The Interaction of Passion and Sport Type on Injury Among Collegiate Athletes

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I. Introduction
Success in sport is in large part dictated by the amount of time and effort that athletes dedicate to development.
• Athletic injury can derail an athlete’s development by taking time away from sport.
• Injuries can be acute or chronic:
  • Acute: Sudden trauma with symptoms presenting almost immediately.
  • Chronic: Repetitive trauma with symptoms slowly manifesting.
• Predictors of injury include physiological, biomechanical, and psychological factors including sport passion and perfectionism.
• Passion is defined as a strong inclination toward an activity; there are two types:
  • Obsessive Passion: Athlete feels compelled to participate regardless of safety or current condition due to over-identification with the sport.
  • Harmonious Passion: Athlete enjoys participation, but is in control of this desire.
• Perfectionism can manifest in multiple ways with some being positive and some negative:
  • Adaptive perfectionism: Organization, personal standards.
  • Maladaptive perfectionism: Perceived parent pressure, doubts about actions, concern over mistakes, and perceived coach pressure.
• RQ1: Do athletes’ levels of obsessive and harmonious passion influence rates of acute and chronic injuries in student-athletes?
• RQ2: How does sport type (individual or team) influence the rates of acute and chronic injuries?

II. Methods
Self-report questionnaires distributed during compliance meetings.
Measurement:
• Passion Scale: Addresses general, obsessive, and harmonious passion.
• Perfectionism: Addresses adaptive and maladaptive perfectionism.
• Injury: type of injury, duration, and treatment adherence.
• Who: 264 Boise State varsity athletes
  • 189 female and 73 male
  • 90 with full scholarship, 97 with partial, and 45 with none
  • Variety of sports

III. Results

A. Passion and Injury Prevalence
• Athletes with injuries were found to have significantly higher harmonious passion than non-injured athletes.
• There were no significant differences in obsessive or general passion between injured and non-injured athletes.

B. Passion and Sport Type
• Team sport athletes had significantly higher obsessive passion than individual sport athletes.
• There were no significant differences between individual and team sport athletes in other levels of passion.

C. Perfectionism and Sport Type
• Team sport athletes show significantly higher levels of perfectionism in perceived parent pressure and concern over mistakes.
• Individual sport athletes demonstrate significantly higher perfectionism in organization and doubts about actions.

D. Passion and Injury Type
• There were no significant differences in passion between injured and non-injured athletes.

IV. Conclusion
• Obsessive passion may be just as powerful as obsessive passion in predicting injury, especially in certain sports.
• Coaches can use this information to personalize training for athletes.
• Due to the individualized impacts of passion on injuries rates, it is important for coaches to spend time getting to know an athlete and assessing passion level.
• The results of a 2014 study by Akehurst and Oliver suggest a relationship between obsessive passion and risky behaviors, such as practicing through pain or in dangerous conditions.

References