Does it Matter When the Setback Happened? Assessing Differences in Setback Severity, Motivation, and Emotions in Sport Patti Parker, Gabrielle Pelletier, Lia Daniels, & Amber Mosewich University of Alberta

INTRO

- Whether at the elite or recreational level, setbacks in sport are inevitable & can be detrimental for motivation
- Currently, sport setbacks are critical to study with COVID-19 bringing additional challenges

OBJECTIVE

 To compare the motivational & emotional responses of athletes reflecting on either resolved or unresolved sport setbacks

METHODS

- Postsecondary North American athletes were recruited via Prolific.
- -- *M*_{age} = 21; 142 women, 52 men, 3 nonbinary
- Measures: Resolved (130 athletes) vs. unresolved setback (68 athletes)
 PANAS (Watson et al., 1998), setback experience questions (severity, COVID-19 context), achievement goals in sport (Mascret et al., 2015), & demographic information

ANALYSIS

- Cross-sectional design
- Independent sample t-tests compared athletes with resolved and unresolved sport setbacks

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Setback timing <u>can</u> matter!

Athletes with unresolved setbacks had more guilt and shame and lower approach motivation... and saw their setbacks as more severe than those with resolved setbacks



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	Resolved	Unresolved	t, p
Task approach	6.30	6.00	2.62, .015
Task avoid	5.63	5.28	1.82, .081
Setback severity	2.58	2.19	2.81, .002

*non-sig. comparisons for other PANAS emotions and self/others motivation goals. Lower scores for setback severity indicate greater severity.

SUMMARY

RESULTS

- Our findings illuminate the potentially harmful effects of experiencing setbacks "in the moment" (during COVID-19) on athletes' motivation and mental health
- More research is warranted to investigate if encouraging athletes to reflect on resolved setbacks could increase approach motivation & combat negative affect and perceptions of setback severity

