

INPLASY PROTOCOL

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Conflicts of interest:
None declared.

INTRODUCTION

Review question / Objective: What are the effects of motivational pre-game speech on emotions and athletic performance?

Rationale: Every coach and sport psychologists have a prime aim of making

A SYSTEMATIC REVIEW EXPLORING THE EFFECTS OF SPORT COACHES' PRE-GAME MOTIVATIONAL SPEECH ON ATHLETE'S EMOTIONS AND PERFORMANCE

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Review question / Objective: What are the effects of motivational pre-game speech on emotions and athletic performance?

Eligibility criteria: a. Studies conducted between 1984 and 2022. The earliest paper seen written on motivational speech and sport performance, based on a quick test search conducted on Google Scholar, was dated 2004 by Vagras-Tonsing. So a safe date of 20 years earlier was applied in case there are other studies that might have been done earlier but not reported on the Google Scholar Database. b. Studies written in English or translated to English. c. Qualitative (interviews) and Quantitative (survey) research. d. Studies involving any form of motivational speech whether audio, video or live speech.

INPLASY registration number: This protocol was registered with the International Platform of Registered Systematic Review and Meta-Analysis Protocols (INPLASY) on 26 July 2022 and was last updated on 26 July 2022 (registration number INPLASY202270112).

their team perform better and this definitely highlight their effectiveness. Of all the methods available, pre-game speech is expressly used but the science behind its use and evidence of its mechanisms in the improvement of athletic performance are just coming into limelight. Several studies have worked on the effects of pre-game speeches on emotions and performance

and they have proven useful in providing evidence coaching practice over a wide range of sports. Some have reported a positive relationship (Vargas –Tonsing & Guan, 2007; Gonzalez, et. al., 2011; Zach et al., 2022) while others have disagreed, saying that this effect is not always positive (Boterill and Brown, 2002). However, there is no readily available work that gathers and appraises all the empirical evidence of the primary studies available in this aspect of research. The deficiency of systematic reviews that presents clear and readily available evidence by identifying, summarising and evaluating all the findings on this relationship is the drive behind this systematic review.

Condition being studied: The conditions being studied are not diseased conditions. They are emotions and sport performance.

METHODS

Search strategy: The following search terms were selected

- i. (Pre-game speech or motivational pre-game speech or pep talk) + Emotions
- ii. (Pre-game speech or motivational pre-game speech or pep-talk) + (Athletic performance or Sport Performance)
- iii. (Pre-game speech or Motivational speech or Pep talk) + Emotions + (Athletic performance or Sport performance).

APA PsycINFO, SPORTDiscus, ResearchGate and Google Scholar would be used to source for published scholarly articles.

Participant or population: Athletes (in any sport) at the age of 18 years and beyond.

Intervention: Pre-game speech is the intervention. Pre-game speech or its other nomenclature such as pep talk, pre-game motivational speech and verbal persuasion are words said by coaches prior the start of a game which comprises information about the opponents, a swift recap of team strategy and emotional words of encouragement anticipating to contribute to athlete's performance positively yielding to victory.

Comparator: This is not applicable.

Study designs to be included: Only primary designs would be included.

Eligibility criteria: a. Studies conducted between 1984 and 2022. The earliest paper seen written on motivational speech and sport performance, based on a quick test search conducted on Google Scholar, was dated 2004 by Vagras-Tonsing. So a safe date of 20 years earlier was applied in case there are other studies that might have been done earlier but not reported on the Google Scholar Database. b. Studies written in English or translated to English c. Qualitative (interviews) and Quantitative (survey) research d. Studies involving any form of motivational speech whether audio, video or live speech.

Information sources: More than one database was used to gather the information in this systematic review. These include APA PsycINFO, SPORTDiscus, ResearchGate and Google Scholar for published scholarly articles. The date limitation is set to not earlier than 1984. APA PsychNet was used as a source because it is rich in information on psychology related papers including the topic under study, that is, motivational speech and emotions (Grassmann et al, 2017; Mnich et al., 2019). SPORTDiscus was also involved due to its abundance of articles on sport science and sport related subject (Hemmings, 2001; Orchard & Blood, 2002; Stevinson & Lawlor, 2004). Other databases were used as support for their multidisciplinary coverage including the area of sport and psychology.

Main outcome(s): Not available.

Quality assessment / Risk of bias analysis: Not available.

Strategy of data synthesis: Not available.

Subgroup analysis: Not available.

Sensitivity analysis: Not available.

Language restriction: Yes, only papers written in English or translated to English will be included.

Country(ies) involved: United Kingdom is the country in which the study is carried out. Articles from any country would be accepted into the study.

Keywords: pre-game speech, motivational pre-game speech, emotions, sport performance.

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