

**Finding the Balance Between Academic and Sport Motivation:
A Study of NCAA Division I Student-Athletes
By: Dr. Keith Adams, President, CKA SAVE Project**

Abstract

The purpose of this quantitative, correlational research was to assess the relationship between academic motivation and sport motivation among NCAA Division I student-athletes enrolled at colleges and universities in the southern and western regions of the United States. The theoretical foundation was based on the Self-Determination Theory. The Self-Determination Theory includes three specific types of motivation: intrinsic, extrinsic, and amotivation. The study was comprised of three research questions, which were designed to determine the relationship between academic and sport intrinsic motivation, extrinsic motivation, and amotivation among NCAA Division I student-athletes. The research was undertaken at two public higher education institutions in the southern and western portions of the United States. The sample for the study included 91 NCAA Division I student-athletes. The analysis involved nonparametric Spearman's correlations. The findings indicated a statistically significant relationship between academic and sport intrinsic motivation among NCAA Division I student-athletes ($r_p = 0.210, p = 0.046$). The findings indicated no statistically significant relationships between academic and sport extrinsic motivation ($r_p = 0.126, p > 0.05$) and between academic and sport amotivation among student-athletes ($r_p = 0.091, p > 0.05$). The results justify further research on student-athlete motivation.

Keywords: Self-determination theory, student motivation, student-athlete motivation, academic motivation, sport motivation.

Dr. Keith Adams has over 25 years of experience as an educational leader and coach. In 2009, he founded the CKA SAVE Project, a nonprofit organization designed to assist student-athletes and the people who work with them through educational and professional development. For more information about working with the CKA SAVE Project, please contact Dr. Adams at cka@ckasaveproject.org. Follow Dr. Adams on Twitter @ckasaveproject.