

Abstract of Dissertation

MOTIVATION, PERFORMANCE GOALS, AND
SELF-EFFICACY IN MARATHON RUNNERS AND WALKERS

By

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This research study compared the motivations, performance goals and self-efficacy of marathon runners and walkers. In order to do this the following psychometric measures were used: The Motivation of Marathoners Scales (MOMS) and the Sport Motivation Scale (SMS) for motivation goals. The Sport Orientation Questionnaire (SOQ) for performance goals and The State-Sport Confidence Inventory (SSCI) and the Trait-Sport Confidence Inventory (TSCI) for self-efficacy.

This study evaluated “Team In Training” (TNT) participants training and competing in the Suzuki Rock ‘n Roll Marathon held in San Diego, California on June 2, 2002, and in the Mayors’ Midnight Sun Marathon held in Anchorage, Alaska on June 22, 2002. Seventy-three runners and 29 walkers took the Pre-Marathon Survey; and 42 runners and 22 walkers completed the Post-Marathon Survey. The survey was made available to the TNT participants online at www.262research.org.

Previously published studies have examined runners of marathons, as well as senior citizen mall walkers; however, a thorough search of the literature found no studies examining walkers of marathons.

In summary, the study failed to show many statistically significant differences in the motivation of marathon runners and walkers. The analysis of the MOMS and the SMS in general indicated a high degree of overlap between runners and walkers, in motivation. Motivations for participation in a marathon do not appear to be differentially impacted by the participants' status, either as a runner or as a walker.

This study failed to demonstrate statistically significant differences in performance goals of marathon runners and marathon walkers. The analysis of the SOQ indicated one striking finding. In the area of competitiveness, the walkers demonstrated a significant decrease in competitiveness from the pre-test to the post-test, when compared to their runner counterparts. The difference for the walkers was sizable and significant at the .05 level of confidence. Within the subscale of competitiveness, the act of completing a marathon for the walkers appeared to influence their attitude toward competitiveness, moving it significantly in a negative direction. That is, walkers became *less* competitive.

Although these data indicated similar changes in post-test results for runners and walkers in regard to the findings on the State Sport Confidence Inventory and on the Trait Sport Confidence Inventory, with both groups tending to score higher in these psychometric areas as a result of running or walking a marathon, the magnitude of change was not statistically significant at the .05 level of confidence.

**MOTIVATION, PERFORMANCE GOALS, AND
SELF-EFFICACY IN MARATHON RUNNERS AND WALKERS**

A Dissertation

Submitted

In Partial Fulfillment

of the Requirements for the Degree of Doctor of Philosophy in Psychology

Specialization in Sport Psychology

By

Barbara C. Lemaire

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Dissertation Approval Sheet

The Dissertation of Barbara Lemaire, entitled “MOTIVATION, PERFORMANCE GOALS, AND SELF-EFFICACY IN MARATHON RUNNERS AND WALKERS” was found to be acceptable in quality and form for publication and is therefore approved by us.

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DEDICATION

To my daughter Jennifer S. Picker

In loving memory of my parents
Barbato and Genevieve Belpedio

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