

A qualitative analysis of the types of goals athletes set in training and competi...

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A Qualitative Analysis of the Types of Goals Athletes Set in Training and Competition Research has proved that goal setting is an effective technique for enhancing performance in sport (Kyllo & Landers, 1995). Studies have also shown that collegial, youth and Olympic level athletes use setting to improve their performance. However, existing researches on goal setting have not effectively explored issues surrounding this topic, for example, where athletes set their goals. These are mainly in relation to competition and during training. Even those that have tried addressing these issues used quantitative methods, and researcher-defined goals which undoubtedly hindered a complete determination of the types of goals set by athletes. This study addresses this issue through the question “ what type of goals do athletes set in competition and training?

Previous researches conducted on this issue by Burton (1999) and Burton, Naylor and Holliday (2001) have revealed that goals set by athletes might not tally across these two situations. They have also stated that the functions of these goals could differ considerably significantly. By answering the research question, this study aims at advancing the existing scientific knowledge base by outlining all the specific types of goals set by athletes both in training and competition. It will give a clear comparison of the goals set by athletes in the two situations.

Theoretical implications of the study include giving a picture of the lives of athletes, nature and range of goals they set, their functions, and how they enhance the performance of athletes. In the practical aspect, the results of this research will provide a full understanding of athlete goal setting phenomena which may be used by practitioners like sport managers and

psychologists in the development of more effective goal setting programs for athletes.

References

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