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The Effect of Perceived Teacher Feedback on Intrinsic Motivation in Physical Education

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Abstract

This study examined the effect of different types of perceived teacher feedback on students' intrinsic motivation in physical education in line with self-determination theory. The participants were 638 students aged 14-18 years. The Perceptions of Teacher's Feedback scale was modified and validated in this study to measure perceived verbal and nonverbal teacher feedback. The modified version of SMS was used to measure the three types of intrinsic motivation. Data were analyzed using confirmatory factor analysis and structural equation modeling. Results indicated that after perceived teacher feedback about knowledge of performance, perceived positive general feedback was the strongest predictor of students' intrinsic motivation in physical education. Nonverbal types of perceived teacher feedback did not contribute to motivational differences.

Key words: perceived teaching behaviors, intrinsic motivational orientation, adolescents, covariance structure analysis

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15 Most of the research on motivation in the sport and exercise psychology literature has
16 attempted to identify the different factors that may cause individuals to become
17 predominantly either intrinsically or extrinsically motivated toward physical activity. The
18 current theoretical approaches used to investigate students' motivational processes include
19 self-determination theory (Deci & Ryan, 1985, 1991; Frederick & Ryan, 1995; Ryan & Deci,
20 2000) and Vallerand's (1997) hierarchical model of intrinsic and extrinsic motivation.
21 Incorporating key elements from the self-determination perspective in the hierarchical model
22 of intrinsic and extrinsic motivation, Vallerand proposed the following motivational
23 sequence: Social factors → Psychological Mediators → Types of motivation →
24 Consequences. This means that social factors (e.g., coaches/teachers' feedback,
25 success/failure, competition/cooperation) influence children's perceptions of competence,
26 autonomy, and relatedness (i.e., the psychological mediators) which in turn determine their
27 motivation. Types of motivation then lead to the host of consequences (e.g., persistence in
28 physical activity etc.). Recent studies in sport and physical education (PE) setting have
29 demonstrated that perceptions of coach/teacher's positive feedback are a strong predictor of
30 perceived competence, interest-enjoyment and intrinsic motivation (e.g., Amorose & Horn,
31 2000; Hagger, Chatzisarantis, Culverhouse, & Biddle, 2003; Koka & Hein, 2003; Standage,
32 Duda, & Ntoumanis, 2003a, 2003b; Wilson & Rodgers, 2004). By studying the effect of
33 different types of perceived teacher feedback including nonverbal feedback on intrinsic
34 motivation, however, researchers can contribute to a deeper understanding of the
35 psychological processes of students in PE classes.

36 Recently conducted studies in PE settings provide valuable insight into what factors
37 influence students' motivation in PE (e.g., Mitchell, 1996; Xiang, McBride, & Bruene, 2003;
38 Xiang, McBride, Guan, & Solmon, 2003). For example, study of Xiang et al. (2003a)

39 provided empirical evidence for the importance of parental beliefs in third and fourth grade
40 children's motivation in an elementary physical education running program. Children whose
41 parents had high perceptions of their competence in the running program and viewed it as
42 important were more likely to put forth effort in running program and perform well. Xiang et
43 al. (2003b) found that second and fourth grade students were more motivated to engage in
44 activity in PE if they believed participation would be of use to them. More specifically, they
45 reported that elementary school children's intention for future participation in PE was
46 positively related to their subjective task values of PE. Mitchell (1996) who observed 6 - 8
47 grade students in PE settings indicated that middle school students' intrinsic motivation is
48 likely to be high when they perceive the learning environment to be non-threatening to their
49 self-esteem and physically challenging. Most of these studies involved elementary school
50 students, however, and did not include the effect of perceptions of teacher feedback on
51 students' intrinsic motivation.

52 Researchers have suggested that students' reports of their thoughts were more accurate
53 predictors of student achievement than observer estimates of time on task (Peterson & Swing,
54 1982; Peterson, Swing, Stark, & Waas, 1984). Studying children's self-reported data about
55 their supervisor's feedback can provide important information in addition to examining the
56 effect of actual feedback on children's psychological outcomes. Hence, the relationships
57 between perceived coach feedback and psychological outcomes have received much attention
58 in the sport literature (e.g., Allen & Howe, 1998; Amorose & Horn, 2000). It should be
59 acknowledged, however, that coaching and physical education teaching settings are
60 different. Furthermore, athletes mostly participate in sport voluntarily and may be more
61 motivated from the beginning. Therefore, it is crucial to understand students' motivational
62 factors influencing participation in compulsory subject such as PE classes.

63 Despite findings related to perceived coach feedback, perceptions of teacher feedback
64 have received limited attention in PE. Recently, Koka and Hein (2003) developed the
65 Perceptions of Teacher's Feedback (PTF) questionnaire by revising previously used feedback
66 categories in the sport domain (Allen & Howe, 1998; Amorose & Horn, 2000; Amorose &
67 Weiss, 1998). Principal component analyses resulted in a three-factor solution, supported by
68 confirmatory factor analyses. The factors were labeled as perceived positive specific
69 feedback, perceived positive general feedback, and perceived knowledge of performance.
70 The results of this study indicated that both perceived positive general feedback and
71 perceived feedback about the knowledge of performance had significant positive
72 relationships with intrinsic motivation that was assessed by Intrinsic Motivation Inventory
73 (IMI; McAuley, Duncan, & Tammen, 1989). Specifically, this research indicated that
74 perceptions of the teacher positive general feedback was a valid predictor of intrinsic
75 motivation and its components such as perceived competence and perceived interest-
76 enjoyment in middle school PE. To convey a clear and consistent message to students,
77 however, it is crucial for the teachers to use both verbal and nonverbal communication
78 (Yukelson, 1998).

79 Although both perceived verbal and nonverbal coaching behaviors and different
80 psychological outcomes have been investigated in coaching setting (e.g., Allen & Howe,
81 1998), relationships between perceptions of nonverbal teacher behavior and psychological
82 responses such as intrinsic motivation in PE classes have not been established. Allen and
83 Howe found that nonverbal praise items loaded on the verbal praise/information factor that
84 contributed significantly to the relationships with athletes' perceived competence and
85 satisfaction with the coach. Also, the factor analysis revealed one factor that was composed
86 of two nonverbal and one verbal criticism items. This factor did not contribute significantly
87 to perceived competence and satisfaction. Extending these results to the current study, it

88 might be expected that higher frequency of perceived positive nonverbal feedback such as
89 smiling, patting on the shoulder, and clapping hands from a PE teacher should lead to greater
90 satisfaction with the teacher, which ultimately might increase student intrinsic motivation.
91 Hence, one might also expect that negative nonverbal feedback from a teacher such as angry
92 face, rolling the eyes, shaking the head may have no effect or a detrimental effect on
93 students' intrinsic motivation in PE.

94 The IMI (McAuley et al., 1989) has gained widespread use and acceptance as a
95 measure of intrinsic motivation in the context of sport and exercise. Markland and Hardy
96 (1997), however, have noted that its dimensions: interest-enjoyment, perceived competence,
97 effort-importance, and tension-pressure do not reflect the tenets of cognitive evaluation
98 theory of Deci and Ryan (1985) upon which the IMI was based. Within the conceptual
99 framework of self-determination theory, Pelletier and his colleagues (1995) developed and
100 validated the Sport Motivation Scale (SMS). The SMS has been widely used (e.g. Doganis,
101 2000; Martens & Webber, 2002; Petherick & Weigand, 2002; Yves & Vallerand, 1995) to
102 investigate different types of motivation among athletes or adults participating in sport clubs.
103 The SMS was designed to represent the self-determination continuum of Deci and Ryan
104 (1985) and Ryan and Deci (2000), and consists of seven subscales: amotivation, external
105 regulation, introjection, identification, intrinsic motivation to know, intrinsic motivation to
106 accomplish, and intrinsic motivation to experience stimulation.

107 Only one study, however, has attempted to adapt the SMS to the PE setting to
108 investigate different types of intrinsic motivational orientations of schoolchildren (Hein,
109 Müür, & Koka, 2004). Hein and his colleagues modified the three subscales of the SMS to
110 measure different types of intrinsic motivation among students in school PE. This study
111 provided evidence of the existence of three different dimensions of intrinsic motivation
112 among Estonian school children aged 14-18 in PE setting. These three types of intrinsic

113 motivation have been defined by Vallerand et al. (1992). First, intrinsic motivation to know
114 can be defined as performing an activity for the pleasure that one experiences while learning,
115 exploring, or trying something new. Second, intrinsic motivation to accomplish is defined as
116 practicing an activity for the pleasure of outdoing oneself and the process of trying to reach
117 new personal objectives. Finally, intrinsic motivation to experience stimulation occurs when
118 someone engages in an activity in order to experience the pleasant sensations derived from
119 the activity itself.

120 Giving the recent advancement in the theoretical underpinnings of intrinsic motivation,
121 the present study was designed to investigate whether intrinsic motivation may be affected by
122 students' perceptions of teacher feedback. Positively stated verbal and nonverbal feedback
123 has shown a positive effect on children's intrinsic motivation in the coaching setting. In this
124 study, we investigated the effects of verbal and nonverbal teacher feedback on students'
125 intrinsic motivation in PE. It was hypothesized that students' perceptions of both verbal and
126 nonverbal praise and instruction/feedback provided by the teacher would have a positive
127 effect on intrinsic motivation. Second, it was hypothesized that students' perceptions of the
128 nonverbal criticism would have no effect or have a negative effect on intrinsic motivation.

129 Specifically, the purpose of this study was twofold: a) To further develop the PTF
130 questionnaire by the addition of subscales to measure perceived nonverbal feedback; and b)
131 To examine the influence of teacher's verbal and nonverbal perceived feedback on middle
132 and high school student intrinsic motivation in PE settings.

133 Method

134 *Participants and procedure*

135 The participants were 638 (268 boys and 370 girls) school children aged 14-18 years (M
136 = 16.1, $SD = 1.1$) from a town of 100,000 inhabitants in Estonia. Students were taking PE as
137 a required course (two times a week, 45-min per lesson). The focus of the middle school PE

138 program in Estonia is to provide an opportunity for students to participate in a wide variety of
139 physical activities and to promote the mastery of the basic skills introduced at the elementary
140 level. The focus of the high school PE program is to give opportunities for students to
141 become more competent and proficient in most of the popular sports in Estonia (e.g., ball
142 games, athletics, and skiing). The aim of both the middle and high school physical education
143 is to build a framework for lifetime activities and healthy living, wellness and fitness.

144 Questionnaires were administered in classrooms in five schools located in the same part
145 of town and were similar in terms of their amount of pupils. Parental consent was obtained
146 for all children. Permission to carry out the study was also obtained from the headmaster or
147 from a class teacher. It was emphasized to the participants that the questionnaire was
148 designed to measure students' general feelings about PE classes and not about the one
149 particular class. The questionnaire took approximately 15 min to complete. The researcher
150 and the students' class teacher were present to help the students if they had difficulty
151 understanding the questions. However, the students raised no questions while completing the
152 questionnaires. Students were assured that their answers would remain confidential.

153 *Instrumentation*

154 Instrumentation consisted of a revised and expanded version of the PTF (Koka & Hein,
155 2003), and a modified version of the SMS (Hein et al., 2004).

156 *Modified Perceptions of Teacher's Feedback scale (PTF)*

157 The original version of the PTF contained 10 items to measure perceived teacher'
158 feedback on three subscales: perceived positive specific feedback, perceived positive general
159 feedback, and perceived knowledge of performance. In this study the perceived positive
160 specific feedback subscale (5 items, e.g., "If the teacher gives me more instruction, I will
161 acquire the exercise faster") was excluded because of the reflection of these items to students
162 beliefs about teacher feedback provision rather than the perceptions of the actual specific

163 feedback that was given. New items assessing both positive (3 items, e.g., "In response to a
164 good performance the teacher smiles"), and negative perceived nonverbal feedback (3 items,
165 e.g., "In response to a poor performance the teacher looks angry") were added to the PTF.
166 These items were taken from previously used nonverbal feedback categories in the
167 questionnaire version of Coaching Behavior Assessment System (CBAS; Allen & Howe,
168 1998) and were modified for the PE setting. Further, two items were added to the perceived
169 positive general feedback subscale ("If the teacher sees that I try very hard, I'll always get
170 praise", and "The teacher praises me even though I don't deserve it") and one item to the
171 perceived knowledge of performance subscale ("After the performance the teacher instructs
172 me immediately") in order to expand these subscales. Therefore, this expanded version of the
173 PTF contained 14 items (see Table 1). Response choices ranged from 5 (strongly agree) to 1
174 (strongly disagree).

175 *Sport Motivation Scale (SMS)*

176 The modified version of SMS for measuring intrinsic motivation in PE settings was
177 used (Hein et al., 2004). Responses were made, following the stem "I take part in physical
178 education classes, because..." In the present study three intrinsic motivation subscales,
179 intrinsic motivation to know (4 items, e.g. "For the pleasure it gives me to know more about
180 physical exercises"), intrinsic motivation to accomplish (4 items, e.g. "For the pleasure I feel
181 while improving some of my weak points"), and intrinsic motivation to experience
182 stimulation (4 items, e.g. " For the excitement I feel when I am really involved in the
183 activity") were used. Considering the results of the initial confirmatory factor analysis
184 (CFA), Hein et al. removed one item from each intrinsic motivation subscale. After these
185 modifications the CFA supported the re-specified three-factor model of the modified SMS.
186 The goodness of fit statistics indicated a fairly good fit of the model to the data and were as
187 following: $\chi^2(24, N = 396) = 47.3$, NFI (.94), NNFI (.93), CFI (.95), GFI (.95), AGFI (.90),

188 RMSEA (.05). Students reported on a 7 point Likert type scale anchored by *strongly agree* =
189 7 and *strongly disagree* = 1.

190 *Data Analysis*

191 Firstly, multiple imputation was used to replace missing observations with a score from
192 another case with a similar profile of scores across other variables. The outliers were
193 determined by the range of ± 3 standard deviations of the observed variables away from the
194 means of computed corresponded latent variables and were considered for case exclusion.
195 Based on these analyses, the 13 most extreme cases were excluded from the total of original
196 638 cases, retaining a final sample size of 625.

197 To test the structural construct of the revised version of the PTF, the final sample of 625
198 was randomly split to produce two subsamples, one for an exploratory factor analysis (EFA)
199 ($n = 306$), and other for a CFA ($n = 319$). A maximum likelihood method for the exploratory
200 factor analysis was conducted to establish the structural construct for the revised PTF. The
201 factorial validity of the subscales of the PTF was tested with confirmatory factor analysis
202 using LISREL 8.51. Structural equation modeling procedures were used to test the
203 relationship between perceived teacher's feedback and intrinsic motivation. The internal
204 consistency of all subscales was assessed by Cronbach's alpha.

205 All confirmatory factor analyses were conducted with maximum likelihood procedures,
206 using a polychoric correlation matrix and its asymptotic covariance matrix as data input,
207 provided by PRELIS 2.51. Goodness of fit was assessed by examining the chi-square
208 statistic, the Goodness of Fit Index (GFI), the Comparative Fit Index (CFI), the Non-Normed
209 Fit Index (NNFI), the Incremental Fit Index (IFI), and the Root Mean Square Error of
210 Approximation (RMSEA). These indexes were selected following the recommendation of Hu
211 and Bentler (1995) who suggested using multiple indexes representing absolute and
212 incremental fit measures. The values for goodness of fit indexes greater than .90 are typically

213 taken to reflect an acceptable fit, whereas for RMSEA, values of .05 or less indicate a close
214 fit.

215 Results

216 *Revision of the Perceptions of Teacher's Feedback (PTF) questionnaire*

217 The EFA was conducted to establish construct validity of the revised PTF. A maximum
218 likelihood method of the EFA with varimax rotation yielded a four-factor model accounting
219 for 51.9 % of the variance. A minimal loading of .40 was used as the criterion value in the
220 interpretation of these factors. The results of the EFA are reported in Table 1. Examination of
221 the factor loadings indicated that items loading highly on Factor 1 described the perceptions
222 of positive general teaching feedback such as praising, encouraging and smiling. However,
223 item 4 ("In response to a good performance the teacher smiles") loaded on an unexpected
224 factor, and for the clarification of the content validity of this factor the item was excluded.
225 Further, item 6 ("After the performance the teacher instructs me immediately") loaded across
226 two factors and was therefore eliminated from the study at this point. Item 3 ("When I do
227 well in phys. ed., the teacher confirms that") loaded also on two factors, however, subsequent
228 CFA showed that this item relates to Factor 2. After these modifications Factor 1 comprised 3
229 items labeled as perceived positive general feedback. Examination of the items loading on
230 Factor 2 described the perceptions of teacher's feedback, which can be classified as
231 information about students' performance and was thus labeled as perceived knowledge of
232 performance.

233 Factor 3 represented perceptions of praise in response to a good performance that was
234 mostly nonverbal and was thus labeled as perceived positive nonverbal feedback. This factor
235 contained 3 items, 2 of which were nonverbal praise and third was verbal praise (Item 11,
236 "The teacher praises me even though I haven't deserved it"). In order to clarify the content
237 validity of this factor item 11 was eliminated from the study. Finally, factor 4 was composed

238 of 3 items and represented perceptions of critical teacher's feedback after a poor performance
239 that was nonverbal and was thus labeled as perceived negative nonverbal feedback.

240 The internal consistency of study measures was calculated using Cronbach's alpha.
241 These values are presented in Table 2. The majority of subscales demonstrated coefficients
242 greater than .70, indicating an acceptable level of internal consistency (Nunnally, 1978).
243 There was a subscale that fell below the .70 criterion, however, the Cronbach alpha
244 coefficient of the subscale of perceived positive nonverbal feedback was .65. Since the alpha
245 coefficient did exceed a level of .60, which has been identified as an acceptable, albeit
246 marginal, level of reliability for subscales with a small number of items but with a
247 demonstrated strong underlying factor structure (Smith, Schultz, Smoll, & Ptacek, 1995), the
248 subscale was retained. However, caution should be used in the interpretation of results
249 pertaining to this subscale.

250 To test the four-factor structure of the revised PTF a CFA was used. The CFA was
251 conducted with the second subsample ($n = 319$) taken from the final total sample size. The
252 indexes of the confirmatory factor model are presented in Table 3 (Model 1) and the
253 structural model in Figure 1. Indexes of CFA revealed an acceptable fit. Goodness of fit
254 indices exceeded the .90 criterion proposed by Bentler (1990). Also, RMSEA was equal to
255 the criterion of .05 proposed for good fit by Hu and Bentler (1999).

256 *Structural equation model*

257 Structural modeling was used to test the hypothesis that perceptions of different types of
258 teacher's feedback may have different effect on intrinsic motivation in PE. Correlational
259 analyses showed that the three types of intrinsic motivation were strongly correlated
260 (coefficients ranging from .65 to .69, see Table 2), so they are all measuring intrinsic
261 motivation. Therefore, averaged scores of the three types of intrinsic motivation were used to
262 characterize a global intrinsic motivation factor. Also, averaged scores of each perceived

263 feedback types were used. The goodness of fit of the initial and re-estimated structural
264 equation models are reported in Table 3 (Model 2 and Model 3, respectively), and the re-
265 estimated structural model is shown in Figure 2. The results of the initial structural equation
266 model showed that students' intrinsic motivation in PE was significantly predicted by
267 perceived positive general feedback (standardized coefficient = .35, with 95 percent
268 confidence intervals (CI₉₅) = .25 to .46) and perceived knowledge of performance
269 (standardized coefficient = .19, CI₉₅ = .09 to .28), whereas the association with perceived
270 positive nonverbal feedback (standardized coefficient = .02, CI₉₅ = -.06 to .11) and perceived
271 negative nonverbal feedback (standardized coefficient = -.07, CI₉₅ = -.15 to .01) were not
272 statistically significant. Thus, the two types of perceived teacher's feedback accounted for
273 26% of the variance in intrinsic motivation.

274 Further, the subscale of perceived positive nonverbal feedback and perceived
275 negative nonverbal feedback were excluded from the model since there was a lack of a
276 statistically significant relationship with intrinsic motivation. The results of the re-estimated
277 model showed that the proportions of unexplained variance in the structural equation did not
278 change, remaining the same at 26 percent (see Figure 2). The goodness of fit statistics
279 improved, especially RMSEA (see Table 3, Model 3). The values of standardized coefficient
280 of perceived positive general feedback (standardized coefficient = .37, CI₉₅ = .27 to .47) and
281 perceived knowledge of performance (standardized coefficient = .20, CI₉₅ = .10 to .29) were
282 somewhat different from those reported in the initial model. However, the overlap of
283 confidence intervals for both variables may follow. This also provides evidence that the
284 exclusion of perceived positive nonverbal feedback and perceived negative nonverbal
285 feedback from the model did not attenuate these paths. Thus, the perceived positive general
286 feedback was the strongest predictor of intrinsic motivation in PE beyond the perceived
287 knowledge of performance.

288

Discussion

289 The main aim of the present study was to examine factors influencing students' intrinsic
290 motivation in PE lessons. More specifically, the study sought to assess the strength of
291 different types of perceived teacher feedback in predicting students' intrinsic motivation in
292 PE in line with self-determination theory (Deci & Ryan, 1985, 1991 Frederick & Ryan, 1995;
293 Ryan & Deci, 2000).

294 A revision of the perceptions of teacher feedback (PTF) scale was carried out to
295 investigate the relationships of both perceived verbal and nonverbal teacher's feedback with
296 intrinsic motivation. To address this issue, two subscales of nonverbal teacher feedback
297 (perceived negative nonverbal feedback and perceived positive nonverbal feedback) were
298 added to the PTF. Results of the exploratory factor analysis indicated that one nonverbal
299 praise item (Item 4, "In response to a good performance the teacher smiles") loaded onto the
300 perceived positive general feedback factor and one verbal praise item (Item 11, "The teacher
301 praises me even though I haven't deserve it") loaded onto the perceived positive nonverbal
302 feedback factor suggesting that praise, whether it is verbal or nonverbal, was viewed
303 similarly by these adolescents. This is consistent with the work of Allen and Howe (1998)
304 who found that female adolescent field hockey players viewed coach verbal and nonverbal
305 positive feedback similarly. However, when these two items and one another item (Item 6,
306 "After the performance the teacher instructs me immediately") were removed in order to
307 clarify the content validity of the instrument, the CFA supported the produced four-factor
308 model of the revised PTF. An explanation for the removing the item 6 may be that it was
309 difficult for students to respond to this item as the teachers may not give instructions
310 immediately after a performance. Teachers probably allow a few seconds to recover from and
311 reflect on the performance – perhaps to evaluate internal feedback first – before they offer
312 advice. Sharp (1992) has also suggested a general guide to "count to ten" before giving

313 feedback. Therefore, it may be wise to consider rewording this item in future studies with
314 adolescents.

315 The following discussion situates the perceptions of teacher feedback as one of the
316 social factors within the context of self-determination theory (Deci & Ryan, 1985, 1991;
317 Ryan & Deci, 2000) and Vallerand's (1997) hierarchical model of intrinsic and extrinsic
318 motivation. The results of the structural equation modeling showed that students' intrinsic
319 motivation was significantly predicted by perceived positive general feedback and perceived
320 knowledge of performance, whereas the association with perceived positive nonverbal
321 feedback and perceived negative nonverbal feedback were not statistically significant.
322 Furthermore, after the exclusion of perceived positive and negative nonverbal feedback from
323 the model, the goodness of fit parameters of the model improved.

324 The structural model results indicate that social factors such as perceived positive
325 general teacher feedback represent potent determinant of students' intrinsic motivation in PE,
326 beyond the teacher feedback about the knowledge of performance. These results are, in
327 general, consistent with previous research in this area examining adolescents students in PE
328 (e.g., Koka & Hein, 2003) and athletes in sport setting (e.g., Amorose & Horn, 2000) and
329 with the self-determination theory (Deci & Ryan, 1985, 1991; Ryan & Deci, 2000).
330 According to self-determination theory, hierarchical model of intrinsic and extrinsic
331 motivation proposed by Vallerand (1997) suggests that the effect of social factors is mediated
332 by perceptions of competence, autonomy, and relatedness. In this case, perceived teacher
333 feedback as a social factor is mediated by students' perceptions of competence. We did not
334 assess the effect of perceived teacher's feedback on students' perceptions of competence in
335 this study. However, previous researches in the PE domain (e.g., Koka & Hein, 2003) and
336 sport domain (e.g., Allen & Howe, 1998; Black & Weiss, 1992) have indicated that
337 teachers/coaches who frequently provide positive and encouraging feedback may facilitate

338 the development of a high level of perceived competence. Thus, social factors that are
339 generally perceived as positive and supportive of one's perceptions of competence will have
340 a positive effect on one's intrinsic motivation to continue an activity.

341 Surprisingly, the results of the structural equation modeling revealed that the
342 association of perceived positive and perceived negative nonverbal feedback with intrinsic
343 motivation was not statistically significant. An explanation for the non-significant effect of
344 perceived nonverbal feedback on intrinsic motivation in the present model may be that
345 teachers obviously provide small amount of nonverbal praise and criticism about students'
346 performance in PE classes. This is consistent with our second hypothesis that students'
347 perceptions of the nonverbal criticism have no effect or have negative effect on intrinsic
348 motivation in PE. Correlational analyses revealed, however, that perceived negative
349 nonverbal feedback was negatively associated with three types of intrinsic motivation (see
350 Table 2). Also, Deci and Ryan's (1985, 1991; Ryan & Deci, 2000) self-determination theory
351 states that events that bear negative influences on individual's perceptions of competence,
352 autonomy, and relatedness will likely undermine their intrinsic motivation. Nevertheless, the
353 non-significant effect of perceived negative nonverbal feedback on intrinsic motivation in the
354 model confirms our hypothesis and is consistent with findings of Allen and Howe (1998),
355 indicating that coach's nonverbal criticism did not contribute significantly to athletes'
356 perceived competence.

357 Although the results of this study have provided some interesting information that point
358 to the importance of perceived teacher behavior such as different types of perceived feedback
359 in affecting intrinsic motivation in PE, certain limitations should be noted. First, gender
360 differences were not addressed in this study. Differences between genders might exist and
361 therefore investigation of this issue is needed. A second limitation concerns the
362 instrumentation that was used in this study to measure students' perceptions of the teacher

363 feedback. As noted earlier, one of the subscale from the revised PTF, perceived positive
364 nonverbal feedback, showed a level of internal consistency that was below that recommended
365 by Nunnally (1978). Although we retained this subscale, it was suggested that caution should
366 be used when interpreting results pertaining to this subscale.

367 In conclusion, the results of this study provide some support for the reliability and
368 validity of the revised PTF for measuring both perceived verbal and nonverbal teacher
369 feedback in a population of middle and high school students in PE. The results suggest that
370 PE teachers should increasingly provide positive general feedback to enhance students'
371 intrinsic motivation to engage in PE. Teachers should also consider that students' perceptions
372 of feedback about the knowledge of performance may also be essential to increasing intrinsic
373 motivation in PE. These findings may have important implications for teachers related to
374 maximizing student motivation in PE.

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- 473

473 Table 1.

474 *Factor-analytic results for the revised PTF*

Items	<i>F1</i>	<i>F2</i>	<i>F3</i>	<i>F4</i>
1. My work is frequently encouraged by the teacher	.77	.23	.13	-.11
2. The teacher often praises me	.72	.16	.17	-.17
3. When I do well in phys. ed., the teacher confirms that	.46	.46	.19	-.10
4. In response to a good performance the teacher smiles	.71	.21	.12	.01
5. If the teacher sees that I try very hard, I'll always get praise	.64	.27	.13	-.06
6. After the performance the teacher instructs me immediately	.41	.42	.25	-.06
7. In response to a poor performance the teacher rolls his/her eyes	-.02	-.06	.00	.71
8. In response to a poor performance the teacher shakes his/her head	-.05	.03	.09	.63
9. In response to a poor performance the teacher looks angry	-.16	-.08	.00	.63
10. In response to a good performance the teacher claps	.07	.02	.85	.02
11. The teacher praises me even though I don't deserve it	.30	.16	.50	-.05
12. In response to a good performance the teacher pats me on the back	.18	.23	.55	.21
13. The teacher often gives me instructions/feedback	.25	.66	.12	-.02
14. The teacher instructs me frequently during the performance	.27	.77	.09	-.06
Eigenvalue	2.7	1.7	1.5	1.4
Percent variance	19.2	12.1	10.5	10.1

475

475 Table 2.

476 Means, standard deviations, cronbach alpha, and correlations among the subscales of the

477 revised PTF and three types of intrinsic motivation from the modified SMS

	<i>M</i>	<i>SD</i>	1	2	3	4	5	6	7
PPGF	2.86	.84	(.80)						
PKP	2.81	.79	.56	(.75)					
PPNVF	1.91	.75	.39	.40	(.65)				
PNNVF	2.08	.78	-.19	-.14	.11	(.73)			
ES	3.89	1.41	.41	.34	.26	-.11	(.82)		
AC	4.80	1.38	.37	.31	.11	-.13	.65	(.79)	
KN	4.77	1.38	.40	.34	.19	-.15	.68	.69	(.81)

478 *Note.* The scores on the subscales have been divided by the number of items in each subscale;

479 cronbach alphas of each subscale are presented on the diagonal; correlations of .11 and above

480 are significant, $p < .001$. PPGF = Perceived positive general feedback; PKP = Perceived

481 knowledge of performance; PPNVF = Perceived positive nonverbal feedback; PNNVF =

482 Perceived negative nonverbal feedback; ES = intrinsic motivation to experience stimulation;

483 AC = intrinsic motivation to accomplish; KN = intrinsic motivation to know.

484

484 Table 3.

485 *Goodness of fit statistics for the estimated models*

Models	χ^2/df	p-value	GFI	CFI	NNFI	IFI	RMSEA	Confidence interval for RMSEA
Model 1:	66.3/38	.003	.93	.93	.91	.94	.05	.03 - .06
Model 2:	23.2/8	.003	.99	.99	.97	.99	.06	.03 - .08
Model 3:	3.5/4	.475	1.00	1.00	1.00	1.00	.00	.00 - .06

486 *Note.* Model 1 = confirmatory factor analysis of the revised Perceptions of Teacher's
487 Feedback (PTF); Model 2 = structural equation modeling of perceived teacher feedback and
488 intrinsic motivation; Model 3 = modification of the structural equation modeling of perceived
489 teacher feedback and intrinsic motivation; GFI = Goodness of Fit Index; CFI = Comparative
490 Fit Index; NNFI = Non-Normed Fit Index; IFI = Incremental Fit Index; RMSEA = Root
491 Mean Square Error of Approximation.

492

492

Figure Captions

493 *Figure 1.* Confirmatory factor model for the revised PTF. Legend: PPGF = Perceived positive

494 general feedback; PKP = Perceived knowledge of performance; PNNVF = Perceived

495 negative nonverbal feedback; PPNVF = Perceived positive nonverbal feedback.

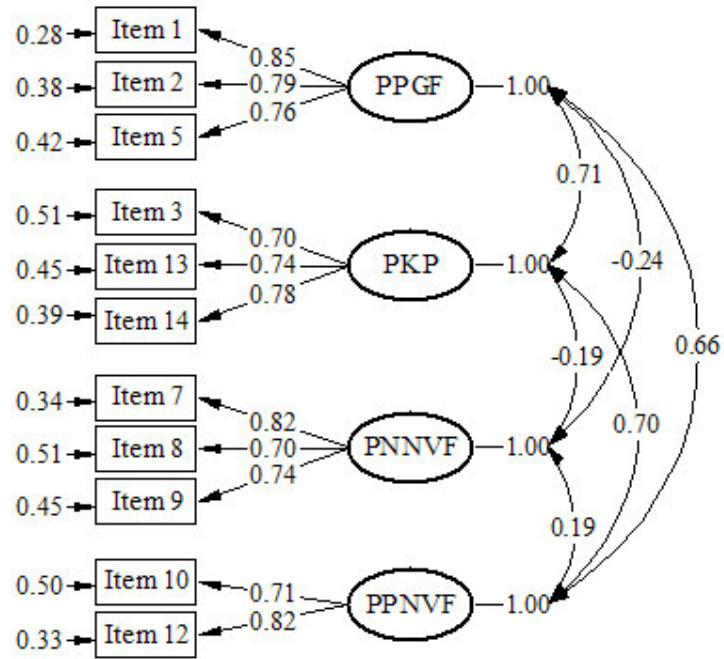
496 *Figure 2.* Structural model for perceived teacher feedback and intrinsic motivation. Legend:

497 PPGF = Perceived positive general feedback; PKP = Perceived knowledge of performance;

498 IN.MOT = intrinsic motivation; ES = intrinsic motivation to experience stimulation; AC =

499 intrinsic motivation to accomplish; KN = intrinsic motivation to know.

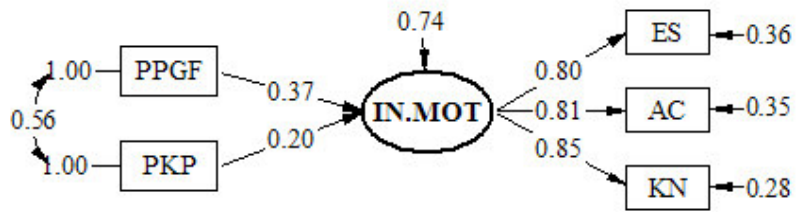
500



500

501 Figure 1

502



502

503 Figure 2.

504