

Competitive Attitudes of Children and Adolescent Athletes



Senior Honors Project

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OVERVIEW



- ❧ Interest
- ❧ Review of Literature
- ❧ Study Purpose
- ❧ Hypotheses
- ❧ Methods
- ❧ Results
- ❧ Discussion



Interest



- ☞ Coach youth cycling
- ☞ Extensive background in competition
- ☞ Certain time in which athletes become more competitive?



Review of Literature: Introduction



❧ Competing to win (CW) or competing to excel (CE)
(Hibbard & Buhrmester, 2010)

❧ CW = competing to dominate others

❧ CE = competing to surpass personal goals

❧ CW more strongly associated with males, CE shows
no gender difference (Hibbard & Buhrmester, 2010)

Physiology of the Child Athlete



- ❧ Indicators of athletic prowess
- ❧ As children enter adolescence...

(Armstrong & Welsman, 2005)

- ❧ Burst in peak oxygen uptake
- ❧ Muscle proliferation
- ❧ Growth

- ❧ Increase in strength, power, aerobic fitness (Armstrong & Welsman, 2005)



Runners and Women



- ❧ Men have greater training motivation, predisposition for enduring competitiveness (Deaner, 2013)
- ❧ Women become more competitive in events that offer money or prestige (Frick, 2011)
- ❧ Competitiveness and age are negatively related, competitiveness and personal best times positively related (Ecklund & Smith, 1994)

Youth



- ❧ As athletes become more competitive, goals become extrinsic (Ryksa, 2003)
- ❧ Competing to defeat others



Trait Competitiveness and Gender



☞ Scaled scores to assess CW and CE (Hibbard & Buhrmester, 2010)

☞ HCA: CW (Ryckman et al., 1990)

☞ PDCA: CE (Ryckman et al., 1996)

☞ GC subscale of Competitiveness Questionnaire: CE (Griffin-Pierson, 1990)

☞ Men more CW, CE showed no gender difference (Hibbard & Buhrmester, 2010)

Conclusion



- ❧ Combinations of CW and CE athletes
- ❧ Start as CE
- ❧ Transition to adolescence (Malina et al., 2004)
 - ❧ Motor development
 - ❧ Neuromuscular maturation
 - ❧ Skeletal and muscular maturity differences
- ❧ Contribute to desire and motivation to compete
- ❧ Those competing at high level through adolescence and adulthood primarily CW

Study Purpose



To investigate whether athletes are competing to win or to excel, and to determine if there is an age or gender relation to a shift from one category to another.



Hypotheses



- ☞ Males will exhibit a higher level of CW
- ☞ CE will not show a gender difference
- ☞ Athletes will shift from primarily CE to CW around puberty

Methods



- ❧ Three questionnaires, scored on Likert scale
 - ❧ HCA (Ryckman et al., 1990)
 - ❧ PDCA (Ryckman et al., 1996)
 - ❧ Goal Orientation subscale of CQ (Griffin-Pierson, 1990)
- ❧ Distributed 90
- ❧ 29 returned

Participants and Procedures



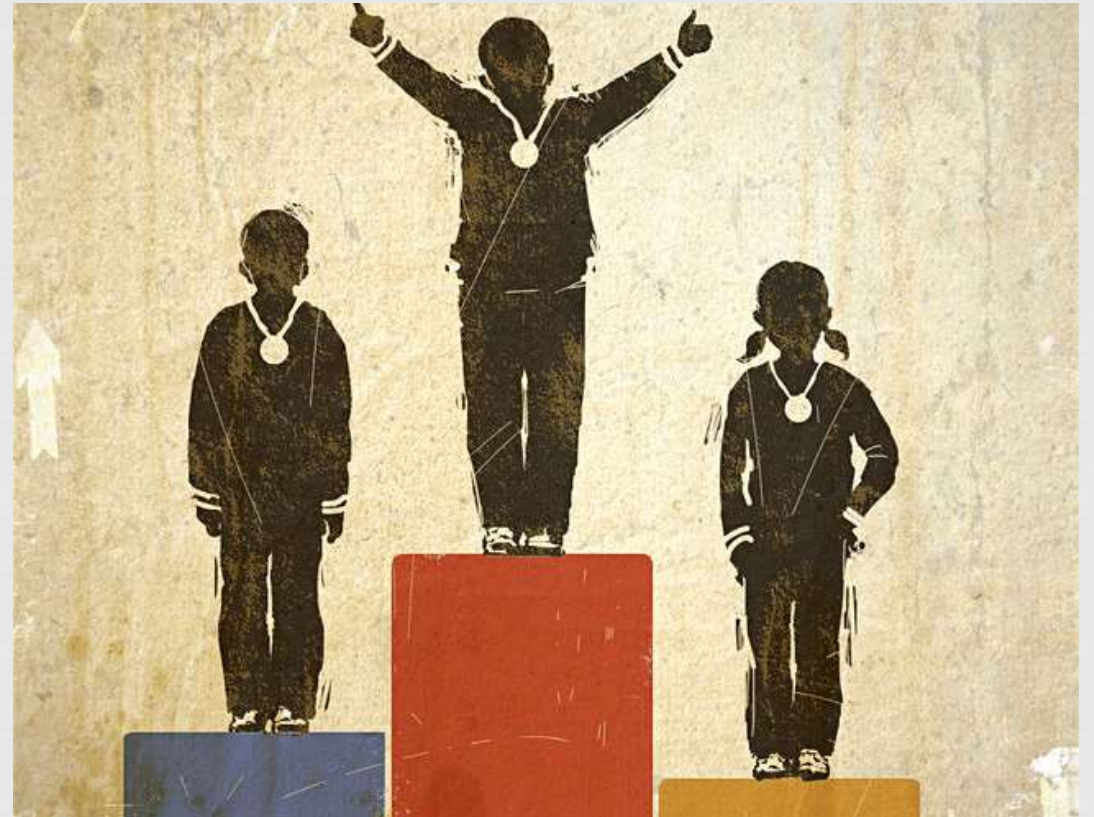
- ☞ 29 children and adolescent athletes
 - ☞ 13 male, 16 female
 - ☞ Mostly members of SSWSC, alpine skiers
- ☞ Informed consent and assent approved by IRB
- ☞ Scored on Likert Scale, certain questions scored in reverse
- ☞ <15 years, parents asked to fill out questionnaires



Results



- ❧ CW showed no gender difference
- ❧ CE showed no gender difference
- ❧ Athletes obtained CW at age 12
 - ❧ Age not synonymous with puberty



Results

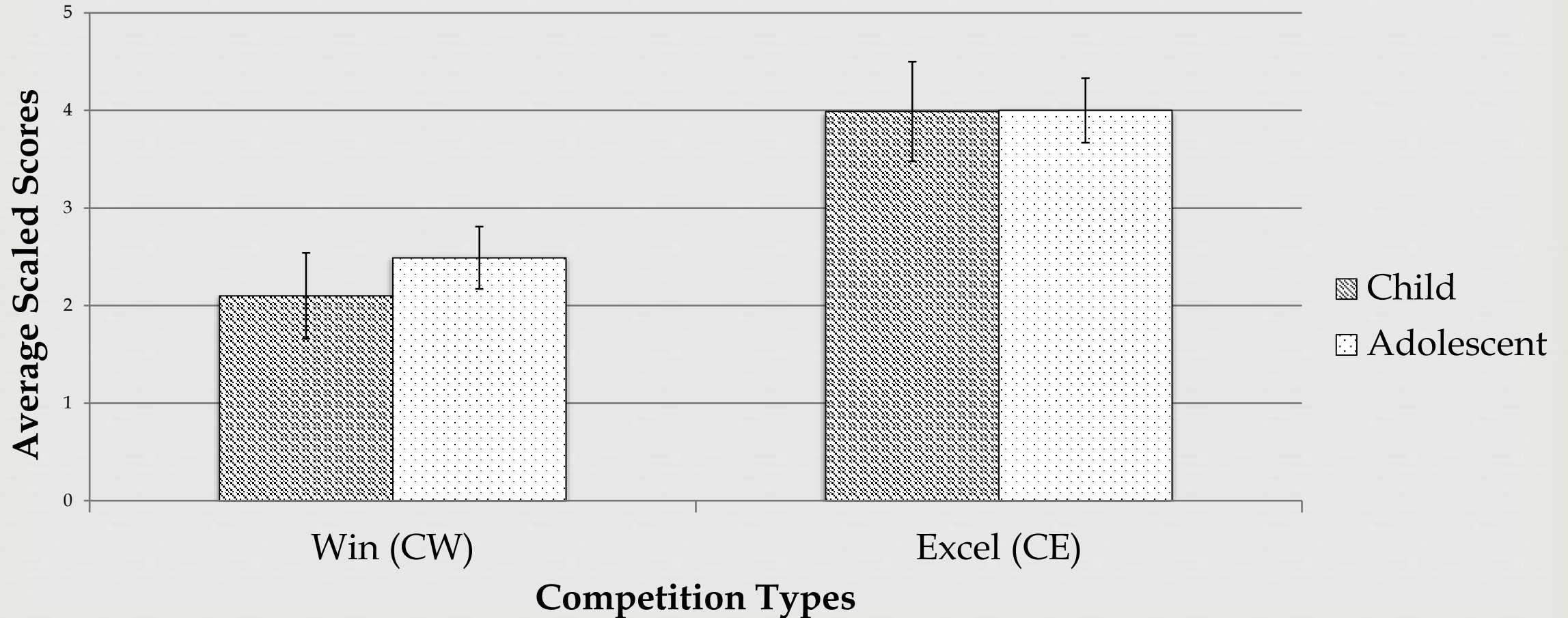
Table 4: Descriptive Statistics of Sample Population.

	Total (n = 29)	Child (n = 14)	Adolescent (n = 15)
Age in Years (Mean)	12.2	10.5	13.8
Score Win	2.3	2.1*	2.4*
Score Excel	4	3.9	4

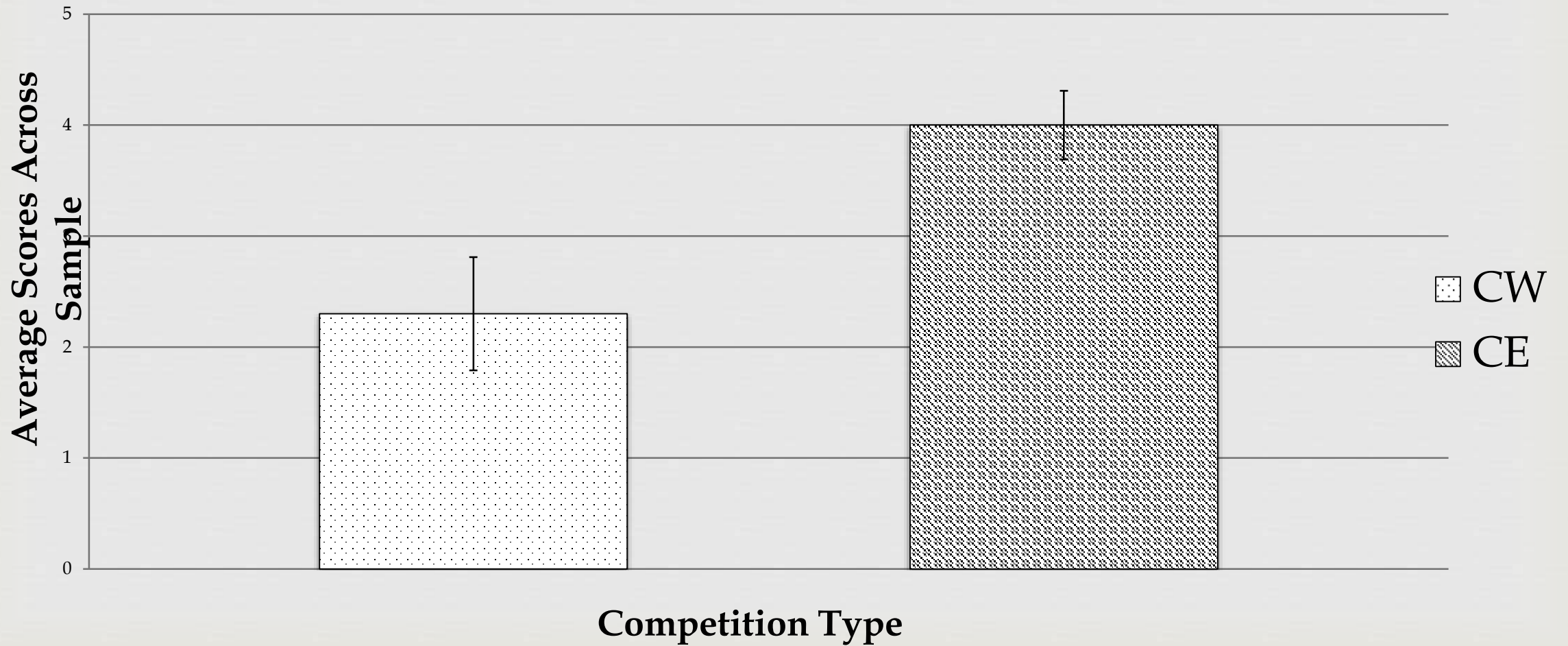
*Indicates statistical significance ($p = 0.036$)

No gender difference in competitiveness found

Competition and Age



CW vs. CE



Discussion



Compete
to Win

Refine Skills

Compete to Excel

Acquire Basic Skills

Conclusion



- ☞ CE and CW showed no gender difference
- ☞ CW obtained at age 12
- ☞ CE and CW are not mutually exclusive

Acknowledgements



- ❧ Dr. Emily Guseman, advisor
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QUESTIONS?



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