

Elements that influence the process of decision-making in high-performance individual sports: A qualitative study [Elementos que influyen en el proceso de toma de decisiones en deportes individuales de alto rendimiento: Un estudio cualitativo]

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The main objective of the study is to identify the elements that influence the decision-making process in high-performance athletes during the time of competitions, from the subjective view of the athletes themselves. There would be mainly two theories that would explain the decision making process, on the one hand, the information processing model and on the other hand the ecological dimension. However, in both of them a diversity of elements would be involved that generate as a final product a certain decision, generating an intentional behavior and, therefore, a consequence that can be negative or positive. The study considered twelve athletes from Swimming, Cycling and Canoeing. The research had a qualitative approach using a data collection methodology by means of the inductive method carried out through a semi-structured interview. The data was analyzed through open coding limited to the Theory based on the Data, which allows content analysis through organizational and systematization phases. As conclusion of the study, it can be noted that decision-making in sport is a process, where aspects such as self-confidence, motivation, expectations of self-efficacy, concentration and emotions are combined with their respective subcategories. The choice made by the athlete would be the end point of the entire decision-making process, where he must analyze the internal information such as the environmental variables, the moment of each competition, the characteristics of each sport and the cognitive-emotional aspects that emerge in such a decisive sports instance. © 2020 Federacion Espanola de Docentes de Educacion Fisica. All rights reserved.

Decision making

Ecological dimension

High performance

Information processing