

MOTIVATION AND COMPETITION ACROSS GENDER IN RECREATIONAL
MOTORCYCLE RACERS

An Honors Thesis

Presented to

The Faculty of the Departments of Psychology and Kinesiology

Sam Houston State University

In Partial Fulfillment
of the Requirements for the Degree of
Bachelor of Science in Psychology

by

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MOTIVATION AND COMPETITION ACROSS GENDER IN RECREATIONAL
MOTORCYCLE RACERS

by

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DEDICATION

This thesis is written in dedication to my family who provide me endless support, especially my parents, who introduced me to the sport of motorcycle racing and never fail to encourage me or be proud of me, whether I am racing or writing.

I cannot thank you enough for who I have become. I love each of you very much.

ABSTRACT

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This study will address the previous evidence that male and female athletes differ in their motivation in sports, by specifically exploring the self-reported incentives in motivation amongst male and female recreational motorcycle racers. The study explores the potential change in an athlete's motivation when exposed to the idea that an external award will be rewarded prior to the completion of a motocross race on a closed circuit. The experiment will test the assertion that female motorcycle racers are less likely to be motivated to participate in motorsports for external awards, such as winning and receiving trophies and/or money. It is hypothesized that female racers are more likely to report motives for their competing in the sport of motorcycle racing based upon the internal pleasure of out-doing oneself and reaching personal goals. The study will conclude by discussing implications of the research, and why further research in similar areas is necessary.

KEY WORDS: Gender differences, Intrinsic motivation, Extrinsic motivation, Sport psychology, Competitiveness, Motorcycle racing, Sam Houston State University, Texas

ACKNOWLEDGEMENTS

The Elliott T. Bowers Honors College and its staff (Dr. Kimberly Bell, Dr. Tracy Bilsing, Dr. Maria Holmes, and Mrs. Connie Rodriguez) provide invaluable resources for students, like myself, to achieve further education. Without their help or the assistance of my advisor, Dr. Erica Pasquini, this paper could not have been possible. In addition, I would like to thank Ms. Simmie Oden for introducing me to Dr. Pasquini, and for allowing me to present my thesis to her Honors Lifetime Health and Wellness course. Furthermore, thank you to my psychology professors Ms. Jessica Lee and Dr. Marsha Harman for their previous attempts to work with me on a thesis I proposed to work on at my instigation, as well as their writing my graduate school letters of recommendation. I cherish the memories I have made while here at Sam Houston State University, this highest-honors academic endeavor most certainly being one.

PREFACE

I grew up attending the races with my family, eventually racing myself alongside my father. I have, in fact, won a second place championship for the F6 class of mini motard. Racing was always a part of my family's self-concept. After the passing of my aunt, I wanted to conduct research on the psychological benefits of hobbies. While Dr. Harman and Jessica Lee tried to be of assistance to me, my overall topic and plan of action fell through. Instead of giving up, I narrowed in on a specific hobby of mine, and wanted to study female motorcycle racers. Ms. Simmie Oden offered her assistance by introducing me to Dr. Erica Pasquini, who jumped at the opportunity to help me out. I was and am very thankful.

There were many obstacles and limits to conducting this particular experiment. My results were not as significant as I would have hoped. However, the experience and knowledge I gained is crucial to me. I learned valuable lessons about the Institutional Review Board approval process and gained knowledge and experience relevant for graduate school and beyond. I especially learned what not to do, through trial and error, which sometimes proves the best way to learn.

Failure is not the opposite of success; it's part of success.-Arianna Huffington

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INTRODUCTION

Sport psychology is the study of how participation in sport and exercise affect psychological and physical factors (Akert, Aronson, & Wilson, 2012). The degree to which sports benefit or hinder individuals has been a previous controversial topic, as critics evaluate the extent of competition levels in sports. Aside from competition, motivation is also an aspect of sports and the rivalry they provide. Motivation is the level or factors that influence a person's willingness to exert physical or mental effort in order to complete a goal or set aim. Motivation does not have to occur between competitors- motivation can prevail inside individuals, as there are two distinct forms of internal motivation: intrinsic and extrinsic motivation. Deci and Ryan (1985) proposed the self-determination theory, which identifies and describes the two varying forms. Intrinsic motivation is the desire to engage in an activity because of enjoyment or the level to which one finds the activity interesting, not because of external awards or pressures (Akert, Aronson, & Wilson, 2012). This also correlates with the extent to which an individual wishes to better themselves in the sport based on the internal enjoyment they have for the activity. Extrinsic motivation is the desire to engage in an activity because of external awards or pressures, not purely due to enjoyment of the task. External regulation is the least self-determined form of extrinsic motivation.

As suggested by Vallerand and Losier (1999), the three forms of intrinsic motivation consist of knowledge, to accomplish, and to experience stimulation. Concerning sports, intrinsic motivation towards knowledge would help an individual to become more educated on a certain sport. Intrinsic motivation towards accomplishment results from an individual's practice in the sport aimed at accomplishing a new goal. Lastly, intrinsic motivation towards stimulation

indicates an individual's pleasure received from participating in the sport as the reason for their participation; a genuine enjoyment in merely being involved in the sport.

Purposes and Hypotheses

Athletes partake in sports for various reasons, winning, reaching personal goals, or internal enjoyment. Therefore, the same participation reasoning can be studied among athletes who partake in the sport of motorcycle racing, a predominately-male populated sport and pastime.

There were three purposes for this study.

First was to determine if the introduction of an award influences the type of the racer's motivation in their club-level sport racing. The gender ratio (male to female) is quite unbalanced, as more males partake in and advance to professional levels of motorcycle racing than women. It was hypothesized that female racers would demonstrate higher reported levels of intrinsic motivation for their involvement in racing than males, who would report a demonstrated preference towards extrinsic motivation. The justification for the hypothesis is based on the assertion that women in a male-dominated sport are trying to prove themselves to themselves and others, that a female can ride a male-dominated vehicle and race in a male-dominated sport. It is hypothesized that female racers prefer bettering their lap times and skills in such sport and enjoying the fact they can race rather than their desire to win races for the aim of receiving money or a trophy.

This justification is also the second purpose of the study, which is to study the effect that gender makes on motivational type.

The third purpose is the exploration of the change between male and female racers' answers in their motivational pretests and posttests, before and after they are informed that an award will be presented following the race.

Review of Literature

Sex differences in sports interest and motivation has been studied from an evolutionary perspective, and supported the fact that female athletes endorse goal orientation more than male athletes, who are more likely to endorse competition and winning as the motives to compete in sports (Deaner, Balish, & Lombardo, 2015). It has also been reported that a potential reason there is a large gender difference in performance depth is that male athletes are more likely to be motivated to engage in the necessary training to achieve a faster performance time. The motivation to achieve a faster performance time, rather than achieving better skills in the sport is related to greater competitiveness. Several survey studies have found similarity in the fact that more male athletes report taking risks than female athletes. Likewise, a study reported that male athletes are more likely than female athletes to choose to compete in a competitive race than a non-competitive race when given the choice. (Garratt, Weinberger, & Johnson, 2013).

Studies involving motivation, achievement orientation, and competition in collegiate track and field athletes found that no significant differences were found among male and female athletes for internal and external competition. Evidence was found to support that both male and female athletes in collegiate track and field preferred external competition, and that males prefer external competition to internal competition (Woodson, 2014). Individuals enter competitive sports for varying reasons. Athlete's levels of wanting to win and meeting certain goals in their sport are motives for competitiveness, whether it be against opponents or their past self.

Throughout history, women have been denied equal access to participating in sports, a prevalent theme related to the patriarchal or male-dominated design of most nations worldwide. Sociology defines the difference between the socially constructed (or human made) terms “sex” and “gender”. “Sex” refers to one’s biological classification of male or female, while “gender” refers to the socially determined expectations that are placed on individuals due to their sexual category (Delaney and Madigan, 2015).

There have been numerous myths and stereotypes associated with female sport participation. During the nineteenth century “medical practitioners, many of whom were men, utilized pseudo-scientific theories about the effects of the reproductive life cycle upon women’s physical capabilities in order to rationalize the life choices of middle-class women and define limits for their activities”, (Vertinsky, 1994). Ludicrous myths that were believed were: if a woman was pushed physically she would lose her emotional stability; if she plays sports her uterus will fall out; women who work out are un-feminine; and women are physically too weak to play sports. The Center for Disease Control and Prevention (CDC)’s statistical data on the average height and weight of males and females portrays males as having greater numbers in both aspects. However, this does not mean to infer all men are stronger than all women, nor that athletes must be larger in stature to be more successful in a sport. A big asset in sports is flexibility, that women display greater levels of achieving.

Discrimination of female sport participation is traced back to ancient Olympic times, where women were forbidden from participating or even observing (Anshel, 1994). However, the ancient Greeks, in honor of Zeus’ wife Hera, established their own games where Spartan women were encouraged to be physically active in order to stay healthy breeders (Leonard, 1998). Leonard also explains the breakthrough in the 1800s, “Although the pale and fragile

woman remained a cultural ideal until the 1930's, the rosy-cheeked girl on her bicycle was providing evidence that exercise made a woman healthier for housework and childbearing. Amelia Bloomer's bloomers allowed women to move" while still upholding the consideration of modesty in sports participation (265). Middle-class women took the bicycling rage of the 1890s for female physical expression. Women wore shorter and more comfortable dresses to enable them to ride bicycles. In the Victorian era, many feared that this freedom would lure women away from the home and housework to "remote spots alone with men where they might succumb to seduction", as well as that women rode bicycles to stimulate sexual organs (Rader, 2004). Feminists view women cyclists as a symbol of emancipation from Victorian ideals and inhibitions, but the most enduring legacy of cycling appears to be that women enjoyed riding because of the freer forms of clothing.

A long-held myth that sport masculinizes females, making them manly, has scared away many females from playing sports as hypothesized by Knoppers and McDonald (2010). As a result, "most females who play sports try to be viewed as both athletic and attractive (feminine)". Looking attractive and feminine, aesthetic fitness, predominates marketing, and leads to female athletes being known more for their body instead of athletic skills. The aesthetic fitness notion helps to explain why some highly successful female athletes do not receive endorsement deals, while mildly successful female athletes who are associated with "looking pretty" reap more benefits (Rawjee et al., 2011). Danica Patrick, racecar driver formerly with the Indy Car Series and currently with the NASCAR circuit, has never won a race and has just four top ten finishes. Yet, because of her physical appearance and commercial appeal with *Go Daddy* and Coca Cola, she is among the most well-known and highest paid female athletes. Patrick was asked if she thinks she has gotten extra attention due to her looks and responded with, "Probably a little bit.

It's just like when you watch a reality show and there is a cute girl on and she is kicking butt, you're like 'Go girl! 'I think it appeals to people. It shows that you're not just using your looks to do simple mindless things" (*The Post-Standard*, 6/12/05).

Furthermore, sexism is another obstacle females face in their attempt to reach equality in sports participation and representation. Both males and females have been victims of sexism, but historically women have been more often. Ideological sexism is the belief that one sex is superior to the other and stresses gender-appropriateness based on gender roles (Delaney and Madigan, 2015). Such belief is exemplified by men who consider women too weak to play sports. Now 87-year-old Bernie Ecclestone, Formula One head, told reporters in response to Danica Patrick that "women should be all dressed in white like all the other domestic appliances" (*Sports Illustrated* 2005: 20). (The irony should be noted that Ecclestone has not fathered any sons, but three daughters.) Institutional sexism is the systematic practices and patterns within social institutions that lead to inequality between men and women, which is exemplified in the lack of women present in sports power positions. Only when sexism and discrimination is removed from society and the social institution of sport will equal sport opportunities be available.

In present day, women have entered the domain of many traditional male-dominated sports; as more females enter, they alter the male preserve. Females are also no stranger to pain and injury as a result of sports: women can endure, play in pain, and be aggressive and tough such as males have learned. Female participation in sports demonstrates that regardless of any possible genetic conditions as a result of their sex, the male-dominate view can be altered through socialization.

METHODS

Participants

The sample consisted of subjects, both male and female, who have previously been involved in the sport of motorcycle racing, whether road racing or motocross. Racers could be experts or novices in the sport, as long as they have previously been racing and riding motorcycles. The sample size consisted of 29 (N=29) volunteered participants of motorcycle racers from the club-level motocross racing organization of Texas Vintage Racing Circuit (TVRC), which includes a wide range of ethnicities, age, and gender of racers, although more male members. There were 18 male and 11 female participants, their ages ranging from 18 to 72. Refer to Figure 1.

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Page Options



Figure 1. The Qualtrics questionnaire depicts the sample size, N=29, differentiating by gender. As seen in the graph, there are 18 male and 11 female. There were more male participants in the survey than females, corresponding with the overall demographic of the organization and the sport in general.

Apparatus/Stimulus/Materials

Institutional Review Board approval and TVRC informed consent was crucial for conducting this experiment. Internet access on a computer or smart phone to Qualtrics was needed to create the surveys and informed consent, as well as for each of the participants to complete the surveys. In order for the participants to race, their access to the racetrack, entry fee, and safety gear was necessary. Three \$100 Visa gift cards were obtained for studying the influence of monetary incentive on the racers and survey participants.

The Behavioral Regulation in Sport Questionnaire (BRSQ) is a self-reported survey that assesses motivation types in sport participation. It consists of 24 items: six subscales measuring the types of intrinsic and extrinsic motivation, each with a seven-point Likert scale (1= "strongly disagree" to 7= "strongly agree") for questions asking the reasons the athlete participates in their sport.

The Sport Orientation Questionnaire (SOQ) self-reported survey has 18 items. It includes three subscales (Competitiveness, Win orientation, and Goal orientation), each with six items, which assess the competitive preferences on an individual by asking sport orientation questions such as competitiveness, goal orientation, and win orientation based on a seven-point Likert scale (1= "strongly disagree" to 7= "strongly agree").

The Internal and External Competition Questionnaire (IECQ) self-reported survey has 10 items. It includes two subscales (Internal and External), each with five items, which assess the competition between endurance teammates or within their team and the competition in relation to athletes from other teams on a seven-point Likert scale (1= "strongly disagree" to 7= "strongly agree").

Procedure

Permission to conduct the experiment was granted by the president and board officers of TVRC's racing club. The researcher was added to TVRC's members only Facebook group to advertise. A Facebook post described the research without any mention of a possibility for financial compensation to recruit the participation of subjects, and was requested to be completed by participants before their race weekend commenced.

Through the online survey program of Qualtrics, a demographic questionnaire (gender, age, etc.), and motivational surveys were required as a pretest. Included was the BRSQ, SOQ, and IECQ. In order to take the poll and remain anonymous, participants created a four-digit login code, based upon their birthday (xx/xx). Still, the participants were not yet informed of the possibility for winning money; they simply thought they were filling out a simple survey and helping a racer's daughter with her academic research.

TVRC's race day consists of 10 races in Moto 1, a lunch break, and 10 races in Moto 2. Each race number was entered in a random generator for which races would be eligible for the extrinsic prize. For Moto 1, the generator landed on Race 3. For Moto 2, the generator selected Race 10.

The evening before race day, participants were informed via a second advertised Facebook Group post that there would be a prize of a \$100 Visa gift card for a randomly generated racer in Moto 1 Race 3 and another \$100 Visa gift card for a randomly generated racer in Moto 2 Race 10, as long as they participated in both the experiment's pre and posttests. This made it more likely for racers to complete the surveys in hopes that they had a fair chance to win the monetary prize. It also served as a chance to record if racers signed up for races 3 and 10 in hopes to be one of the prizewinners. Racers were also informed there was a third randomly

generated drawing and an opportunity to win a third \$100 Visa gift card simply by completing both halves of the survey. This ensured more participation for those racers who were not registered for races 3 and 10, as well as for racers who are regulars with the TVRC organization but were unable to race on that particular weekend of the experiment.

At the end of the race day, after the completion of the pretest, and the shared information of the presence of a prize for the survey participants, the link to the posttest was posted. There were two key differences between the pretest and the posttest. First, participants were not informed of a monetary prize opportunity before completing the pretest. Second, the posttest consisted of the same survey questions (BRSQ, SOQ, and IECQ), however it began with three new questions that addressed the motivation to participate based solely on the potential for winning the involved money. Refer to Figure 2.

Were you motivated to complete this survey ONLY after you were informed that money was involved?

- ☐ Yes; I was motivated by the money.
- ☐ No; I was going to take it anyway.

Were you motivated to complete this survey because you found out race participation or finish position did not matter- that you could win money solely by participating in the survey?

- ☐ Yes; the money opportunity helped.
- ☐ No

Were you motivated to enter the TVRC races eligible for money because you were interested in being in the drawing for more money?

- ☐ Yes
- ☐ Not applicable; I did not race that weekend at all.
- ☐ No

Please answer these questions accordingly to how you felt AFTER you were informed there was an opportunity to WIN MONEY by completing these motivational surveys.

I participate in motorcycle racing....

Figure 2. The three added posttest questions that assessed participants' extrinsic motivation to complete the surveys and/or race in the races eligible for a monetary prize.

RESULTS

Contrary to the proposed hypothesis, the only participants who selected one or both of the posttest questions assessing extrinsic motivation were the female racers. Therefore, the only participant to answer both questions as extrinsically motivated was a female. Refer to Figure 3.

Female	No: I was going to take it anyway.	Yes: the money opportunity helped.
Male	No: I was going to take it anyway.	No
Female	Yes: I was motivated by the money.	Yes: the money opportunity helped.
Female	No: I was going to take it anyway.	Yes: the money opportunity helped.
Female	No: I was going to take it anyway.	No
Female	No: I was going to take it anyway.	Yes: the money opportunity helped.
Female	No: I was going to take it anyway.	Yes: the money opportunity helped.

Figure 3. Results show that the only participants to select any of the posttest extrinsic motivation questions were the female racers.

A statistical T-Test was expected to determine if the reported data between male and female participants from the pretests (with no anticipation of an external award) and the posttests (with possible anticipation of an external award) were significantly different from each other, indicating an influence of an external award on the subject's motivation type. A separate statistical T-Test was expected to explore the prevalence of the male and female participants' reported answers and their classification of extrinsic or intrinsic motivation. However, there were some major limitations.

DISCUSSION

Limitations

There was human error in acquiring the data that made testing significantly more difficult. The four-digit code was implemented in order to anonymously match subject's pretest and posttest data to examine the difference between answers without and then with knowledge of an extrinsic prize. However, many participants of the already-small sample size were confused on their creating a four-digit personal code. Some participants did not make a meaningful code to remember, and once they completed the pretest they forgot it, and they entered in a random code to complete the posttest. This meant that the matching of an individual subject's pretest and posttest responses was impossible. Therefore the third purpose of the study (the exploration of the change between male and female racers' answers in their motivational pretests and posttests, before and after they are informed that an award will be presented) was hindered.

Furthermore, when initially advertised, the response group was extremely small until there was mention of a surprise drawing for a financial prize. Even after being informed of the available prizes, the sample size was very small overall. The use of a small, purposive sample makes the results less likely to generalize the findings. Result numbers are also incredibly small for statistical significance testing with this sample.

The slogan for Texas Vintage Racing Circuit is "Racing Vintage Motocross for the fun of it since 1988", revealing that many of the motorcycles are older models and older riders as well as the club being majority recreational. The recreational aim of the organization, the age of the racer, and the possible fragility of an antique bike could potentially result in a less competitive racing nature for all the participants.

The time of year could also have had an impact on the results acquired. The experiment was conducted during the last race of the organization's racing season, meaning many championships could have already been won without the need for racers to be very competitive for a finishing position or even race during this race weekend.

Discussion

To provide insight into one potential reason why females are extrinsically motivated, especially in a male-dominated sport, we can use a relationship science example. Relationship science suggests that females are attracted to money; specifically based on an evolutionary perspective, women seek protection and mate with those who can provide for them. Such beliefs date back to eras of female oppression and even as far back as cavemen times. For example, women are more attracted to physical attributes that are universally considered attractive, but will overlook it if the mate has money to provide for her. (Miller, 2018). However, as time passes, feminist views of equality become more prevalent, and women become more capable of divorce and/or supporting themselves.

Future Study

There were many limitations to this experiment; however, that should not diminish from the fact that this area of study in sport psychology, and the sport in general, is under-researched and could benefit from further investigation. A pilot study to test question readability and even acknowledgment of the four-digit code could have supplemented the result outcome.

This experimental study, as well as others focusing on feminism in sport psychology, will help to bring attention to exploring the difference between males and females as a species, regarding sports-relevant topics. There are many cases of women breaking the glass ceiling, and women are capable of providing for themselves; however, it is still not universal. As women are

continually subjected to prejudice and discrimination in the workforce and in sports, despite how far the media and political realms have come in considering the two genders equal, a study to further support how similar men and women can be in sports is beneficial.

It is possible that this experiment's findings are less universal in regards to other sports than motorcycle racing, however, further knowledge in the motivation and competition among motorcycle racers will help to explain motivation and competition differences across gender in other male-dominated sports.

Furthermore, the study of motivation regardless of gender is fundamental in everyday life. Education, careers, sports, and management have concerns that require physical, financial, and human resources to accomplish goals. It is through motivation that human resources can be influenced and fully utilized. Future studies of motivation types are beneficial for such acknowledgement and the potential inclusive altering of such organizations and industries.

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APPENDIX

IRB Approval



Institutional Review Board
Office of Research and Sponsored Programs
2405 Avenue I, Suite E, Huntsville, TX 77341-2448
Phone: 936.294.4875
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DATE: November 15, 2017

TO: Raynie Leard [Faculty Sponsor: Dr. Erica Pasquini]

FROM: Sam Houston State University (SHSU) IRB

PROTOCOL #: 2017-09-36409

PROJECT TITLE: *Motivation and Competition Across Genders in Recreational Motorcycle Racers [T/D]*

SUBMISSION TYPE: INITIAL REVIEW—RESPONSE TO MODIFICATIONS

ACTION: APPROVED

APPROVAL DATE: November 13, 2017

EXPIRATION DATE: November 13, 2018

REVIEW TYPE: EXPEDITED

REVIEW CATEGORIES: 7

The Sam Houston State University (SHSU) IRB has APPROVED your submission. This approval is based on an appropriate risk/benefit ratio and a project design wherein the risks have been minimized. All research must be conducted in accordance with this approved submission.

This submission has received **Expedited** Review based on the applicable federal regulation.

Please remember that informed consent is a process beginning with a description of the project and insurance of participant understanding followed by a signed consent form. Informed consent must continue throughout the project via a dialogue between the researcher and research participant. Federal regulations require each participant receive a copy of the signed consent document.

Please note that any revision to previously approved materials must be approved by this committee prior to initiation. Please use the appropriate revision forms for this procedure which are found on the Application Page to the SHSU IRB website.

All UNANTICIPATED PROBLEMS involving risks to subjects or others and SERIOUS and UNEXPECTED adverse events must be reported promptly to this office. Please use the appropriate reporting forms for this procedure. All Department of Health and Human Services and sponsor reporting requirements should also be followed.

This letter has been electronically signed in accordance with all applicable regulations, and a copy is retained within Sam Houston State University IRB's records



Institutional Review Board
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All NON-COMPLIANCE issues or COMPLAINTS regarding this project must be reported promptly to this office.

This project has been determined to be a Minimal Risk project. Based on the risks, this project requires continuing review by this committee on an annual basis. Please use the appropriate forms for this procedure. **Your documentation for continuing review must be received with sufficient time for review and continued approval before the expiration date of November 13, 2018. When you have completed the project, a Final Report must be submitted to ORSP in order to close the project file.**

Please note that all research records must be retained for a minimum of three years after the completion of the project.

If you have any questions, please contact the IRB Office at 936-294-4875 or irb@shsu.edu. Please include your project title and protocol number in all correspondence with this committee.

Sincerely,

Donna Desforges
IRB Chair, PHSC
PHSC-IRB

This letter has been electronically signed in accordance with all applicable regulations, and a copy is retained within Sam Houston State University IRB's records

Recruitment Documentation



My name is Raynie Leard. I am currently working toward my Bachelor's degree at Sam Houston State University in Psychology. I am hoping to recruit motorcycle racers to voluntarily take part in a brief questionnaire on competitiveness, motivation, and gender within motorcycle racing. This research is being done to expand our understanding of the effects of competition within a sports setting. This study is being conducted under the supervision of Kinesiology professor Dr. Erica Pasquini and Honors College Dean, Dr. Kimberly Bell.

In this study, athletes will be asked questions about their perspective on competition and motivation within motorcycle racing. All their answers will be confidential and the survey will take roughly 30 minutes to complete, in total. I would love if you as an athlete were able to take part in this study.

Please feel free to contact me directly at rs1012@shsu.edu, if you have any questions.

Permission to recruit volunteered participants from TVRC was approved by TVRC's President and board members.

Tony Moseley



We discussed it this weekend, and have no objection. We can't, however, provide contact information for individual members. You can communicate with them through our Facebook group "TVRC". Apply to be added and I'll instruct the moderator to approve. You may print this message to serve as an approval document.
Thanks!





Informed Consent

My name is Raynie Leard and I am an honors undergraduate student of the Department of Psychology and Philosophy at Sam Houston State University. I would like to take this opportunity to invite you to participate in a research study of motivation and competition in Sport Psychology. I am conducting this research under the direction of Kinesiology professor, Dr. Erica Pasquini. We hope that data from this research will provide information on any significant differences of self-reported motivation and competition levels between genders of motorcycle racers. You have been asked to participate in the research because you, as an athlete, engage in the sport of motorcycle racing and thus fit the target demographic essential to the study.

The research is relatively straightforward, and we do not expect the research to pose any risk to any of the volunteer participants. If you consent to participate in this research, you will be asked to report your levels of motivation. Any data obtained from you will only be used for the purpose of statistically comparing reported levels of motivation and competition by gender. You nor any other participants who participated in this research will be identified by name. In addition, your data will remain confidential. Your survey responses will be kept confidential to the extent of the technology being used. Qualtrics collects IP addresses for respondents to surveys they host; however, your identity will be kept anonymous by not including participant name. Subject identities will be anonymous and only identified by a 4-digit code (numerals of subject birth month and year). That means that I will not be able to identify your responses, aside from using the 4-digit code to match data obtained from the pre-test to the post-test. You should, however, keep in mind that answers to specific questions may make you more easily identifiable. Data will be kept on a locked computer that only the PI has access to. Data will not be printed. Data will be stored for 3 years before being destroyed. The security and privacy policy for Qualtrics can be viewed at <https://www.qualtrics.com/security-statement/>.

This research will require about 30 minutes of your time in total, excluding your race. Your pre-and-post-test surveys should take no longer than 15 minutes each. Participants will not be paid or otherwise compensated for their participation in this project.

Participation is voluntary. If you decide to not participate in this research, your decision will involve no penalty or loss of benefits to which you are otherwise entitled, and you may discontinue participation at any time without penalty or loss of benefits to which you are otherwise entitled. If you have any questions, please feel free to ask me using the contact information below. If you are interested, the results of this study will be available at the conclusion of the project.

A copy of this consent form is available for your records.



If you have any questions about this research, please feel free to contact me, Raynie Leard or Dr. Erica Pasquini. If you have questions or concerns about your rights as research participants, please contact Sharla Miles, Office of Research and Sponsored Programs, using her contact information below.

<i>Raynie Leard</i> SHSU <i>Psychology</i> Sam Houston State University Huntsville, TX 77341 Phone: (936) 294-1477 E-mail: rsl012@shsu.edu	<i>Dr. Erica Pasquini</i> SHSU <i>Kinesiology</i> Sam Houston State University Huntsville, TX 77341 Phone: (936) 294-4034 E-mail: epasquini@shsu.edu	Sharla Miles Office of Research and Sponsored Programs Sam Houston State University Huntsville, TX 77341 Phone: (936) 294-4875 Email: irb@shsu.edu
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☐ I understand the above and consent to participate.

☐ I do not wish to participate in the current study.

A copy of this consent form is available for your records.



INFORMED CONSENT

Title: Motivation and Competition across Gender in Recreational Motorcycle Racers

Researcher(s):

Raynie Leard, rs1012@shsu.edu
Erica Pasquini, PhD, exp043@shsu.edu
Sam Houston State University
College of Health Sciences
Health & Kinesiology Department
HKC 249
Huntsville, TX 77341
936-294-3324 (voice)

Administrator(s):

Sharla Miles
Coordinator
936-294-4875 (voice)
936-294-3622 (fax)
Sharla_miles@shsu.edu

Questions about the study: If you have any questions, comments, or concerns about the research, you can contact one of the researchers listed above. If you have questions about your rights while taking part in this study, or you have concerns or suggestions and you want to talk to someone other than the researchers about the study, please contact the administrator listed above.

Instructions: Please read this form carefully and take your time making a decision about participating. Please ask the researchers to explain any words or information you do not clearly understand. If you decide to participate, you may receive a signed copy of this form if desired.

Description: This is a research study. The purpose of this study is to determine any significant differences of self-reported motivation and competition levels between genders of motorcycle racers.

Procedures: If you consent, you will complete a demographic survey as well as motivational and competition questionnaires online through the program Qualtrics. A pre-test is to be completed online before your in-person race, as well as an online post-test following your race.

Duration of Involvement: Your participation will take approximately 40 minutes: no more than 20 minutes for the pre-test, no more than 20 minutes for the post-test.

Number of Participants: Approximately 60-100 people are expected to participate.

Risks: The risks of participating in this study do not exceed those expected in normal daily activities. There is a slight risk of musculoskeletal injury associated with participating in exercise. To minimize this risk, you will complete a health history questionnaire to determine if you are likely to complete the session safely. Testing will also be closely monitored to ensure your safety. Compensation for an injury resulting from your participation in this research is not available from Sam Houston State University or the researchers. You retain your legal rights during your participation in this research.

Benefits: By participating in this study, you are given the opportunity to win promotional items, as well as contributing to the research intended to learn about the difference in motivation and competition across genders in the sport in which you partake.

Voluntary Participation: Your participation in the research is completely voluntary. If you decide to withdraw or not participate in this study, it will not change your current or future relations with Sam Houston State University.



Confidentiality: You will make a 4-digit code number to identify your data, consisting of your birth month and year. Only the 4-digit code number will be used for tracking purposes to match subject data from their pre-test to post-test. Data will be stored in a locked computer. Data will not be printed. Only personnel directly involved in the study will have access to the data. Data will be destroyed after 3 years.

Compensation: You may receive a promotional item (a gift card) for participating in this study. Only participants placing 1st in their race will receive a gift card. The value of the gift card will not exceed \$100.

Inclusion: If you are an adult (age 18 – 64), you may be eligible to participate in this study.

Right to Withdraw: You are free to refuse to participate in the research and to withdraw from this study at any time. Your decision to withdraw will bring no penalty to you.

Informed Consent: By clicking continue to complete the pre-test, I acknowledge that I have read the description and purpose and agree to the terms of the study.



INFORMED CONSENT

Title: Motivation and Competition across Gender in Recreational Motorcycle Racers

Researcher(s):

Raynie Leard, rs1012@shsu.edu
Erica Pasquini, PhD, exp043@shsu.edu
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Administrator(s):

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Right to Withdraw: You are free to refuse to participate in the research and to withdraw from this study at any time. Your decision to withdraw will bring no penalty to you.

Informed Consent: By clicking continue to complete the post-test, I acknowledge that I have read the description and purpose and agree to the terms of the study.

Survey Questionnaires

Behavioral Regulation in Sport Questionnaire

The BRSQ is based on a 7-point Likert scale. (1= Strongly Disagree, 2= Disagree, 3= Somewhat Disagree, 4= Neutral, 5= Somewhat Agree, 6= Agree, 7= Strongly Agree)

Stem: I participate in motorcycle racing ...

Intrinsic Motivation

1. Because I enjoy it.
2. Because I like it.
3. Because it is fun.
4. Because I find it pleasurable.

Integrated Regulation

5. Because it is part of who I am
6. Because it is an opportunity to just be who I am
7. Because what I do in motorcycle racing is an expression of who I am
8. Because it allows me to live in a way that is true to my values

Identified Regulation

9. Because the benefits of motorcycle racing are important to me
10. Because it teaches me self-discipline
11. Because I value the benefits of motorcycle racing
12. Because it is a good way to learn things which could be useful to me in my life

Introjected Regulation

13. Because I would feel ashamed if I quit

Win items

7. Losing upsets me
8. I have the most fun when I win
9. Winning is important
10. Scoring more points than my opponent is very important to me
11. I hate to lose
12. The only time I am satisfied is when I win

Goal items

13. Reaching personal performance goals is very important to me
14. The best way to determine my ability is to set a goal and try to reach it
15. I am most competitive when I try to achieve personal goals
16. I set goals for myself when I compete
17. Performing to the best of my ability is very important to me
18. I try hardest when I have a specific goal

Internal and External Competition Questionnaire

The IECQ questionnaire is based on a 7-point Likert scale. (1= Strongly Disagree, 2= Disagree, 3= Somewhat Disagree, 4= Neutral, 5= Somewhat Agree, 6= Agree, 7= Strongly Agree)

Internal- Refers to competition between your endurance teammates or within your team.

1. I enjoy competing against my teammates
2. I get satisfaction from competing against my teammates
3. The best test of my ability is competing against my teammates
4. It is important to me that I perform better than my teammates during competition
5. I try harder when I am in competition with my teammates

External- Refers to competition in relation to athletes from other teams (not on your team)

6. I enjoy competing against athletes from other teams
7. I get satisfaction from competing against my teammates
8. The best test of my ability is competing against athletes other teams
9. I perform my best when I compete against athletes from other team
10. I try harder when I am in competition with athletes from other teams