

## **MOTIVATIONAL PROFILES OF MASTER'S ATHLETES: ASSOCIATION WITH PSYCHOLOGICAL WELL-BEING**

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Participation in competitive sport across the lifespan can reflect “healthy aging” although the motivational processes that underlie such involvement are not yet well understood. Furthermore, self-determination theorists contend that psychological well-being (PWB) is related to individuals’ motivational characteristics in personally valued activities (Ryan, Sheldon, Kasser, & Deci, 1996). The purposes of this study were to identify the motivational and sport commitment profiles of veteran’s athletes and to determine if these profiles could predict psychological well-being. Participants in this study were 267 athletes (162 males, 105 females, mean age = 39.99 years) competing in the Spanish National Master’s Swimming Championships. Athletes completed the Sport Motivation Scale (Pelletier, Fortier, Vallerand, Briere, Tuson, & Blais, 1995) to assess motivational characteristics; the Sport Commitment Scale (Scanlan et al. 1993) to examine sport enjoyment, personal investment, and enthusiastic and obligatory forms of commitment; and a shorter version of Ryff’s Psychological Well-Being (PWB) scale (Ryff & Keyes, 1995). Cluster analysis employing Ward’s method revealed three distinct motivational profiles. Cluster 1 ( $n = 78$ ) was labeled the “highly motivated/highly committed group” and was comprised of athletes very high levels of intrinsic and extrinsic motivation and moderately high personal investment and enthusiastic commitment. Cluster 2 ( $n = 86$ ) was the “average motivation/commitment” group with group means near the overall sample mean on all variables. Cluster 3 ( $n = 103$ ) was the “low motivated/low committed” group with low levels of intrinsic and extrinsic motivation and moderately low levels of personal investment and enthusiastic commitment. A follow-up ANOVA revealed significantly higher psychological well-being in the “highly motivated/highly committed group” (Cluster 1) relative to the “low motivated/low committed” (Cluster 3) group. These results are consistent with expectations from self-determination theory and support the belief that psychological well-being is associated with high levels of motivation and commitment to competitive sport in older athletes.