

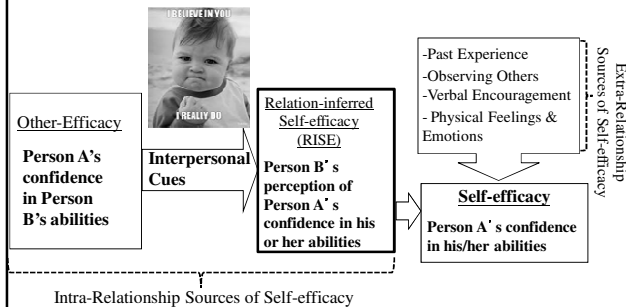
“They Believe I Can Do it?... Maybe I Can!”

The Effects of Interpersonal Feedback on Relation-Inferred Self-efficacy (RISE), Self-efficacy, and Intrinsic Motivation in Children’s Sport.

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What is RISE?



From Lent and Lopez (2002)

Why Look at RISE in Children’s Sport?

- Consequences of RISE
 - Perceived Competence (self-efficacy)
 - Intrinsic Motivation
 - Participation & Performance
- Determinants of RISE
 - From Whom?
 - What Behaviour?



Objectives

- Phase 1: To explore children’s perceptions about the types of interpersonal communication that influence RISE.
- Phase 2: To investigate how providing children with RISE-relevant communication might affect their self-efficacy, intrinsic motivation, and behaviour.
- Phase 3: To examine:
 1. How sport coaches learn ways to deliver RISE-based communication in their interactions with sport participants
 2. The effects of RISE-based communication on children’s self-efficacy and intrinsic motivation in a sport environment.

Phase 1 Highlights

Saville, Bray *et al.*, 2014 *Journal of Sport & Exercise Psychology*

- Interviews with 61 (one-on-one) and 28 (focus group) youth sport participants
- Key Questions
 - Who are the people you feel have confidence in your abilities to do sports?
 - What do they do or what do they say to make you feel this way?
- Key Answers
 - Coaches, parents, siblings, peers
 - Verbal
 - “I believe you can do this”
 - “I know you will get it next time”
 - Non-verbal
 - Challenges, responsibilities
 - Demonstrations for peers



Phase 2 Highlights

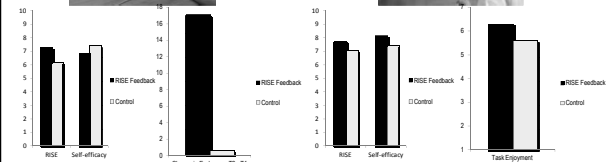
Bray *et al.*, in preparation

- 2 experiments
 - Encouragement vs. Encouragement + RISE communication

Effort-based Task



Skill-based Task

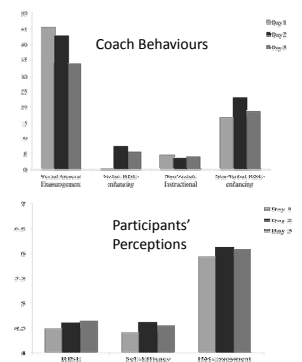


Phase 3 Highlights

Bray *et al.*, in preparation; Saville & Bray, submitted

Participants: 12 Sport Camp Coaches; 79 youth participants

- Days 1-3
 - Video/Audio recordings of coach-participant interactions
 - Participant surveys of RISE, self-efficacy & enjoyment
- RISE workshop at end of Day 1
- RISE Workshop Progression:
 - Defined RISE
 - Discussion of experience with RISE communication
 - Action planning ways to incorporate RISE-communication
 - Role-play activities
 - Take-home materials.



Summary & Implications

- RISE
 - is a common perception that can stem from coach-participant communication
 - has important consequences for self-beliefs, motivation, and behaviour
 - can be shaped through use of specific language and behavioural cues
- Caveats
 - RISE cues may need to be used selectively
 - Research limited to young, recreational sport participants
- Implications
 - RISE communication training may be a useful component in coach or educator training programs