



<http://www.diva-portal.org>

Postprint

This is the accepted version of a paper presented at *SVEBI Årskonferens 2021 – Sport in a Changing World, Malmö, Sweden, February 10–11, 2022*.

Citation for the original published paper:

Back, J., Johnson, U., Svedberg, P., Ivarsson, A. (2022)

Achievement goals, motivational climate, perceived sport competence and dropout: a prospective study in adolescent soccer

In:

N.B. When citing this work, cite the original published paper.

Permanent link to this version:

<http://urn.kb.se/resolve?urn=urn:nbn:se:hh:diva-46912>

Titel/title:	Achievement goals, motivational climate, perceived sport competence and dropout: a prospective study in adolescent soccer
Presentationstyp/ Type of presentation (mark with an X)	<input type="checkbox"/> Poster <input checked="" type="checkbox"/> Paper session <input type="checkbox"/> Workshop proposal
Ämnesområde/ Subject area	Idrott och hållbarhet
Språk/language	<input checked="" type="checkbox"/> I would like to present in Swedish <input type="checkbox"/> I would like to present in English <input type="checkbox"/> I can present in both Swedish and English (authors will be notified of the language for the session)
Författare/authors, hemvist/affiliation, e-mail	<p>Jenny Back^{a,*}, Urban Johnson^a, Petra Svedberg^a, & Andreas Ivarsson^a</p> <p>^a Center of research on Welfare, Health and Sport, Halmstad University, P. O. Box 823, 30118 Halmstad, Sweden</p> <p>*Corresponding author</p> <p>Phone+46 35 16 71 00</p> <p>Email: Jenny.Back@hh.se</p>

Abstract:

(Times New Roman
11 pt. Max. 500
ord/words)

Introduction

During the last decades a substantial number of adolescents' who terminate from organized soccer is observed. Given that participation in soccer may represent an important part of adolescents' physical activity, health and well-being, efforts to reduce dropout is of importance. To develop effective preventive programmes and initiatives, more knowledge about why adolescents drop out is needed.

Aim and theoretical framework

One way of understanding dropout from sport is from a motivational perspective. Achievement Goal Theory (AGT) argues that motivation is determined by a person's perception of competence, their goal orientations and the motivational climate created by significant others. In general, task-oriented goals and a mastery climate is considered more adaptive and positively related to perceived competence and continued sport participation. In contrast, ego-oriented goals and a performance-climate is commonly associated with amotivation, lower perceived competence and dropout. A limitation in previous research is that most studies investigate correlates of dropout using retrospective designs. Measuring the independent variable and the outcome at the same time limits the possibility to discuss causality. The aim of this study is to, using a prospective design, investigate differences in achievement goals, motivational climate and perceived sport competence between players that stayed in soccer and players that dropped out.

Method

Participants were 1416 (880 male, 519 female, 17 not specified) adolescent soccer players ($M^{\text{age}}=13,63$ years; $SD=1,79$), located in different parts of Sweden. We collected data about achievement goals, motivational climate and perceived sport competence. Dropout was measured the following season via contact with the coaches of participating clubs. We used Mann-Whitney u-test to investigate differences in achievement goals, motivational climate and perceived sport competence between players that stayed in soccer and players that dropped out. A p-value $<.05$ was considered as a statistically significant result. Cohen's d effect size was calculated for each of the comparisons.

Results

Mann-Whitney u-test showed that players that dropped out from soccer were less task-oriented ($U=96564$, $N_1=1174$, $N_2=190$, $p=.002$, $d=0,16$), perceived themselves as less competent ($U=90211$, $N_1=1168$, $N_2=187$, $p=<.001$, $d=0,21$) and experienced lower levels of mastery climate ($U=96411$, $N_1=1176$, $N_2=190$, $p=.002$, $d=0,17$). Regarding ego-oriented goals ($U=104500$, $N_1=1173$, $N_2=190$, $p=.17$, $d=0,08$) and performance climate ($U=114178$, $N_1=1175$, $N_2=190$, $p=.61$, $d=0,03$) no statistically significant differences were found.

Discussion and conclusions

The results indicate that having few task-oriented goals, a low perception of competence and a motivational climate with little focus on mastery is associated with an increased risk for dropout in adolescent's soccer. This is in line with AGT, supporting the idea that task-oriented goals and a mastery climate is associated with perception of competence and continued sport participation. We found no significant differences regarding ego-oriented goals and performance climate. A potential explanation may be that it is possible to have both task- and ego-oriented goals at the same time but having few task-oriented goals is more important to dropout than having many ego-oriented goals. Based on these results, initiatives that focus on mastery climate and building perceived competence may be useful to prevent dropout in adolescent soccer.

