Happiness Levels and Goal Orientations of Athletes Engaged in Individual and Team Sports

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ABSTRACT

The purpose of the research is to designate the relationship between happiness levels and goal orientation levels of the athletes who do individual and team sports. In this study, relational scanning model, one of the general scanning model, has been used. The research group consisted of 238 athletes who engaged individual sports and 376 athletes who engaged team sports selected by random sampling method. In the research, Happiness Scale (HS) developed by Demirci and Eksi (2018), Task and Ego Orientation in Sport Questionnaire (TEOSQ) developed by Duda (1989) and adapted to Turkish culture by Toros (2004), Personal Information Form developed by the researchers to collect personal information have been used. In the analysis of the data; t test, one-way analysis of variance (Anova) test, Tukey HSD test, Tamhane's T2 test and pearson coefficient of correlation have been applied. When the research results are examined, it was specified that there was a meaningful weak relationship between happiness level of individual sports athletes and their goal, task and ego orientation, that there was meaningful moderate relationship between goal, task and ego orientation, and that there was a meaningful very high level relationship between task and ego orientation. It was stated that there was meaningful weak relationship between happiness level and task and ego orientation of the athletes who engaged team sports, that there was a very weak relationship between the goal and ego orientation, that there was a meaningful weak level of relationship between the goal, task and ego orientation, and that there was a very high level of relationship between task and ego orientation.

Keywords: Individual sports, team sports, happiness level, goal orientation

INTRODUCTION

Sports are the activities that the person carries out with great effort by aiming to increase his/her success by using the ripple effect that it creates in his/her such as feeling good psychologically and physically and ambition and desire to compete (Tunç, 2015). The concept of success acquired in sports creates a perception that can create athletes to happiness or pessimism (Bayraktar, 2003). In addition to allowing people to relax and be happier, sports

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also allow them to experience happiness of achieving a goal (Güçlü, 2005). Sports activities can be provided that young people are healthy, hopeful and compatible with social life (Bayraktar, 2003).

Sports are held as a team or individually. In individual sports, the responsibility lies solely with the athlete. Susccess or failure belongs to the athlete himself/herself. The athlete must strive alone to achieve the happiness that comes with success. Since all the team shares success and failure in team sports, athletes have less mental strain and responsibility (Başer, 1998).

Happiness has important effects on people's success (Goswami & Sarkar, 2016). Athletes perform better when they are in positive moods (Gonzalez et al., 2018). One of the essential needs of people is happiness. This is because when individuals are happy, they feel safer and more successful. Happiness is the emotion felt at the end of the action and it is almost a reward for the human being (Öztekin, 2016). It is meaningful that happiness is the purpose of existence of humanity and provides a real reason for people to live better and a strong motivation for a better life in every moment (Özgen, 2007).

When research is examined from different perspectives, although there are a few commonly accepted definitions of happiness, there is no common explanation whether people are happy or not (Reginster, 2004). The history of studies on happiness dates back to the years before BC. Philosophers were the first to deal with the concept of happiness (Eryılmaz, 2016).

For Aristotle, happiness is the most valuable and fundamental goal of human (Aristoteles, 2014). Happiness is the sine qua non of human life. "Happiness is not the ability to get what one wants, but the ability to learn to be happy with what one obtains" (Saygılı, 2015). A person who reaches happiness reaches a state of satiety and access to knowledge mentally, physically and spiritually (Bolay, 2005). In Aristotelian philosophy, happiness is not completely independent of physics. For Aristotle, physical pleasure cannot be the purpose of life. In short, a person who can fulfill the function of the body and soul in every aspect, materially and spiritually, can be considered happy as a fact (Soccio, 2010).

According to Farabi's philosophy, being happy is what every human being inherently wants. According to Farabi, the desire to be happy and what is done in line with this desire is the most valuable goal, and when a person achieves happiness, he/she does not need anything else (Özcan, 2005). As with all goals, happiness is about knowing. Someone who does not know what happiness is cannot take realistic actions towards achieving happiness. When a person knows what happiness is, he/she takes a step to achieve happiness (Aydınlı, 2008).

According to Eric From, happiness is explained as dealing with long-term, fulfilling, experiences in which talents other than temporary pleasures are used (Balcı 2011). Ibni Sina thinks that happiness is a goal (Tamtürk, 2006). Happiness is not something that happens by coincidence or chance. Nor is it something that money can have. It is a concept that depends not on external events but on how they are perceived (Csikszentmihaly, 2005). Happiness is of great importance to most people and is a very valuable goal in most societies (Fisher, 2010).

Goal orientation means that people are associated with various goals or activities to achieve a sense of success arising from accessing the goal (Toros, 2004). Many studies have stated that athletes have common personality traits. The common features of these are the need to be successful. The theory of target orientation has specified that people strive to achieve various goals and achieved a sense of success when they reach them. The feeling of

success is achieved through the achievement of the goal and its worth is given by the athlete himself according to the success of the goal (Nicholls et al., 1989).

According to target orientation theory, there are two main orientations in achieving goals. These are called task orientation and ego orientation (Tiryaki, 2000). The dimensions of success associated with duties and ego are separate but related areas under target orientation (Toros, 2004). These two objectives are related to the way individuals personally judge the ability levels. Individuals with task orientation focus on learning new skills, showing mastery in task, self -development and hard work. Athletes with ego orientation focus on their predominant capabilities and talents and they desire to overcome their rivals by making less struggle (Tiryaki, 2000).

The objectives specified in the target determination process and the studies to arrive the target are the source of motivation of the person. This motivation is one of the most efficient techniques for the development of the individual's performance and efficiency (Chung & Sung, 1996). It determines people's perspectives on success and the motivation of achievement. For this reason, in order to figüre out the impact of success motivations, the meanings that athletes attach to achivment must be taken as basis (Ntoumanis & Bidle, 1999).

All athletes set goals to achieve the feeling of happiness that success brings. This is why the relationship between their goal orientation and sub-dimensions and their level of happiness is important. This research was conducted to determine whether there is a relationship between the happiness levels and goal orientations of athletes who engage individual and team sports.

METHOD

Relational scanning model, one of the general scanning models, was used in the research. Relational scanning model is a research approach that purposes to identify a status that exists in the past or currently exists as it exists (Karasar, 2017).

Research Group

The research group consisted of 238 athletes who engaged individual sports and 376 athletes who engaged team sports selected by random sampling method in Konya. The sports branches and the number of athletes of the participants are given in Table 1.

Table 1: Sports Branches and Number of Athletes

Individual Sports		Team Sports
Athletics (31)	Karate (4)	Basketball (83)
Badminton (21)	Skiing (1)	Football (114)
Arm Wrestling (2)	Kick Boxing (8)	Futsal (18)
Horse riding (1)	Archery (6)	Handball (20)
Cycling (5)	Orienteering (3)	Hockey (7)
Bocce (1)	Taekwando (19)	Rugby (2)
Boxing (8)	Tennis (23)	Volleyball (132)
Gymnastics (8)	Wındsurf (2)	
Fencing (16)	Wushu (15)	
Fitness (15)	Yacht (4)	
Wrestling (7)	Sailing (4)	
Weightlifting (7)	Swimming (17)	
Judo (10)		

Data Collection Tools

"Personal Information Form", "Happiness Scale" and " Task and Ego Orientation in Sport Questionnaire" have been used as data collection tools in research.

Personal Information Form: The personal information form prepared by the researchers to gather knowledge about the athletes joining in research comprise of questions to state age, gender, sports branch and age of starting sports of the athletes.

Happiness Scale: Happiness Scale was developed by Demirci and Ekşi (2018) in order to state happiness levels of individuals. As a result of the exploratory factor analysis conducted to evaluate the construct validity of Happiness Scale, it was found that the scale has a one-dimensional structure consisting of 6 items with an abstract value of 3.248 and explaining 54.129% of the total variance. The Cronbach alpha internal consistency coefficient of the scale was calculated as .83. The test-retest reliability coefficient of the scale was found to be .73.

Task and Ego Orientation in Sport Questionnaire: Task and Ego Orientation in Sports Questionnaire, developed by Duda (1989) in order to reveal individual differences in goal setting, was adapted to Turkish culture by Toros (2004). The questionnaire comprise of 13 items, 7 of which are task orientations and 6 of which are ego orientations.

Analysis of Data

SPSS 22 package program was utilized for statistical analysis of the data. In the normality analysis of the data, analytical test method was used in which skewness and kurtosis were analyzed. It was specified that the data showed normal distribution. In the analyzes; t test for bilateral comparisons, one-way analysis of variance (Anova) test for multiple comparisons and Pearson correlation coefficient were applied to determine the relationship between scales. On the purpose of find out which groups the difference originates from in the groups with meaningful differences; Tukey HSD test was performed in groups found to be homogeneously distributed and Tamhane's T2 test was performed in groups found not to be homogeneously distributed.

RESULTS

Table 2 shows Skewness and Kurtosis values for normality analysis of data.

Table 2: Normality Analysis of Data

	Skewness	Kurtosis
Happiness Level	-,751	,670
Task Orientation	,263	1,217
Ego Orientation	,113	1,149
Total Goal Orientation	-,998	1,070

The data showed a normal distribution because they received skewness and kurtosis values between -1.5 and +1.5 (Tabachnick, Fidell & Ullman, 2007).

In Table 3, the numerical distribution of the Personal Information Form consisting of 4 questions is given in order to determine the personal information of the athletes.

Table 3: Numerical Distribution of Personal Information Form

Variable	Group	N	%
Gender	Female	270	44,0
	Male	344	56,0
Age	14-16	251	40,9
	17-19	93	15,1
	20-22	176	28,7
	23-25	39	6,4
	26 and over	55	9,0
Sports	Individual	238	38,8
	Team	376	61,2
Sport starting age	4-8	95	15,5
	9-13	313	51,0
	14-18	170	27,7
	19 and over	36	5,9

In Table 4, the results of the t test for happiness level and goal orientation of the athletes according to the gender variable are included.

Table 4: t test by Gender Variable

	Group	N	$\bar{x}$	Ss	P
Happiness Level	Female	270	23,38	4,646	,285
	Male	344	22,96	5,068	
Ego Orientation	Female	270	72,17	9,778	,284
	Male	344	73,09	11,126	
Task Orientation	Female	270	79,74	10,884	,246
	Male	344	80,86	12,467	
Total Goal Orientation	Female	270	52,70	9,323	,094
	Male	344	51,32	10,646	

*$p<.05$

No meaningful difference was determined as a result of t test conducted to designate whether there was a meaningful difference between happiness level, goal orientation, total score and sub-dimensions according to gender variable.

In Table 5, the results of the one-way analysis of variance for happiness level and goal orientation of the athletes according to the age status variable are included.

Table 5: Anova by Age Status Variable

	Group	N	x̄	ss	F	P	Meaningful Differences	Tamhane's Post Hoc p	Tukey Post Hoc p
Happiness Level	A 14-16	251	23,08	4,668			**D>A**		**,034**
	B 17-19	93	21,46	5,334			**A>B**		**,046**
	C 20-22	176	23,33	4,937	5,644	**,000***	**C>B**		**,022**
	D 23-25	39	25,46	4,109			**D>B**		**,000**
	E 26 and over	55	24,04	4,607			**E>B**		**,015**
Ego Orientation	A 14-16	251	71,94	11,444					
	B 17-19	93	72,19	10,477					
	C 20-22	176	73,1	9,57	1,691	,150			
	D 23-25	39	76,46	9,216					
	E 26 and over	55	72,87	10,057					
Task Orientation	A 14-16	251	79,58	12,603					
	B 17-19	93	80,08	11,706	1,478	,207			
	C 20-22	176	80,63	10,854					
	D 23-25	39	84,41	10,789					
	E 26 and over	55	80,76	11,536					
Total Goal Orientation	A 14-16	251	51,17	11,081			**D>A**	,004	
	B 17-19	93	50,69	9,541					
	C 20-22	176	52,46	9,286	2,666	**,032***			
	D 23-25	39	56,15	7,062			**D>B**	,004	
	E 26 and over	55	52,8	10,012					

*p<.05

As a result of the Anova conducted to specify whether there was a meaningful difference between happiness level, goal orientation, total score and sub-dimensions according to the age status variable, a meaningful difference was determined in the total goal orientation and happiness level scales, while no meaningful difference was determined between the ego and task orientation sub-dimensions.

On the purpose of find out which groups the meaningful difference originated from, the prerequisite for the homogeneity of the variances was examined and it was designated that the variances were not homogeneously distributed on the total goal orientation scale and the variances were homogeneously distributed on the Happiness Scale. Hence, Tamhane's T2 test was performed for the total goal orientation and it was determined that the meaningful difference was between the 14-16 age group and the 23-25 age groups and between the 17-19 age group and the 23-15 age group, while the Tukey post hoc test was performed for happiness level and the meaningful difference was between the 14-16 age group and the 17-19 age groups, between 14-16 age group and 23-25 age groups, between 17-19 age group and 20-22 age groups, between 17-19 age group and 23-25 age groups, between 17-19 age group and 26 and over age groups.

In Table 6, according to the variable of sports branch status, the results of the t test for happiness level and goal orientation of the athletes are included.

Table 6: t Test by Sports Branch Status Variable

	Group	N	x̄	Ss	p
Happiness Level	Individual	238	23,46	4,861	,205
	Team	376	22,94	4,900	
Ego Orientation	Individual	238	73,28	11,567	,281
	Team	376	72,30	9,860	
Task Orientation	Individual	238	81,05	12,968	,269
	Team	376	79,93	10,993	
Total Goal Orientation	Individual	238	52,50	10,312	,261
	Team	376	51,56	9,962	

*p<.05

No meaningful difference was determined as a result of t test conducted to specify whether there was a meaningful difference between happiness level, goal orientation, total score and sub-dimensions according to the sport branch status variable.

In Table 7, the results of the one-way analysis of variance analysis for happiness level and goal orientation of the athletes according to the variable of the age of starting sports are included.

Table 7: Anova According to The Sport Starting Age Status Variable

		Group	N	x̄	Ss	F	p	Meaningful Differences	Tamhane's Post Hoc
Happiness Level	A	4-8	95	23,79	5,249				
	B	9-13	313	23,19	4,356	1,320	,267		
	C	14-18	170	22,61	5,352				
	D	19 and over	36	23,56	5,848				
Ego Orientation	A	4-8	95	72,13	9,312				
	B	9-13	313	72,45	11,035	,690	,558		
	C	14-18	170	72,96	10,503				
	D	19 and over	36	74,86	9,696				
Task Orientation	A	4-8	95	79,45	10,170				
	B	9-13	313	80,12	12,312	,817	,485		
	C	14-18	170	80,82	11,788				
	D	19 and over	36	82,78	11,364				
Total Goal Orientation	A	4-8	95	50,12	12,026				
	B	9-13	313	51,74	9,756	3,374	,018*	D>A	,011
	C	14-18	170	52,38	9,667				
	D	19 and over	36	56,22	8,346				

*p<.05

As a result of the Anova conducted to state whether there was a meaningful difference between happiness level, goal orientation, total score and sub-dimensions according to the sport starting age status variable, a meaningful difference was detected in the total goal orientation scale, no meaningful difference was determined between happiness level, ego and task orientation sub-dimensions.

On the purpose of find out which groups caused the meaningful difference, the precondition for the homogeneity of the variances was examined and it was stated that the variances were not homogeneously distributed. Thus, Tamhane's T2 test was carried out and it was designated that the meaningful difference was between the 4-8 age group and the 19 years and older group.

In Table 8, the results of the Pearson correlation coefficient conducted to specify the relationship between the happiness level and goal orientation of the athletes according to the gender variable are included.

Table 8: Pearson Correlation Coefficient to Determine the Relationship Between Athletes' Happiness Levels and Goal Orientations According to Gender Variable

			Happiness Level	Ego Orientation	Task Orientation	Total Goal Orientation
Female	Happiness Level	**r**				
		p				
	Ego Orientation	**r**	,339**			
		p	,000			
	Task Orientation	**r**	,331**	,992**		
		p	,000	,000		
	Total Goal Orientation	**r**	,213**	,335**	,349**	
		p	,000	,000	,000	
			Happiness Level	Ego Orientation	Task Orientation	Total Goal Orientation
Male	Happiness Level	**r**				
		p				
	Ego Orientation	**r**	,264**			
		p	,000			
	Task Orientation	**r**	,262**	,992**		
		p	,000	,000		
	Total Goal Orientation	**r**	,152**	,458**	,461**	
		p	,005	,000	,000	

Pearson correlation coefficient was carried out to reveal whether there was a meaningful relationship between happiness level, goal orientation and sub-dimensions for male and female athletes.

According to the results of the test, there is a meaningful weak relationship between happiness level of female athletes and their goal orientation, task orientation, ego orientation, there is a meaningful weak relationship between goal orientation and task orientation, ego orientation, task orientation and ego orientation was determined to be significantly higher.

While a meaningful weak relationship was determined between happiness level of male athletes and their task and ego orientation, there was a very weak relationship between goal orientation, and there was a meaningful moderate relationship between goal task and ego orientation, it was specified that there was a very high meaningful relationship between task and ego orientation.

In Table 9, the results of the Pearson correlation coefficient conducted to specify the relationship between happiness level and goal orientation of the athletes according to the variable of sports branch status are included.

Table 9: Pearson Correlation Coefficient to Determine the Relationship Between Athletes' Happiness Levels and Goal Orientations According to Sports Branch Status Variable

			Happiness Level	Ego Orientation	Task Orientation	Total Goal Orientation
Athletes Who Engaged Individual Sports	Happiness Level	r				
		p				
	Ego Orientation	r	,275**			
		p	,000			
	Task Orientation	r	,274**	,993**		
		p	,000	,000		
	Total Goal Orientation	r	,240**	,473**	,471**	
		p	,000	,000	,000	
			Happiness Level	Ego Orientation	Task Orientation	Total Goal Orientation
Team Sports Athletes	Happiness Level	r				
		p				
	Ego Orientation	r	,300**			
		p	,000			
	Task Orientation	r	,294**	,990**		
		p	,000	,000		
	Total Goal Orientation	r	,134**	,356**	,370**	
		p	,009	,000	,000	

Pearson correlation coefficient was carried out to reveal whether there is a meaningful relationship between happiness level, goal orientation and sub-dimensions for athletes who engage individual sports and team sports.

According to the results of the test, there was determined a meaningful weak relationship between happiness level of the athletes engage in individual sports and the goal orientation, task orientation, ego orientation, there is a meaningful moderate relationship between goal orientation and task orientation, ego orientation, task orientation and ego orientation.

While a meaningful weak relationship was determined between happiness level of the athletes engaged in team sports and task orientation, ego orientation, there was a very weak relationship between goal orientation, there was a meaningful weak relationship between goal, task and ego orientation, it was designated that there was a very high meaningful relationship between task and ego orientation.

In Table 10, the results of the Pearson correlation coefficient conducted to specify the relationship between happiness level and goal orientation of the athletes are included.

Table 10: Pearson Correlation Coefficient to Determine the Relationship Between Athletes' Happiness Levels and Goal Orientations

		Happiness Level	Ego Orientation	Task Orientation	Total Goal Orientation
Happiness Level	r				
	p				
Ego Orientation	r	,290**			
	p	,000			
Task Orientation	r	,286**	,992**		
	p	,000	,000		
Total Goal Orientation	r	,178**	,407**	,414**	
	p	,000	,000	,000	

Pearson correlation coefficient was carried out to reveal whether there was a meaningful relationship between happiness level, goal orientation and sub-dimensions for all participating athletes.

According to the results of the test, it was designated that there was a meaningful weak relationship between happiness level and ego and task orientation, while it was found that there was a very weak relationship between goal orientation, and that there was a very high relationship between ego and task orientation, while goal orientation, and a meaningful moderate relationship between task and goal orientation.

DISCUSSION AND CONCLUSION

In this study, which examines the relationship between happiness levels of individuals engage in individual sports and team sports and their goal orientation levels; gender, age, sports branch and sport starting age variables were examined and the results obtained were discussed in this section.

When the gender variable was examined in Table 4, there was no meaningful difference between happiness level, goal orientation, total score and sub-dimensions of the athletes. Although there is not a big enough difference to make a meaningful difference, when examined in detail, it was determined that happiness level of female athletes was higher than male athletes. Since it is known that women experience all emotions more intensely due to their nature, it is thought that happiness levels are higher. Regardless of whether they are male or female, the sports lives of all athletes are similar in many ways from the time they start sports, such as their diets, training programs and competition periods. All athletes must comply with the program organized to achieve the highest success they want to achieve in sports. Hence, it can be stated that it is not a coincidence that similar results occur in total target orientation and sub-dimensions obtained.

When the literature is examined, some similar studies (Ekinci and Hamarta, 2020; Kırık ve Sönmez, 2017) were found to be in line with happiness level findings in the current study. When the literature is examined, similar studies on goal orientation are made (Çavdarlı, 2013; Erşen, 2019; Karaca, 2018; Ekmekçi, Zekioğlu and Dal, 2021) were also found to be in line with the current study findings.

When the age variable was examined in Table 5, a meaningful difference was determined in total goal orientation and Happiness Scale, while no meaningful difference was found between ego and task orientation sub-dimensions. While it was determined that the meaningful difference in total goal orientation was between the 14-16 age group and 23-25 age groups and between the 17-19 age group and the 23-15 age groups, the meaningful difference in happiness level was between the 14-16 age group and the 17-19 age group, between the 14-16 age group and the 23-25 age groups, between the 17-19 age group and the 20-22 age groups, between the 17-19 age group and the 23-25 age groups, it was determined to be between the 17-19 age group and the 26 and over age groups.

It is thought that a large part of the athletes between the ages of 17-19 in Turkey are also preparing for the university entrance exams and that their happiness levels are adversely affected due to the reasons such as exam anxiety and fear of failure they experience in this preparation period and that they are in late adolescence and in this context, their happiness levels are the group with the lowest happiness. It is thought that the reason why the athletes with the highest happiness levels are between 23-25 years old is that adolescence has ended, many of them have completed their education life, achieved success in their sports branches

and taken critical decisions about their business lives. It can be said that the reason for the high total goal orientation levels of athletes between the ages of 23-25 can be attributed to similar situations.

When the literature is examined, Balkis (2019) stated a meaningful difference in goal orientation levels in his study. In the study conducted by Morgan, Robinson and Thompson (2015), a meaningful difference was determined in the level of happiness that supports the current study.

In Table 6, according to the sports branch status variable, there was no meaningful difference between happiness level, goal orientation, total score and sub-dimensions. Although there was no meaningful difference in happiness level, goal orientation and sub-dimensions of the athletes who performed individual sports and team sports, when the findings were investigated exhaustive, it was seen that the happiness levels of individual athletes were higher than the athletes who engaged team sports. It can be said that this situation is due to the fact that individual athletes experience all the emotions of winning and losing alone in the matches they engage both in competitions and training, and in the case of athletes who engage team sports, the feeling of winning and losing is shared with their teammates. In the literature, there was no study examining the effect of happiness level and goal orientation according to the sports branch status variable.

In Table 7, while a meaningful difference was stated in total goal orientation scale according to the sport starting age status variable, no meaningful difference was found between the sub-dimensions of happiness level, ego and task orientation. It was determined that the meaningful difference in total goal orientation was due to the 4-8 age group and the 19 years and older group.

It has been determined that goal orientation of individuals who start sports after the age of 19 is higher than those who start sports between the ages of 4-8. It is thought that individuals who start sports after the age of 19 have higher goal orientation levels because they are old enough to make their own decisions because the sports branch they choose and their goals are clearer. Since individuals who started sports between the ages of 4-8 started with family guidance and were not adults at that time, and since their wishes and hobbies were a group that could change frequently, it is not coincidental that goal orientation levels of individuals who started sports at that age were lower than the group that started sports after the age of 19. In the literature, there was no study examining the effect of the age of starting sports on happiness level and goal orientation.

In Table 8, it was stated that there was a meaningful weak relationship between happiness level of female athletes and their goal, task and ego orientation, that there was a meaningful weak relationship between goal, task and ego orientation, and that there was a very high significant relationship between task and ego orientation. While a meaningful weak relationship was specified between happiness level of male athletes and their task and ego orientation, it was designated that there was a very weak relationship between task and goal orientation, that there was a significant moderate relationship between goal, task and ego orientation, and that there was a very high significant relationship between task and ego orientation.

When the findings were investigated exhaustive, it was stated that the relationship between women's happiness levels and total goal orientation and sub-dimensions was higher in women than men. Since women experience all emotions more intensely than men and are

more affected by these emotions, it is thought that the relationship between happiness levels and total goal orientation and sub-dimensions is higher.

In Table 9, it was stated that there was a meaningful weak relationship between happiness level of individual athletes and their goal, task and ego orientation, that there was a meaningful moderate relationship between goal, task and ego orientation, and that there was a very high meaningful relationship between task and ego orientation. While a meaningful weak relationship was determined between happiness level and task and ego orientation of athletes engaged in team sports, it was stated that there was a very weak relationship between goal orientation, that there was a significant weak relationship between goal, task and ego orientation, and that there was a very high meaningful relationship between task and ego orientation.

The fact that similar results have been obtained in the relationship between happiness levels of athletes who perform individual sports and team sports and their goal orientation, task orientation and ego orientation can be interpreted as the effect of doing individual or team sports on the relationship between happiness level and goal orientation. Therefore, rather than doing individual and team sports, it can be said that people doing sports has direct positive effects on happiness level and goal orientation.

In Table 10, it was designated that there was a meaningful weak relationship between happiness level of all participating athletes and ego and task orientation, while it was stated that there was a very weak relationship between goal orientation, while it was stated that there was a meaningful very high relationship between ego and task orientation, there was a significant moderate relationship between goal orientation and a meaningful moderate relationship between task and goal orientation.

It is known that the effort made to achieve the determined goal determines the level of goal orientation. Happiness is also the basic need of human. In this case, it is thought that a happy individual will be more likely to set goals, to direct goal and to make more efforts in this direction. From this point of view, it is not a coincidence that while the level of happiness is increasing, the level of total goal orientation and sub-dimensions is also increasing. From another perspective, many philosophers have stated that they see happiness as a goal. In this case, it is thought that the fact that individuals have a high number of goals and efforts in this area has a positive effect on their happiness levels.

SUGGESTIONS

1- A comparison of happiness level and anxiety level of the students who do and do not do sports can be made from the high school seniors who are preparing for the university entrance exams.

2- The effect of athletes' happiness levels and fear of happiness on their success in competitions can be examined.

3- The effect of target orientation levels of the athletes in the veteran class on their life satisfaction can be examined.

4- Since it was found that goal orientation levels of the athletes whose happiness level increased in the current study also increased, mental training methods to increase happiness levels can be applied to athletes.

5- Organizations can be organized to increase happiness levels of athletes.

6- On the day of the competition, the level of happiness and the level of happiness before the competition can be compared.

7- In our current study, it was determined that the happiness levels of athletes between the ages of 17-19 were at a low level. Since it is thought that there may be family pressure due to the fact that individuals in this age group are in the process of preparing for the university exam, awareness seminars can be organized for families in order to make their children feel less pressured and to increase their happiness levels.

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