

Resilience Grit and Intrinsic Motivation Are Predictors of Better Studying Results among First-year Cadets in the Cadet Basic Training Course

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Abstract : Every year, some candidates who enroll in Generolas Jonas Zemaitis Military Academy of Lithuania do not complete a basic seven weeks cadet course and leave the Academy. Experience in other countries shows that psychological resilience grit and intrinsic motivation can lead to better course completion results. We examined the psychological resilience grit and intrinsic motivation as predictors of better results among newcomers who participate in the Cadet Basic Training (CBT) course. Based on past research and theory of other countries' military academies, we expected that resilience grit, and intrinsic motivation would predict performance in the Cadet Basic Training course. Results of regression analyses revealed that resilience and grit can predict better course results, but intrinsic motivation can not predict retention. These findings suggest that resilience and grit assessment and training may prove valuable in enhancing performance and retention within military training environments.

Keywords : military, intrinsic motivation, grit, resilience

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