Connor Johnson

Dr. Bryan Nelson

STAT 1223

Literature Review

My project is going to be an analysis on the effect of personal relationships of athletes on their performance in their sport. My study will concentrate on the effect of having a spouse and having children. I’m still deciding what sport to choose. Currently, the final two options are baseball and basketball. This is because these sports have per player stats that are a good representation of the athlete’s overall performance. The response variable will most likely be either batting average or points scored depending on which sport I choose. The statistical analysis will most likely be an ANACOVA study comparing the athletes’ performances before and after they have children/get married. While looking for past research on this topic, I was only able to find one study that specifically analyzed the effect of personal relationships on athletes’ performance. So, I decided to look more generally in relationships effect on one’s career in the workforce since a sport at the major league level is a career for athletes.

**The Role of Romantic Relationships on Athletes’ Performance and Well Being (Article 1)**

The goal of this study was to find evidence of spillover in athletic performance from interference with maintaining a romantic relationship (Jowett and Cramer pg. 58). It also analyzed the effects on the athletes’ level of depression. The method of study involved 4 antecedents: interpersonal trust, interpersonal commitment, hostile interactions, and communication quantity. These were then used to predict the athletes’ sport satisfaction and depression (Jowett And Cramer pg. 62). The study was done on 87 athletes male and female athletes among many different sports (Jowett and Cramer pg. 62). All the variables were measured using surveys that involved questions like “I am satisfied with the improvement in my skill level thus far” and a response scale range to represent their satisfaction (Jowett and Cramer pg. 63). The study found that negative factors of a relationship like hostile interactions cause lower satisfaction in sports performance. They also found that higher levels of commitment also lowered performance satisfaction suggesting that relationships may pull athletes away from their sports (Jowett and Carter pgs. 65-67). Some problems with this study are that the sample size is small and the data is based on very subjective surveys (Jowett and Carter pgs. 68-69).

**The Motherhood Penalty at Midlife: Long-Term Effects of Children on Women’s Careers**

This was a study done to determine how having children affects the careers of women. Unlike past studies in this field which have been on younger women, this study also looked at woman up to 54 and the long-term effect of having children (Kahn, Garcia-Mangalo, and Bianchi). The method of study was interviewing 5159 women multiple times and measure labor force participation, hourly wages, and occupational status throughout their career (Kahn, Garcia-Mangalo, and Bianchi). These dependent variables would show the effects of children on a woman’s career. Using this, the authors concluded that having children does have a negative effect on their career, but this effect is reduced as the woman gets older (Kahn, Garcia-Mangalo, and Bianchi). The two main limitations of the study are some of the data could no longer be socially relevant since it’s taken from an old source and that the data doesn’t consider a woman’s change in preferences for her career throughout her lifetime (Kahn, Garcia-Mangalo, and Bianchi).

**The Fatherhood Bonus and The Motherhood Penalty**

The goal of this report was to find if having children is the cause of the current wage gap in the country. That is, how are careers and income affected by children based on gender (Budig pgs. 6-7). Using the National Longitude Survey of Youth 1979, Budig analyzed the effects of children on wages from 1979-2006 (Budig 9). From this data, it was found that fathers get a 6 percent wage increase from children on average and women lose 4 percent of their wages per child (Budig pgs. 9-17). It is concluded in the report that this difference is more likely due to social stigmas around each gender having kids instead of actual changes in performance.

**Compare and Contrast**

The second and the third articles are the most similar. They both analyze the effect of wages and careers for parents after they have kids. Article 2 concentrates on only women while Article 3 analyzes the effects for both men and women. Since Article 2 uses more dependent variables in its analysis of careers over a greater period of time, it can be argued that the conclusion is more likely to be true. Since Article 3 doesn’t analyze the wage effect as long Article 2, the conclusion that the effects of children diminish over time is not found. For both of these articles, not much can be concluded about the actual performance changes as a result of having children because income isn’t necessarily an accurate representation of work performance. The do however make the assumption that the change in wage is likely not purely performance based.

Article 1 is much different than the other two because it is based on athletes and doesn’t consider income. This study goes more into how athletes view their own performance based off their personal relationships. While quantitative analysis is used to make a conclusion, surveys that are qualitative in nature are used to get the data. Because of this, the conclusion made in this study is weaker than those in Articles 2 and 3. In general, data based on people’s qualitative view provides much weaker evidence than quantitative data like income. This study also did not consider time in its data. The surveys were given to the athletes only once. Because of this, there are many more confounding variables that could affect the data. Overall, this study is the most similar to what I plan on doing because it concentrates more on the actual performance changes that come from personal relationships, but its data is much weaker compare to the other two articles.

**Works Cited**

Budig, Michelle1 J. “The Fatherhood Bonus and The Motherhood Penalty: Parenthood and the Gender Gap in Pay – Third Way.” *Third Way*, 2014, www.thirdway.org/report/the-fatherhood-bonus-and-the-motherhood-penalty-parenthood-and-the-gender-gap-in-pay.

Kahn, Joan & García-Manglano, Javier & Bianchi, Suzanne. (2014). The Motherhood Penalty at Midlife: Long-Term Effects of Children on Women's Careers. Journal of Marriage and Family. 76. 56-72. 10.1111/jomf.12086.

Jowett, Sophia & Cramer, Duncan. (2009). The Role of Romantic Relationships on Athletes' Performance and Well-Being. Journal of Clinical Sports Psychology. 3. 58-72. 10.1123/jcsp.3.1.58.