

sport personality questionnaire²⁰

Assessment of Jake Smith

Introduction

Top athletes and their coaches recognize that elite athlete performance requires a combination of mental and physical skills. When you achieve the perfect combination, you are playing in the zone. This report provides information on your mental approach and mental skills. Its key purpose is to help you identify and work on any mental factors that may be impeding your performance.

The factors covered in this report represent some of the latest thinking on the mental side of elite athlete performance. Athletes often refer to this as "attitude" and "confidence". Talking about this, Michael Jordan said that having an effective mental game is what separated him from the rest of the NBA. Tiger Woods has said that mental mistakes have had a much more severe impact on his performance than physical errors.

This questionnaire covers 6 clusters of mental and psychological skills:

Dynamism - competitiveness, aggressiveness, self-efficacy and flow
Motives & Values - achievement, power, conscientiousness and ethics
Openness - adaptability, self-awareness and intuition
Sociability - relationships, empathy and emotions
Anxieties - competition anxiety, fear of failure and burnout
Techniques - self-talk, visualization and goal-setting

As you read the report, please bear the following points in mind. First, the report is based on your responses to a self-report questionnaire, and the SPQ20, like all self-report questionnaires, is not infallible. Whether you recognize yourself in the report depends on your own self-awareness and how you have decided to present yourself.

Second, your scores are derived by comparing how you have responded to the questionnaire in comparison to a large mixed international sample of athletes. This enables us to feed back to you how you compare to other athletes.

In the profile summary that follows, you will see that we report your responses in 3 categories. A score of 8 or above means that you are in the top group of athletes. A score of between 4 and 7 puts you in the middle range. A score of 3 or less means that you rate your mental ability lower than the average athlete does. No test is a perfect measuring instrument, however, so your scores may be subject to a small potential error meaning that your 'true' score on any dimension may be 1 point higher or lower than reported.

Please also keep in mind that this report has been generated by a computerized expert assessment system and substantially reflects the answers made by you. Due consideration must be given to the subjective nature of questionnaire-based ratings. We can accept no liability for the consequences of the use of this report and this includes liability of every kind for its contents.

Profile Summary

The profile chart below illustrates your profile on the mental skills and psychological factors assessed by the questionnaire.

You scored 8 or above on Self-Talk, Aggressiveness, Competitiveness, Managing Pressure and Flow. These seem to be the mental strengths of how you currently perform. This does not mean that you should stop developing your knowledge and skills in these areas. On the contrary, keep on continually developing them, exploit them and consider how to pass them on to others. However, we also recommend that since you seem to do these things pretty well, you can afford to reflect on whether sharpening your act in some of the areas where you got lower scores would significantly raise your overall game.

You scored between 4 and 7 on Self-Efficacy, Fear of Failure Control, Adaptability, Goal Setting, Relationships, Self-Awareness, Ethics, Intuition, Stress Management, Visualization, Achievement, Power and Conscientiousness. These are mid-range mental skills that could become strengths with more learning and practice. Within this range, a score of 7 represents a pretty well-developed skill bordering on a strength and a score of 4 can be interpreted as a less well-developed skill bordering on a weakness. The next section of the report describes these areas of mental skills in a little more detail. Think about how far you demonstrate these skills and whether sharpening your act in these areas would raise your overall game. Think carefully about where to focus your learning and practice and discuss possible areas to work on with your coach. We are not suggesting that you must try and turn every mid-range mental skill into a strength.

You scored 3 or less on Empathy and Emotions. These are possible weaknesses in your mental skills make-up. The issue here is whether any of these gaps are stopping you from performing as well as you could or preventing you from reaching your potential in the future. Consider whether putting effort into any of these areas could have a dramatic impact on your overall performance or potential for advancement. Discuss things with your coach.

SPQ 20

Athlete : Jake Smith

Lower			Average				Higher			High Score Meaning	
1	2	3	4	5	6	7	8	9	10		
.	<	...	>	.	Competitiveness : Enjoys competing and wants to get in the winner's circle	Dynamism
.	<	...	>	Aggressiveness : Adopts an aggressive attitude, tends to intimidate opponents	
.	<	...	>	.	.	Self-Efficacy : Displays self-confidence and bounces back from setbacks	
.	<	...	>	.	Flow : Able to immerse himself/herself in performance and play in the zone	
.	.	.	<	...	>	Achievement : Trains hard and makes personal sacrifices to achieve excellence	Motives & Values
.	.	<	...	>	Power : Enjoys having authority over people and aspires to leadership positions	
.	.	<	...	>	Conscientiousness : Shows self-discipline, prepares thoroughly, stays with the plan	
.	.	.	.	<	...	>	.	.	.	Ethics : Has strong principles, behaves ethically, shows sportspersonship	
.	<	...	>	.	.	Adaptability : Open to ideas and suggestions, keeps up with technical developments	Openness
.	.	.	.	<	...	>	.	.	.	Self-Awareness : Aware of strengths and weaknesses, asks for feedback, reflective	
.	.	.	<	...	>	Intuition : Uses instincts and intuition to guide performance, sees things in advance	
.	.	.	.	<	...	>	.	.	.	Relationships : Builds relationships, engages in conversation, enjoys socializing	Sociability
.	<	...	>	Empathy : Listens to other people's views, reinforces them, goes out of way to help	
<	...	>	Emotions : Knows how to regulate feelings and emotions to maximise performance	
.	<	...	>	.	Managing Pressure : Manages anxiety and tension effectively before important events	Anxieties
.	<	...	>	.	.	Fear of Failure Control : Does not worry about failing and letting people down	
.	.	.	<	...	>	Stress Management : Manages stress in sport and personal life, no symptoms of burnout.	
.	<	...	>	Self-Talk : Talks positively to self to maintain motivation, stay calm, perform well	Techniques
.	.	.	<	...	>	Visualization : Uses imagery to help play well, rehearse performances, stay calm	
.	.	.	.	<	...	>	.	.	.	Goal Setting : Identifies priorities, sets goals, measures progress	

Self-Talk: Potential Strength

High scorers use positive self-talk to help deal with pre-competition stress and to maintain concentration and performance during competitions. They tell themselves to keep on trying, to stay focused, to perform to the best of their ability etc. Low scorers lapse too easily into putting themselves down and talking negatively to themselves about failure.

You scored 9 on Self-Talk. This is a higher than average score. About 15% of athletes and sportspersons who have completed the questionnaire score 8 or higher. This is a definite strength of your mental skills profile that should help you perform well.

Aggressiveness: Potential Strength

Aggression plays a major role in sports and is part of both male and female sports. Athletes are often encouraged to perform in an activated, 'worked up', aggressive or even angry state. How aggressive it is acceptable to be depends on the type of sport you are engaged in - for example, it is more acceptable to be aggressive in rugby, hockey or football than in golf or bowling. You probably need a certain level of aggression, however, to be successful in nearly all sports.

You scored 9 on Aggressiveness. This is a higher than average score. About 15% of athletes and sportspersons who have completed the questionnaire score 8 or higher. This is a definite strength of your mental skills profile that should help you perform well.

Competitiveness: Potential Strength

High scorers enjoy competitive sports. It is important to them to outperform others and to win. They produce their best performances in competitions and they get annoyed when other people perform better than they do. Low scorers take satisfaction from taking part and achieving their own goals and don't feel the same need to do better than their competitors. A low score may also indicate that the athlete has stopped enjoying sport and is experiencing competitive stress.

You scored 8 on Competitiveness. This is a higher than average score. About 15% of athletes and sportspersons who have completed the questionnaire score 8 or higher. This is a definite strength of your mental skills profile that should help you perform well.

Managing Pressure: Potential Strength

Many athletes, even those at the very top, experience high levels of pre-competition stress. Most athletes use a variety of strategies to control this - for example, visualization, positive self-talk and relaxation techniques. Research shows that a certain level of anxiety / arousal is beneficial but very high levels almost certainly prevent an athlete getting into the zone.

You scored 8 on Managing Pressure. This is a higher than average score. About 15% of athletes and sportspersons who have completed the questionnaire score 8 or higher. This is a definite strength of your mental skills profile that should help you perform well.

Flow: Potential Strength

High scorers report frequent experiences of the performing in the zone - "the ideal performance state". The zone or flow is the pinnacle of sporting achievement when an athlete performs to the best of his or her ability. It is said to be a magical and special place where performance is exceptional, consistent, automatic and flowing. An athlete is able to ignore all the pressures and let his or her body deliver the performance that has been rehearsed. Competition is fun and exciting.

You scored 8 on Flow. This is a higher than average score. About 15% of athletes and sportspersons who have completed the questionnaire score 8 or higher. This is a definite strength of your mental skills profile that should help you perform well.

Self-Efficacy: Scope for Development

Self-efficacy is a form of self-confidence that involves the appraisal of what an athlete can do with existing skills in a specific situation at a given time. It can be altered very quickly by successes and failures. High self-efficacy raises the duration and strength of an athlete's efforts whereas low self-efficacy can lead to less effort even to the point of giving up or not taking part. Self-efficacy is lowered markedly if failures occur at the beginning of the learning process. It is important to have initial successes in learning a sport.

You scored 7 on Self-Efficacy. This is a mid-range score bordering on a potential strength. About 70% of athletes and sportspersons who have completed the questionnaire score in the range 4 - 7. About 15% obtain a score of 7. At the very least, you are as skilled as the average athlete in this area, but more than likely you are somewhat more skilled. With further development, you could exhibit real strengths in this area. Discuss with your coach how to develop your skills and set yourself improvement goals.

Fear of Failure Control: Scope for Development

Athletes who experience fear of failure anxiety dread the consequences that failing will have on their plans for the future and how it will influence what other people think of them. They worry about not living up to other people's expectations of them and that people who are important to their careers may lose interest in them. Severe fear of failure anxiety can lead to health and performance problems as well as increased cheating, drug abuse and burnout. Positive self-talk, visualisation and goal-setting will help improve an athlete's self-confidence and self-image and reduce fear of failure.

You scored 7 on Fear of Failure Control. This is a mid-range score bordering on a potential strength. About 70% of athletes and sportspersons who have completed the questionnaire score in the range 4 - 7. About 15% obtain a score of 7. At the very least, you are as skilled as the average athlete in this area, but more than likely you are somewhat more skilled. With further development, you could exhibit real strengths in this area. Discuss with your coach how to develop your skills and set yourself improvement goals.

Adaptability: Scope for Development

This factor is concerned with adjusting to change. High scorers tend to be adaptable, opportunistic and enthusiastic. They enjoy change. Low scorers tend to be more conservative and inflexible and have a dislike of change. High scorers report having experimented with new ideas and techniques and having taken risks in order to succeed. They also say that they have been open to ideas and suggestions and they have wanted to have the latest high-tech gear.

You scored 7 on Adaptability. This is a mid-range score bordering on a potential strength. About 70% of athletes and sportspersons who have completed the questionnaire score in the range 4 - 7. About 15% obtain a score of 7. At the very least, you are as skilled as the average athlete in this area, but more than likely you are somewhat more skilled. With further development, you could exhibit real strengths in this area. Discuss with your coach how to develop your skills and set yourself improvement goals.

Goal Setting: Scope for Development

High scorers know how to use goal setting and use it effectively. They understand their commitment to their sport and have decided the level they want to reach. They know the skills that they have to acquire to succeed and the levels of performance that will be needed. They express goals positively and precisely and take satisfaction from achieving them. They prioritize goals, direct attention to the most important ones and set goals over which they have control.

You scored 6 on Goal Setting. This is a mid-range score. About 70% of athletes and sportspersons who have completed the questionnaire score in the middle range 4 - 7. About 40% get a score of 5 or 6. This suggests that you are as capable in this area as the average athlete or sportsperson. With further development, your mental skills in this area could become a more definite strength. Discuss with your coach how to develop your skills and set yourself improvement goals.

Relationships: Scope for Development

High scorers have extravert tendencies. They use sport as a platform for building relationships, they enjoy being where the action is, they are warm and friendly to other athletes and they find easy to talk to people. Studies of elite performers show predictable differences in extraversion based on whether or not athletes are competing in team or individual sports.

You scored 6 on Relationships. This is a mid-range score. About 70% of athletes and sportspersons who have completed the questionnaire score in the middle range 4 - 7. About 40% get a score of 5 or 6. This suggests that you are as capable in this area as the average athlete or sportsperson. With further development, your mental skills in this area could become a more definite strength. Discuss with your coach how to develop your skills and set yourself improvement goals.

Self-Awareness: Scope for Development

Self-awareness is an important trait of elite athletes across all sports. High scorers know how they are feeling, thinking, and behaving at all times. They use their self-awareness skills to gain a clear sense of their competition and training needs. They invest time to look back at past competitions and training to evaluate what works and what doesn't. They are quick to learn, retain a sense of perspective and are able to laugh at themselves. They recognise their feelings and emotions and how they can affect their behavior. Self-awareness skills can be developed by analysing thoughts, feelings and behaviors before, during and after successful and unsuccessful performances.

You scored 6 on Self-Awareness. This is a mid-range score. About 70% of athletes and sportspersons who have completed the questionnaire score in the middle range 4 - 7. About 40% get a score of 5 or 6. This suggests that you are as capable in this area as the average athlete or sportsperson. With further development, your mental skills in this area could become a more definite strength. Discuss with your coach how to develop your skills and set yourself improvement goals.

Ethics: Scope for Development

The most ethical lives are marked by principled decisions, not by self-interest and expediency. Such principles rest on universal values that cut across time, culture, politics, religion and ethnicity. The Josephson Institute of Ethics identifies "Six Pillars of Character" as trustworthiness, respect, responsibility, fairness, caring and good citizenship. The Institute promotes these as the basis of ethically defensible decisions and the foundation of well-lived lives of purpose. High scoring sportspersons display these traits.

You scored 6 on Ethics. This is a mid-range score. About 70% of athletes and sportspersons who have completed the questionnaire score in the middle range 4 - 7. About 40% get a score of 5 or 6. This suggests that you are as capable in this area as the average athlete or sportsperson. With further development, your mental skills in this area could become a more definite strength. Discuss with your coach how to develop your skills and set yourself improvement goals.

Intuition: Scope for Development

Intuition helps athletes to see things in the round and gives them feelings about how competitors / opposing teams may react. High scorers say that they have seen things before they happened, they have let their deep-down inner feelings guide them and they have acted on their instincts and intuition. Intuition along with determination and calculation often produce experiences of "flow". Intuition allows an athlete to sense or read where their team mates are and what the defense is doing that allows him / her to make successful choices.

You scored 5 on Intuition. This is a mid-range score. About 70% of athletes and sportspersons who have completed the questionnaire score in the middle range 4 - 7. About 40% get a score of 5 or 6. This suggests that you are as capable in this area as the average athlete or sportsperson. With further development, your mental skills in this area could become a more definite strength. Discuss with your coach how to develop your skills and set yourself improvement goals.

Stress Management: Scope for Development

Burnout occurs in athletes who work and train hard and who become physically and emotionally exhausted. It is often because the athlete is trying to achieve too much, has taken on too much or has been under a great deal of pressure for some time. It tends to occur slowly and over a long period of time. The physical symptoms include feelings of intense fatigue, vulnerability to viral infections and immune breakdown. The psychological symptoms include a feeling of lack of control, a belief that the athlete is accomplishing less, a tendency to think negatively and a loss of a sense of purpose and energy.

You scored 5 on Stress Management. This is a mid-range score. About 70% of athletes and sportspersons who have completed the questionnaire score in the middle range 4 - 7. About 40% get a score of 5 or 6. This suggests that you are as capable in this area as the average athlete or sportsperson. With further development, your mental skills in this area could become a more definite strength. Discuss with your coach how to develop your skills and set yourself improvement goals.

Visualization: Scope for Development

High scorers use imagery and visualization in a range of ways to think positively and perform well. The different ways include imagining perfectly executed skills, imagining strategies of play, imagining staying focused and solving problems, imagining the arousal, stress and anxiety that the athlete may experience while performing and imagining specific goals and outcomes. Experts advise that imagery should involve as many senses as possible and suggest that the athlete should learn to attach various emotional states or moods to imagined experiences.

You scored 5 on Visualization. This is a mid-range score. About 70% of athletes and sportspersons who have completed the questionnaire score in the middle range 4 - 7. About 40% get a score of 5 or 6. This suggests that you are as capable in this area as the average athlete or sportsperson. With further development, your mental skills in this area could become a more definite strength. Discuss with your coach how to develop your skills and set yourself improvement goals.

Achievement: Scope for Development

High scorers are likely to be goal-directed, future-orientated, optimistic, enthusiastic and organized. They love their sport, commit themselves to it, give it their time, meet their needs through it and long for recognition and self-fulfillment. They spend a lot of time developing and perfecting their skills. They can pay a price for success such as few friends, less partying and holidaying and even isolation from their family. Talent and devotion determine the winner most of the time but luck also plays a part.

You scored 5 on Achievement. This is a mid-range score. About 70% of athletes and sportspersons who have completed the questionnaire score in the middle range 4 - 7. About 40% get a score of 5 or 6. This suggests that you are as capable in this area as the average athlete or sportsperson. With further development, your mental skills in this area could become a more definite strength. Discuss with your coach how to develop your skills and set yourself improvement goals.

Power: Scope for Development

Athletes who score high on power are motivated to achieve leadership positions in their sport. They report wanting to make an impact and occupy a prominent position, wanting to have authority over people and wanting to give the orders and get things going. They make natural team captains and managers.

You scored 4 on Power. This is a mid-range score bordering on a potential weakness. About 70% of athletes and sportspersons who have completed the questionnaire score in the range 4 - 7. About 15% obtain a score of 4. Although you have a mid-range score, it is on the lowish side pointing towards an area to work on. Discuss with your coach how to develop your skills and set yourself improvement goals. Consider getting help and advice from a sport psychologist.

Conscientiousness: Scope for Development

High scorers are prepared to work hard on their game. They are self-disciplined about their exercise and training. They prepare thoroughly for important competitions. They keep commitments and promises to coaches and other athletes. They tend also to be organized, neat and tidy. They take control of their sporting careers and tend to attribute success to their own efforts. A very high score can sometimes indicate a degree of inflexibility and lack of openness to other people's views and ideas.

You scored 4 on Conscientiousness. This is a mid-range score bordering on a potential weakness. About 70% of athletes and sportspersons who have completed the questionnaire score in the range 4 - 7. About 15% obtain a score of 4. Although you have a mid-range score, it is on the lowish side pointing towards an area to work on. Discuss with your coach how to develop your skills and set yourself improvement goals. Consider getting help and advice from a sport psychologist.

Empathy: Potential Development Need

High scorers tend to make good team players because they respond to other people's needs and emotions. High scorers tend to be good-natured, friendly, cooperative and agreeable. They report that they are courteous to competitors, praise others when they perform well, go out of their way to help people and consult people before taking key decisions.

You scored 3 on Empathy. About 15% of athletes and sportspersons who have completed the questionnaire score 3 or less. This seems to be an area to work on to improve your competitive performance and future potential. Discuss with your coach how to develop your skills and set yourself improvement goals. Consider getting help and advice from a sport psychologist.

Emotions: Potential Development Need

This scale measures how far an athlete has learned to regulate their moods and emotions. High scorers use a range of strategies successfully to achieve this - for example, changing location, exercising, being with people, and listening to music are commonly used strategies before important events. The experience of competition teaches successful athletes to develop effective methods to manage their moods and emotions.

You scored 2 on Emotions. About 15% of athletes and sportspersons who have completed the questionnaire score 3 or less. This seems to be an area to work on to improve your competitive performance and future potential. Discuss with your coach how to develop your skills and set yourself improvement goals. Consider getting help and advice from a sport psychologist.