

Perception of Success in Sports Engagement among Athletes in Mindanao, Philippines (Region IX and X)

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Abstract— The role of sports engagement and perception of success has been known to be very important in the performance of athletes. This study seeks to examine the mediating role of thoughts and emotions in the relationship between sports engagement and perception of success. A sample of 1138 athletes answered perception of success questionnaire, sports engagement scale, and perceived control of internal state questionnaire. The results showed that the athletes with high dedication (commitment, enthusiasm) on sports engagement are likely to increase perception of success due to high perceived thought, and high emotion. Additionally, athletes with high absorption (interest) on sports engagement are likely to increase perception of success due to high perceived thought, and emotion. On the other hand, athletes with higher vigor (drive, force, energy) in sports engagement are likely to have high perception of success due to low perceived thought and low emotion. Furthermore, the result suggest the importance of how sports engagement affect athletes' perception of success through the differential effects of perceived control of internal state namely thoughts and emotions among athletes.

Keywords—*Sports engagement, perception of success, perceived control of internal state*

I. INTRODUCTION

Sports is any activity involving physical exertion and skill which an individual or team competes against another or others for entertainment. There is no doubt that sport effectuates powerful emotional responses among participants and spectators alike. Sports Engagement on the other hand is a positive mental state of actualization which is characterized by vigor, dedication and absorption, it is an optimum state in sport and a type of good interest [1]. The perception athletes hold regarding sports ability undoubtedly conform several areas of athletes' thoughts and emotions. The way athletes perceive their capabilities of success in engaging sports—either absolute or increasing, could greatly affect their perceptions through thoughts and emotions, of which this research contends, will highly influence to buildup sports engagement. Perception involves detecting and interpreting changes in various forms of energy flowing through the environment.

During the past decades, sporting contests have been considered a reliable domain to study the area of athletes' performance and perception. Evidence indicates that before and during competition, athletes experience different emotions that may influence performance. These emotions elicit emotional response of an athlete which may become functional or dysfunctional during competition. This positive and negative perceived thoughts and emotions state of an athlete is vital as the competition progresses because it indicates their ability to respond to these emotions and their thoughts towards the competition. Thus, perception has been considered to be important for an athlete to successfully overcome a competition. Various studies have shown that the influence of emotions and thoughts in sports greatly affects the performance of athletes. Exposure towards a sports environment can elicit emotions when athletes try to reach success performance. It is during these moments that athletes are liable to the increase in coping, resilience, and confidence regardless of the outcome of the game. Consequently, the development of such thoughts and emotions—positive or negative, could greatly affect athletes' mental capacity and in turn, make them more engage in sports.

However, to the researchers' knowledge, none have investigated the link between sports engagement and perception of success in sports competition. This is important in the context that sports engagement has been found to affect a lot of areas in athletes' perception to achieve success in sports. Moreover, this study examines a possible mediating role of perceived control of internal state (emotion, thoughts, and physical reaction) in the relationship between sports engagement and perception of success. This is relevant as perceived control of internal state have been found to be significantly associated with sports engagement. Hence, the researcher will conduct this study to know the perceived success of athlete's sports engagement.

Results of this study will have important implications in strengthening sports engagement and perception of success through enhancing athletes' ability to control their perception in relation to an upcoming competition.

This study consists of athletes who are actively involved in sports competitions and have been to at least District Meets from the select Secondary Schools in Region IX and X.

II. MATERIALS AND METHODS

A. Research Design

In this study, the researcher used a quantitative-correlation method of research in gathering and analyzing the data. Specifically, this study used independent, dependent, and moderating variables and examined the relationship between them.

B. Research Respondents

The target samples of the study were athletes actively involved in sports competition from the different high schools and institutions in Region 9 and 10 of Mindanao. Athletes whose age range between 13 to 18 years old. The age of the respondents were controlled. The respondents were determined through the aid of the principal or the appointed person of the institutions.

C. Sampling Procedure

Before conducting the study, the researcher has initially sent a letter of request to the Department of Education Region IX and X select schools and acquired approval from the School Principals. Selection of respondents was then facilitated by the School Sports Coordinator as to who are their athletes involved in athletic competitions upon the approval of the Principal.

D. Research Instruments

Demographic data form. This was used in order to gather relevant personal data such as participant's age, gender and sports engaged in.

Sports Engagement to measure participants' sports engagement, Sports Engagement Scale (SES) by Guillen F. & Martinez-Alvarado [1] was used. The Sports Engagement Scale (SES) indicated a structure of three factors comprising 13 items (vigor, 4 items; dedication, 4 items; absorption, 5 items). The reliability of the subscales of the SES was assessed using Cronbach's alpha coefficient. The results indicated that the four dimensions of the Sport Engagement Scale all had alpha coefficients that exceeded .70, and thus were considered to be reliable measures of the constructs of interest.

Perception of Success. to assess the participants' Perception of Success, the Perception of Success Questionnaire was used. Participants rated each item on a 5-point response scale where, 1 = *strongly disagree*, and 5 = *strongly agree*. The questionnaire contains 12 items and was used to measure competitive athletes' Ego and Task Items.

Perceived Control of Internal States scale. The PCOISS [2] is an 18-item scale designed to measure respondents' perceptions of their ability to control their internal states and to moderate the impact of aversive events on their emotions, thoughts and physical wellbeing. According to the author [2] the PCOISS has good internal consistency (Cronbach

alpha=.92) and adequate test-retest reliability (.89 over a two-week period).

E. Data Gathering Procedure

Prior to the conduct of the study, in order for the instruments to be acceptable to the respondents, the packet of questionnaires was being translated using forward process. The packets of questionnaires were translated to Cebuano-Bisaya to help the respondents understand the questionnaire better. Before the conduct of the study, the researchers were initially sent a letter of request to the School Heads. During the conduct of the study, the respondents were provided an informed consent. The respondents were informed about the purpose of the study, expected duration and procedures, their right to decline to participate and to withdraw from the study once participation has begun; potential risks, discomfort, or adverse effects; prospective research benefits; and the assurance of anonymity and strict confidentiality. The instruction was given to the participants upon answering the packet of questionnaires. In the process of answering, the respondents were encouraged to ask questions or to clarify any items to ensure valid responses. The researchers ensured that all appropriate ethical guidelines had been followed throughout the duration of the study. The respondents were given sufficient time to answer the packet of questionnaires. The researchers also considered the convenience, time preference, and well-being of the respondents. This study used quantitative research design to analyze the relationship of sports engagement and perception of success among athletes actively involved in sports competition as mediated by perceived control of internal state.

F. Data Analysis

All statistical procedures for the data that were gathered were performed using the Statistical Tools by Hayes was used to perform the analyses. When the data were collected, estimation-maximization techniques of imputation were utilized to replace values that were missing at random. Multiple mediation analyses were conducted to test perceived control of internal state greatly affect sports engagement through perception of success.

III. RESULT AND DISCUSSION

This section presents the result and discussion of the study. The present study examined the relationship between sports engagement and perception of success among athletes as mediated by perceived control of internal state. A sample of 1138 athlete respondents were gathered by the researcher from the select secondary schools in Region IX and X in which 52.8% (N=600) were male and 45.6% (N=508) were females. The average age of the respondents ranges from 13 to 18 years old (m = 15.29, SD = 1.653).

TABLE I. FREQUENCY DISTRIBUTION OF SPORTS ENGAGEMENT, PERCEIVED CONTROL OF INTERNAL STATE, AND PERCEPTION OF SUCCESS ACCORDING TO MODE

Variable	Items	Mode	Frequency	Percent	Variable	Items	Mode	Frequency	Percent
Vigor	SEQ1	4.00	396	34.8	Thoughts	PCIS10	4.00	489	43.0
	SEQ2	4.00	393	34.5		PCIS11	2.00	369	32.4
	SEQ7	4.00	338	29.7		PCIS12	4.00	474	41.7
	SEQ8	4.00	338	29.7		PCIS13	4.00	538	47.3
Dedication	SEQ4	4.00	342	30.1	Physical Reaction	PCIS14	4.00	491	43.1
	SEQ5	4.00	307	27.0		PCIS15	3.00	339	29.8
	SEQ12	4.00	329	28.9		PCIS16	3.00	317	27.9
	SEQ10	4.00	363	31.9		PCIS17	4.00	508	44.6
Absorption	SEQ11	4.00	349	30.7	PCIS18	4.00	510	44.8	
	SEQ13	4.00	315	27.7	Perceptio	POSQ1	5.00	293	25.7
	SEQ14	4.00	321	28.2	n of	POSQ2	4.00	289	25.4
	SEQ15	4.00	346	30.4	Success	POSQ3	3.00	275	24.2
Emotions	PCIS1	3.00	371	32.6	POSQ4	5.00	558	49.0	
	PCIS2	2.00	350	30.8	POSQ5	5.00	477	41.9	
	PCIS3	4.00	491	43.1	POSQ6	3.00	308	27.1	
	PCIS4	4.00	501	44.0	POSQ7	5.00	385	33.8	
	PCIS5	4.00	515	45.3	POSQ8	5.00	392	34.4	
	PCIS6	4.00	473	41.6	POSQ9	5.00	443	38.9	
Thoughts	PCIS7	2.00	423	37.2	POSQ10	5.00	342	30.1	
	PCIS8	4.00	490	43.1	POSQ11	5.00	305	26.8	
	PCIS9	4.00	462	40.6	POSQ12	5.00	508	44.6	

Note: N = 1138; Sports Engagement is coded as 1.00 as strongly disagree, 2.00 as Agree, 3 as Neutral, and 4 as Agree up to 5.00 as strongly agree. Perceived Control of Internal State and Perception of Success is also coded as 1.00 as strongly disagree, 2.00 as Agree, 3 as Neutral, and 4 as Agree up to 5.00 as strongly agree.

Table I shows the frequency distribution of sports engagement, perception of success and perceived control of internal state according to mode or the most frequent answer. The respondents answered the questionnaires based on a Likert scale which were assigned with codes in data analysis using the Statistical Package for the Social Sciences (SPSS) Version 20.

Sports Engagement has three subscales: Vigor, Dedication, and Absorption. For each subscale, there were questions arranged accordingly. The athlete respondents answered on a 5-point response scale and codes were then assigned to process the data analysis. The codes assigned ranged from 1.00 for *strongly disagree*, 2.00 for *agree*, 3 for neutral, 4 for *agree* up to 5.00 for *strongly agree*. Based on the table shown, all athlete respondents answered *Agree* for all subscales which reflect their utmost agreement on the statements provided. Furthermore, the results show that majority of the athlete respondents were dedicated in their respective sport events. Consequently, majority of the respondents have a high level of sports engagement.

Perceived control of internal state on the other hand has three subscales which consist of: Emotions, Thoughts, and Physical Reaction consist of six questions each. Participants rated each item on a 5-point response scale and were assigned with codes as follow: 1.00 for *strongly disagree*, 2.00 for *agree*, 3 for neutral, 4 for *agree* up to 5.00 for *strongly agree*. Based on the table shown, majority of the respondents rated their response level of emotion as *Agree* and still most of them rated their response level for thoughts and physical reaction as *Agree*. Consequently, we can therefore conclude that most of the athlete respondents have the same perception of engaging in sport

Furthermore, the Perception of Success data as shown in the table reflects the high level of Perception of Success with 5.00 or *strongly agree* as the most frequent answer. With this, we can conclude that the athlete respondents were confident and in control of their perception, abilities and performance despite various situations.

Based on the data displayed in I, the athlete respondent possesses a high level of sports engagement and perception of

success and has the same mind of perceived emotion, thoughts and physical reaction.

TABLE II. INTERCORRELATION AMONG SPORTS ENGAGEMENT, PERCEIVED CONTROL OF INTERNAL STATE (EMOTIONS, THOUGHTS, PHYSICAL REACTION) AND PERCEPTION OF SUCCESS

	Mean	SD	1	2	3	4	5	6
1. Vigor	7.4642	2.68261						
2. Dedication	14.3631	3.68900	.059*					
3. Absorption	22.8049	6.01307	.069*	.801**				
4. Emotion	20.4923	2.73342	-.113**	.201**	.189**			
5. Thoughts	19.9493	2.48751	-.088**	.165**	.133**	.409**		
6. Physical Reaction	21.1084	3.22836	-.124**	.222**	.162**	.442**	.418**	
7. Perception of Success	44.8585	9.18658	-.008	.302**	.304**	.206**	.182**	.192**

*. Correlation is significant at the 0.05 level (2-tailed).

** Correlation is significant at the 0.01 level (2-tailed).

Table II shows the means, standard deviations, and correlations of the variables. The data displays that vigor is significantly negatively correlated with emotion, thoughts, and physical reaction. Conversely, dedication and absorption is significantly positively correlated with emotion, thoughts, and physical reaction. Result show that vigor is significantly negatively correlated with perception of success whereas dedication and absorption is significantly positively correlated with perception of success.

TABLE III. SPORTS ENGAGEMENT PREDICTING PERCEIVED CONTROL OF INTERNAL STATE

Predictor	Criterion	Effect	SE	p
Vigor	Emotion	-0.1226	0.0226	0.0010
	Thought	-0.0799	0.0155	0.0052
	Physical Reaction	-0.1424	0.0174	0.0118
Dedication	Emotion	0.1503	0.0221	0.0101
	Thought	0.1012	0.0149	0.0114
	Physical Reaction	0.1839	0.0183	0.1307
Absorption	Emotion	0.0885	0.0128	0.0154
	Thought	0.0516	0.008	0.0088
	Physical Reaction	0.0833	0.0086	0.0502

Note: N=1138

The result is interesting; particularly with the negative relationship of vigor on emotion, thoughts, and physical reaction but still have positive perception of success and positive relationship of dedication and absorption on emotion, thoughts, and physical reaction.

Controlling for age and gender table III shows that sports engagement is a predictor of perceived control of internal state. Specifically, sports engagement (vigor) negatively mediated by emotion, thoughts, and physical reaction. Whereas, sports engagement (dedication and absorption) is positively mediated by emotion, thoughts, and physical reaction.

The result show that sports engagement is a predictor of specific perceived control of internal state such as emotion, thoughts, and physical reaction. The influence of dedication and absorption on the perceived control of internal state of an athlete would greatly affect their performance for it is the

quest for performance improvement that drives the analysis of the individual components of performance. When an athlete and the coach can isolate areas on which to focus in training, the ultimate result is likely to be improved. However, athletes who do not think much of their emotions and thoughts as long as they have the energy (vigor) to engage in sports they are most likely have the perception of succeeding in their performance.

TABLE IV. MODERATING VARIABLE PREDICTING DEPENDENT VARIABLE

Predictor	Criterion	Effect	SE	p
Emotion	Perception of Success	0.0286	0.0054	.0000
Thought		0.0156	0.0035	.0000
Physical Reaction		0.1093	0.0039	.0000

Note: N=1138

Controlling for age and gender, table IV shows that perceived control of internal state are predictors of perception of success in sports. Specifically, emotion and thought positively predicts perception of success. When there is high perceived control of emotion and thoughts athletes are most likely achieve higher level of success. Much of the positive psychology research that has examined the effects of emotion and thoughts on sport performance has been fuelled by what many perceived to be a growing crisis in youth, scholastic, and collegiate sports with respect to athletic burnout, stress, and anxiety

Positive emotions and thoughts, on the other hand, are associated with many aspects and characteristics such as optimism, resilience, self-belief, self-esteem, commitment, control, challenge, concentration, attention control, overcoming adversity, intrinsic motivation, internal locus of control and decision-making [3]. This partial list suggests that balance of these emotions and thoughts is necessary to successfully compete in sport.

Based on the given table, data shows that emotion and thoughts are perceived control that can predict and most certainly affect the level of perception of success among athletes.

TABLE V. INDEPENDENT VARIABLE PREDICTING DEPENDENT VARIABLE

Predictor	Criterion	Total Effect	SE	p
Sports Engagement	Perception of Success	0.1859	.0248	.0000

Note: N=1138

Controlling for age and gender, table V shows that sports engagement is a predictor of perception of success in sport. Specifically, sports engagement positively predicts perception of success. How we perceive things in life greatly impacts the thoughts and behaviors that follow – for better or for worse. When athletes “see” challenges instead of seeing threats, their mind and body flow in synchrony and often the athlete improves mental toughness and reaches his or her full athletic potential as a result. Conversely, sport psychologists have found that otherwise talented athletes can actually offset

their athletic abilities by perceiving sport situations as scary, intimidating, or threatening [4].

Based on the table shown, we can conclude that there is a significant relationship between sports engagement and perception of success and therefore, athletes must develop both of these hand in hand.

TABLE VI. MODERATING VARIABLE AS MEDIATOR BETWEEN INDEPENDENT VARIABLE AND DEPENDENT VARIABLE

IV	MV	DV	Direct Effect	Total Indirect Effect	Specific Indirect Effect	SE	BC 95% CI	
							LL	UL
Vigor	Emotion	Perception of Success	0.1607	0.0252	-0.0552	0.023	-0.111	-0.0200
	Thought				-0.0307	0.016	-0.071	-0.0077
	Physical Reaction				-0.0362	0.017	-0.078	-0.009
Dedication	Emotion				0.0507	0.022	0.0123	0.1008
	Thought				0.0342	0.015	0.0088	0.0686
	Physical Reaction				0.0271	0.018	-0.007	0.0647
Absorption	Emotion	0.0275	0.013	0.0055	0.0562			
	Thought	0.0179	0.008	0.0051	0.0371			
	Physical Reaction	0.0159	0.009	0.0011	0.0353			

Note: *p<.05; **p<.01; Note: N=1138

Table VI shows the result of the study that controlling for age and gender, emotion, thought, and physical reaction mediates the relationship between sports engagement and perception of success.

The data displays that sports engagement is significantly correlated with thoughts and emotion. Numerous correlation studies have found that positive emotions and thoughts are associated will improved sport performance [5] while negative emotions are typically related to decreased sport performance, athletic burnout, stress, and anxiety [6] (Conversely, sports engagement (dedication and absorption) is significantly and positively correlates with thoughts and emotion, while (vigor) negatively correlates with thoughts and emotion. Moreover, perceived control of thoughts and emotion is significantly and positively correlates with perception of success.

IV. CONCLUSION

From this current research, a general conclusion can be drawn in which athletes’ emotion and thoughts—positive or negative, is said to be a key factor in knowing the outcome of the game (Martinent, et al., 2013; Woodman et al., 2009). And it is with these perceived emotion and thoughts where an athlete will be able to recover from a loss or perform better because of a victory.

This study assumes that athletes’ sports engagement is affected on their perceived control of internal state in order to gain success. Their interest and commitment would somehow affect their performance as long as they put a positive perception in order to achieve success in every competition. The ability of an athlete to self-motivate is essential to success, both in competition and training. It is on self-will that they will be able to master their emotion on whatever circumstances they are in and perceived success on their performance.

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