

The Relation Between Coaches' Self-Compassion with their Basic Psychological Needs and Motivational Regulations

Abstract

Background: The present study investigated the relationship between self-compassion behaviors on the motivational structures of coaches based on the mediating role of basic needs.

Methods: One hundred and nineteen coaches (completely reponed) from West and East Azerbaijan and Ardabil provinces participated in this research. Participants filled out questionnaires (self-compassion, interpersonal behaviors, coaches' motivation, and personal characteristics) through electronic forms in Telegram and WhatsApp.

Results: The results showed that coaches' self-compassion was related to their need-supportive behaviors ($p < 0.001$) and autonomous motivation toward coaching ($p < 0.001$). In contrast coaches' self-compassion related negatively to their need-thwarting behaviors approach ($p < 0.001$). Path analysis showed that coaches' kindness and mindfulness related to their need-supportive behaviors.

Conclusion: In general, findings indicated that coaches' self-compassion behaviors can increase athletes' basic psychological needs and create situations to increase their need satisfaction.

Keywords: self-compassion, basic psychological needs, motivational structures

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