

socially prescribed perfectionism appeared unrelated to burnout self-oriented perfectionism demonstrated a significant negative association with athlete burnout.

A second study examined these relationships in a further sample of 157 junior elite athletes representing various sports. However, it further extended the research by considering the association between perfectionism, achievement goals and athlete engagement (Lonsdale, Hodge & Jackson, 2007). The findings partially replicated those of the first study in that self-oriented perfectionism was found to be moderately and positively associated with both mastery goals and performance approach goals. Moreover, self-oriented perfectionism was negatively associated with burnout but positively associated with athlete engagement. In contrast, socially prescribed perfectionism was unrelated to either mastery or performance goals, but was positively associated with burnout and negatively associated with athlete engagement. Together, the findings from these two studies provide evidence that socially prescribed perfectionism may be a universally debilitating personality characteristic that can undermine achievement striving in sport, whereas self-oriented perfectionism may not appear to be motivationally debilitating unless accompanied by chronic perceptions of failure.

IMPLICATIONS OF AUTONOMY SUPPORT AND NEED SATISFACTION FOR THE WELFARE OF YOUNG ATHLETES

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Grounded in the Self Determination Theory (SDT; Deci & Ryan, 1985; Ryan & Deci, 2000), work done by our research group on the situational and motivation-related determinants of reported well-being in young sport participants will be reviewed. These investigations have included samples of young male football players and young elite female tennis players. Aligned with SDT, this line of research points to the relevance of highly autonomy supportive environments to satisfaction of young athletes' need for competence, autonomy and relatedness as well as composite need satisfaction. Higher need satisfaction is predictive of more autonomous or self-determined reasons for participating in sport as well as indices of greater well-being (e.g., subjective vitality, self esteem and life satisfaction) in youth sport participants. The SDT assumed sequence between the social environment (in particular, the controlling aspects of the coach-created climate) to low need satisfaction (as well as need thwarting) to negative (e.g., negative affect) indicators of young athletes' welfare has also been supported. The research highlighted will be discussed in terms of its potential implications for interventions centered on promoting coach-created climates which are conducive to young athletes health and positive psychosocial development.

References

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PROMOTING AN EMPOWERING CLIMATE IN THE CONTEXT OF YOUTH SPORT: A COACH TRAINING INTERVENTION INTEGRATING PRINCIPLES FROM AGT AND SDT <THE PAPA PROJECT>

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An extensive body of work, grounded in achievement goal frameworks (e.g., Ames, 1992) and Self Determination Theory (Deci & Ryan, 1985) and centred on sport (e.g., Adie, Duda, & Ntoumanis, 2008; Duda & Balaguer, 2007) has provided empirical evidence regarding dimensions of the social environment operating in youth sport which are relevant to variability in children's motivation, health and psychosocial development. Moreover, recent sport research has centred on integrating the tenets and constructs emanating from these two theories (e.g., Reinboth, Duda & Ntoumanis, 2004). A major part of this presentation will be to highlight this work and describe illustrative findings in youth sport settings. I will conclude with a brief description of an EU-based PAPA project (www.projectpapa.org) that specifically pulls from this theoretical and empirical literature. PAPA revolves around the development, implementation, and evaluation of a coach education programme designed to create a more empowering (and less disempowering) youth sport environment. An empowering climate is one that is more task-involving, autonomy supportive, and social supportive. In contrast, a disempowering environment is characterised by more ego-involving and controlling coach behaviours. The impact of the coach training on the motivational environment manifested on the team and indicators of players' well-being and quality engagement in sport will be determined.

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Oral presentations

OP-HF04 Health and Fitness 4 - Children and Adult

CARDIOVASCULAR RISK AND PHYSICAL ACTIVITY IN CHILDREN AND ADULTS FROM MUZAMBINHO-BRAZIL

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Introduction