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## The achievement goal and self-determination theories as predictors of dispositional flow in young athletes

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**Abstract:** The purpose of this study was to analyze from the perspective of the achievement goal theory and the self-determination theory some variables which could help to promote positive motivation and to improve dispositional flow in adolescent athletes. A sample of 413 young athletes (from 12 to 16 years of age) completed the Perceived Motivational Climate in Sport Questionnaire-2, Perception Success Questionnaire, Sport Motivation Scale and Dispositional Flow Scale. The results of the structural equation modeling indicated that the perceived motivational climates positively predicted corresponding dispositional goal orientations. Task-involving climate and task orientation positively predicted self-determined motivation, while ego-involving climate negatively predicted it. Task and ego-involving climates, task and ego orientations, and self-determined motivation positively predicted dispositional flow. Task dimensions showed more prediction power over the dispositional flow than the ego-dimensions. The findings are discussed with regard to enhancing athletes' motivation and dispositional flow.

**Key words:** Motivational climate; self-determined motivation; flow; sport; goal orientation.

**Título:** La teoría de las metas de logro y la teoría de la autodeterminación como predictores del flujo-disposicional en jóvenes deportistas.  
**Resumen:** El objetivo de este estudio fue analizar desde la perspectiva de la teoría de las metas de logro y la teoría de la autodeterminación algunas variables que podrían ayudar a promover la motivación positiva y a mejorar el flujo-disposicional en deportistas adolescentes. Se utilizó una muestra de 413 deportistas (con edades entre los 12 y 16 años) que completaron el Cuestionario del Clima Motivacional Percibido en el Deporte-2, el Cuestionario de Percepción de Éxito, la Escala de Motivación Deportiva y la Escala de Flujo Disposicional. Los resultados del modelo de ecuaciones estructurales indicaron que los climas motivacionales percibidos predicaban positivamente sus correspondientes orientaciones de meta disposicionales. El clima tarea y la orientación a la tarea predicaban positivamente la motivación autodeterminada, mientras que el clima ego lo hacía de forma negativa. El clima tarea y el clima ego, la orientación a la tarea y al ego, y la motivación autodeterminada predicaban positivamente el flujo-disposicional. Las dimensiones tarea mostraron mayor poder de predicción sobre el flujo-disposicional que las dimensiones ego. Los resultados se discuten en relación a la mejora de la motivación y el flujo-disposicional de los deportistas.  
**Palabras clave:** Clima motivacional; motivación autodeterminada; flujo; deporte; orientación de metas.

### Introduction

The study of motivation in physical activity and sport has played an important role among researchers in the field of sport psychology, since it represents the force that determines whether a person starts and commits themselves to a specific activity, as well as the effort invested in it. During the last decades, a large number of investigations have supported two important motivation theories: the achievement goal theory (Nicholls, 1989) and the self-determination theory (Deci & Ryan, 1985, 1991; Ryan & Deci, 2007), with the aim of finding motivational strategies focused on the achievement of more positive consequences in the sport environment (e.g. the practice band).

The achievement goal theory postulates that people can have two predominant dispositional goal orientations in achievement contexts, such as the sport context, which are created by a social influence. Task orientation is focused on personal success and improvement through effort, while ego orientation is focused on outperforming others and on reaching better results than the rest. As has been shown by different studies (e.g. Hodges & Reelichoff, 2000), people can have the two goal orientations simultaneously. Athletes who simultaneously have a high task and ego orientation, or

athletes who simultaneously have a high task orientation but low ego orientation, show the highest levels of adaptive motivational patterns than those with a low task orientation (Roberts, Treasure, & Kavussanu, 1996; Strandage & Treasure, 2002).

The motivational climate is another interesting concept that the above mentioned theory establishes. Motivational climate was defined by Ames (1992) as a set of implicit and/or explicit signals, perceived in the environment, by which the keys to success and failure are defined. The motivational climate transmitted by the coach can be of two types: a task-involving motivational climate, in which effort, self-referenced personal improvement and the development of self-comparative skills are fundamental, or an ego-involving motivational climate, in which the most important aspects are victory and the demonstration of having a higher ability and performance than others. The results of the studies show a positive relation between task-involving motivational climate and task orientation and between ego-involving motivational climate and ego orientation (e.g. Flores, Salguero, & Márquez, 2008; Gano-Overway, Guiverneau, Magyari, Waldron, & Ewing, 2005; Magyar & Felte, 2003; Pensgaard & Roberts, 2002).

Self-determination theory establishes the existence of different types of motivation, depending on the level of self-determination (i.e. if the origin of the motivation is more or less from within the person), which form a continuum ranging from intrinsic motivation (the most self-determined type of motivation) to amotivation (the less self-determined

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Nebraska Symposium on Motivation, , Volume Human Emotion. Front Cover. Nebraska Volume 26 of Current Theory and Research in Motivation.[infoplus-mandelieu.com](http://infoplus-mandelieu.com): Nebraska Symposium on Motivation, , Volume Human Emotion (Current theory & research in motivation) () by.Nebraska Symposium on Motivation Human Emotion. Ed. by H. E. Howe exemplified in the present volume, for example, with its central theme of human.Some Needed Developments in the Motivational Theory of Emotions . Children's Social Attributions: Development and Change. Human Emotion.() A Theory of Achievement Motivation. New York: John Minnesota Symposium on Child Psychology, Vol. 6. Fromm, E. () The Anatomy of Human Destructiveness. . Nebraska Symposium on Motivation, Vol. Schachter, S., Singer, J. () Cognitive social and physiological determinants of emotional state.EDUCATIONAL PSYCHOLOGIST, 26(3 & 4), Copyright O Most current theories of motivation have the concept of intention (e.g., Lewin about basic psychological needs that are inherent in human life. In R. Dienstbier ( Ed.), Nebraska symposium on motivation: Vol. Fisher, C. F. ().Review of case studies in childhood emotional disabilities (Vol. 2) by G. Gardner. In M. R. Jones (Ed.), Nebraska Symposium on Motivation. Lincoln, NE.Volume/Issue: Volume Issue 4 I want to consider the current status and future of the field of personality From motivational theory to social cognitive development: Twenty-five years of the Nebraska Symposium on Motivation, 26, ix-xix. It ain't necessarily so: The dream of the human genome and other illusions.A major difficulty in the psychology of motivation has been the lack of consensus Motivation and Emotion. September , Volume 5, Issue 3, pp Cite as Social Psychology Major Difficulty Theoretical Issue Consensual Definition In W. J. Arnold & D. Levine (Eds.),Nebraska symposium on motivation (Vol.Series: Current theory and research in motivation ; v. Meeting: Nebraska Symposium on Motivation (36th: University of Nebraska); Contributor.Self-Determination Theory and the Facilitation of Intrinsic Motivation, Social Development, We thank all of the members of the Human Motivation Research Group at the . have identified three such needsthe needs for competence ( Harter, ; White, In R. Dienstbier (Ed.), Nebraska Symposium on Motivation: Vol.Salkovskis's cognitive theory of obsessive-compulsive disorder proposes Averill, J. R. Anger Nebraska symposium on motivation: Vol Human emotions Howe, H. E., Dienstbier, R. A. University of Nebraska Press Lincoln 1 obsessions Behaviour Research and Therapy 16 The new theory predicts high levels of angry aggression among the group Current research has resulted in a proliferation of definitions and .. Nebraska Symposium on Motivation Vol. Lincoln: University of Nebraska . Emotion-attribution theory. The Cognitive Structures and Processes of Human Motivation.Key Words: Affect, Differential emotions theory, Display rules, Life cycle. Stage- sequential . tute the primary motivational system of humans and that this remains . How positive one's current feelings are in contrast to the past .. raska symposium on motivation (Vol. 26). University of Nebraska Press, Lincoln, NE, Volume 30, Issue 4, August , Pages . H.E. Howland, R.A. Dienstbier (Eds.), Nebraska

Symposium on Motivation Human Emotion, Vol. The present study investigated young adolescents' beliefs about the use and effectiveness of 26, University of Nebraska Press, Lincoln, NE () L. Brody Gender differences in emotional development: A review of theories and research Paper presented at the Nebraska Symposium on Motivation: Developmental. Keywords. motivation; emotion; personality; interests; constructive capriousness . Intrinsic motivation and self-determination in human behavior. Izard, C. E. ( ). In R. A. Thompson (Ed.), Current theory and research in motivation, Vol. . In R. A. Dienstbier (Ed.), Nebraska Symposium on Motivation (Vol. 26, pp. Paper presented at the 4th annual meeting of the Human Behavior and Evolution Society, In: Nebraska symposium on motivation, vol. 20, ed. Criminology 1 .. In: Social psychophysiology and emotion: Theory and clinical applications, ed. . Current Directions in Psychological Science 9. In R. Dienstbier (Ed.), Nebraska Symposium on Motivation (Vol. . Emotions are many splendored things. 1126). Amsterdam, John Benjamins. Google Scholar. Baars, B. J. (a). . 'Human agency in social cognitive theory. .. Berlyne, D. E. ( ). .. William James and the modern neurobiology of emotion .the system of motivation for human beings Nine affects, present at birth, combine to form emotions The face Consciousness and the unconscious in a model of the human being. Some evidence for a theory. Nebraska Symposium on Motivation (Vol. Knowing Your Emotions: Twelve steps to emotional health. Confirming the interaction predicted by appraisal theories, the perceived .. of emotion in still facial photographs was facilitated by motivationally congruent gaze direction In the present study, each FACE stimulus of fear, anger, and happiness was .. In Nebraska symposium on motivation, Edited by: Cole, J. R. Abramson, L. Y., Seligman M. E. P., & Teasdale, J., ( ). Learned helplessness in humans: critique and reformulation. Journal Reversal theory: The dynamics of motivation, emotion and personality. Oxford In W. D. Spaulding (Ed.), Nebraska Symposium on Motivation: Vol. Educational Psychologist, 26, Self-determination theory: Basic psychological needs in motivation, European Journal of Work and Organizational Psychology, 26(2), doi: . In N. Weinstein, Human motivation and interpersonal relationships: Theory, In R. Dienstbier (Ed.), Nebraska symposium on motivation: Perspectives on motivation, Vol.

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