**Attribution Theory Questions**

**Elite performers have to develop high levels of self-confidence to optimise their performance.**

**What do you understand by the term learned helplessness? *(3 marks)***

**How would a captain use knowledge of self-serving bias to motivate their team? *(4 marks)***

**How would a coach use ‘attribution theory’ to maintain motivation following a defeat? *(4 marks)***

**After a competition, games players may explain their success or failure using a variety of factors called attributions. Some attributions may be damaging to the player’s future performances through the development of learned helplessness.**

**What are the four main groups of ‘attributions’? *(2 marks)***

**What do you understand by the term ‘learned helplessness’ and what strategies may a coach use to prevent this happening? *(5 marks)***

**Attribution Answers**

**Elite performers have to develop high levels of self-confidence to optimise their performance.**

**What do you understand by the term learned helplessness? *(3 marks)***

A. Performer perceives failure is inevitable/only option

B. No control over the situation

C. Causes avoidance behaviour/no task persistence/giving up is the only option/lack of effort

D. Caused by attributing failure to ability/internal stable factors

E. Global/general learned helplessness – general sporting situations, eg not good at water sports

F. Specific/Situational learned helplessness – specific situations, eg not good at diving in the pool

**How would a captain use knowledge of self-serving bias to motivate their team? *(4 marks)***

A. (self-serving bias) correct use of attributions to protect self-esteem/self-efficacy/self-confidence/avoid learned helplessness

B. Attributing success to internal – stable factors/ability

C. Attributing success to internal – unstable factors/effort

D. Attribute failure to controllable factors

E. Attributing failure to internal – unstable factors/effort

F. Attributing failure to external – stable factors/task difficulty

G. Attributing failure to external – unstable factors/luck

**How would a coach use ‘attribution theory’ to maintain motivation following a defeat? *(4 marks)***

A. Attributions – perceived reasons for performance/outcome

B. Failure to internal-unstable factors/effort

C. Failure to external-unstable factors/luck

D. Failure to external-stable factors/task difficulty

E. Failure to external control/eg those areas which the player cannot influence

F. Not internal/stable factors /eg ability/accept reverse answer

G. Self-serving bias

H. Attribution re-training

**After a competition, games players may explain their success or failure using a variety of factors called attributions. Some attributions may be damaging to the player’s future performances through the development of learned helplessness.**

**What are the four main groups of ‘attributions’? *(2 marks)***

1. Luck

2. Effort

3. Task difficulty

4. Ability

**What do you understand by the term ‘learned helplessness’ and what strategies may a coach use to prevent this happening? *(5 marks)***

1. Learned helplessness – idea that failure is inevitable/examples

2. Can be applied globally or to specific situations

3. Normally caused by player attributing wrong factor to failure e.g. an internal and

stable reason rather than external and unstable

4. Possibly leading to the idea of giving up even when success is possible/examples

**Strategies to overcome**

5. Coach to enable player to achieve success/play weaker opposition/examples

6. Encourage view that success due to stable /internal factors – ability/examples

7. That failure due to unstable/external factors – effort or luck/examples

8. Attribution retraining