THE RELATIONSHIP BETWEEN ATHLETIC IDENTITY AND MOTIVATION IN MASTERS ATHLETES

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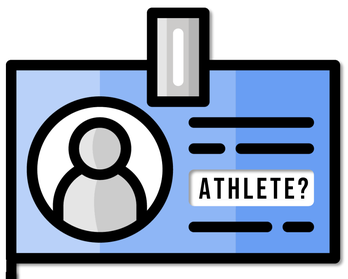


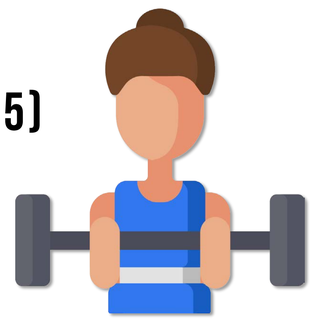
ATHLETIC IDENTITY (AI):

THE DEGREE TO WHICH ONE IDENTIFIES AS AN ATHLETE (BREWER, 1993)

- AI IS ASSOCIATED WITH INCREASED MOTIVATION & COMMITMENT TO SPORT ACROSS A BROAD RANGE OF AGE GROUPS (HORTON & MACK, 2000; SCHUTTE & MCNEIL, 2015)
- LESS ATTENTION ON THE AI OF COMPETITIVE ADULT ATHLETES (I.E., MASTERS ATHLETES)

ATHLETIC IDENTITY QUESTIONNAIRE (AIQ; ANDERSON, 2004)

BEHAVIOURAL REGULATION IN SPORT QUESTIONNAIRE (BRSQ; LONSDALE, 2008)



N = 455 MASTERS ATHLETES (MAs)
AVERAGE AGE = 51.97 YEARS (*SD* = 11.51)
SEX = 51.4% FEMALE, 48.1% MALE
20 DIFFERENT PRIMARY SPORTS:
25.3% TRACK, 20.0% SWIMMING, 18.5% WEIGHTLIFTING

WHEN MAs IDENTIFY STRONGLY AS ATHLETES, THEY HAVE HIGH LEVELS OF SELF-DETERMINED AND LOW LEVELS OF NON-SELF-DETERMINED MOTIVES

ATHLETIC IDENTITY

APPEARANCE	IMPORTANCE	COMPETENCE	ENCOURAGEMENT
NO SIGNIFICANT RELATIONSHIPS	INTRINSIC	INTRINSIC	INTRINSIC
	INTEGRATED	IDENTIFIED	IDENTIFIED
	IDENTIFIED	INTROJECTED	INTROJECTED
	EXTERNAL	AMOTIVATION	AMOTIVATION

= SIGNIFICANT POSITIVE ASSOCIATION = SIGNIFICANT NEGATIVE ASSOCIATION

CONFIRMATORY FACTOR ANALYSES

AIQ → $\chi 2(183) = 384$, $P < .005$, CFI = .944, RMSEA = .049

BRSQ → $\chi 2(237) = 646$, $P < .005$, CFI = .872, RMSEA = .062

STRUCTURAL MODEL → $\chi 2(900) = 1682$, $P < .005$, CFI = .901, RMSEA = .044

KEY POINTS

- WHEN MAs IDENTIFY STRONGLY AS AN ATHLETE, THEY ALSO HAVE HIGH LEVELS OF SELF-DETERMINED MOTIVES FOR SPORT
- SELF-DETERMINED MOTIVES PROMOTE POSITIVE OUTCOMES RELATED TO SPORT FOR MAs (YOUNG, 2011)
- FUTURE RESEARCH NEEDED THAT INVESTIGATES THE ROLE OF AI IN PROMOTING POSITIVE SPORT OUTCOMES FOR MAs

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