

A Study on Sport Motivation and Withdrawal Intention of Macao Elite Athletes

Abstract

Motivation is an important area in psychology and has been concerned by psychologists. However, there are few studies about sport motivation of elite athletes in Macao. The purpose of this study is to explore the relationships among independence, competence, sport motivation and withdrawal intention as well as the prediction of withdrawal intention in Macao elite athletes. 278 representatives of the Macao team were invited to participate in this study. The main results were showed as follows.

1. Macao athletes have higher competence and withdrawal intention but lower independence, internal motivation, internal adjustment, external adjustment, identification adjustment and amotivation.
2. There are significant differences of gender, identification and training time on independence, identification adjustment, internal motivation and withdrawal intention. Males have higher independence and external adjustment, middle-school students have higher scores than college students in internal motivation, middle-school and non-students have higher internal motivation than college students. The withdrawal intention of the athletes who train over 12 hours per week is significantly stronger than the athletes who train 6.1 – 12 hours per week.
3. It was found that independence and competence had positive correlation with internal motivation, but had negative correlation with amotivation.
4. There are positive correlations between training years and withdrawal intention, and negative correlation between independence and withdrawal intention.

5. There are negative correlations between withdrawal intention and internal motivation. Positive correlations between withdrawal intention and amotivation, external adjustment, identification adjustment, in which, correlation coefficient of latter is bigger than the former.

6. Background factors, independence, competence and sport training motivation altogether could predict withdrawal intention of sport training effectively, and amotivation has the highest predictive power.

Keywords: Macao elite athletes, sport motivation, withdrawal intention, independence, competence