CHAPTER – II
LITERATURE REVIEW

Most of the studies related to attitude towards life are based on purpose in life (PIL) test, developed by Crumbaugh and Maholick (1969), based on Frankl (1963) that the primary motive in man is “the will to meaning”. When individual fails to find meaning in life, they are confronted by existential vacuum, which failure to find meaning in personal existence and manifestation of the feeling of boredom.

Phillips, Mortin and Meyers (1974) (a) examined the extent to which the personal orientation inventory (POI) based on Maslow’s theorization, and propose in life test, developed by Crumbaugh and Maholick (1969) based on Frankl concepts to identify the same fully functioning individual and (b) examined any discrepancy in the light of the individual’s personal philosophy in terms of its concepts, goals and directionality between the self and the non-self. Four instruments were used to measure (a) self actualization (b) existential vacuum (lack of purposefulness), (c) personal philosophy in agreement with either Maslow’s or Frankl theories, or (D) open-mindedness. The findings indicate that Frankl and Maslow was most likely describing identical individual and as the models for their theoretical formulations (as these measures are positively related) but that are identified on a self-report scale is also a function of conscious agreement with the concepts use in the construction of the scale. That is, the biological maintain of fully functioning as “inspirited” is affected by the social identification which is made with the role outlined by the theorist.
The clinical observation of Erikson and his followers demonstrated that; when young people find nothing dedicate them to while growing up, it becomes increasingly difficult for them to acquire motivating belief system later in life (Erikson, 1968; Marcia 1980). The result is a sense of “drift” that can lead to personal as well as social pathologies. Research has shown that the personal effects of purposelessness may include self-absorption, addictions, and a variety of psycho-somatic ailments, and the social effects may include deviant and destroyed behavior, a lack of productivity, and an inability to sustain stable interpersonal relation (Damon 1995).

Crumbaugh (1977) developed the Seeking of Noetic Goals (SONG) test as a measure of the strength of motivation to find meaning & purpose in life. Together the PIL & SONG were viewed as a measure of two complementary dimensions of life attitudes. He found a negative correlation between SONG & PIL. If an individual has found meaning and purpose in life he would have little motivation to search for more, whereas if he has not, he would be highly motivated to fulfill this need. SONG test distinguished abnormal from normal people to that the latter need less to final meaning and purpose in life. Recker and Cousins (1979) confirmed the complementary nature of the two instruments and in addition provided evidence for the multidimensional nature of the life attitude construct through the identification of ten interpretable independent dimensions.

In an empirical investigation Reker (1977) examines the relationship of purpose in life test and attitude and locus of control,
personality factor among inmates. The PIL correlated significantly and positively with measures of self concept, self-esteem and internal locus of control. PIL was too related inversely to present future life discrepancy scores.

Meier and Edwardes (1974) examined the age and sex differences and interaction of age and sex, with respect to meaning in life. 200 Ss were administered the PIL and Frankl (1969) Questionnaire. Two-way analysis of variance indicated that there were no sex differences on purpose in life scores. There were significant differences among age groups on mean PIL score. The two youngest age groups were found to score significantly lower than the three older age groups. Differences in educational level and religious differences were not related significantly to variation in purpose in life scale.

Recker and Peacock (1981) developed a single instrument to measure the multidimensional nature of attitude toward life. Following from Crumbaugh (1977) particular emphasis was placed on the degree of existential meaning and purpose in life defined as the extent to which the meaning of personal existence has been discovered as well as the strength of motivation to find meaning and purpose.

Dean (1961) found that alienation was significantly correlated with the existential vacuum and goal seeking and inversely with life purpose and life control. Alienated individual had high level existential vacuum, were more goal seeing had a lowered sense of meaning in life and felt that life event were beyond their personal control.
Reid and Ware (1974) investigated that individuals with an internal locus of control were also in control of their life, reported living a more meaningful, existing life, suffered less from existential frustration were more accepting of death and had a deeper sense of the real meaning of life.

Shostrom (1962) observed that person with a clear sense of the continuity of past, present and future (time competence) at a more meaningful and tasteful life suffered less from existential vacuum, and felt that life events were under their control.

Kotchan (1960) analyzed the literature for the traits, pertinent to mental health as conceived by existential writer, found seven characteristics of the kind of life, which is supposed to present in good mental health ( such as uniqueness, responsibilities etc). He constructed an attitude scale with items representing each of these seven categories. The author predicted that the level of mental health operationally defined by the nature of each of five population sample of 30 cases, each from locked ward patient in a mental hospital to Harvard summer school students, would agree with the scoring level on the questionnaire. The prediction was affirmed at a generally satisfactory level of statistically significance.

Dickstein and Blatt (1966) investigated the significance of time perspective in relation to death anxiety. He found that heightened death concerned related to for shorten time prospective. People who are highly concerned or preoccupied with death seen to live more in present than in future.
Monica Misra (1986) studied the “purpose in life” and “burn out-mess” among teachers, and arrived at the following findings. The mean score of meaning in life is lower than PIL (purpose in life) scores other variables studies. As regard the sources of meaning, is derived primarily from human relationship with family and friends. Job success has been rated very important but not professional growth. Religious faith comes in the middle; leisure activities money and material position come last. There is significant negative relationship between meaning and stress which means if people have meaning in their work, they generally do not feel stress from work. There is a significant negative relationship between meaning in life and self transcendence in their life.

Shek, Ma, and Cheung (1994) discovered that youth with lower purpose are more frequently engage in antisocial behavior and are more aggressive. Shek (1993) found in another study that high scores on the Chan (1985) Chinese Purpose in Life Questionnaires were predictive of psychological well-being in Chinese undergraduates.

Tonk (1996) investigated the relationship between life attitude, death acceptance and autonomy in adulthood. The study employed a life attitude profile (LAP), containing a “death acceptance” subscale and the Worthington scale. A significant relationship was found between autonomy and life attitude among adulthood.

O’Connor and Chamberlain (1996) examined how people’s accounts of their experiences of their life meaning are drawn from 4 key dimensions (1) sources (2) cognitive, motivational and effective components (3) breadth and (4) death. Thirty eight mid-life adults were
interviewed in depth about source of meaning in lives. Result indicated that all four dimensions are present in personal account of meaning. Six categories of sources were iodinated, all of which revealed cognitive, motivational and affective components. Accounts showed variation in breadth and depth of meaning.

Butler (1968) found that purpose in life has been related to social action. However, French and Joseph (1999) observed purpose in life as a meditating factor between religiosity and happiness. Thus a sense of purpose is connected to health and productive behaviors in all their manifestations psychologically, socially and physically.

Battista and Almond (1973) life regarded index suggested that experienced meaning in life correlates with self esteem, although it has been observed that the result with scale and it revised from are uncertain (Harries and Standard 2001).

Antonovsky (1987) orientation to life questionnaire has generally found associated between coherence or purpose and physical and psychologically health. There are some findings related to meaning and purpose. The purpose and meaning profile (Wong 1998) has generally found that people have a wide range of experience when asked to the described an “ideally meaningful life.” These categories of experience included goals, relatedness and experiences like self-transcendence. The source of meaning profile (SOMP) reveals that people of all ages agree that personal relationships, personal growth, meeting basic needs, participation in leisure activities, and the preservation of values and ideas are some sources of personal meaning (Prager 1996).
Devogler and Ebersole (1981) research on adult’s categories of meaning added the health and life work. Relationship was the most frequently mentioned category across the age groups. They also observed that, all age groups studies were similar in that they did not find significant meaning in materialism momentary pleasures or understanding for it own sake.

Feifel and Branscomb (1973) scrutinize and isolate those measure demographic variables (including nearness to death and recent experience with death) which are significantly associated with fear of personal death. A multi level criterion was used to evaluate fear among 371 persons encompassing physically ill and emotionally disturbed patient and healthy individuals. Age and religious self rating were the only two predictor variables found to be significantly related to conscious fear of death with regard to age, those admitting to fear were significantly younger than those who did not. The cause of non fear among older subject was similar to those voiced in the general population that is “it is inevitable” and “it is god will”.

Holden (1993) conjectured that after life belief is the foundation on which people structure fundamental issues of life and death such as euthanasia, abortion and capital punishment. Result of this study also indicated a strong association between religious affiliation and euthanasia attitude.

Magnus (1993) used data from a four year longitudinal study of young adults to examine the casual path ways between personality and life events. It was found that extra version predisposed participants to
experience more positive objective life events, where as neuroticism, to experience more negative objective events. The finding indicates that life event cannot be viewed as a source of influence independent of personality.

Mc Intosh, Daniel, Silver, Roxane Cohen; Wortman, and Camille (1993) interviewed 124 parents, who had lost an infant to sudden death syndrome. To component of religion (religious participation and religious importance) were assessed and their relation with three coping process variables were examined. Greater religious participation related to increase perception of social support and greater meaning found in the loss. Importance of religion was positively related to cognitive processing and finding meaning in the death. Further religious participation and importance were directly related to greater well being and less distress.

Frankel and Hewitt (1994) obtained a positive relationship between active religiosity and aspects of mental health and physical health as reflected by affect, mastery and self-esteem.

Gerwood (1994) examined Frankl (1946) theory of logotherapy, founded on the premise that the basic meaning, orientation for a person, or the will to meaning may have survival values. This discussion based on interviewed with six holocaust survivors, focus is on the concept of love, death, meaning and the holocaust. Result of the research indicated that love may have played an important role in surviving the holocaust for some people. Others factor which may have been equally or more important in their survival, included youth, energy, revenge, having skill and the opportunity to bear witness to the events they experience.
Ryff and Keyes (1995) tested a theoretical model of psychological well being that encompasses six distinct dimensions of wellness (autonomy environmental mastery, personal growth, positive relation with others, purpose in life, and self acceptance) with data from a nationally representative sample of adult (N= 1,1108), aged 25 and older. Conformity factor analysis provided support for the proposed 6 factor models, with a single second order supper factor compression with other frequently used indicators (positive and negative effect, life satisfaction) demonstrated that the later neglects key aspect of positive findings emphasized in theories of health and well being.

Wong (2002) death acceptance involves a willingness to let go detach ourselves from events and things we used to value. A positively oriented acceptance also entails the recognition of the spiritual connection with a transcendental reality and the vision of sharing spiritual life with loved ones for all eternity.

Bowman (1996) observed cultural and ethnic differences in purpose are difficult to determine with great certainty. He suggested that young people across cultures develop similar meaning and purpose.

Zeitchik (2000) use the PIL and found that having a higher income and being married correlated with a higher sense of purpose meaning.

Pearson and Brian (1975) found that females are more religious than male, sex differences were also found for mean Purpose In Life (PIL), antihedonism and religion Puritanism scores in favor of male. For males purpose in life was related positively to conservatism, idealism,
anti-hedonism and religious Puritanism but only to idealism and anti-hedonism for females.

Kass, Friedman, Lederman, Caudill, Zuttermeister and Benson (1991) demonstrated that the life purpose scale of their inventory of positive psychological attitude scale was negatively correlated with reports of pain and with negative psychological symptoms.

Newcomb and Harlow (1986) found that meaningfulness mediated between depression and self-absorption. Zika and Chamberlain (1992) in their study of relation of hassles and personality to subjective well being, found that meaning in life (measured by Crumbaugh’s Purpose In Life-PIL test) had consist and direct effects on reports of well being.

Cron, Slocum, Vandevelle and Frank Qingbo (2005) examine the influence of goal orientation on both negative emotional reaction to performance feedback and subsequent self-set goal level. After completing an initial performance event and receiving negative performance feedback, learning and proving goal orientations had no significant relation with the intensity of negative emotional reaction to feedback. In contrast, an avoiding goal orientation had a positive relation with the intensity of negative emotional reaction and goal level for individuals with a low learning goal orientation. For individuals with a high learning goal orientation, however, the relation was no significant.

In ancient times, religious and social institutions were the source of direction. Today many reject god a relevant source of direction. Only a few are able to shoulder the responsibility of findings meaning in life by themselves. In this regard Fabry (1968) said that man’s institutional
spiritual guidance, coupled with an inability to affirm existentially his own inner sense of responsibility lead him to feel unless, alone, unprotected, drifting and in despair. Frankl (1969) called this condition as the worth is being engulfed by an existential vacuum. Frankl (1963) in his logotherapy places control emphasis upon man’s spiritual (Noetic) and transcendental need of man to finding meaning in life. He lams that personal religious involvement provides the ground work for an existential commitment to purpose in life. According to him, religion plays a crucial role in finding a “will to meaning” which tends to develop a more detached and objective attitude toward life and death. There is number of studies reported by psychologists, which provide evidence that religious people have a healthy attitude towards life.

Crumbaugh, Raphael and Shrader (1970) found that a group of Dominican sisters scored unusually high on the PIL which indicates that a genuine endorsement of religious values apparently contributes to increase meaningfulness of life.

Allport (1959) had discussed to types of religious orientation: intrinsic religious motivation and extrinsic religious motivation. The intrinsically motivated individual finds his most central and ultimate motive in life religious faith. All over motivation in life are secondary; the religion of the extrinsically motivated individual is subservient to other aspects of life e.g. social status and power.

Allen and spilka (1967), proposed a model for the study of religious orientation. They specified two cognitive religious orientations: “committed” religious orientation and “consensual” religious orientation.
Chapter-II: Review of Literature

The committed orientation refers to a religious belief system that is abstract, discerning, differentiated flexible and open and relevant to one’s life. The ‘consensual’ orientation refers to a religious belief system that is concrete and literal, vague, simplistic and undifferentiated, inflexible and detached from life.

Davidson (1972) has conceptualized two religious dimensions: a vertical belief dimension and a horizontal belief dimension. Differential responding to these two dimensions thus results in an individual’s classification as a true believer, a mainliner, an unbeliever, a fundamentalist or a humanist.

Dough and Wright (1977) had developed the vertical-horizontal religious commitment scale. Vertical religious commitment refers to one’s spiritual commitment to god. While horizontal religious commitment refers to one’s moral commitment to his fellowman. Subjects were characterized into one of five classification based upon differential responding to the vertical and the horizontal scale. The true believer is characterized with a high moral commitment as well as high spiritual commitment. The mainliner is characterized by a generally moderate moral and spiritual commitment. The unbeliever is characterized by a generally low moral and spiritual commitment. The humanist is characterized by a high moral commitment and low spiritual commitment. While the fundamentalist is characterized by a high spiritual commitment and a low moral commitment.

Chamberlain and Zika (1988) found that meaning in life mediated the relationship between religiosity and well being.
Zainuddin (1993) examined the relationship between spiritual orientation and personality need based on Murray's (1981) classification of psychogenic needs. The ten needs which were studied are achievement, affiliation, autonomy, aggression, nurturance, endurance, succorance, abasement, exhibition and dominance. Factor analysis and multi regression analysis revealed that autonomy and aggression were the best negative predictors of personality.

Parsuram, Ameeta, Gandhi and Priyanka (1994) examined the importance of religious and non-religious belief meaning death anxiety in 90 adults, equally split among Islamic, Hindu, and Christian religion groups. Result shows Muslims with the lowest level and Christians with the highest level of death anxiety. Result related to the chosen belief also yielding significantly different mean score across the group and discussed with the fame work of the fictional relevance of these beliefs in meaning death anxiety.

Francis and Burton (1994) found that perceived purpose in life tends to increase with frequently of both church attendance and personal prayer behaviors that reflect religious beliefs.

Hussain and Varda (1993) conducted a study to determine the relationship of factors of attitude towards life with locus of control orientation and death anxiety among alcoholics. Significant positive relationship was found between an alcoholic responsibility scores. Significant positive correlation coefficient was found between scores on existential vacuum and alcoholic responsibility and will to meaning and alcoholic responsibility among probable alcoholism subjects. Significant
negative correlations were found between life control and death anxiety scores among possible alcoholism and probable alcoholism subjects. Future meaning to fulfill scores correlated negatively with death anxiety among probable alcoholism subjects.

Elliot and Thrash (2001) studied the achievement goal approach, had attained prominence in the achievement motivation literature and had produced a valuable empirical yield. However, the precise nature of the achievement goal construct is in need of scrutiny, as is the issue of how achievement goals and their antecedents combine to produce competence-based self-regulation.

Seligman (2002) observed that before World War II, psychology gave a stronger emphasis to two other missions except from the healing of pathology, namely primitive factors to a productive and fulfilling life and the identification and nurturing of high talent.

Schilling and Hayashi (2001) have studied goal perspective research in the sports setting has primarily focused on task and ego goal orientations, while failing to address the influence of social goals (e.g., Urdan and Maehr 1995). Maehr and Braskamp (1986) personal investment theory allows researchers to examine achievement motivation from a multidimensional perspective that incorporates social factors of motivation. Thus, the purpose of this study was to examine the nature of the personal incentives, sense of self, and perceived options (Maehr and Braskamp 1986) of basketball and cross-country athletes via semi-structured interviews. Results from content analyses revealed that athletes defined positive and negative experiences through task-, ego-, and
socially-oriented personal incentives as well as sense of self and perceived options components. Socially-oriented personal incentives and sense of self components were more prevalent for the basketball athletes than for the cross-country athletes. Notable sports group differences suggest the need to further examine social factors of motivation with a broader representation of individual and team sports athletes.

Gable and Haidt (2005) discussed the positive psychology movement and they defined positive psychology as the study of conditions and processes that contribute to the flourishing or optimal functioning of people, groups and institutions. They described it as a reaction to the pathology focused imbalance mentioned before and a new focus on neglected areas such as gratitude, forgiveness, awe, inspiration, hope, and curiosity. An important point they made was that even though Seligman and Csikszentmihalyi (2000) argues for an imbalance in the form of a negative focus in psychology, a large part of the academic psychology deals with the neutral where the focus is neither well-being nor distress.

Guszkowska and Rychta (2007) have examined a group of 52 girls aged 15 years two questionnaires: P-O scale of Widerszal-Bazyl (1978) for evaluating the general achievement motivation and Nishida (1988) AMPET for evaluating achievement motivation for learning in physical education (PE), and the International Physical Fitness Test. Unlike the specific achievement motivation, the general one was uncorrelated with physical fitness variables and had no predictive value for that fitness. Nishida (1988) indices of achieving success in PE correlated positively
with some fitness variables and the indices of avoiding failures negatively. The only significant predictor for physical fitness proved the variable "overcoming obstacles". Motivational factors ought to be considered as a determinant of fitness test results attained by adolescent girls. The results confirmed the usefulness of Nishida model in predicting physical education achievements.

Adsul and Kamble (2008) have studied and carried out to investigate the effects of gender, economic background and caste differences on achievement motivation possessed by college students on the basis of societal transformation. An exploratory method of research was employed by adopting 2X3X4 factorial design. The study was based on one hundred and ninety two under graduate students of various colleges from Sangli city of Maharashtra, was selected by random sampling procedure. As per research plan 48 subjects from each caste group i.e. forward castes, other backward castes, Scheduled castes and Nomadic tribes were selected on the basis of male - female ratio was 1:1, and three levels of economic background of family. Achievement Motivation Test (ACMT) developed by Bhargave (1994) was used to collect the data from the sample. ‘t’ test, Duncan’s Multiple Range test and three way ANOVA were calculated for deriving the results. The result shows that there is a significant difference between scheduled caste and Nomadic tribes, scheduled caste and other backward caste students and between male and female students. Forward caste and scheduled caste group students having a high achievement motivation while other backward and nomadic tribes group students having an average level
achievement motivation. As well as male students having a high achievement motivation while female students having a below average level of achievement motivation. The most important finding was that the computed F ratio of interaction was found to be not significant which indicates that caste, gender and economic background of family does not jointly affect on achievement motivation of college students.

Hustinx, Kuyper, Werf, Van Der and Dijkstra (2009) have studied on recent decades; the classical one-dimensional concept of achievement motivation has become less popular among motivation researchers. This study aimed to revive the concept by demonstrating its predictive power using longitudinal data from two cohort samples, each with 20,000 Dutch secondary school students. Two measures of achievement motivation were constructed on the basis of Hermans (1976) Achievement Motivation Test for Children. Results showed that these measures predicted later educational attainment and achievement, and were related to movements in educational career. Our measures of achievement motivation showed certain stability over time; this stability decreased, however, with the length of the interval between measurements. In addition, a consistent decrease of motivation with age was found.

Weigand and Burton (2002) examined the effect of manipulating the motivational climate on achievement goal orientations, satisfaction/boredom, and perceived competence in physical education (PE). Participants were 40 English students (\(M\) age = 15.9, \(SD = 0.51\)) participating either in an experimental group that included a series of
highly task involving lessons, based on the manipulation of Epstein’s (1989) TARGET structures, or a group receiving the school’s existing style of PE lessons. Results of MANOVA and 2 × 2 (Group × Time) mixed factor ANOVAs on the pre- and post-intervention data indicated that students in the mastery climate experienced significantly (all $p < .05$) higher levels of task orientation and perceptions of competence, and were more satisfied and less bored, post-intervention compared to pre-intervention and compared to the other group at either time. The mastery climate group’s ego orientation also significantly decreased from pre-to-post intervention, but did not significantly differ from the other group. The findings are discussed with regard to the implications of manipulating the task structure in PE and organized youth sport.

Conroy, Andrew Elliot and Aaron Pincus (2009). Achievement motivation influences self-regulatory strategies, affective processes, and achievement outcomes, but little is known about how individual differences in achievement motivation influence interpersonal behavior. Different forms of achievement motivation are likely to influence interpersonal behavior because achievement motives are grounded in social emotions. Two studies were conducted to examine relations between achievement motives and dispositional interpersonal problems. These studies linked deficits in pride-based need for achievement with self-reported submission-related interpersonal problems, and shame-based fear of failure (FF) with both self- and peer-reported interpersonal distress. The achievement motives were largely not associated with individuals’ perceptions of their peers’ interpersonal problems. These
findings reinforce propositions that FF represents the commingling of achievement and relational concerns and suggest new mechanisms by which achievement motives may influence productivity, social success, and well-being.

Kenny, Mohr and Levesque (2001), there is little known about the link between dispositional achievement motivation and interpersonal behavior. This unresolved question has significant ramifications for understanding factors that influence productivity, social success, and well-being.

Abrahamsen, Roberts, Pensgaard, and Ronglan (2008) have founded on achievement goal theory (AGT) and examines the relationship between motivation, social support and performance anxiety with team handball players (n=143) from 10 elite teams. Based on these theories and previous findings, the study had three purposes. First, it was predicted that the female athletes (n=69) would report more performance worries and more social support use than males (n=74). The findings support the hypothesis for anxiety, but not for social support use. However, female’s reports that they felt social support were more available than males. Second, who were predicted and found a positive relationship between the interaction of ego orientation and perceptions of a performance climate on performance anxiety, but only for females. As predicted, perceived ability mediated this relationship. Finally, who were predicted that perceptions of a performance climate were related to the view that social support was less available especially for the male athletes. Simple correlation supports this prediction, but the regression
analyses did not reach significance. Thus, who were could not test for mediation of social support between motivational variables and anxiety. The results illustrate that fostering a mastery climate helps elite athletes tackle competitive pressure.

Bhambrì, Dhillon and Sahni (2005) the present study was aimed at examining the effect of psychological interventions such as General relaxation, Imagery and combination of both on the mental toughness dimensions of Table-Tennis players. The study was carried out on 32 national level tables – tennis players in the age group of 12-17 years. Loehr (1986) psychological performance inventory was administered to assess their mental toughness on seven variables viz. self confidence, negative–energy, Attentional control, visual and Imagery control, motivational level, positive energy and attitude control. The data obtained was analyzed using ANOVA, t-test and percentage distribution. The results indicate that all the 3 psychological interventions enhanced mental toughness dimensions of sports persons. However combined intervention consisting of both relaxation and imagery therapies showed the maximum effect on mental toughness dimensions.

Castillo, Duda and Tomas (2009) drawing from contemporary social cognitive theories of achievement motivation, the relationship of personal theories of achievement (ego and task theory) with perceived ability and reported satisfaction with school and sport was examined. The cross-domain generality of these relationships in these contexts, in the case of a representative sample of adolescents between 11 and 15 years of age (N = 967, M age = 13.5, SD = 1.80; 492 girls and 475 boys) from the
Valencian Community (Spain) was also examined. According to previous research in the United States (Duda and Nicholls 1992), the findings of this study indicate a cross-domain consistency with regard to how adolescents tend to define success and their views of how achievement activities operated across sports and the classroom. However, little cross-domain generality was found for perceptions of ability and reported satisfaction. In the sports and classroom domains, a task theory was related to greater satisfaction, while an ego theory was related to greater reported boredom.

Gillet, Rosnet and Vallerand (2008) developed the “Échelle de Satisfaction des Besoins Psychologiques” (Satisfaction of Psychological Needs Scale) in French, with a sample of 222 students and 204 competition athletes to measure the three basic psychological needs in sport, using for this purpose 15 items, 5 items for each one of these needs. These authors provided evidence of factor structure obtaining an adequate fit of the model ($\chi^2/df = 1.95; \text{GFI} = .92; \text{NNFI} = .93; \text{CFI} = .95; \text{IFI} = .95; \text{RMSEA} = .06; \text{SRMR} = .07$). The correlations between the three latent factors were positive and significant. Specifically, the following correlations were obtained: .40 for Perception of autonomy-Perception of competence, .39 for Perception of autonomy-Perception of relatedness, and .45 for Perception of competence-Perception of social relatedness. The internal consistency of this instrument yielded satisfactory Cronbach’s alpha values: .71 for Perception of competence, .82 for Perception of autonomy, and .81 for Perception of relatedness.
Tony (2000) had examined a longitudinal study over 4 years, the relationship between home background, achievement motivation, optimism, psychological well-being and self-rated health was investigated in 149 young adults. The participants were assessed at school at age 16 years and then at two follow up points, 2 years and 4 years later. The data produced showed that the home background variables of socioeconomic status, family size and parental employment predict psychological well-being, self-rated health, achievement motivation and optimism at subsequent stages. Achievement motivation and optimism play a mediating role between home background and the outcome measures of self-rated health and psychological well-being. Furthermore achievement motivation appeared to only take on an important role in terms of the development of identity and low interest in the activity.

Grosse Holtforth, Pincus, Grawe, Mauler and Castonguay (2007). Motives—achievement or otherwise—grounded in social emotions are likely to be expressed socially and may predict relatively stable individual differences in interpersonal problems.

Elliot, Gable and Mapes (2006). Whereas links between motivation and behavior within each domain are well established, this study demonstrated that motivation in the achievement domain is also linked to behavior in the social domain.

Horowitz, Wilson, Turan, Zolotsev, Constantino and Henderson (2006) recently reconceptualized interpersonal problems as the product of frustrated agented and communal motives. There may be value in viewing the motivational underpinnings of interpersonal problems.
through an even broader lens in light of our evidence that non interpersonal motives are also associated with interpersonal problems.

Acharya and Joshi (2009) have studied the influence of parental education level on achievement motivation of adolescents. A total of 200 intermediate students belonging to parents having four levels of education (high school, intermediate, graduation and post graduation) were administered Deo-Mohan (1985) achievement motivation scale. The result indicated that parental education level influences the achievement motivation in academic area. Higher the level of parental education, better the achievement motivation in academic area. Other areas were not found to be significantly influenced by the level of fathers' and mothers' education.

Moreno, Parra and González-Cutre (2008); Ntoumanis and Biddle (1999); Sarrazin, Vallerand, Guillet, Pelletier and Cury (2002). Regarding the predictive relations between the three basic psychological needs and intrinsic motivation, the hypothesis is fulfilled regarding Perception of autonomy and Perception of competence. This result is in accordance with other studies (Moreno, Conte, Borges, and González-Cutre (2008); Moreno, González-Cutre, Chillón, and Parra (2008) and as also suggested by Reinboth, Duda, and Ntoumanis (2004). Perception of competence presents the strongest relation with intrinsic motivation. However, as stated by Deci and Ryan (2000) Perception of social relatedness presents the weakest relation with intrinsic motivation. This factor was not significant, which partially coincides with the study of Gillet, and Rosnet (2008) in which the relation between Perception of
social relatedness and intrinsic motivation toward knowledge was non significant. This result should be studied in more detail in future works that analyze the effects on the three types of intrinsic motivation separately.

Paul Fontaynes Philippe Sarrazin, and Jean-Pierre Famose (2001) assessed gender and ethnic differences for preferential choices of social situations of achievement (e.g., academic, sport, art) and motivational goals pursued. A content analysis of the essays of 202 pupils (boys and girls of Maghrebian and European origin) from a suburb of Paris was used. Result showed gender differences more specifically pronounced for the Maghrebian girls. Concerning motivational goals, boys showed a less-marked orientation towards mastery goals than girls, whatever the social situation of achievement. Finally, the data analysis revealed that the nature of the social domain of achievement influences whether adolescents became intrinsically or extrinsically motivated.

Richard Hurst, Bruce Hale, David Sumith, and David Collins (2000) studied exercise dependence, social physique anxiety, and social support in experienced and inexperienced bodybuilders and weightlifters. Findings showed experienced bodybuilders exhibit more exercise dependence, greater social support behavior, and experience less social physique anxiety than inexperienced bodybuilders and weightlifters.

Eminovic, Fadilj, Radimila Nikic, Irena Stojkovic and Sanela Pacic (2009) studied attitudes toward inclusion of persons with disabilities in sport activities. The sample included 178 respondents (93 men and 85 women). 45 of respondents were actively involved in
sports, 45 were engaged in recreational sports, 43 are not engaged in sports and 45 were parents of children with disabilities. The obtained results showed that among people without disabilities prevail indifference, lack of knowledge and negative attitudes toward participation in sport activities of persons with disabilities.

Mahoney and Bergman (2002) pointed out, they say little of the road to this functioning and very little of the development thru life-span of patterns of unusually positive adaptation. Longitudinal research that looks at unusually positive adaptation patterns and their development thru life-span are thus in large parts missing within positive psychology.

Ryan and Deci (2001) describe a continuum of motivation from extrinsic to intrinsic. It goes from all extrinsic, what they call non-regulation totally outside the individuals control, via external regulation (compliance, external rewards, and punishments) introjected regulation (self-control, ego involvement, internal rewards, and punishments), identified regulation (personal importance, conscious valuing), integrated regulation (congruence, awareness, synthesis with self) to intrinsic motivation (interest, enjoyment, inherent satisfaction). Intrinsic motivation has been found to have positive outcomes in areas such as physical exercise, political activity, environmental activism, intimate relationships, behavioural effectiveness, greater volitional persistence, enhanced subjective well-being, and better assimilation of the individual within his or her group.

Magnusson, and Stattin (2006) instead of seeing the individual as the target of stimuli from the environment and instead of treating the
individual and the environment as two different entities classical interactionism focuses on the reciprocal relation and interaction between the two systems. The relation itself becomes the focus of interest. The holistic-interactionistic perspective takes this line of reasoning several steps further. It has a stronger focus than the classical model on the dynamic character of individual functioning and the total person-environment (PE) system, and includes different levels both in the environment and in the individual.

Harris and Darby (2009) investigated shame in physician-patient relationships and found that shame-inducing situations can have both positive and negative consequences for patients’ health behaviors. Although approximately one third of patients whose physicians made them feel ashamed avoided or stopped seeing their doctor, another one third of patients said that the shame caused them to improve their health-related behaviors. These results highlight the importance of differentiating moral emotions from approach and avoidance action tendencies. Clearly, shame can and often does lead to avoidance behaviors, but shame can also lead to more positive approach-oriented actions as well.

Timothy Judge and Remus Ilies (2002) conducted a meta-analysis of the relationship between the five-factor model of personality and three central theories of performance motivation (goal-setting, expectancy, and self-efficacy motivation). Results indicated that Neuroticism (average validity 0.31) and Conscientiousness (average validity 0.24) were the strongest and most consistent correlates of performance motivation across
the three theoretical perspectives. Results further indicated that the validity of three of the Big Five traits - Neuroticism, Extraversion, and Conscientiousness are an important source of performance motivation.

Wilson, Rogers, Rodgers, and Wild (2006) developed a scale to measure these needs in physical exercise called the Psychological Needs Satisfaction in Exercise Scale (PNSE), using a sample of 426 Canadian university students. The scale revealed acceptable internal consistency of the subscales, measured with Cronbach’s alpha (.90 in Perception of autonomy and Perception of competence and .91 in Perception of relatedness), as well as evidence of construct validity using confirmatory factor analysis (CFA) with adequate fit indexes: the comparative fit index (CFI) = .94, the incremental fit index (IFI) = .94, the root mean square error of approximation (RMSEA) = .09, and the standardized root mean square residual (SRMR) = .07. The PNSE has 18 items (6 items for each one of the basic psychological needs) rated on a Likert-type scale ranging from 1 (strongly disagree) to 6 (strongly agree).

Tiffany, Charles, and Karry (2001) compare the relationship of body attitude to both dietary intake and selected personality characteristics. The study focused on the relationship between dietary intake and body attitude and personality characteristics as well as differences in body attitude and personality characteristics between female college age lacrosse athletes, dance team members and controls. The results of this study indicated that female athletes involved in both aesthetic and non-aesthetic sports, may be purposefully restricting total
caloric intake as well as fat intake due to body image dissatisfaction during the competitive season.

Smith, Webster, Parrott, and Eyre (2002) noted that guilt is associated with a private sense of having done something wrong or having behaved in a way that violated one’s conscience. Shame, on the other hand, is the negative feeling that arises when one’s failures and shortcomings are put on public display to illustrate the public-private perspective.

Combs, Campbell, Jackson and Smith (2010) manipulated the publicity of a wrongful act in a vignette study and found that reports of shame and negative self-attributions increased when the transgression was publicized compared to a when the transgression was not exposed.

Yukl (2006) opined “When traits are examined one at a time, the results are usually weak and difficult to interpret. This approach fails to consider how the traits are interrelated and how they interact to influence leader behavior and effectiveness.

Zaccaro (2007) noted that many trait studies have focused on a small set of individual differences posited to predict leadership, or when an encompassing list of traits is discussed, insufficient attention is given to how the traits operate in concert.

Meriac, and Senter (2008) provided meta-analytic evidence that supported a three factor structure of AC dimension ratings, and Hoffman (2006) supported the use of three factors to conceptualize the same multisource feedback ratings and AC ratings used in the current study. All of these models identify factors with labels that are similar to the
following: task/conceptual skills, interpersonal skills, and leadership skills. In the current context, task/conceptual skills relate to the manager’s ability to problem-solve, articulate rationale, and plan appropriately.

Various studies argue that a motivational climate of task engagement could satisfy the needs of competence, autonomy, and social relatedness and enhance self-determination, whereas a motivational climate of ego involvement could decrease such needs, thus fomenting extrinsic motivation and achievement motivation (Moreno, Parra, and González-Cutre, 2008; Ntoumanis and Biddle, 1999; Sarrazin, Vallerand, Guillet, Pelletier, and Cury (2002).

Recent trends in research link pattern of sports aggression to goal orientations (Duda, Olson, and Templin 1991; Dunn, and Dunn 1999), moral reasoning (Bredemeier and Shields, 1986; Bredemeier 1994), sport types (Allawy 1981), and gender (Siliva 1983). Duda, Olson and Templin (1991) found that those with high ego orientation and low task orientation viewed injurious sports acted as more legitimate than those with high task orientation and low ego orientation.

Pekrun, Elliot and Maier (2006) because these reintegrated affective states are viewed as an energizing and directing source of behavior during competence pursuits. Such embodied emotion can be sufficient to activate the functional responses associated with the core emotion (Niedenthal 2007). Emotions reflect individuals’ adaptation struggles, and self-conscious emotions, such as pride and shame, are most relevant for social adaptation and social goals.
Kleiber and Hemmer (cited in Colley, Roberts and Chipps (1985) found that female competitive sports athletics have a more internal locus of control than competitive male sport and non competitive female athletes, suggesting a greater resistance to sport socialization process.

Duda, Olson and Templin (1991) examined the levels of sportsmanship attitudes and perceived legitimacy of injurious acts in relation to goal orientation. High school basketball players (N=123) goal orientation was measured using the Task and Ego orientation in sport Questionnaire. Sportsmanship was measured using the using the competitive Attitude scale and aggression attitude using Bredemeiers continuum of injurious Acts. The results found a moderate relationship between goal orientation viewing the following actions as legitimate: injuring an opponent that caused a missed game, inflacting a season ending injuring and nonphysical intimidation. In addition results found, that a strong, negative emphasis on task orientation and a moderate, positive ego orientation correlated to unsportsman like play and/ or cheating and moderate approval of good sportsmanship behaviours.