

The examination Challenge and Threat states upon eventing performance

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Abstract

Challenge and Threat motivational states can be adopted regarding sporting performance and involve affective, cognitive and physiological mechanisms (Meijen, Jones, Sheffield, & McCarthy, 2014; Blascovich & Mendes, 2000). Understanding how these motivational states might change within a sporting event which has various components (Dressage, Show Jumping & Cross Country) maybe important for performance. Twenty-one participants competed in affiliated eventing (BE80 up to advanced) completed self-report measure to capture emotion (Sport Emotion Questionnaire; Jones et al, 2002) ,Challenge and Threat states (Challenge and Threat in Sport Scale, Rossato et al, 2016), Self-Efficacy (Bandura, 2006 & O’Callaghan, 2015), Achievement Goals (Achievement Goal Questionnaire (Elliot & McGregor, 2001), Perceived Control, Mental Effort (Rating Scale of Mental Effort; Zijlstra, 1993) and Cognitive Appraisal (Cognitive Appraisal Ratio Scale, Tomaka et al, 1992) in order to examine potential influence on performance.

Dressage

Regression analysis indicated that perceived control predicted dressage performance level ($F(1,19) = 4.95, p = .04$). The analysis also revealed a negative correlation regarding excitement and dressage performance ($r = -.53, p = .01$), happiness and dressage performance ($r = -.55, p = .01$).

Show Jumping

Positive associations were observed within show jumping regarding the emotions of anger ($r = .54, p = .01$) and dejection ($r = .46, p = .04$). Furthermore, a Repeated measures ANOVA revealed that Mastery Approach was significantly higher in Cross-County competition compared to Show Jumping ($F(2,40) = 3.9, p = .03$).

The results suggest that emotions related to Challenge and Threat have an impact upon Dressage and Show Jumping performance and a mastery approach is adopted within Show Jumping performance at a higher level than Dressage and Cross Country.