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New Issue of Journal of Applied Sport Psychology Explores Youth Sport and Talent Development

Indianapolis (January 11, 2017) – Sports play a vital role in the physical, emotional and social health of today's youth. New research in the current issue of the [Journal of Applied Sport Psychology](#) (JASP) explores the significant influence sports has on young and aspiring athletes. JASP is a publication of the [Association for Applied Sport Psychology](#) and designed to advance thought, theory, and research on applied aspects of sport and exercise psychology.

JASP research highlights include:

- **[Continued Participation in Youth Sports: The Role of Achievement Motivation.](#)** Lack of enjoyment is the most common reason for dropout in youth sports. Individuals who believe that ability is malleable and increasable through effort experience greater levels of enjoyment and express more intention to continue. In contrast, individuals who believe that ability is fixed experience relatively less enjoyment and intention to continue, perhaps because of their focus on avoiding normative displays of incompetence. Sports organizations, coaches, and parents should work to establish environments that foster incremental beliefs, mastery-approach goals, and enjoyment.
- **[Staff Practices and Social Skill Outcomes in a Sport-Based Youth Program.](#)** Sport-based youth programs provide value for promoting self-control among youth from vulnerable backgrounds with perceived emotional and autonomy supportive staff practices predicting improvements in self-control but not externalizing behaviors.
- **[Perceptions of the Social Psychological Climate and Sport Commitment in Adolescent Athletes: A Multilevel Analysis.](#)** Social psychological climate influences perceptions of commitment. When a task-involving and caring climate is created, endorsed, and maintained, athletes are more likely to remain in sport and reap the many benefits that come with sport participation.
- **[Peer-Initiated Motivational Climate and Group Cohesion in Youth Sport.](#)** Athlete-to-athlete interactions around definitions of success are critical in the broader team environment. Establishing a culture in youth sport wherein effort, teamwork, and overall improvement are celebrated by teammates is an important way to enhance the likelihood that team cohesion is promoted.

To request full copies of the studies or to schedule an interview with the authors, please contact Abby Cohen at abby@rosengrouppr.com.

About Association for Applied Sport Psychology (www.appliedsportpsych.org)

Founded in 1986, the Association for Applied Sport Psychology (AASP) is an international, multidisciplinary, professional organization with over 2,400 members in 50 countries. AASP promotes the development of science and ethical practice in the field of sport psychology and offers certification (CC-AASP) to qualified members with a masters or doctorate degree that have met specific course requirements in sport psychology and have completed an extensive, supervised work experience to develop competency in enhancing performance from a psychological standpoint. Follow AASP on [Facebook](#), [Twitter](#), [LinkedIn](#) and [YouTube](#).