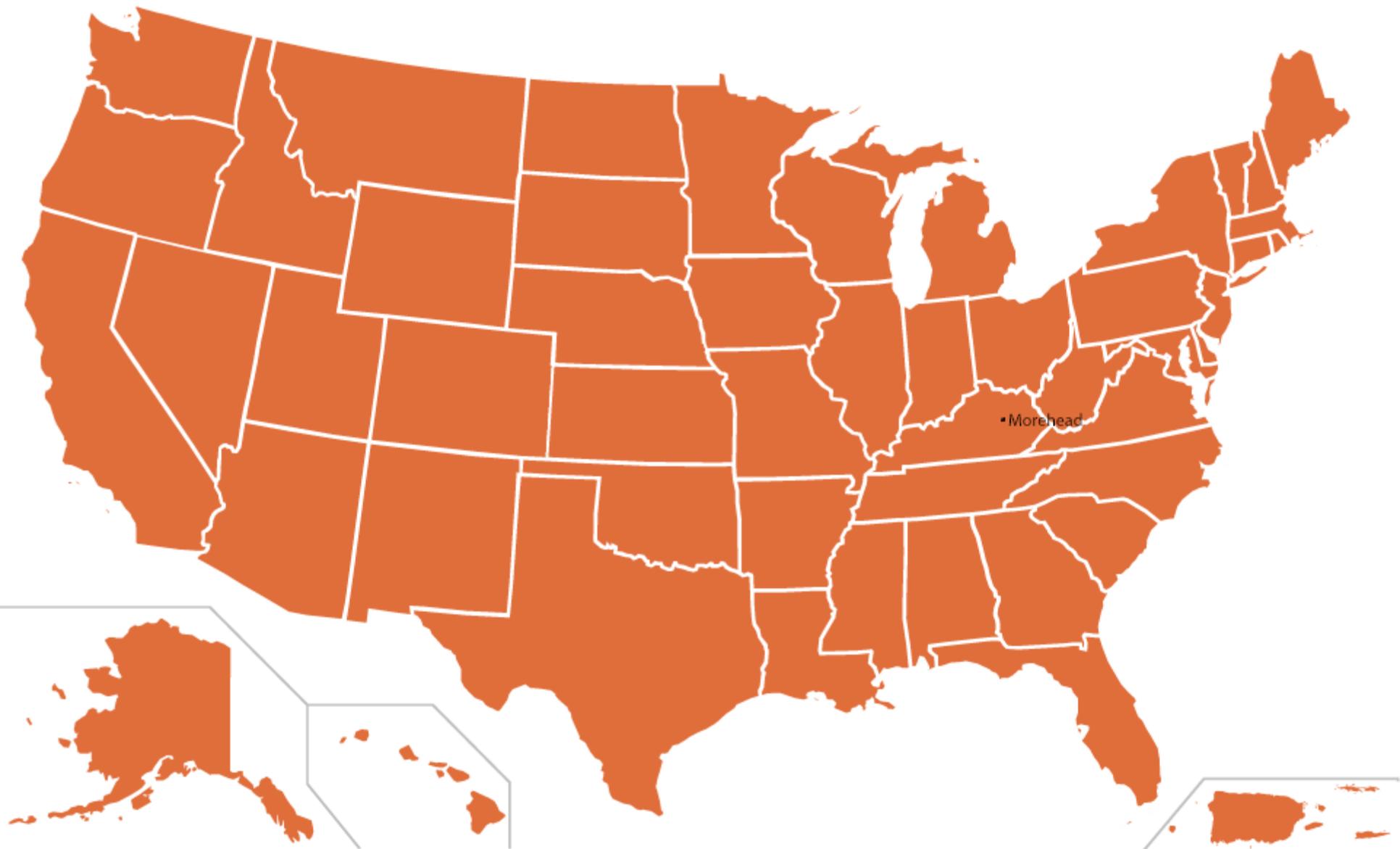
A PRELIMINARY ANALYSIS OF MOTIVATION AND GOAL ORIENTATION IN ROCK CLIMBERS

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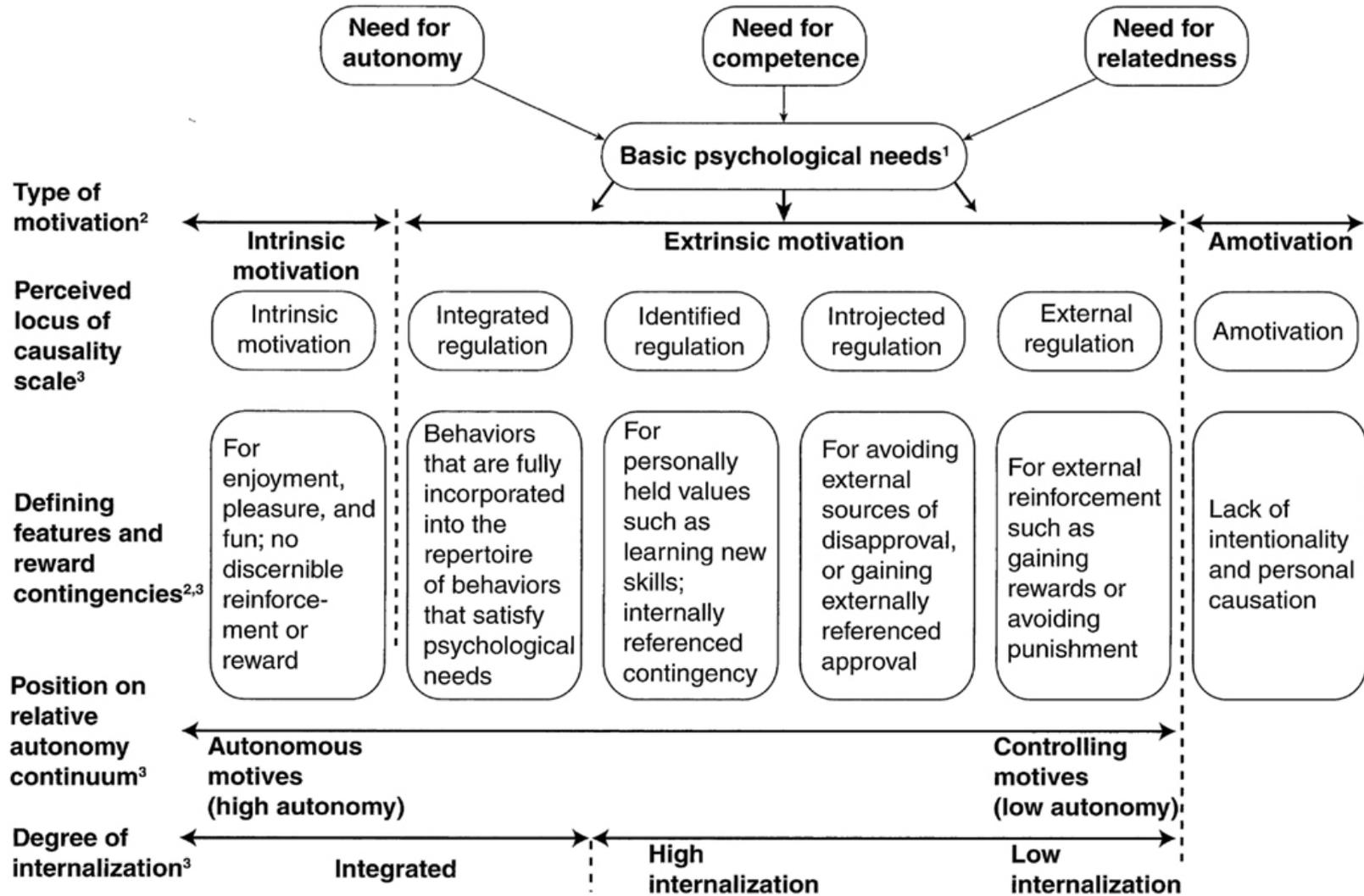


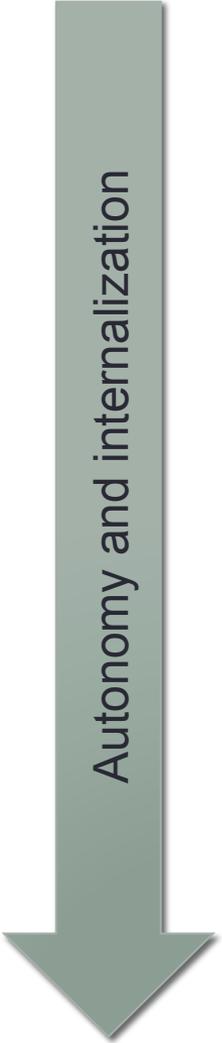
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Motivation in Sport and Exercise

- Motivation and goal orientation related to long-term commitment and interest and positive outcomes
- Motivation studied in variety of sports and exercise and populations
- “Motivation is the inclination to pursue and persist in activities related to one’s sport”

Self-Determination Theory





Autonomy and internalization

Amotivation	lack of intent to act, non-regulation
External	externally controlled reward or punishments
Introjected	actions driven by attempt to feel worthy or guilt/shame avoidance, ego involvement
Identified	behavior is personally important and worthwhile
Integrated	behavior is valued/congruent with life goals, fully integrated activity
Intrinsic	motivations are from the behavior itself

More autonomous forms associated with persistence, frequency and commitment

Goal Theory

- **Ego orientation (performance):** Competence defined by external standards or norm based/social comparisons
 - Negative behavior when low perceived sport ability
- **Task orientation (mastery):** self-reference, comparison with self and past achievements.
 - Associated with persistence in sport.

Motivational climate affects goal orientation

Goals and Hypotheses

- Descriptive analysis of M and GO in a diverse subsection of the climbing community
- More experienced climbers and skilled would have higher scores on intrinsic motivation
- Differences in task and ego related to gender and skill level

METHODS

Methods

- Convenience sample; two gyms and forum
- 18 and over, self-identified as climbers (Sport, Trad, Bouldering)
- 2 validated questionnaires, demographics and climber specific items

Sport Motivation Scale (SMS) II 2012

- Validated 6 factor structure
- 18 item Likert scale
- 3 items per factor

Why do you practice your sport?								
<i>Please think about why you practice your primary sport and respond to the questions below. Using the following scale, please indicate to what extent each of the following items corresponds to one of the reasons for which you are presently practicing your sport.</i>								
Does not correspond at all	Corresponds very little	Corresponds a little	Corresponds moderately	Corresponds quite a bit	Corresponds quite a lot	Corresponds completely		
1	2	3	4	5	6	7		
1.	Because I would feel bad about myself if I did not take the time to do it.	1	2	3	4	5	6	7
2.	I used to have good reasons for doing sports, but now I am asking myself if I should continue.	1	2	3	4	5	6	7
3.	Because it is very interesting to learn how I can improve.	1	2	3	4	5	6	7
4.	Because practicing sports reflects the essence of whom I am.	1	2	3	4	5	6	7
5.	Because people I care about would be upset with me if I didn't.	1	2	3	4	5	6	7
6.	Because I found it is a good way to develop aspects of myself that I value.	1	2	3	4	5	6	7
7.	Because I would not feel worthwhile if I did not.	1	2	3	4	5	6	7
8.	Because I think others would disapprove of me if I did not.	1	2	3	4	5	6	7
9.	Because I find it enjoyable to discover new performance strategies.	1	2	3	4	5	6	7

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

- 13 item Likert scale
- Task and ego orientation
- Scores averaged on 5 point scale

Please read each of the statements listed below and indicate how much you personally agree with each statement by circling the appropriate response.

I feel most successful in the sport of rock climbing when...

		Strongly Disagree	Disagree	Neutral	Agree	Strongly Agree
1	I'm the only one who can do the skill.	1	2	3	4	5
2	I learn a new skill and it makes me want to practice more.	1	2	3	4	5
3	I can do better than my friends.	1	2	3	4	5
4	The others can't do as well as me.	1	2	3	4	5
5	I learn something that is fun to do.	1	2	3	4	5
6	Others mess up <i>and</i> I don't.	1	2	3	4	5
7	I learn a new skill by trying hard.	1	2	3	4	5
8	I work really hard.	1	2	3	4	5
9	I score the most points or climb the highest grade etc.	1	2	3	4	5
10	Something I learn makes me want to go and practice more.	1	2	3	4	5
11	I'm the best.	1	2	3	4	5

Demographics

- Age
- Years climbing
- Self-reported skill level, highest
 - Redpoint ascent or
 - Toprope (no falls)
 - V-grade bouldered
- Type of climbing in past year
 - Sport, trad, bouldering
 - Indoor, outdoor
- Participation climbing in past 3 months (days, hours)

RESULTS

Descriptive Analysis

- 92 participants
 - 43 F, 49 M
- Age M= 31.7 (sd=9.6)
range 18-61

Age	N
18-24	21
25-34	45
35-44	18
44+	8

- Yrs climbing M=6.5
 - Range: 1 mo to 42 yrs

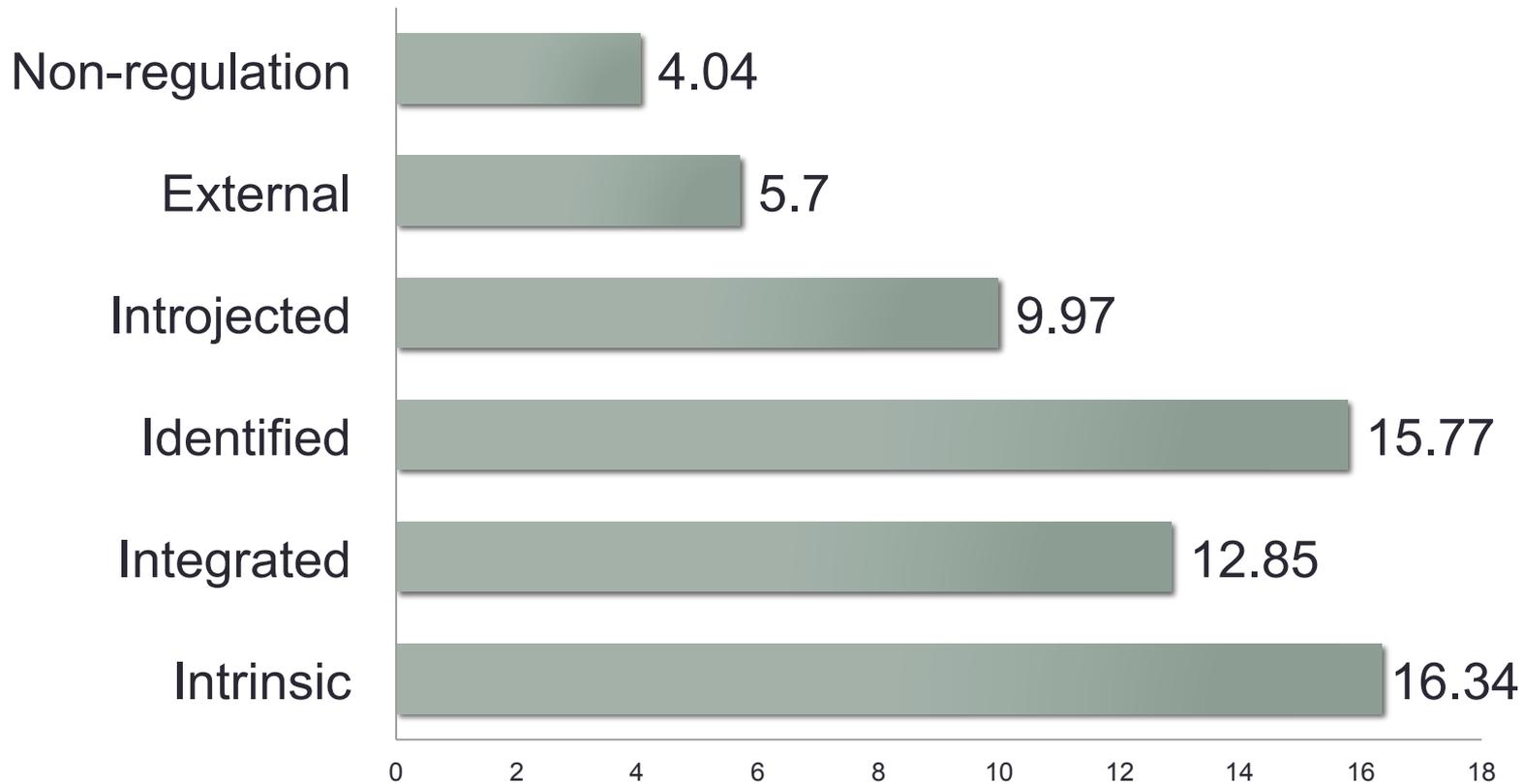
Yrs climb	N
<1 yr	16
1-<5 yrs	35
5+ yrs	41

- Participation in last 3 months
 - Ave 2.6 days per week

Self-Reported Skill Level YDS	N
Level 1 Lower grade Males and Females ≤ 5.9	21
Level 2 Intermediate Males 10a-11d Females 10a-11a	30
Level 3 Advanced Males 12a-13b Females 11b-12d	28
Level 4 Elite Males 13c-14c Females 13a-14a	8

Yosemite Decimal System
Grades analyzed in Watts
Draper et al 2011

Overall Motivation Mean Scores

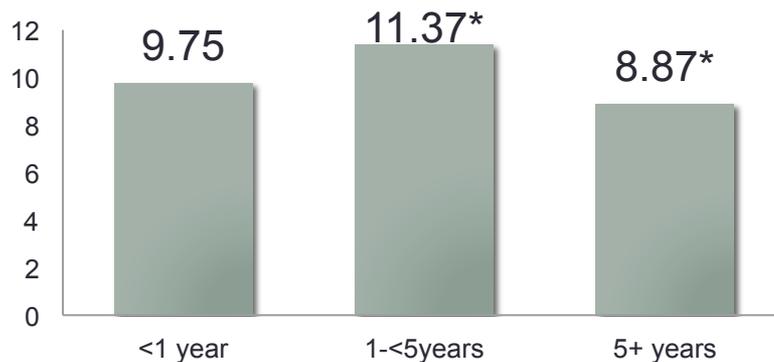


SMSII 7 point scale/ 3 items per subscale

Differences with respect to demographics

Introjected regulation and years climbing

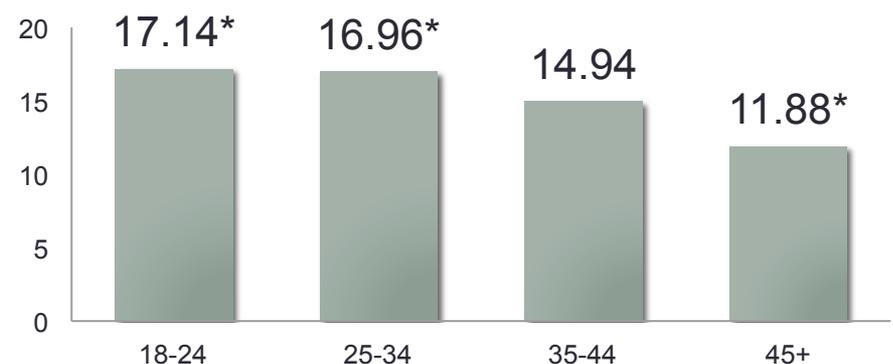
- feel bad about self if do not climb, not worthwhile



■ Introjected Regulation

Identified regulation and age

- climbing as development of other parts of self

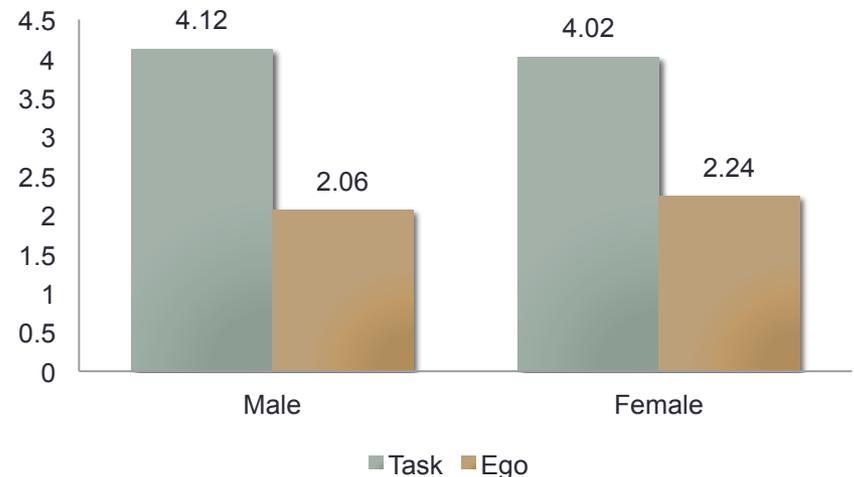
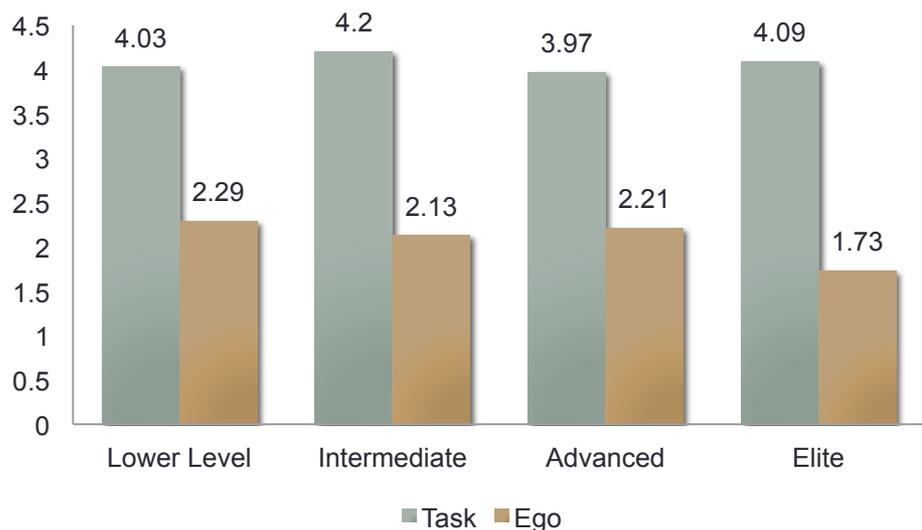


■ Identified

Task and Ego Goal Orientation

No significant differences in task and ego goal orientation for any demographic variables

Overall	Task Orientation	Ego Orientation
Mean	4.08	2.15
<i>SD</i>	.80	.88



Motivation and Goal Orientation

- Ego significantly correlated with
 - External regulation ** .294
 - Non regulation ** .273

- Task significantly correlated with
 - Intrinsic regulation ** .557
 - Integrated regulation ** .294
 - Identified regulation ** .492
 - Introjected regulation ** .353

CONCLUSIONS

Major Conclusions

- Climbers were overall highest in intrinsic and more autonomous forms of motivation as well as task orientation.
- No differences in any demographic variables with respect to task and ego orientation.
- Differences were seen in age (older had lower identified) and years climbing (less experience had lower introjected).
 - Could be a function of the motivational climate in each of these categories/groups.

THANK YOU

QUESTIONS?
