RESEARCH OF PERSONAL STRIVINGS AMONGST ELITE ADOLESCENT RUGBY UNION PLAYERS

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Research background
• Personal background
• Why did I start this research?
• What was I aiming to achieve?

Why this age of player and why rugby union?

▶ Aim to understand what motivates, engages and drives the young, elite Australian rugby player through investigating what they are trying to achieve on a regular basis within the sport and on personal basis

Additional goals and targets
HELP COACHES UNDERSTAND PLAYER DRIVE TOWARDS GOAL PURSUITS TO ASSIST AND FACILITATE CONDITIONS TO PLAYER'S OPTIMAL FUNCTION
YOUNG ADULTS DEVELOP NECESSARY LIFE SKILLS AND PERSONAL DRIVE FROM INTERACTIONS AND MOTIVATION DEVELOPED WITHIN SPORTS
ENHANCE DEVELOPMENT, PARTICIPATION AND ENRICHMENT THROUGH IMPROVED PLAYER ENGAGEMENT
SUPPORT PLAYERS THROUGH CRITICAL PERIOD OF LIFE AND SPORT DEVELOPMENT

What are personal strivings?

▶ PERSONAL STRIVINGS DEFINE MOTIVES OR REASONS FOR Action IN MORE SPECIFIC CATEGORIES YET REMAIN ABSTRACT AND FLEXIBLE BY NATURE (SINGER, 2005)

▶ PERSONAL STRIVINGS IN AN ATHLETE SETTING IDENTIFIES WHAT PLAYERS TYPICALLY OR CHARACTERISTICALLY TRY TO DO ON DAILY BASIS WITHIN THEIR SPORT

Data collection
Personal strivings questionnaire drafted, looking for sport specific and player global strivings
Data collected using online survey tool
Imported into qualitative data analysis software for data organisation and classification
Examples of coded player’s strivings

Achievement coded strivings:
- Continuously improving all my skills in all areas of my game so I can reach my full potential
- Better my athletic capabilities on and off the field
- Always looking for ways to become a better rugby player

Personal Growth and Development:
- Do everything I can for my team to win, and just enjoy it
- Appreciate everything that I have
- Do something better or learn something each session
- Improve myself in all facets of life—education, work and rugby

More examples of players strivings

Power themed strivings
- Help build a winning culture within the team
- Be a voice on the field that the team will follow

Affiliation themed strivings
- Not bring down the team
- Respect coaches and team mates
- Get along with teammates/involves myself in team environment

1st data collection — general findings

- Achievement and personal growth coding most common themes within high numbers of approach strivings
- Players involved displayed greater ratio of achievement focus strivings within sport specific (rugby) strivings
- Training and improve were the most common terms used within rugby specific strivings

Differences based on ages

18 year old players
- Responses involving "coach(es)" show high level of affiliative concerns
- Coach-athlete relationship?
- Vygotskian approach?

19 year old players
- Responses involving "coaches" show high level of affiliative concerns
- Coach-athlete relationship?
- Vygotskian approach?

2nd data collection

- Commenced 3rd week in July
- Looking for variances in coded categories from high-performance period of season to perceived relaxed and less stressful atmosphere within different ages and ethnicities