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Coach-created Motivational Climate and Its Relationship with Motivation and Social Behaviors in High School Student-Athletes

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Abstract

Although motivational climate is known to influence athletes' motivation and social behavior, few studies have examined how coach-created motivational climates affect younger populations, particularly high school baseball and softball student-athletes. Grounded in Achievement Goal Theory (AGT) and Self-Determination Theory (SDT), this study examined the relationships between empowering and disempowering coach-created motivational climates, types of motivation, and prosocial and antisocial behaviors. Utilizing a quantitative research design, 153 student-athletes (71 males and 82 females, $M = 15.15$, $SD = 1.607$) from public and private schools in the Davao Region completed three self-report measures: the Empowering and Disempowering Motivational Climate Questionnaires-Coach, the Behavioral Regulation in Sport Questionnaire, and the Prosocial and Antisocial Behavior in Sport Scale. Data were analyzed using Pearson correlations, multiple regression, MANOVA, and univariate ANOVA. Results indicated that perceptions of an empowering motivational climate were positively associated with both intrinsic and extrinsic motivation, as well as prosocial behavior toward teammates. Interestingly, the positive link between empowering climate and extrinsic motivation deviated from SDT expectations. Conversely, disempowering motivational climates were positively associated with amotivation, extrinsic motivation, and antisocial behavior toward both teammates and opponents. These findings emphasize the need for coach education programs that promote empowering climates to support intrinsic motivation and prosocial development among youth athletes. Creating such motivational environments can enhance sport enjoyment, strengthen team cohesion, and contribute to more positive and inclusive youth sport experiences.

Keywords: empowering motivational climate, disempowering motivational climate, motivation, prosocial behavior, antisocial behavior.

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