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The task and ego orientation of different games players of Jimma University

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Abstract

The purpose of the study was to identify task and ego orientation on Jimma University Varsity Players of different games. For the purpose of this study 50 players (football, basketball, table tennis, athletics and gymnastics) were selected from Jimma University, Ethiopia as the subject. All these players were going to represent Jimma University in 9thEthiopian Governmental Higher Institutions Sports Festival in 2016. For this study Task and Ego Orientation in Sport Questionnaire (TEOSQ) (Duda, 1989) was used to measure task and ego orientation. Descriptive statistic (mean, standard deviation), Person correlation was computed to identify relationships between task and ego orientation in different games. Results indicated the results of each analysis were suggested criteria for an acceptable fit to the data. There was highly relationship between varsity players of different games (football with table tennis; and football with athletics) in task and ego orientation at $p < 0.01$, while there was relationship between basketball with gymnastics, table tennis with athletics and table tennis with gymnastics in task and ego orientation.

Keywords: Athletics, basketball, ego, football, table tennis, task, gymnastics.

INTRODUCTION

Achievement goal theory assumes that the individual is an intentional, goal directed organism that strives to demonstrate ability or competence in an achievement setting (8). There are two specific achievement goals identified by achievement goal theorists such as, namely task and ego goal orientation (10). According to Pensgaard & Roberts, when an athlete is task-oriented or generally associated with desirable or adaptive achievement behavior, his or her primary goal will be to demonstrate mastery of the task in hand (14). That individual's perceptions of ability would be typically self-referenced; that is there would be an interest in learning and self-development, and their focus would on improving and working hard or putting forth maximum effort to the task with little or no concern for the outcome.

Previous studies within sport contexts have found that task orientation is a positive predictor of pro-social behaviors (7). For example, Malete's found that task orientation and perceived sport ability were important predictors of Botswana youth participation in sports (9), while Papaionnou et al. identified that task orientation, intrinsic motivation and perceived athletic competence predicted sport and exercise participation 7 to 14 months later(13). With specific regard to competitiveness, Pensgaard & Roberts found that when an athlete is ego oriented, he/she adopts a normative conception of ability and is interested in demonstrating the superiority of his or her ability to others, leading them to conclude that winning and beating others is the major focus of an ego-oriented athlete (14). In a study by Sit & Lidner (16) have reported that high ego orientated youths are likely to be motivated by status only and as such, they reasoned that high ego-oriented youths employed another-referenced perception of ability, as they desire to outperform others in the comparison process so as to demonstrate their superior ability and attain social standing or mutual recognition.

Previous research with the Spanish version of this scale using exploratory factor analysis (1) and confirmatory factor analysis (2) provided evidence of adequate psychometric properties in the case of

Spanish adolescents. The exploratory factor analysis showed a two-factor solution that accounted for an acceptable percentage of variance (49.2%). The confirmatory factor analysis supported the predominant two-dimensional structure and showed a good fit for the model. Previous research with the Portuguese version of this scale using exploratory and confirmatory factor analyses has also provided evidence of adequate psychometric properties in an adolescent sample. The exploratory factor analysis showed a two- factor solution that accounted for an acceptable percentage of variance (49.8%). The confirmatory factor analysis also supported the hypothesized two-dimensional structure (Fonseca).

Pensgaard & Roberts (14) stated that athletes, who are predominantly task-oriented and have internal criteria of determining success, may be better equipped to cope with stress, while athletes who are ego-oriented and have external criteria of success, such as outperforming other competitors, may be especially vulnerable to perceived stress and suffer possible performance decrements. Studies on the relationship between an athlete's achievement goals and responses to stress have revealed that task oriented athletes tend to cope better, have higher levels of self-efficacy and use more problem focused coping strategies; ego-oriented athletes tend to use emotion-focused coping (3,8,11). The high task/low ego athletes employ more active coping and social emotional support strategies than high task/high ego and low task/low ego athletes (14). With the reference of Ethiopia little studies have done on different clubs but not on the university level players so that the researchers try to fill the gap task and ego orientation in different varsity teams and such research will help to understand more about athletes roles especially with the university athletes. Therefore, the purpose of this study was to identify task and ego orientation of Jimma University varsity players in different games.

MATERIALS & METHOD

Only the cross sectional study design was employed because of the data was collected at once from the subjects to identify task and ego orientation of Jimma University varsity players in different games.

For the purpose of this study 50 players (football, Basketball, Table Tennis, Athletics and Gymnastics) were selected from Jimma University, Ethiopia as the subject using availability simple random sampling. All these players were going to represent Jimma University in 9th Ethiopian Governmental Higher Institutions Sports Festival in 2016.

Administration of the Test

This study was used questionnaires that assessed the participant's task and goal orientations which were assessed using the Task and Ego Orientation in Sport Questionnaire (TEOSQ) (13). The TEOSQ is a 13-item questionnaire that measures task orientation (7 items) and ego orientation (6 items). Participants were asked to think when they felt most successful in their sport.

Scoring of TEOSQ

Responses are rated on a 5-point Likert scale from 1 (strongly disagree) to 5 (strongly agree). A mean score is calculated for both the task and ego subscales by adding the scores for each item on that sub-scale and divided by the number of items in that subscale. The mean score would range between 1 (low) and 5 (high) for each orientation.

Statistical Analysis

The data was coded, edited and analyzed using SPSS version 20. Descriptive Statistic (Mean, Standard Deviation). Person correlation was computed to identify relationships between task and ego orientation in different games. The level of Significance was set at 0.05.

RESULTS

The above table show that the mean value of varsity level male players in Task and Ego orientation. As indicated in table the mean ± SD value of Football, Basketball, Table Tennis, Athletics and Gymnastics players in ego orientation were 2.78 ± 0.48, 2.79 ± 0.46, 3.39 ± 0.30, 3.10 ± 0.67 and 2.35 ± 1.29 respectively, the result can show that varsity level male players of Football, Basketball, Table Tennis, Athletics and Gymnastics have a medium level ego orientation. And again from the table the mean ± SD value of Football, Basketball, Table Tennis, Athletics and Gymnastics players Task orientation were 3.86 ± 0.52, 3.28 ± 0.86, 4.48 ± 0.31, 4.17 ± 0.61 and 3.35 ± 1.76 respectively, the result can show that varsity level male players of Football, Table Tennis, and Athletics have near to high level task orientation while Basketball and Gymnastics state that medium level of task orientation.

Table 1. Descriptive table of varsity level male players in Task and Ego orientation

	Variables	Mean	SD	SE
Football	Ego	2.78	0.48	0.11878
	Task	3.86	0.52	0.12809
Basketball	Ego	2.79	0.46	0.15422
	Task	3.28	0.86	0.28691
Table Tennis	Ego	3.39	0.30	0.13503
	Task	4.48	0.31	0.13912
Athletics	Ego	3.10	0.67	0.18730
	Task	4.17	0.61	0.17157
Gymnastics	Ego	2.35	1.29	0.52889
	Task	3.35	1.76	0.72145

Table 2. Correlations between Varsity level Male Players in different games Task and Ego orientation

		Football	Basketball	Table Tennis	Athletics	Gymnastics
Football	Pearson Correlation	1	0.310	0.867**	0.591**	0.425
	Sig. (2-tailed)		0.211	0.001	0.001	0.168
Basketball	Pearson Correlation		1	0.197	0.432	0.592*
	Sig. (2-tailed)			0.586	0.074	0.043
Table Tennis	Pearson Correlation			1	0.636*	0.687*
	Sig. (2-tailed)				0.048	0.028
Athletics	Pearson Correlation				1	0.442
	Sig. (2-tailed)					0.151
Gymnastics	Pearson Correlation					1
	Sig. (2-tailed)					

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

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

From the above mentioned table 3, when we examine the relationship it is documented that there was high correlation between the groups of Jimma university varsity players of different games (Football with Table tennis; and Football with athletics) in Task and Ego orientation. However, when we examine the relationship it is documented that there was correlation between the groups of Jimma university varsity players of different games (Basketball with Gymnastics, Table Tennis with Athletics and Table Tennis with Gymnastics) in Task and Ego orientation.

DISCUSSION

According to the mean score range of Sport Questionnaire (TEOSQ) (4) between 1 (low) and 5 (high) for each orientation the findings are in line with our study that Jimma University varsity level male players of Football, Basketball, Table Tennis, Athletics and Gymnastics have a medium level of ego orientation and Football, Table Tennis, and Athletics have near to high level task orientation while Basketball and Gymnastics state that medium level of task orientation. The results of each analysis were above the suggested criteria for an acceptable fit to the data.

There was high correlation between the groups of Jimma university varsity players of different games (Football with Table tennis; and Football with athletics) in Task and Ego orientation. However, there was correlation between the groups of Jimma university varsity players of different games (Basketball with Gymnastics, Table Tennis with Athletics and Table Tennis with Gymnastics) in Task and Ego orientation. The result of our study is supported by Omar-Fauzee et al. (12). Our study is also supported by previous empirical studies demonstrating the direct and positive links between task goal orientation and perceived competence (4,15).

In concluison; on the basis of the findings we can conclude that the results of each analysis were above the suggested criteria for an acceptable fit to the data. There was highly relationship between varsity players of different games (Football with Table tennis; and Football with athletics) in Task and Ego orientation $p < 0.01$, while there was relationship between

Basketball with Gymnastics, Table Tennis with Athletics and Table Tennis with Gymnastics in Task and Ego orientation.

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