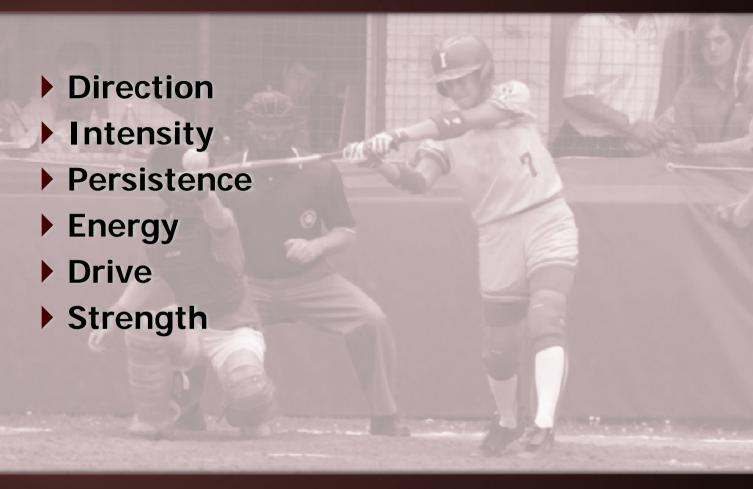


Unit 5
ACHIEVEMENT MOTIVATION AND ASSERTIVENESS

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# **MOTIVATION**

## Motivation

- Motivational climate.
- Perceived ability.
- Achievement behaviors.
- Achievement goals.

#### Behavior

- Adaptive.
  - Task oriented.
- Maladaptive.
  - Outcome oriented.

# MOTIVATION AND BEHAVIOR

#### Task command

- Increased commitment to effort.
- Perseverance in the face of adversity.
- Increased personal implication.
- Choice of difficult situations.

# Social Comparison

- Decreased commitment to effort.
- Decreased perseverance in the face of adversity.
- Decreased personal implication.
- Choice of easy situations.
- Non-adaptive behavior

# **ACHIEVEMENT BEHAVIORS**

Is connected to the belief in one's rights and value. It is the positive space between two negatives: Passivity and Aggressiveness

### Destructive Intention

- Violent behavior.
- Implies pain or injury.
- Addressed at a rival.
- Destructive intention.

#### Reactive

- Fight and resistance behavior.
- Lack of injury or pain.
- Addressed at an opponent.
- Functional intention.

- Search of a goal without violence but with a high degree of energy and courage.
- Toughening-up in game situations, such as pressure, inconveniences, opposition, charges, blocks, ball protection, etc.
- ▶ Play respecting game rules, but with high intensity and emotional implication, avoiding aggression and hurting opponents.

# **HIGH ASSERTIVENESS**

#### Aggressiveness

- Often a substitute for lack of competency or ability. Focusing on aggression implies a switch on attentional focus, moving away from the task.
  - ▶ The athlete stops thinking about the task and focuses on the opponent.

#### Assertiveness

- Competitive athletes are characterized by the high degree of assertiveness in their personality.
  - Survival instinct.

# SPORT PERFORMANCE

- Focused on the Task.
- Perceived competency.
- Perceived autonomy.
- High assertiveness.
- High opposition.
- On the attack.
- "In your face"
- Fighter.
- Tough.
- High tolerance of discomfort.
- Committed to effort.
- High personal implication.
- Choice of difficult tasks.
- Persistence in the face of adversity.

# **COMPETITIVE PLAYER**