
A COMPARATIVE STUDY OF ACHIEVEMENT GOALS AND BELIEFS ABOUT SUCCESS IN SPORTS OF ATHLETES



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Abstract:

The main objective of the study was to analyze the Achievement Goals and Beliefs about Success in Sports of Athletes. The data were collected from the athletes who participated in All India Inter University Athletic Meet in two consecutive years i.e. 2012 and 2013. The 73rd All India Inter University Athletic Meet 2012-13 held at Kalyani University, West Bengal during 22nd to 26th January 2013 and 74th All India Inter University Athletic Meet 2013-14 from 23rd to 28th December 2013 organized by Punjabi University, Patiala. The 1440 (720 male and 720 female) athletes were selected as sample on the bases of simple random method. The standardized questionnaires were used for data collection i.e.: Task and Ego Orientation Sports Questionnaire (TEOSQ) developed by Duda in 1989 and Belied about Causes of Sports Success Questionnaire (BACSSQ) developed by Duda & Micholls in 1992. ‘t’ ratio was used for analysis of the data. Conclusion: There was no significant difference in the Task, Ego Orientation and beliefs about success of male and female Athletes.

Keywords: Achievement Goals, Beliefs about Success, Sports & Interuniversity Level Athletes.

Introduction:

Achievement goals are competence-based aims that individuals target in evaluative settings, i.e. in sport. Originally, two distinctive achievement goals were identified based on the definition of personal competence: task and ego goals (Nicholls 1984; Nicholls 1989) or, in other words, mastery and performance goals (Dweck 1986; Dweck & Leggett 1988). Specifically, task (mastery) goals reflect perceived competence in terms of absolute evaluative standards or task master. When someone is task-involved, her primary goal is learning and mastery of the task for its own sake. Task involvement appears when the athlete is intrinsically interested in the activity and judges herself in a self-referenced manner. Therefore, task oriented goals rely on comparisons with requirements of the task and/or internal comparisons with one’s past attainment or one’s maximum potential attainment. There is a focus on effort and improvement.

Ego (performance) goals reflect competence perception relative to the performance of others. Therefore, ego oriented athletes define their competence in terms of interpersonal and normative comparisons.

These two goal orientations determine different consequences in achievement context. In general, task orientation is regarded as more adaptive than ego orientation. Task orientation is related to selection of challenging tasks, effective study strategies, positive attitudes toward learning, and positive emotions, whereas quite often ego orientation is associated with selection of easier tasks, trivial learning strategies, concern for social status, and thoughts of escape and behavioral withdrawal when difficulties are encountered (Dweck & Leggett 1988; Biddle, Wang, & Kavussanu, 2003; Kaplan & Maehr 2007; Bortoli, Bertollo, Comani, & Robazza, 2011). However, if high perceived competence is combined with high task orientation, then ego orientation supports positive achievement outcomes (Fox, Goudas, Biddle, Duda, & Armstrong, 1994; Standage & Treasure 2002; Xiang, McBride, Bruene, & Liu, 2007).

Objective of the Study:

The main objective of the study was to analyze the Achievement Goals and Beliefs about Success in Sports of Athletes.

Methodology:

The data were collected from the athletes who participated in All India Inter University Athletic Meet in two consecutive years i.e. 2012 and 2013. The 73rd All India Inter University Athletic Meet 2012-13 held at Kalyani University, West Bengal during 22nd to 26th January 2013 and 74th All India Inter University Athletic Meet 2013-14 from 23rd to 28th December 2013 organized by Punjabi University, Patiala. The 1440 (720 male and 720 female) athletes were selected as sample on the bases of simple random method. The standardized questionnaires were used for data collection i.e.: Task and Ego Orientation Sports Questionnaire (TEOSQ) developed by Duda in 1989 and beliefs about Causes of Sports Success Questionnaire (BACSSQ) developed by Duda & Micholls in 1992. Mean, SD, MD and 't' ratio test were used for analysis of the data.

Analysis of the Data:

Table No-I
Table Showing the Significance Difference between Inter University Level Athletes on Task and Ego Orientation

Orientation	Test	Mean	Standard Deviation	Mean Difference	Standard Error	t-ratio
Task	Male	3.61	0.5198	0.08	0.0673	1.189@
	Female	3.69	0.5226			
Ego	Male	3.89	0.4929	0.05	0.0645	0.776@
	Female	3.94	0.5058			

$t_{0.05(238)} = 1.96$
level

@ Not significant at 0.05

It is evident from the above table that there is no significant difference between the Task and Ego Orientation means of inter university level Male and Female Athletes, as the calculated t-values of 1.189 and 0.776 respectively are less than the tabulated t-value of 1.96 at 0.05 level of confidence for 238 degrees of freedom.

The mean scores of Task and Ego Orientation of Athletes are presented graphically in Figure-I.

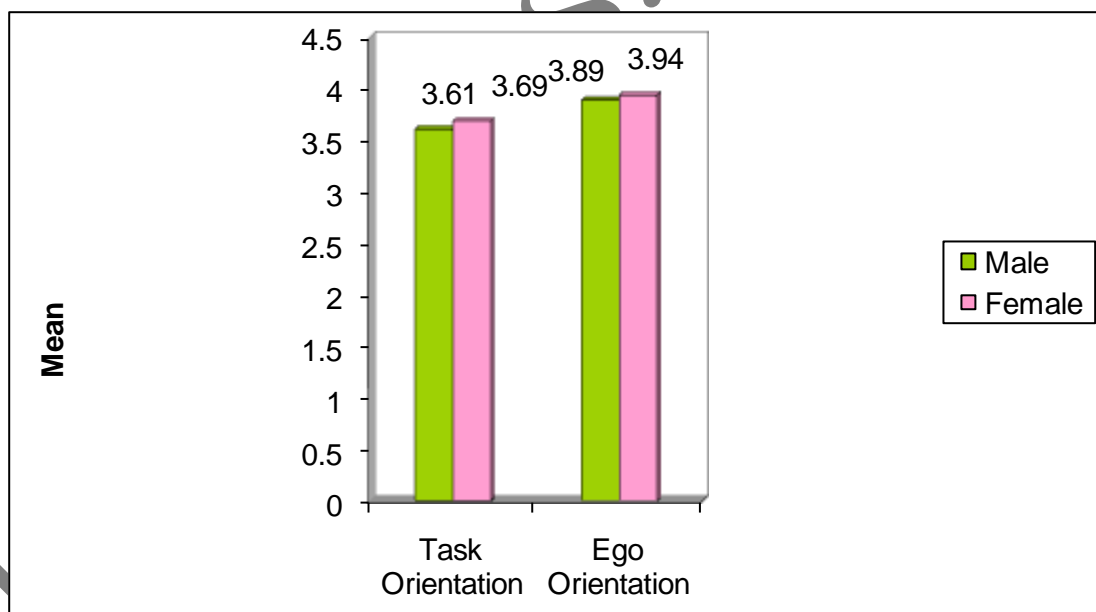


Figure - I
Graph Showing the Comparison of Means among the Athletes in Task and Ego Orientation

Table No-II
Table Showing the Significance Difference between Inter University Level Athletes on Different Factors of Beliefs about Causes of Sports Success

Factors	Test	Mean	Standard Deviation	Mean Difference	Standard Error	t-ratio
Efforts	Male	4.02	0.5631	0.19	0.0707	2.686*
	Female	4.21	0.5323			
External Factor	Male	3.54	0.4743	0.17	0.0620	2.740*
	Female	3.71	0.4868			
Illegal Advantage	Male	3.95	0.7931	0.21	0.0944	2.225*
	Female	4.16	0.6630			
Ability	Male	3.72	0.5273	0.06	0.0663	0.905@
	Female	3.66	0.4999			

t_{0.05(238)} = 1.96

*Significant at 0.05 level

@Not significant at 0.05 level

The findings of Table No- II show that there is significant difference in between Male and Female Athletes with respect to their beliefs in Efforts, External Factor and Illegal Advantage as the calculated t-values of 2.686, 2.740 and 2.225 are greater than the tabulated t-value of 1.96 at 0.05 level of confidence for the 238 degrees of freedom. But there is no significant difference in between Male and Female Athletes with respect to their beliefs in Ability as the calculated t-value of 0.905 is less than the tabulated t-value of 1.96.

The mean scores of different factors of Beliefs about Causes of Sports Success of male and female Athletes are presented graphically in Figure-II.

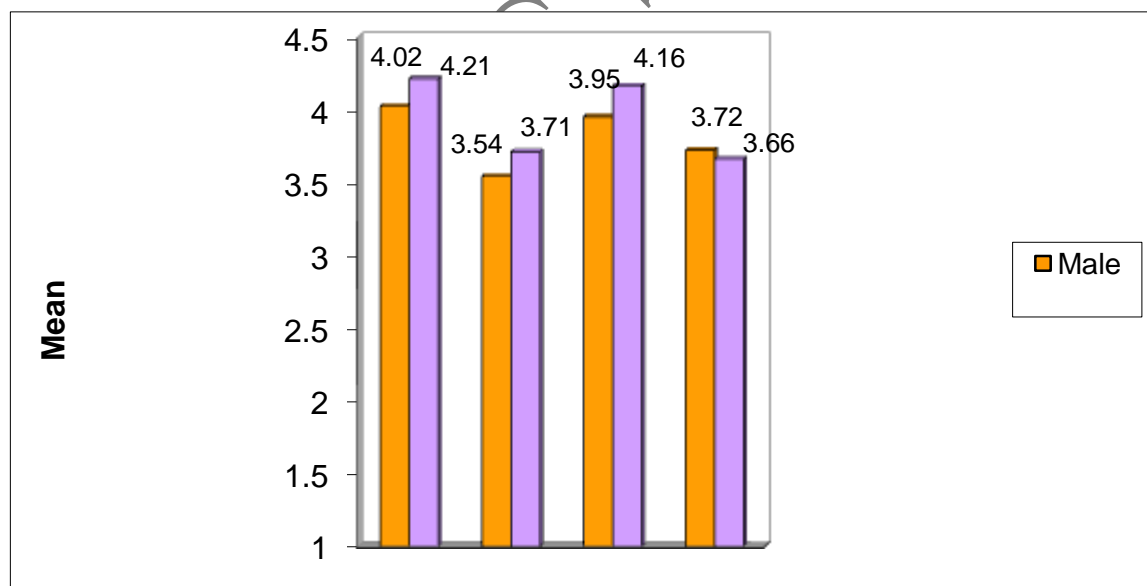


Figure – II
Comparison of Means among the Male and Female Athletes in different factors of Beliefs about Causes of Sports Success

Findings of the Study:

It is quite obvious from the above findings (Table No: I) that the male and female Athletes do not differ significantly with respect to their Task and Ego Orientation.

From the above findings (Table No: II) it is quite clear that Male and female Athletes differed significantly with respect to their beliefs in efforts, external factors and illegal advantage. But there is no significant difference in the beliefs in ability of male and female Athletes. On the basis of mean scores it is observed that female Athletes have more belief in efforts and external factor and less belief in illegal advantage than male Athletes.

Conclusion:

After analysis the following Conclusions were drawn:-

- It can be inferred that there was no significant difference in the Task and Ego Orientation of Athletes.
- There was no significant difference in the beliefs in ability of Athletes.

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