

# The Effects of Nostalgia on Athletes' Sportspersonship

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## PURPOSE

The present study examined the correlation between nostalgic thoughts about sport and sportspersonship attitudes. We were interested in whether those who thought more about past sports experience would show greater sports commitment, confidence, sports ethics, and identification as athletes compared to low nostalgia people.

## METHOD

- ❖ 189 students from TCU who were competitive athletes (81.5% female; 83.1% Caucasian) completed:
  - ❖ The Sport Commitment Model Questionnaire (58 items; Scanlan et al., 2016)
  - ❖ Sports Nostalgia Scale (23 items; Swets et al., 2022)
  - ❖ Sportspersonship Orientation (25 items; Vallerand et al; 1997)
  - ❖ The Adult State Hope Scale (6 items; Snyder et al., 1996)

## Sports nostalgia predicts greater sportspersonship attitudes.

Table 1. Correlation coefficients for variables

Variable	1	2	3	4	5	6	7	8	9
1. Sports nostalgia	—								
2. Sports commitment	.67**	—							
3. Sports orientation	.38**	.15	—						
4. Sports confidence	.61**	.59**	.24**	—					
5. Group identification	.42**	.30**	.17*	.35**	—				
6. AIM	.47**	.64**	.10	.46**	.28**	—			
7. Hope	.19**	.17*	.29**	.16*	.16*	.02	—		
8. Life satisfaction	.13	.18*	.07	.13	.14	-.02	.60**	—	
9. Identity	.53**	.42**	.17*	.44**	.69**	.30**	.11	.18	—

\* $p < .05$ . \*\* $p < .01$



## METHOD (CONT.)

- ❖ Sources of Sport Confidence Questionnaire (45 items; Vealey et al., 1998)
- ❖ Social Identity Questionnaire for Sport (9 items; Bruner & Benson, 2018)
- ❖ The Group Identity Scale (25 items; Heere et al., 2005)
- ❖ The Athletic Identity Measurement Scale (5 items; Brewer et al., 1993)
- ❖ The Satisfaction with Life Scale (5 items; Diener et al., 1985)

## RESULTS

When people had higher sports nostalgia, they tended to have more commitment to their sport and be enthusiastically involved as athletes. They were also more confident in their role within their sport and were more likely to identify as a member of a sport or team. Participants generally showed greater sportspersonship behavior such as obeying the rule and respecting their opponents and coaches. In addition, they had more hope in their present position in life.

## DISCUSSION

Given that this is a correlational study, we do not know the causal link between sports nostalgia and the other outcome variables. Future research would benefit from priming sports nostalgia as a state instead of as a trait to further elucidate the causality. More diversity in the sample is also needed for future studies.



Nostalgia is a sentimental longing for the past that might evoke certain thoughts and feelings in the present moment. Sport-related nostalgia can be applicable to athletes and their sportspersonship beliefs and behaviors. In order to measure this correlation, a Sports Nostalgia Scale was created to assess an athlete's views on competition, team relationships, routine/discipline, and fun towards their sport. This study analyzes the effect that nostalgic thoughts about sport has on an athlete's current sportspersonship attitudes towards their sport of choice.

