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UNDERSTANDING PASSION, GRIT, AND MINDSET IN PORTUGUESE UNDERGRADUATE SPORT SCIENCES STUDENTS

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Passion, grit and mindset are three important concepts in sports psychology. In fact, research has suggested that these variables may be critical in helping an individual become excellent in different areas, themes, and skills. Considering the importance of better understand these three variables altogether, the purpose of this study was twofold: (i) to compare passion, grit and mindset between sexes; (ii) to analyze the relationships between passion, grit and mindset. The sample comprised fifty-eight men (age: 20.10±2.70 years old) and forty-eight women (age: 19.27±4.10 years old) sports sciences, undergraduate students. Students voluntarily participated in this study. A cross-sectional survey design was followed. The questionnaires were applied in February of 2020 (at the beginning of the second semester of the academic year). The passion scale, grit scale and mindset scale were provided to participants. Comparisons in the passion, grit and mindset items revealed no significant differences between sexes ($p > 0.05$). Moreover, the relationship between passion, grit and mindset were tested. Overall (both sexes considered), correlations presented small magnitudes in the pair's passion*grit ($r = 0.28$; 95%CI [-0.07;0.31]; $p = 0.004$), passion*mindset ($r = 0.203$; 95%CI [0.01;0.38]; $p = 0.043$) and grit*mindset ($r = 0.06$; 95%CI [-0.14;0.25]; $p = 0.574$). The present study did not find significant differences in passion, grit and mindset between sexes in undergraduate sports sciences students. Additionally, it was verified that relationships between passion, grit and mindset are small in this population. Comparisons between other 2 different samples (i.e., university students in Iceland and Portuguese football players) are presented and discussed.