

Self-leadership of Middle-Distance Athletes: Relations with Athletic Readiness, and Sport Performance Perception



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INTRODUCTION

Self-leadership is commonly associated with psychological strategies that can be used in favor of better individual performance, such as self-influence, self-observation, self-management, self-reward, and self-determination (see Stewart et al., 2011). In sports, the current knowledge of self-leadership resonates with the importance of it on an effective sports leader (Daud, 2020) but is **not specifically** driven by the athlete's perspective.

AIMS | HYPOTHESES

Aims. (1) To examine the relationships between self-leadership strategies, athletic readiness, and sports performance perception in middle-distance running athletes. (2) To identify which self-leadership strategies significantly predict athletic readiness and sports performance perception; (3) To test whether athletic readiness mediates the relationship between self-leadership strategies and sports performance perception.

Hypotheses. (1) Self-leadership is positively associated with sports performance perception; (2) Self-leadership is positively associated with athletic readiness; (3) Athletic readiness mediates the relationship between self-leadership and sports performance perception.

METHOD

Participants. 212 federated middle-distance runners, (58% M), aged 18-51 ($M = 26.3$).

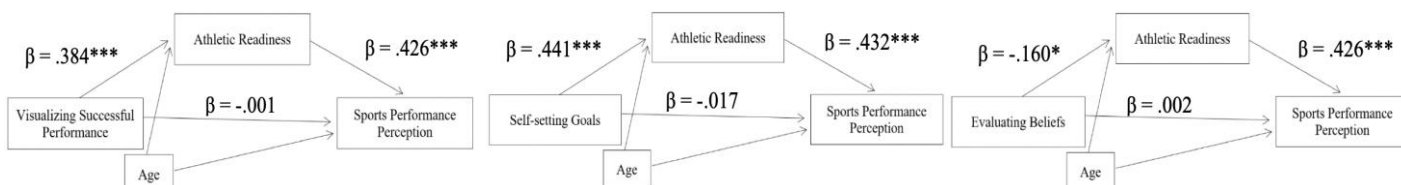
Procedure. The questionnaires were completed at a single time point, following informed consent (ethics approval CEICSH 128/2020).

Measures. Revised Self-Leadership Questionnaire (RSLQ; Houghton & Neck, 2002; Adaptation by Marques-Quinteiro et al., 2011). Athletic Readiness Inventory (ARI; Gomes, 2021). Sports Performance Perception Questionnaire (SPPQ; Gomes et al., 2020).

Analysis. Descriptive statistics; Pearson's correlation coefficients; linear regression; Hayes' PROCESS macro.

RESULTS

Figure 1. Models for the Mediation Role of Athletic Readiness



Note 1. Standardized coefficient values.

Note 2. * $p < .05$; ** $p < .01$; *** $p < .001$

CONCLUSION

Self-leadership strategies do not directly affect sport performance perception, but the results of this study support the conclusion that specific self-leadership strategies influence perceived performance through the **mediating** role of athletic readiness.

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