

The Effects of Prosocial and Antisocial Behaviors on Task Cohesion and Burnout: The Role of Affect and Motivational Climate

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Abstract : Prosocial and antisocial behavior occurs in sport. Prosocial behavior is voluntary behavior intended to help or benefit another individual, while antisocial behavior is behavior intended to harm or disadvantage another individual. Previous sport morality research has investigated primarily antecedents of prosocial and antisocial behavior. However, the potential consequences of these behaviors remain unexplored. The aims of this study were to examine whether: (a) perceived prosocial and antisocial teammate behavior predicts task cohesion and burnout; (b) affect mediate these relationships; and (c) motivational climate moderates any of these effects. Participants were male (n = 96) and female (n = 176) teams sport players (Mage = 21.86, SD = 4.36), who completed questionnaires measuring the aforementioned variables. Mediation analysis (Hayes, 2013) indicated that prosocial teammate behavior positively predicted task cohesion and negatively predicted burnout; these effects were mediated by positive affect. Also, mastery climate moderated the positive effect of prosocial teammate behavior on task cohesion: The effect of antisocial teammate behavior on task cohesion was stronger for players who perceived a higher mastery climate created by their coaches. Performance climate moderated the negative effect of prosocial teammate behavior on burnout: This effect was only significant for players who perceived moderate or low levels of performance team climate. Antisocial teammate behavior negatively predicted task cohesion and positively predicted burnout, and these effects were mediated by negative affect. Also, performance climate moderated the positive effect of antisocial teammate behavior on burnout, such that the effect of antisocial teammate behavior on burnout was stronger for players who perceived a lower performance climate. The research findings shed some light on the potential role of prosocial and antisocial teammate behaviors as well as coach-created motivational climate on influencing players' affect, task cohesion, and burnout. Coaches should focus on creating a mastery motivational climate and rewarding prosocial behavior while at the same time trying to deter antisocial behavior among teammates in order to enhance positive affect, task cohesion, and prevent experience of negative affect and burnout.

Keywords : mediation, moderation, morality, teams sport

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