


# GAUDREAU, P. *Rethinking Achievement Goals to Consider the Role of Autonomy in the Sport Domain*

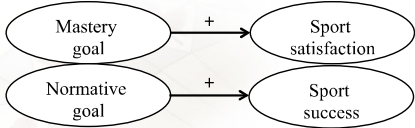

## Rethinking Achievement Goals to Consider the Role of Autonomy in the Sport Domain

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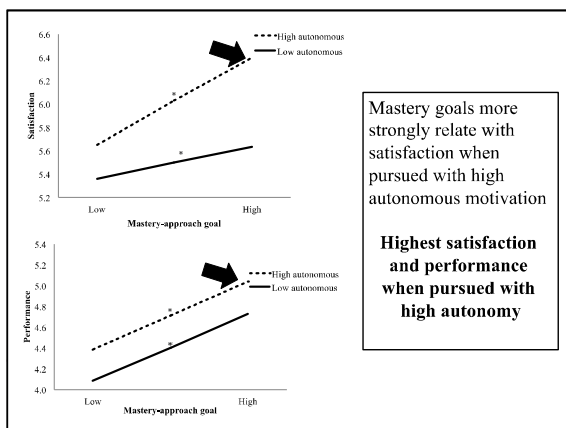
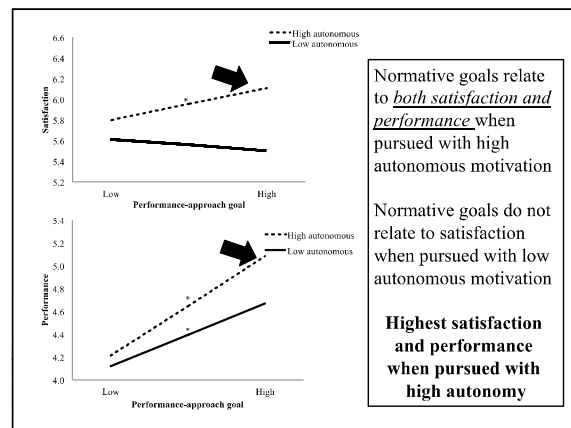


## Part 1: Goal Motivation

- Goals are mental representations of what a person wants to accomplish (i.e., aims).
  - Goal setting is generally associated with good outcomes but the effects are weak.
- Different goals are associated with different outcomes.

- Goals can be pursued for different reasons or motivations.
  - Autonomous motivation:** "It's fun"; "It defines who I am as a person"; "It's important to me".
    - Generally associated with good sport participation outcomes.
  - Controlled motivation:** "I would feel bad otherwise"; "To please others"; "To obtain something in return".
    - Mostly associated with bad sport participation outcomes.
- What happens when sport participants pursue their mastery goals with *low versus high* autonomous motivation?
- What happens when sport participants pursue their normative goals with *low versus high* autonomous motivation?

## Part 2: Autonomous Sport Motivation

- 3.48 times more likely to be selected in a regional team for provincial games in U-12 soccer six-month after.
- Significantly better usage of task-oriented coping strategies to deal with sport participation stressors.
- Greater likelihood of goal progress and goal attainment in training and competition.
- Promotes the sport satisfaction of both the self and one's partner in dyad sport activities.
- Higher intention to use available resources in a regional training center.
- Accelerated learning trajectory in a novel motor task.

### Part 3: Practical Implications



- Goal management interventions:
  - Help sport participants in setting goals (either normative or mastery) with higher autonomous motivation.
- Coping interventions:
  - Coping with stress and performance setbacks appears pivotal to develop and maintain autonomous motivation.
- Autonomy support:
  - Foster the development of autonomy supportive coaching, particularly with young sport participants and those receiving lower level of parental autonomy support.



### Disclaimers



- Studies relied on correlational designs.
  - Causality should not be inferred.
- Data collection for some studies will end in January 2014.
  - Some findings reported in this document are based on preliminary analyses; they have yet to be peer reviewed.
- Practical implications were discussed for KT purposes.
  - Randomized controlled trials will be needed before determining whether targeting autonomous goal motivation (through goal management, coping, and autonomy support coaching) is indeed an efficient way to promote key sport participation outcomes.

