

THE INFLUENCE OF A COACH, ATHLETES, AND THEIR PARENTS ON THE SPORT GROUPS' MOTIVATION CLIMATE

Ya. V. Kitova

Kuban State University of Physical Education, Sport and Tourism, Krasnodar,
Russia

Abstract. This paper describes the study of the motivational climate of athletes, the data obtained is discussed. The features of the motivational climate «task orientation» and «self-orientation» and its manifestation are presented. The influence of a coach on the motivational climate of athletes was studied. The parameters of individual motivation and its relationship with the parameters of the motivational climate are considered. A large number of correlations were revealed between the indicators of the motivational climate set by the social environment of athletes, according to the developed methodology with the parameters of satisfaction with the relationship with the coach, parents and peers. Task orientation has a direct relationship with gnostic and emotional indicators. Ego-orientation has a direct correlation with the psychological atmosphere in the team. Thus, the results indicate the advisability of monitoring the motivational climate of athletes, as well as the expansion of research in this field

Key words: motivation, motivational climate, «task orientation», «e-orientation», values and expectations, goals, coach influence, team relationships.

For citation: Kitova Ya. V. The influence of a coach, athletes, and their parents on the sport groups' motivation climate // Current issues of sports psychology and pedagogy. 2022. Vol. 2. No. 1. P. 29–35.

ВЛИЯНИЕ ТРЕНЕРА, СПОРТСМЕНОВ И РОДИТЕЛЕЙ НА МОТИВАЦИОННЫЙ КЛИМАТ СПОРТИВНЫХ ГРУПП

Я. В. Китова

Кубанский государственный университет физической культуры, спорта
и туризма, Краснодар, Россия

Аннотация: В статье описывается исследование по изучению мотивационного климата спортсменов, обсуждаются полученные данные. Представлены особенности мотивационного климата «ориентация на задачу» и «ориентация на себя» и его проявление. Изучено влияние тренера на мотивационный климат спортсменов. Рассмотрены параметры индивидуальной мотивации и ее взаимосвязи с параметрами мотивационного климата. В ходе исследования выявлено достоверные взаимосвязи между показателями мотивационного климата, задаваемого социальным окружением спортсменов, с параметрами

удовлетворенности взаимоотношениями с тренером, родителями и сверстниками. Так, ориентация на задачу имеет прямые взаимосвязи с гностическим и эмоциональным показателями спортсменов, а ориентация на себя имеет прямую корреляционную взаимосвязь с психологической атмосферой в коллективе. Таким образом, полученные результаты свидетельствуют о целесообразности мониторинга мотивационного климата спортсменов, а также о расширении исследований в этой области.

Ключевые слова: мотивация, мотивационный климат, «ориентация на задачу», «ориентация на себя», ценности и ожидания, цели, влияние тренера, взаимоотношения в коллективе.

Для цитирования: Китова Я. В. Влияние тренера, спортсменов и родителей на мотивационный климат спортивных групп // Актуальные вопросы спортивной психологии и педагогики. 2022. Т. 2. № 1. С. 29–35.

For many years, the problem of motivation has been one of the central challenges in both foreign world and domestic sport psychology, since the physical and mental stress that an athlete in the training process, the need for persistent training to reach the level of high achievements depends on the athlete's motivation.

The motivational climate is a factor that determines the individual motivation of athletes. Interest in studies of the motivational climate of sports activity has intensified the development of diagnostic tools to establish its features. Currently foreign sports psychology uses questionnaires, structured observation schemes, and interviews developed for this matter [2].

Sports psychologists are actively working on the adaptation of English-language survey methods for diagnosing the motivational climate to be used in various countries. Motivational climate is a term that originated in the achievement goal theory. The motivational climate is understood as a system of expectations, values, rewards and censures, set by the social environment of athletes influencing the formation of their own motivation. Task orientation is manifested the desire of a person, to achieve the goals of their activity despite difficulties. Ego-orientation involves demonstrating your own superiority with minimal effort. Studies have shown that people who are motivated for a task are the most effective, and less effective when acting themselves [1].

The purpose of the study was to identify the role of the closest social environment as a factor that determines the motivational climate of a sports group.

Research objectives:

1. Determine the theoretical foundations of the research based on the analysis of scientific literature.
2. To adapt the methodology for diagnosing motivational climate of athletes, set by their peers.
3. To establish features of motivational climate in a group of athletes in different sports.
4. To reveal the interconnection of indices of individual motivation and motivational climate in groups of athletes going in for different kinds of sports.

5. To establish the relationship of motivational climate with the parameters of perception of relationships with the coach and parents, as well as the psychological atmosphere in the team.

6. Develop and test a methodology for diagnosing motivational climate set by the social environment of the athlete (taking into account the influence of the coach, parents and peers).

Research methods:

– analysis and generalization of scientific and methodological literature on the topic;

– methods of psychological diagnostics;

– methods of mathematical statistics.

As a research hypothesis, we assumed that the motivational climate is formed under the influence of the athlete's immediate environment (coach, parents, teammates), is a factor that determines individual motivation.

To study the peculiarities of the motivational climate, 100 athletes aged 16 to 19, involved in team sports, took part in the study.

Currently, foreign scientists [3, 4] are actively studying the motivational climate of sports activity, developing methods for its diagnosis

We have adapted the methodology for diagnosing the motivational climate set by peers Peer motivational climate in youth sport (PMCYSQ N. Ntoumanis, S. Vazou, 2005). The adaptation of the methodology stipulates for its translation into Russian, the collection of empirical data and the verification of the obtained methodology for reliability and validity. The reliability of the method was assessed by the parameter of internal consistency, which was determined using the Cronbach alpha coefficient. Correlation of individual items of the questionnaire scales with the corresponding total score was established.

To assess the validity of the adaptable methodology, a study was carried out in groups of athletes engaged in a group with one coach. Since it is important for us to trace the features of the motivational climate set by peers and formed in a specific sports team.

The study involved 30 athletes playing handball aged of 17 to 18 years. The average period of sports activities in this group is 4 years (table 1).

Table 1

Average indicators of motivational climate set by peers in the group of athletes ($\bar{X} \pm \sigma$)

Indicators	Peer motivational climate in youth sport	
	Task-orientation	Ego-orientation
Mean	71,23	24,17
Standard deviation	3,98	3,96

Thus, we can conclude that in this group of athletes a motivational climate set by peers and focused on a task is dominated. In this case, athletes maintain a friendly atmosphere in the sports team, help each other, provide support,

conflicts rarely occur. Correlation coefficients of motivational climate set by peers with the psychological atmosphere in the team and the parameters of intrinsic motivation in the group of athletes are presented in table 2.

Table 2

Correlation coefficients of motivational climate set by peers with the psychological atmosphere in the team and the parameters of intrinsic motivation in the group of athletes

Indicators	Scales	Psychological atmosphere in the team	Individual motivation	
			Task-orientation	Ego-orientation
Motivational climate set by peers	Task-orientation	-0,66	0,64	-0,51
	Ego-orientation	0,78	-0,62	0,67

Note: significant at $p < 0.05$ are correlation coefficients of more than 0.48

A reliable negative correlation was established for the indicator “task orientation” according to the methodology for diagnosing the motivational climate, set by peers, with the parameter “psychological atmosphere in the team.”

When processing the results, it is necessary to take into account that according to the method of diagnosing the psychological atmosphere in the team, the lower the indicator, the more favorable the atmosphere in the team. This means that the more athletes are focused on the task, the more they work on themselves, strive for development and improvement and do not demonstrate their superiority over others, do not laugh at each other’s mistakes, but help and encourage, the better the psychological atmosphere develops in the sports team.

Currently, foreign researchers are widely considered the influence of athletes social environment on their motivational climate. However, there is currently no methodology that takes into account the influence of the coach, parents and peers. Associated with this aspect is the idea of developing a methodology for diagnosing the motivational climate of sports activity, taking into account the influence of the coach, parents and peers on the motivational climate in sports.

Considering the theoretical data and research results of various authors, as well as existing methods for diagnosing the motivational climate, we have developed a method for diagnosing the motivational climate, set by the social environment of athletes, in view of the influence of the coach, parents and peers.

The developed methodology consists of 30 questions, divided into two scales: task orientation and ego-orientation. 10 questions focused on the motivational climate formed by the coach, 10 questions on the motivational climate formed by parents and 10 questions on the motivational climate formed by peers.

The purpose of the developed methodology is to diagnose the peculiarities of the motivational climate of sports activity, to determine the level of influence of the coach, parents and peers on the formation of the motivational climate of athletes.

The reliability of the method was assessed by the parameter of internal consistency, which was determined using the Cronbach alpha coefficient. Correlation of individual items of the questionnaire scales with the corresponding total score was established. The results of the assessment of internal consistency showed that the Alpha of the Cronbach coefficient for the indicator “task orientation” is 0.980, and for the indicator “ego-orientation” is 0.959. The obtained result confirms the reliability of the developed technique.

Average indicators of motivational climate set by the social environment of athletes in groups of athletes MS, CMS, 1st category are presented in table 3.

Table 3

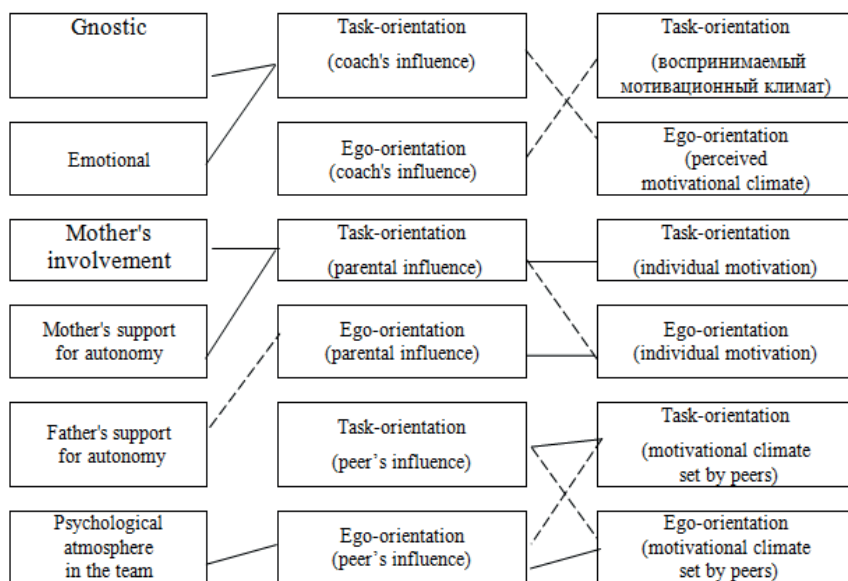
Average indicators of motivational climate set by the social environment of athletes in groups of athletes MS, CMS, 1st category (points)

Discharge	Motivational climate, formed by the social environment of athletes					
	Task-orientation			Ego-orientation		
	Coach's influence	Parents' influence	Peers' influence	Coach's influence	Parents' influence	Peers' influence
Master of sport n=36	23,92 ±1,61	24,00 ±1,47	24,36 ±1,50	9,58 ±2,12	14,14 ±3,27	8,00 ±3,35
Candidate master of sport n=35	23,57 ±2,29	23,17 ±2,32	23,83 ±2,62	9,97 ±2,90	13,89 ±2,39	8,71 ±3,48
1 n=29	21,76 ±2,87	22,90 ±2,74	20,52 ±3,68	13,41 ±3,78	14,86 ±2,89	11,52 ±6,45
Validity of differences						
MS/ KMS	-	-	-	-	-	-
CMS / 1	<0,05	<0,05	<0,05	<0,05	-	<0,05
CMS / 1	<0,05	-	<0,05	<0,05	-	<0,05

Примечание: n – the number of subjects in the group

It can be noted that with an increase in sports qualifications, the task-orientation increases, the ego-orientation decreases. Correlation relationships between the motivational climate set by the social environment of athletes according to the developed methodology with the peculiarities of relationships with the coach and parents, the atmosphere in the team,

individual motivation and the motivational climate set by peers in the group of athletes are presented in picture 1.



Picture 1. Correlation relationships between the motivational climate set by the social environment of athletes according to the developed methodology (center) with the peculiarities of relationships with the coach and parents, the atmosphere in the team (left), individual motivation and the motivational climate set by peers in the group of athletes (right) (n = 100). Note: in the figure, the solid line (—) denotes positive relationships; the dashed line (---) denotes negative relationships

A large number of correlations were revealed between the indicators of the motivational climate set by the social environment of athletes, according to the developed methodology with the parameters of satisfaction with the relationship with the coach, parents and peers. Task orientation (the coach's influence) has a direct relationship with gnostic and emotional indicators, that is, the better the relationship with the coach, the more athletes are confident in the competence of their coach, their knowledge and experience, the higher is the task orientation. Ego-orientation has a direct correlation with the psychological atmosphere in the team, that is, the better is the atmosphere in the team, the less is ego-orientation.

Thus, the results indicate the advisability of monitoring the motivational climate of athletes, as well as the expansion of research in this field. The developed methodology makes it possible to reveal the specifics of the interrelationships of the indicators of the Motivational climate with the influence of the coach, parents and peers and point wise influence on the formation of a constructive motivational climate in groups of athletes.

Theoretical analysis of the literature showed an insufficient elaboration of the problem of motivational climate in Russian psychology and the absence of methods for its measuring.

The methodology for diagnosing motivational climate of athletes, set by peers, adapted in connection with the tasks of the study, revealed the necessary psychometric properties, internal consistency and validity.

The features of motivational climate in the group of athletes of different sports have been established. In general, in all groups of athletes, task-oriented motivational climate prevails, which contributes to the effective process of training athletes.

The results of the study indicate the presence of correlations between the parameters of motivational climate and individual motivation, in particular, the connections between motivational climate set by parents and individual motivation of the athlete were found.

Список литературы

1. Duda J. L., Hall H. K. Achievement Goal Climate as a Moderator of the Relationship Between Theory in Sport // *Handbook of Research in Sport Psychology* / eds. C. J. Singer, H. Hausenblas. New York: John Wiley & Sons Inc., 2001. P. 417–443.
2. Relationship Between the Coach-Created Motivational Climate and Athlete Engagement in Youth Sport / T. Curran [et al.] // *Journal of Sport & Exercise Psychology*. 2015. Vol. 37, Iss. 2. P. 193–198.
3. Theeboom M., Knop P. de, Weiss M. R. Motivational Climate, Psychological Responses, and Motor Skill Development in Children's Sport: a Field-Based Intervention Study // *Journal of Sport and Exercise Psychology*. 1995. Vol. 17. P. 294–311.
4. The Coach Created Motivational Climate, youth Athletes Well-Being, and Intension to Continue Participation / M. S. Alvarez [et al.] // *Journal of Clinical Sport Psychology*. 2012. Vol. 6. P. 166–179.

References

1. Duda, J. L., & Hall, H. K. (2001). Achievement Goal Climate as a Moderator of the Relationship Between Theory in Sport. In R. Singer, C. Janelle, & H. Hausenblas (Eds.), *Handbook of Research in Sport Psychology* (2nd ed., pp. 417–443). John Wiley & Sons Inc.
2. Curran, T., Hill, A. P., Hall, H. K., & Jowett, G. E. (2015). Relationship Between the Coach-Created Motivational Climate and Athlete Engagement in youth Sport. *Journal of Sport Psychology*, 37(2), 193–198.
3. Theeboom, M. (2015). Motivational Climate in Children's Sport. *Journal of Sport and Exercise Psychology*, 17, 294–311.
4. Alvarez, M. S., Balaguer, I., Castello, I., & Duda, J. L. (2012). The Coach Created Motivational Climate, youth Athletes Well-Being, and Intension to Continue Participation. *Journal of Clinical Sport Psychology*, 6, 166–179.

Информация об авторе / Information about the author

Яна Владимировна Китова – аспирант, Кубанский государственный университет физической культуры, спорта и туризма; yanakitova9393@mail.ru

Yana Vladimirovna Kitova – graduate student, Kuban State University of Physical Education, Sport and Tourism; yanakitova9393@mail.ru

Рукопись поступила в редакцию / Received: 16.01.2022