



AN INVESTIGATION OF THE HIERARCHICAL MODEL OF APPROACH AND AVOIDANCE ACHIEVEMENT MOTIVATION IN COMPETITIVE SPORT, PHYSICAL EDUCATION AND RECREATION

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ABSTRACT The hierarchical model of approach and avoidance motivation was developed in educational psychology and adapted in sport. Yet, sport involvement includes several contexts, competitive sport, physical education and recreation, which constitute different achievement environments. The objective of the present article is to examine the applicability of the hierarchical model in these contexts. The sample of the first study consisted of 70 competitive swimmers with a mean age 14.75 years ($SD = 1.33$). The athletes completed the Approach and Avoidance Achievement Goal Questionnaire (AAAGQ) adapted for competitive sport, as well as a questionnaire including measures of need achievement, fear of failure, competence expectancies and intrinsic motivation. Performance was estimated via a comparison of athletes' personal and season best. The results of the first study supported the suggested associations among the variables. The sample of the second study consisted of 129 high school students with a mean age of 12.87 years ($SD = 1.10$). The students completed a modified for physical education version of AAAGQ alongside with Intrinsic Motivation Inventory. The results of the second study indicated that mastery goals had a positive effect on intrinsic motivation, whereas performance-avoidance goals a negative one. The sample of the third study consisted of 159 recreational athletes with a mean age of 27.50 years ($SD = 8.38$). Recreational athletes completed the AAAGQ adapted for recreation alongside with a questionnaire including measures of need achievement, fear of failure, competence expectancies and intrinsic motivation. The results of the third study provided evidence on the applicability of the model to recreation athletes. The findings of the three studies support the use of the hierarchical model in the different contexts of sport involvement.

Keywords: Achievement goals, Competitive sport, Physical education, Recreation

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