

Table 1

Six-item Measure Developed to Assess Athletes' Perceptions of Their Coaches' Controlling

Behaviors

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<u>Item</u>	<u>M</u>	<u>SD</u>
<u>My coach gives punishments for not performing up to his/her expectations</u>	<u>3.05</u>	<u>1.74</u>
<u>The extent to which my coach accepts me is dependent upon my performance in my sport</u>	<u>3.45</u>	<u>1.68</u>
<u>My coach makes comparisons between myself and others in my sport based upon my ability and performance</u>	<u>3.46</u>	<u>1.78</u>
<u>My coach withholds rewards (e.g., praises/awards) if I do not perform well in my sport</u>	<u>2.98</u>	<u>1.52</u>
<u>My coach makes it obvious that he/she is in charge during training</u>	<u>4.53</u>	<u>1.39</u>
<u>My coach is overly critical of me when I have not preformed well in my sport</u>	<u>2.84</u>	<u>1.43</u>

Table 2

Descriptive Statistics, Internal Reliabilities, and Bivariate Correlations Among Study Variables

	<i>M</i>	<i>SD</i>	α	1	2	3	4	5	6	7	8
1. Coach autonomy-supportive behaviors	5.03	1.06	.91								
2. Coach controlling behaviors	3.38	1.16	.82	-.08							
3. Autonomous goal motives ^a	11.42	1.97	-	.35**	-.13						
4. Controlled goal motives ^a	4.77	2.36	-	-.02	.20	.08					
5. Autonomous intention motives ^{ab}	11.37	1.79	-	.37**	-.06	.79**	.00				
6. Controlled intention motives ^{ab}	4.92	2.66	-	.01	.36**	-.04	.80**	.00			
7. Goal difficulty	4.93	1.32	.92	.01	.13	.02	-.04	.21	.11		
8. Goal Progress	4.46	1.45	.96	.08	-.07	-.02	.01	-.02	.04	-.06	
9. Relative psychological well-being	3.89	2.52	.90	.20*	-.19	.31**	-.28**	.25*	-.48**	-.21	-.02

^aReliability coefficients could not be calculated due to the measure comprising only two items. ^bStatistics are given only for those who set implementation intentions

* $p < .05$, ** $p < .01$

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