

DEVELOPING & FACILITATING  
GROWTH MINDSETS USING  
SELF-DETERMINATION  
THEORY IN RECREATIONAL  
GYMNASTICS COACHES

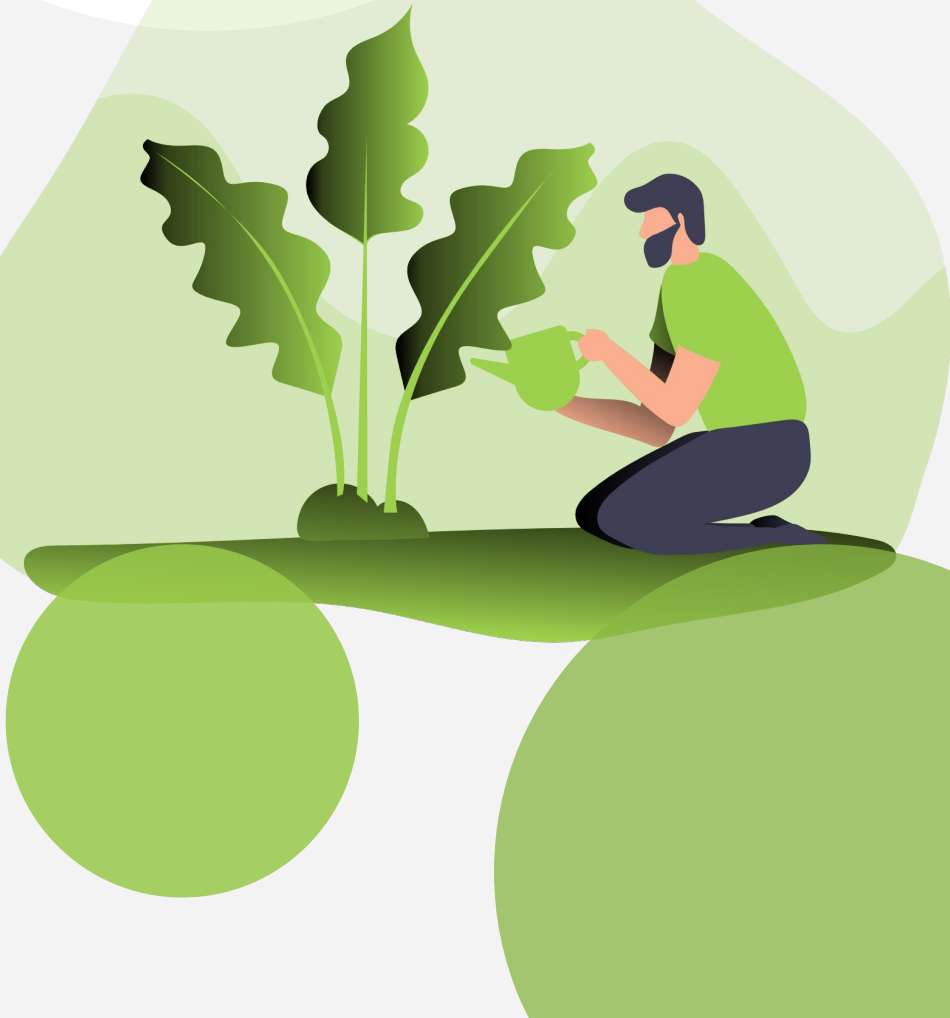


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# THE STUDY 🌱

- Training intervention on GM and SDT among KidSpirit gymnastics coaches
- **Aims:**
  - GM would improve
  - GM and SDT concepts would be applied into everyday lives
  - Findings would create new training methods for KidSpirit



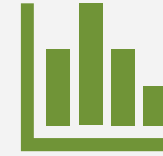
# METHODS



- Pre-test & Post-test surveys
- Weekly qualitative prompts on GM & SDT
  - Mixed-method approach
- Dweck's Mindset Instrument & Global Motivation Scale
- 15 participants (N = 15; 13 female, 1 male, 1 non-binary, mean age = 19.2)



# QUANTITATIVE RESULTS



## GM

Pre-test **growth mindset**

( $M = 4.29$ ,  $SD = 0.64$ )

Post-test **growth mindset**

( $M = 4.46$ ,  $SD = 0.58$ )

**Self-reported Pre GM** ( $M = 6.80$ ,  $SD = 1.57$ )

**Self-reported Post GM** ( $M = 7.80$ ,  $SD = 1.57$ )

## SDT

Pre-test **overall SDT**

( $M = 4.15$ ,  $SD = 0.29$ )

Post-test **overall SDT**

= 4.46,  $SD = 0.58$ )

# QUALITATIVE RESULTS



Participants seemed to have a better understanding GM and its implications in other contexts

There was an increase in “I” statements overtime

Participants’ application of GM and SDT improved throughout the study

# FUTURE DIRECTIONS



- Help leverage training practices for KidSpirit in the future
- Development of a training manual for GM at KidSpirit





THANK YOU

