

GOAL ORIENTATION AMONG KARISMA 2018 ATHLETES

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Abstract

Goal orientation is a part of the psychological factors that needed by athletes to achieve a better performance in a competition. The aim of this study is to investigate the difference of goal orientation between gender and type of sports among Karnival Sukan Mahasiswa UiTM (KARISMA) Perak athletes. Task and ego sport questionnaire (TEOSQ) was used to examine the goal orientation among athletes. There were four hundred ($n=400$) participants for this study. The results show that there was no significant difference between task orientation and gender. However, there was a significant difference observed between genders of athletes in terms of ego orientation. Furthermore, there was a significant difference in goal orientation between types of sport. In conclusion, if the athletes were able to set the goals in task orientation, the athletes can achieve better in sport.

Keywords: Goal Orientation, Task Orientation, Ego Orientation, Team Sports, Individual Sports

INTRODUCTION

The personal victory or failure of an athlete in sports can be influenced by various factors. One factor that has been presumed as a determining factor that influences an athlete's performance in sports (Belli, 2015). It has also been revealed by Aziz (2001) that an athlete's ability of achievement is linked to goal orientation.

According to Majzub and Muhammad (2011), goal orientation is a psychological factor that helps an athlete to deliver better performance in a competition when it is well controlled. Goal orientation enable athletes to gain the sense of achievement or feeling of success and in order to successfully gain it, athletes aim to have various types of goals. In addition, goal orientation is a disposition in an individual behaviour and a principle of how an individual characterize their success. There are two dimensions of orientation which are task orientation and ego orientation (Roberts, Treasure & Conroy, 2007).

The first dimension of goal orientation is the task orientation which refers to the ability of an individual developing new skills, improving competence and success (Smoll, Smith & Cumming, 2015). An individual who believes in task orientation is usually a person with successful achievement because of their effort without comparing oneself to others (Moreno-Murcia, Sicilia, Cervelló, Huéscar & Dumitru, 2011). Belli (2015) stated that athletes have to do their best and work hard to be successful. Athletes with high task orientation would feel competent and accomplished and they enjoy engaging in sports particularly when they are seeing improvements in themselves. They consider competition as a

great platform to enhance their skills especially when the competition gets more competitive (Belli, 2015).

In ego orientation, the athletes based the results of the competition as a standard of their capabilities and they are driven to show a high ability rather than a low ability (Majzub & Muhammad, 2011). The triumph in the competition is the best opportunity to demonstrate their talents. Athletes with ego orientation also compare their superior ability with others athletes (Behzadi, Hamzei, Nori, & Salehian, 2011). An ego-oriented athlete would constantly want to be the winner and feels successful by outperforming others. Previous researchers believed that an ego-oriented athlete who lost in a competition would probably experience anxiety and would feel frustrated with their ability.

Belli (2015) proposed that athletes engaged in team sports often favour in task orientation whereas athletes engaged in individual sports often favour in ego orientation. In a study by Behzadi et al (2011), it was found that there was no difference of task and ego orientation between the individual and team sport groups. Roberts, Treasure and Kavussanu (2007) also agreed that athletes might need to score high on both task and ego orientation. On the other hand, goals of sports team athletes might affect the task orientation and the ego orientation. Due to the inconclusive results there is a need to conduct the present study.

The terms masculinity and femininity refer to traits or characteristics typically associated with being male or female, respectively. A study conducted by Omar- Fauzee, See and Geok (2004) claimed that there was no gender difference in task and ego orientation. In contrast, Ntoumanis (2001) found that males scored significantly higher than female in ego orientation. On the other hand, Belli (2015) claimed that female scored higher of ego orientation than male.

Gender has been an aspect to focus on when studying achievement goal orientations. The individual differences among collegiate players may have influenced the goal orientation among athletes. In a study involving National Collegiate Athletic Association (NCAA) athletes and achievement goal orientations, it was found that NCAA Division I athletes scored higher on both task and ego goal orientations compared to NCAA Division III athletes.

METHODOLOGY

The present study was a survey with a cross-sectional design which implied one or more samples of the population were selected and data gathered from the sample at one period of time. KARiSMA 2018 was organized at Universiti Teknologi MARA-Perak branch. In order to collect the data, the questionnaire was given with a specific inventory which helped to determine the goal orientation of the athletes. The Task and Ego Orientation Sport Questionnaire (TEOSQ) by Duda (1989) was used in the present study. The inventory consisted of 13 items, focused on task and ego orientation of the athletes.

Participants

A total of 400 participants ($n = 400$) aged between 18 to 29 years old from team (including hockey, futsal, netball, *sepak takraw*, rugby, handball, volleyball, football, E-sport, and frisbee) and individual (including tennis, badminton, petanque, bowling, chess, *silat*, taekwando, mountain bike, ping pong, and kayak) sports were recruited as the participants in the present study. The sample size was calculated and determined by using Krejcie and Morgan (1990) formula. Overall, about 3500 ($N = 3500$) UiTM students participated in KARiSMA 2018 Perak. Thus, 346 samples ($n = 346$) were required for the present study (Krejcie & Morgan, 1970). With an additional of 20% (dropout) were required, total sample size set at 415 respondents ($n = 415$) 15 participants ($n = 15$) failed to return the questionnaire.

Instrumentation

The present study used TEOSQ questionnaire by Duda (1989) in order to assess goal orientation between gender and the types of sports. The internal consistency was acceptable and for task was a Cronbach's alpha of .69 and for ego with an alpha of .84 (Maliki, 2017) higher composite subscale scores reflect higher levels of the goal orientation dimension being measured.

The TEOSQ questionnaire was comprised of 13 items in overall. It consisted of 7 items measuring task orientation (e.g., I feel most successful in my sport when... I learn new skills) and 6 items measuring ego orientation (e.g., I feel most successful in my sport when... I come first). Following the stem “I feel most successful in my sport when...” participants indicated their responses on a five-point scale (5=strongly agree, 1=strongly disagree). The questionnaire also consisted of 7 items measuring task orientation (e.g., I feel most successful in my sport when... I learn new skills) and 6 items measuring ego orientation (e.g., I feel most successful in my sport when... I come first).

Data collection

The research proposal was presented to the ethics committee to obtain the ethical clearance. Prior to data collection, approval form was gained from the head of UiTM Perak branch in order to distribute the questionnaires. The questionnaire contained 13 items which included the variable task and ego. After the respondents were gathered, they were placed at the training court to answer the questionnaires. The respondents were briefed with the purpose and benefits of this survey. The introduction was carried out to ensure that the respondents would understand and follow the instructions given correctly. Next, the researcher provided certain confidential approval forms for the respondents to ensure that they answer the questionnaires confidently. The time allocated for the respondents to answer each questionnaire was five minutes as questions asked were limited. When they finished answering all questions, the questionnaires were returned to the researcher for the data collection. Finally, the researcher analysed the data and wrote the result along with the discussion of the result.

Data analysis

The data was analysed by using the Statistical Package for Social Science, (SPSS) version 22.0. Descriptive data was presented in mean and standard deviation, frequencies and percentages. An Independent Samples T-Test was used to identify the difference of goal orientation with gender and types of sports. The significant level was set at .05 ($p < .05$).

RESULTS

Table 1 shows the distribution according to the age of 400 respondents. Independent T-Test was used to examine the difference of task orientation between male and female, task orientation between team sports and individual sports (Table 2), ego orientation between male and female, ego orientation between team sports and individual sports (Table 3).

Table 1. Age of Participants

Age	<i>n</i>	(%)
18-19	122	30.5
20-21	106	26.5
22-23	111	27.8
24 and above	61	15.3

Table 2. Mean and Standard deviation of Goal orientation between male and female athletes

Goal Orientation	Male	Female	<i>p</i> -value
Task Orientation	3.96 (± .60)	4.01 (± .56)	.35
Ego Orientation	3.55 (± .89)	2.96 (± .91)	.01*

Table 2 showed that there was no significant difference ($p = .35$) on task orientation between male ($M = 3.96$) and female ($M = 4.01$) athletes. However, female athletes scored higher mean in task

orientation. On the other hand, the study indicated that there was a significant difference ($p = .01$) on ego orientation between male ($M = 3.55$) and female ($M = 2.96$) athletes in KARiSMA 2018. The findings observed that male athletes scored significantly higher mean in ego orientation than the female athletes.

Table 3. Mean and Standard deviation of Goal orientation between team and individual sports

Goal Orientation	Team	Individual	<i>p</i> -value
Task Orientation	4.40 (\pm .32)	2.61 (\pm .44)	.01*
Ego Orientation	3.97 (\pm .67)	3.53 (\pm .66)	.01*

The present study observed a significant difference ($p = .01$) of task orientation between individual ($M = 2.61$) and team sport ($M = 4.40$), in which team sports scored significantly higher mean than the individual sports. Meanwhile, a significant difference ($p = .01$) on ego orientation was also observed between team ($M = 3.97$) and individual ($M = 3.53$) sports. The findings revealed that team sports scored significantly higher mean in ego orientation than individual sports. Ultimately, the result showed an insignificant difference on task orientation between gender, while significant difference was observed on task orientation types of sports, and ego orientation between gender as well as between types of sports.

DISCUSSION

The present study was conducted to determine the goal orientation among KARiSMA 2018's athletes. The present result showed that there was no significant difference of task orientation between male and female athletes. A study conducted by Belli (2015) found that there was no significant difference in task orientation between male and female athletes. One of the reasons was because it could be associated with the concerns of gender difference in terms of stereotype of femininity and masculinity (Stuntz & Weiss, 2009). The findings are also consistent with study by Chin, Khoo and Low (200) which stated that there was no significant difference in task orientation between gender. The present study was contradicted with the previous study by Duncan (2006) which claimed that mean score for task orientation was higher in female athletes than male athletes. The female athletes tend to score higher due to the belief that sport might give career mobility and competitive spirit. Thus, the differences of gender may explain how the decisions and manner in a competition were made. Besides, during childhood, boys enrol in sports more than girl, and boys tend to be more aggressive (Weinberg & Gould, 2003). However, the female athletes scored higher in task orientation probably due to a higher level of intrinsic motivation that link to the successful with self-achievement, whereas, the male scored higher in extrinsic motivation which could be translated in the behaviour and sport context (Beaudoin, 2006). Athletes with higher intrinsic motivation would enjoy and feel more pleasure. Hence, the gender stereotyping may have influenced goal orientation with appropriate task orientation or the masculine and feminine type task.

The present study revealed that male athletes of KARiSMA Perak 2018 scored significantly higher on ego orientation as compared to female athletes. The results shown could be related to the fact that male athletes usually demonstrate more competence as compared to female athletes (Moreno & Cervello, 2005). The present findings were parallel to Belli's (2015) claim that there was a significant difference of ego orientation between male and female athletes. In contrast to the recent findings, study by Chin, Khoo, & Low (2009) revealed that male athletes scored higher in task orientation as compared to female athletes. Weinberg and Gould (2013) also stated that male tend to be more aggressive, more skilled and winning the game is considered rewarding. Moreover, male athletes tend to have higher ego orientation because ego orientation can be linked with the belief that sport would enhance career mobility, increase the social status, popularity and desire on winning (Vosloo, Ostrow & Watson, 2009). Ego-oriented athletes possess the potential to lead and they measure victory by making winning as their main priorities and by beating others. This is different with female athletes that have significantly scored lower on ego orientation because female athletes often focus on the self-improvement with unaggressive

nature (Stuntz & Weiss, 2009). Apart from that, Chin *et al.* (2009) also claimed that male athletes have a higher ego orientation because socialization in the sports domain endorse male athletes to develop masculine aspects of their self-identity. In contrast, female athletes are discouraged to participate in sports for fear of ‘masculinizing’ their appearances, attitudes and behaviours and therefore scored lower ego orientation (Koca, 2005). However, the present study was contradicted with a previous study (Belli, (2015) which claimed that female athletes tend to have a high ego orientation because women usually take care of the own body and appearance more as compared to male athletes (Uskun & Sabapli, 2013).

The present study also measured the difference between goal orientation and types of sports (team and individual sports). Results indicated that team sports ($M = 4.40$) athletes scored higher task orientation as compared to the individual sport ($M = 2.61$) athletes during KARiSMA 2018 Perak. The results were parallel with Behzadi *et al.* (2011) which stated that there was a significant difference on task orientation between individual and team sport athletes. Apart from that, a study by Tekin, Yildiz, Sahan, Devecioglu, Gullu & Ulucan (2012) also claimed that there was a significant difference of task orientation between the individual and the team sports. Belli (2015) suggested that team sport’s athletes tend to have a high score on task orientation due to the spirit of team itself. The overall performance of the team depended on the whole performance of the team and not just by one single individual. Furthermore, the team sports athletes have more responsibility which caused having task orientation in order to achieve goal. Besides that, team sport athletes also involved playing together as well as sharing similar objectives with the team. Hence, the team environment and atmosphere must work together to be successful (Behzadi *et al.*, 2011). Team sports athletes have the same goal as they are a team and they also have lower over sport when athlete cannot determine the outcome training or competition. Furthermore, the results are measure with the whole teammates’ effort. The team sport shares the responsibility of the training and games competition (Ibrahim, Jaafar, Kassim & Isa, 2016). According to Stuntz & Weiss (2009), athletes of individual sports may score low on task orientation due to the anatomy of the game which the athletes need to perform and stand alone in order to achieve own goals, besides fighting alone against the obstacles that make them more aggressive in combating sports.

Results also shows that team sports ($M = 3.97$) statistically scored higher task orientation as compared to the individual sport ($M = 3.53$) during KARiSMA 2018 Perak. The results is similar with the results by Behzadi *et al.*, (2011) stated that there was a significant difference between individual and team sport athletes. Next, a study by Tekin *et al.* (2012) also stated that there was a significant difference of task orientation between the individual and the team sports. From the study, the mean of team sport obtained high task orientation than the individual sports similar to the present study. Belli (2015) indicated that mostly team sport athletes tend to have task orientation because the athletes in team sport measure performance in the game by the whole performance of the team not by an individual that can affect the team performance. Furthermore, team sports have more responsibility and that causes having task orientation for achieving goal. Besides that, team sport also involves playing together and having a shared objective. Furthermore, the team environment and atmosphere must work together for lead to the successful (Behzadi *et al.*, 2011).

CONCLUSION

In conclusion, goal orientation is impacted by gender. The results of this study showed that male athletes have higher level of task orientation and ego orientation. The goal orientation among athletes is also affected by the types of sports. There is a significant difference between the individual sports and team sports. The team sports athletes are found to be more task-oriented whereas the individual sports athletes are more ego-oriented. This is because in team sports, the success or failure in competition does not depend on a single player but the entire team. Besides, the spirit of being in a team fosters positive feelings and higher motivation among the team sports athletes.

Therefore, the findings yielded in this study can be used to create suitable strategies for athletes to cope with the ego orientation. and to create individuals targeted the task orientation that coaches can find out the precautions. It is important for athletes to set short-term and long-term goals that allow them to know what to achieve to become successful. The ego-oriented athletes tend to depend on others’ ability and focus more on winning rather than their performance in achieving the goal. Through this

finding, the coaches are able to learn the importance of goal orientation among athletes which includes task orientation and ego orientation.

RECOMMENDATIONS

It is relevant to note that the findings of this study are not representative of the entire athlete population who joined the KARiSMA. Therefore, the researcher would suggest for further researches about goal orientation to be conducted on a larger scale which include athletes from various levels of participation: national level, college level and district level. This will help the coaches to understand how the athletes set their goals and help them to improve their performance.

Apart from that, further studies on goal orientation among athletes should be conducted and focusing on other factors such as the relationship between goal orientation and age of the athletes or goal orientation in contact and non-contact sports athletes.

PRACTICAL APPLICATION

The results from this study may contribute and provide useful knowledge on the goal orientation for future KARiSMA athletes. Next, this study may be beneficial for the coaches to understand the goal orientation among athletes and this allows them to help the athletes to improve their target. Moreover, this study can be useful for other researchers to learn about the goal orientation among university athletes.

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