Investigation of the Relationship Between Goal Orientation and Life Satisfaction of Tennis Players Participating in Local Tournaments

Abdil ARI[1A]

[1]*Selcuk University, Faculty of Sport Sciences, Department of Sports Management. Konya/Turkey*
Address Correspondence to A. ARI: e-mail: abdilari@selcuk.edu.tr

Abstract

This study was conducted to investigate the relationships and differences between the goal orientations and life satisfaction of tennis players. A total of 80 athletes, 66 men and 14 women, participated in the Silifke Municipality Sports Club 2021 spring tennis tournament voluntarily. The personal information form developed by the researchers to reach the data of the study, the 13-question "Duty and Ego Orientation Scale in Sports (SGEYÖ)" developed by Duda in (4) the Turkish adaptation of Toros in, (15) the developed by Larsen and Griffin (11), The 5-question "Satisfaction with Life Scale", which was adapted into Turkish by Yetim (21) was used. According to the research result; The inter-variable relations of all participants are presented as correlation coefficients. Here, when the significance relationships in terms of double-ended evaluation are examined, there is a significant relationship between ego orientation scores and task orientation scores (r=0,238; p<0,05). In addition, age variable and task orientation scores (r=-0,407; p<0,01) and life satisfaction scores (r= 0,266; p<0,05) there is a significant relationship between. There is no significant relationship between other variables. (p>0,05).

Keywords; Goal orientation, life satisfaction, tennis players

INTRODUCTION

To teach, which is target-oriented, stimulating and educational, to continue on a long journey with historical and theoretical foundations. Especially in the last thirty years, goal orientation theory has been frequently researched as a popular research topic in the fields of achievement motivation and academic motivation and has taken its place in the literature (17). In order for the individual to form a correct integrity with herself and her social environment, it is necessary to determine and satisfy her basic psychological needs. In addition, it is expected that the social environment she is in should support the orientation and behavior of the individual, that is, contribute to the individual in this process (19).

According to Duda and Nicholls (5), ego orientation; Goals that refer to others in sports, such as doing better than others, standing out more, and ranking higher than others. Task orientation, on the other hand, refers to "self-referenced goals" such as performing better than before, learning new things, and mastering a task (5). These two goal orientations are related to the athlete's skill level (13). Task-oriented and ego-oriented behavior dimensions determine the athlete's goal orientation to the extent that they exist in every athlete and these dimensions manifest themselves (7).

It is known that exercise not only adds physical health and vitality to individuals, but also creates positive effects spiritually and mentally. The effect of sports on well-being and indirectly on life satisfaction

Abdil ARI Orcid ID: 0000-0002-5915-7761

becomes more evident as researches in the fields of science, medicine and psychology increase. It is a generally accepted idea that physical vitality and energy-filled life through activities will feed positive emotions and make the individual feel fulfilled (15).

Achievement goal orientations are determined according to the shape of the individual's situation and manifest themselves in the axis of individual differences (8). He commitment of the athlete to her goals can be described as a basic element in success motivation (3).

Although there are not many studies on the relationship between goal orientation and life satisfaction of athletes, the available data show that many factors can affect the relationship between life satisfaction and an individual's task and ego orientation. In another study, Genç et al. in veteran athletes, it was determined that there was a significant difference between the ego orientation sub-dimension and gender, age and sports age variables, and between the task orientation sub-dimension and the gender variable. It was found that there was no relationship between orientation and orientation. Toy's (17) in his study on wrestlers, a significant relationship was found between life satisfaction and task orientation sub-dimension in freestyle wrestlers, a significant relationship between task orientation and ego orientation in free style, Greco-Roman style and all wrestlers, and a significant relationship between task orientation sub-dimension and life satisfaction in all wrestlers.

The aim of this research is to examine the relationship between goal orientations and life satisfaction of tennis players. In addition to the characteristics of the variables in terms of tennis players, comparison of various variables in terms of goal-oriented (task and ego) and life satisfaction levels constitute the focus of the research.

MATERIAL and METHOD

This study was approved by Selcuk University Sports Sciences Ethics Committee (Approval number: 2021-108)

A total of 80 tennis players voluntarily participated in this study. Of the participants, 66 were men and 14 were women. In addition to the personal information form developed by the researchers, the Task and Ego Orientation Scale in Sports adapted to Turkish by Toros 2001 and the Life Satisfaction Scale adapted to Turkish by Yetim 1991 were applied to the participants in 2021.

The data obtained from the participants were transferred to the SPSS 25.0 program and it was determined whether there were missing and incorrect data entries. After the analysis of the data, the total scores of the participants' goal orientation and life satisfaction were calculated, and parametric tests were preferred because the obtained data did not deviate excessively from the normal distribution. Descriptive statistical analysis was made for the demographic information of the students participating in the research, and independent groups t-test was used for two independent groups. One-way analysis of variance (ANOVA) for multiple groups, Tukey's multiple comparison test was used to determine from which groups this difference originated in cases where a significant difference was found in multiple comparisons.

FINDINGS

Athlete's both task and ego orientation; It is thought that the sense of realizing the desired goal in the sports environment and the necessity to go to the result together due to the nature of the sport, push the athlete to act task-oriented at the same time. The sense of having a share in the achievements of the team and the feeling of having a greater say in these achievements may cause the athletes to behave in an ego- and task-oriented manner (10).

It is a generally accepted idea that physical vitality and energy-filled life with activities will feed positive emotions and make the individual feel satisfied with her life. In this respect, it is stated that physical exercises have emotional benefits, develop positive self-concept, increase self-esteem and self-efficacy, nourish positive body image, reduce physiological and psychological stress, and improve feelings of enjoyment and fun (20). However, the level of the relationship between self-esteem, self-concept and sports has not been fully revealed yet (15).

Goal orientation, on the other hand, brings with it life satisfaction as an evaluation that deals with the life of the individual holistically. In this sense, goal orientation and life satisfaction are expressed as the comparison and interpretation of current living standards with the expected living standards of individuals. If the life conditions expected by the individual are close to each other, the individual's goal orientation and life satisfaction level may increase (17).

RESULTS

Table 1. The mean and standard deviations of tennis players' ego angle, location area and life satisfaction scores according to gender.

	Gender	n	$\overline{X}$	ss	t	df	p
EGO ORDER	Male	66	4,0649	,64191	0,764	78	0,447
	Female	14	3,9082	,92685			
TASK ORDER	Male	66	2,9495	1,06256	1,438	78	0,154
	Female	14	2,5119	,87819			
LIFE SATISFACTION	Male	66	4,6636	1,37412	-0,442	78	0,660
	Female	14	4,8429	1,40368			

Male in Table 1 (ego=4,06±0,64) and Female (ego=3,90±0,92) there is no significant difference between the mean scores of ego orientation. (p=0,447). Male (ego=2,94±1,06) and Female (ego=2,51±0,87) there is no significant difference between the mean scores of task orientation (p=0,154). Male (ego=4,66±1,37) and Female (ego=4,84±1,40) there is no significant difference between the mean scores of life satisfaction (p=0,660).

Table 2. The mean and standard deviations of tennis players' ego orientation, task orientation and life satisfaction scores by age variable.

	Age	n	$\overline{X}$	ss	F	p	Post-Hoc
EGO ORDER	18-25	27	3,9735	,71652	1,465	,221	-
	26-33	13	3,7692	,66122			
	34-41	11	4,2597	,62538			
	42-49	15	4,3048	,50034			
	50 and above	14	3,9490	,85275			
	Total	80	4,0375	,69569			
TASK ORDER	18-25(a)	27	3,2099	1,08466	3,495	**,011***	a>e
	26-33(b)	13	3,2051	,98872			b>e
	34-41(c)	11	2,8030	1,18044			
	42-49 (d)	15	2,7667	,78376			
	50 and above (e)	14	2,0833	,75036			
	Total	80	2,8729	1,04108			
LIFE SATISFACTION	18-25	27	4,1556	1,57903	2,408	,057	
	26-33	13	4,8308	1,24592			
	34-41	11	4,6727	1,48667			
	42-49	15	5,4533	1,04599			
	50 and above	14	4,8143	,91640			
	Total	80	4,6950	1,37204			

One-way analysis of variance in Table 2 (ANOVA) according to the results of the age variable and ego orientation scores [F=1,465; p>0,05] and life satisfaction scores [F=2,408; p>0,05] there is no significant difference between the groups in terms of. Task orientation scores [F=3,495; p<0,05] there is a significant difference in terms of. It is seen that the task orientation scores of the 18-25 and 26-33 age group participants are significantly higher than the participants aged 50 and over.

Table 3. The mean and standard deviations of tennis players' ego orientation, task orientation and life satisfaction scores according to sports age variable.

	Sports Age	n	$\overline{X}$	ss	F	p	Post-Hoc
EGO ORDER	1-3	25	3,9029	,83780	,898	,470	-
	4-6	17	4,2605	,53029			
	7-9	8	4,2321	,63401			
	10-12	11	4,0000	,42857			
	13 and above	19	3,9549	,76347			
	Total	80	4,0375	,69569			
TASK ORDER	1-3	25	2,8333	1,11285	2,236	,073	
	4-6	17	2,9804	1,10536			
	7-9	8	3,3750	1,11181			
	10-12	11	3,3030	,77753			
	13 and above	19	2,3684	,83440			
	Total	80	2,8729	1,04108			
LIFE SATISFACTION	1-3	25	4,6720	1,55765	,965	,432	
	4-6	17	4,1647	1,61127			
	7-9	8	5,0250	,99964			
	10-12	11	4,9091	1,26606			
	13 and above	19	4,9368	1,01774			
	Total	80	4,6950	1,37204			

In Table 3, sports age variable and ego orientation scores according to one-way analysis of variance (ANOVA) results [F=0,898; p>0,05], task orientation scores [F=2,236; p>0,05] and life satisfaction scores [F=0,965; p>0,05] there is no significant difference between the groups in terms of.

Table 4. The mean and standard deviations of tennis players' ego orientation, task orientation and life satisfaction scores according to the educational status variable.

	Educational Status	n	$\overline{X}$	ss	F	p	Post-Hoc
EGO ORDER	High School	14	3,6735	,76096	2,415	,096	-
	Licence	57	4,1103	,69201			
	Graduate	9	4,1429	,45175			
	Total	80	4,0375	,69569			
TASK ORDER	High School	14	2,7024	1,09813	1,650	,199	
	Licence	57	2,9942	1,03364			
	Graduate	9	2,3704	,90821			
	Total	80	2,8729	1,04108			
LIFE SATISFACTION	High School	14	4,4857	1,31433	,413	,663	
	Licence	57	4,6947	1,40311			
	Graduate	9	5,0222	1,34330			
	Total	80	4,6950	1,37204			

Educational status variable and ego orientation scores according to one-way analysis of variance (ANOVA) results in Table 4 [F=2,415; p>0,05], task orientation scores [F=1,650; p>0,05] and life satisfaction scores [F=0,413; p>0,05] there is no significant difference between the groups in terms of.

AAbdil ARI Orcid ID: 0000-0002-5915-7761

Table 5. Correlation Coefficients of Relationships Between Variables of Tennis Athletes

		EGO ORDER	TASK ORDER	LIFE SATISFACTION	AGE	SPORTS AGE
EGO ORDER	Pearson Correlation	1	,238*	,085	,054	-,084
	Sig. (2-tailed)		,034	,456	,636	,457
	N	80	80	80	80	80
TASK ORDER	Pearson Correlation	,238*	1	-,082	-,407**	-,191
	Sig. (2-tailed)	,034		,472	,000	,089
	N	80	80	80	80	80
LIFE SATISFACTION	Pearson Correlation	,085	-,082	1	,266*	,114
	Sig. (2-tailed)	,456	,472		,017	,314
	N	80	80	80	80	80

*. Correlation is significant at the 0.05 level (2-tailed).

**. Correlation is significant at the 0.01 level (2-tailed).

As seen in Table 5, the inter-variable relations of all participants are presented as correlation coefficients. Here, when the significance relationships in terms of double-ended evaluation are examined, there is a significant relationship between ego orientation scores and task orientation scores (r=0,238; p<0,05). In addition, age variable and task orientation scores (r=-0,407; p<0,01) and life satisfaction scores (r= 0,266; p<0,05) there is a significant relationship between. There is no significant relationship between other variables (p>0,05).

DISCUSSION AND CONCLUSION

The aim of this research is to determine the types of goal orientations and life satisfaction levels of tennis players participating in local tennis tournaments. For this purpose, the findings regarding the relationships between the variables of gender, age, sports age and educational status, ego orientation sub-dimension of goal orientation, task orientation sub-dimension scores and life satisfaction scores were discussed within the framework of research purposes.

According to the statistical findings obtained in the study, no significant difference was found between the goal orientation sub-dimension, (ego orientation and task orientation) scores and life satisfaction average scores of tennis players in the variables of gender, sports age and educational status. The studies of Üngür (18), Toy (17), Kara et al. (9) are in line with our research findings.

As a result of the statistical findings obtained in the study, a significant difference was found according to the ANOVA results in the comparison of the task orientation scores of tennis players, one of the sub-dimensions of goal orientation, according to the age variable.

According to the results, task orientation scores of tennis players aged 18-25 and 26-33 were found to be significantly higher than tennis players aged 50 and over. It is interpreted as the task orientation score increases as the age decreases, and the task orientation score decreases as the age increases. At the same time, there is a highly negative relationship between task orientation scores and the age variable. In similar studies in the literature, it is stated that there is a significant difference between task and ego orientations and age. Duda 1992 (5), Flores et al. the studies of 2008 (6), Cavdarlı 2013 (1) are in line with our research findings. These results are in parallel with the results of the age variable ANOVA in the Pearson correlation table, and it can be said that task orientation behavior is higher in young people.

According to the future of the students obtained in the research, the life satisfaction test will be an important person in her age. According to this result, as the age increases, the level of life satisfaction increases, and as the age decreases, the level of life satisfaction decreases. In the study conducted by Toros (14) when the life satisfaction scores of basketball players according to age are examined, it is seen that older athletes have more life satisfaction than younger athletes. Tabuk (12) reported that there is a significant positive correlation between the age of

the athletes and their life satisfaction. When the results obtained in this sense are examined, it is thought that the relationship of life satisfaction with age may show parallelism with the sense of satisfaction and experience in life areas in a context.

According to the statistical findings obtained in the study, no significant relationship was found between the task and ego orientation sub-dimension of tennis players and their life satisfaction. Toros (15), Toros et al. (16) and Toy (17) reached a similar conclusion with our research by revealing that there is no significant relationship between task and ego-oriented goals and life satisfaction in their studies.

Considering that the group in our research is tennis players participating in local tournaments and they play tennis mostly for recreational purposes, the fact that the athletes do not have an irreparable competition pressure in recreational sports types where there is no performance competition, helps to develop a positive commitment rather than negative mental pressure and anxiety. It can be interpreted as creating a positive effect on creativity, happiness and health (20).

As a result, according to the results of Pearson correlation test, there is a positive and significant relationship in the sub-dimensions of goal orientation, ego orientation and goal orientation. According to this result, as the task-oriented behavior increases, the ego-oriented behavior also increases.

Similar results were obtained with the negative relationship between task orientation and age in the Pearson correlation test results, and the relationship between the results obtained in the t-test table and the relationship between task orientation and age variable. According to this result, Pearson correlation test results and t test results support each other.

REFERENCES

1. Çavdarlı Ş. (2013). Liseli sporcularda görev ve ego yönelimleri ile sporda stresle başa çıkma stratejileri arasındaki ilişki. Yüksek Lisans Tezi, Mersin Üniversitesi Sağlık Bilimleri Enstitüsü, Mersin.
2. Duda JL. (1988). The relationship between goal perspectives and persistence and intensity among recreational sport participants, Leisure Studies, Vol.10.
3. Duda JL. (1989). Goal perspectives, participation and persistence in sport. International Journal of Sport Psychology, Vol.20.
4. Duda JL. (1992). Motivation in sport setting: a goal perspective approach, ın roberts. Motivation in Sport and Exercise, Champaign, Illinois:Human Kinetics.
5. Duda JL. Nicholls JG. (1992). Dimensions of achievement motivation in schoolwork and sport. Journal of Educational Psychology, Vol.84.
6. Flores J. Alfonso S, Márquez S. (2008). Goal orientations and perceptions of the motivational climate in physical education classes among Colombian students, In Teaching and Teacher Education, Vol.246.
7. Jagacinski CM, Nicholls JG. (1984). Conceptions of ability and related affects in task involvement and ego involvement., J Educational Psychology, Vol.5.
8. Jagacinski CM, Strickland OJ. (2000). Task and ego orientation: the role of goal orientations in anticipated affective reactions to achievement outcomes. Learning and Individual Differences, Vol.12.
9. Kara FM, Kelecek S, Aşçı H. (2014). Sporcu eşlerinin yaşam doyumu ve yalnızlık düzeylerinin incelenmesi, Hacettepe Spor Bilimleri Dergisi, S.25.
10. Kocaeşki S. (2010). Hentbol bayan milli takımında zaman değişimi ve performansın grup sargınlığı, sportif kendine güven, öz-yeterlik, hedef yönelimi ve yarışma kaygısı üzerine etkisi. Doktora Tezi. Hacettepe Üniversitesi, Sağlık Bilimleri Enstitüsü. Ankara.
11. Larsen R, Griffin S. (1985). The satisfaction with life scale, Journal of Personality Assessment, Vol.49, Num.19.
12. Tabuk EM. (2009). Elit sporcularda iş-aile çatışması ve yaşam tatmini ilişkilerinin incelenmesi, Erciyes Üniversitesi, Sosyal Bilimler Enstitüsü, Yüksek Lisans Tezi, Kayseri.
13. Toros T, Yetim Ü. (2000). Elit bayan basketbolcularda hedef yönelimi ve güdüsel motivasyonel iklimin yaşam doyumu ile ilişkisi, Hacettepe Spor Bilimleri Kongresi, Ankara.
14. Toros T. (2002). Elit ve elit olmayan erkek basketbolcularda hedef yönelimi, güdüsel iklim ve yaşam doyumunun, spor yapma süresine bağlı olarak değerlendirilmesi, Spor Bilimleri Dergisi, S. 1.
15. Toros T. (2001). Yaşam doyumu açısından elit ve elit olmayan sporcuların değerlendirilmesi. Spor Bilimleri Dergisi.
16. Toros T, Akyüz U, Bayansalduz M, Soyer F. (2010). Görev ve ego yönelimli hedeflerin yaşam doyumu ile ilişkisinin incelenmesi dağcılık sporu yapanlarla ilgili bir çalışma, Uluslararası İnsan Bilimleri Dergisi, S.72.
17. Toy AB. (2015). Serbest ve grekoromen stil güreşçilerin hedef yönelimi ve yaşam doyumu ilişkisi. Yüksek Lisans Tezi. Hitit Üniversitesi Sosyal Bilimler Enstitüsü Beden Eğitimi ve Spor Anabilim Dalı. Çorum.
18. Üngür G. (2009). Amatör ve profesyonel futbolcularda hedef yönelimi ve algılanan motivasyonel iklim arasındaki ilişki, İzmir: Ege Üniversitesi, Sağlık Bilimleri Enstitüsü Yüksek Lisans Tezi.
19. Yarkın, E. (2013). Temel psikolojik ihtiyaçların karşılanma düzeyinin ilişki doyum ve yaşam doyum düzeyine katkısının incelenmesi. Yüksek Lisans Tezi. İstanbul Arel Üniversitesi, Sosyal Bilimler Enstitüsü, İstanbul.
20. Yetim, Ü. (2001). Toplumdan bireye mutluluk resimleri, Bağlam Yayıncılık, İstanbul.
21. Yetim, Ü. (1991). Kişisel projelerin organizasyonu ve örüntüsü açısından yaşam doyumu. Doktora Tezi, Ege Üniversitesi, Sosyal Bilimler Enstitüsü, Psikoloji Anabilim Dalı, İzmir.