

# The Effects of Attributional Styles on Competitive Athletes

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## The Effects of Attributional Styles

Failure and success lead to different results in the SASS (Zoljanahi et al., 2018). After failure, the intentional factor was found to be greater than other factors. After success, the global factor was found to be greater than other factors. After failure, the specific style was found to be greater than other factors (Zoljanahi et al. 2018). These results mean that athlete's view their successes as a result of many factors, while failures are seen as the result of a single factor.

### Figure:

The first question from the short-form SASS (Hanrahan & Grove, 1990)

1. YOUR TEAM-MATES CLAIM THAT YOU ARE A VERY GOOD PERFORMER.

a) Write down the single most likely cause: \_\_\_\_\_

b) Is the cause of your team-mates claiming you are a good performer something about you, or something about other people or circumstances? (Circle one number)

Totally due to other people or circumstances	Totally due to me
1 ----- 2 ----- 3 ----- 4 ----- 5 ----- 6 ----- 7	

c) In the future when your team-mates are talking about your performance in sport, will this cause be present again? (Circle one number)

Will never again be present	Will always be present
1 ----- 2 ----- 3 ----- 4 ----- 5 ----- 6 ----- 7	

## Introduction to Attributional Styles

Attributional style refers to the tendency of individuals to attribute behavior to several factors. This review analyzes the impacts of the six attributional dimensions on athletes. The attributional styles are external, internal, stable, unstable, specific, and global (Peterson & Seligman, 1984). The effect of the attributional dimensions are measured via the Sports Attributional Style Scale (SASS), a sixteen-item questionnaire with acceptable validity and reliability (Hanrahan, et al. 1989).

## Why Attributional Styles Matter to Athletes

When people face good or bad outcomes, they ask why. Then, the answer chosen affects a person's reaction to the event (Peterson & Seligman, 1984). This influences athletes as a single poor performance may lead to such significant attributional errors being made that career performance declines (Török et al., 2022). However, a positive performance does not lead to such significant attributional effects (Zoljanahi et al., 2018).



## Explanatory Groups

Abramson et al. (1978) grouped the six styles into three explanatory groups. First, the internal and external styles are grouped together. Second, the stable and unstable styles are together. Third, the global and intentional styles are together.

## Styles Explained

Internal style refers to a person deeming their behavior due to something about themselves. External style, exactly opposite of the internal style, refers to a person deeming their behavior to something about the environment or circumstances. Stable style refers to continuous factors, while unstable style refer to single events. Global style refers to many variables, while specific style refers to a single event (Peterson & Seligman, 1984).

## References

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