

Comparative Analysis of Task- Ego orientation Levels in Male Tennis Players: Study of the University and All India Tennis Association

Durgesh Gautam* Dr.Mitesh Kumar G.Vagh**

*Ph.D scholar, Swarnim Gujarat Sports University ** Associate Prof., Shri C.P Degree College of Physical Education, Rajpipla Gujarat

ABSTRACT

Athletes' goal orientations are associated with a wide array of sport-related behaviors, thoughts, and perceptions. The two main goal orientations defined in the achievement goal theory framework are task and ego orientations. The task and ego orientation questionnaire (TEOSQ) was developed to assess task and ego goal orientation levels in sport-related settings and is widely used in sport psychology research. Its use in research assumes that the sum scores of the TEOSQ can be used to order individuals according to their levels of the two goal orientations.

Aim: This study aimed to examine task and ego orientations as well as the level of commitment to sports by male tennis players playing at the University (west zone) and the All India Tennis Association (AITA).

Method: The research consists of 50 male tennis players; the sample comprises 25 University (west zone) and 25 All India Tennis Association (AITA). The data were statistically analyzed using the IBM SPSS Statistics 23 package.

Results: The results revealed no statistically significant differences in task and ego orientation levels between both groups, although with the help of inference statistics.

Conclusion: It can be said that as the level of goal orientation increases, the level of sports engagement also increases. This situation can be interpreted as the fact that the participants received more intense family education about responsibility compared to men in their respective societies, and this is reflected in their work. In order to increase men's task orientation and commitment to sports, it can be suggested that they meet with their families and to give more responsibility in training and matches.

Introduction

Within sport psychology, one of the most important areas of research in recent years has been the behavioral patterns that players use to accomplish their objectives. Numerous variables affect individual sport performance. One such component that has been identified is goal orientation. When people are linked to different activities or goals to feel a sense of accomplishment after achieving their objectives, this is referred to as goal orientation. Goals of all kinds are oriented toward achieving this feeling of accomplishment. **(Toros)**.

In line with goal orientation theory, people experience a sense of fulfillment when achieving goals. Reaching objectives leads to feelings of achievement, and athletes assess the significance of these feelings based on their performance. **(Nicholls, Cheung, Lauer & Pastashnick)**.

The goal orientation of athletes determines whether they feel successful or unsuccessful. Success determines the extent to which a person directs their purpose toward themselves and others. In fact, goal orientation is the means by which individuals assess their achievement levels. There are two distinct conceptions of success, according to studies on the concept of goal orientation. We refer to these as ego-oriented and task-oriented goals, respectively. **(Duda and Nicholls, 5; Nicholls et al., 4; Nicholls, Cobb, Yackel, Woodand, Wheatley)**.

Task-oriented goals constitute the first dimension of goal orientation. Athletes must put in a lot of effort and give everything to succeed. Pleasure is in the act, and success is in the process.

Stephens and Bredemier stated that athletes with high task orientation enjoy participating in sports and feel skilled. Task-oriented athletes view competition as an opportunity to develop their talents more than other types. Improving one's abilities is essential for advancement, especially when competition is strong. Performance below the optimum is defined as failure in athletes with task-oriented goals.

On the other hand, ego-oriented goals constitute the second component of goal orientation. Ego

orientation athletes feel successful when they make others feel inferior to them. To be considered as "the best" brings these sportsmen great satisfaction, and they aspire to be the best without question or compromise (**Toros & Koruç**).

Research by **Walling and Duda** indicates that when athletes with a strong ego orientation believe they will not succeed in a competition, they become hesitant. These athletes believe that dominating or succeeding corresponds to superiority, and they would stop at nothing to achieve success, even if doing so meant disobeying the law (**Duda**).

According to research, ego-driven goal orientation causes increased anxiety, a lack of resistance, less enjoyment, and less satisfaction during sporting events. (**Boyd, 11; Duda, 10; Duda and Chi, 12**).

Purpose: This study revealed the difference in task- and ego-oriented goals of male tennis player's at the university and the All India Tennis Association.

Methods & Materials

Participants: For this study, 50 male tennis players (25 university, 25 AITA) aged 18-26 yrs participated in university (west zone) and All India Tennis Association (AITA) tournaments in India. After outlining the goals of the study and the methods used, all selected subjects provided written informed consent. When completing the questionnaire, participants were asked to share their opinions, and they did so without restriction.

Variables: The Goal Orientation (task and ego orientation) questionnaire, which was developed by Joan L. Duda and John G. Nicholls (1995), was employed in this investigation. This psychological inventory measures two sub dimensions of goal orientation: task and ego orientation.

Test administration: Proper instructions on how to submit a questionnaire were provided to each tennis player. The test administrator answered any questions that the participants might have had and provided a full explanation of each question on the questionnaire before the participants started filling out the questionnaire.

Statistical analysis: The statistical study was conducted using IBM Inc.'s SPSS v22 software (IBM, Chicago, USA). The mean \pm SD of each category is a descriptive property. Descriptive statistics were employed to assess the goal orientation (task and ego orientation) scores. The

"independent sample t-test" was used to determine statistically significant distinctions between male tennis players from the university and the All India Tennis Association. A significance level of 0.05 was used to test the hypotheses.

Results

1. TASK ORIENTATION (TEOSQ-TASK) RESULTS

Table 1

Independent t-test Task orientation (TEOSQ-TASK)

Group	N	Mean	T value	P Value
University (Players)	25	3.57	0.13	0.89
AITA (Players)	25	3.61		

*At 0.05 level of significance

Table 1 displays the mean scores for the university and All India Tennis Association groups, which were 3.57 and 3.61, respectively. We find that there was no significant difference in task orientation between male tennis players in the university and All India Tennis Association, as the computed p-value of 0.89 is above the significance level of 0.05.

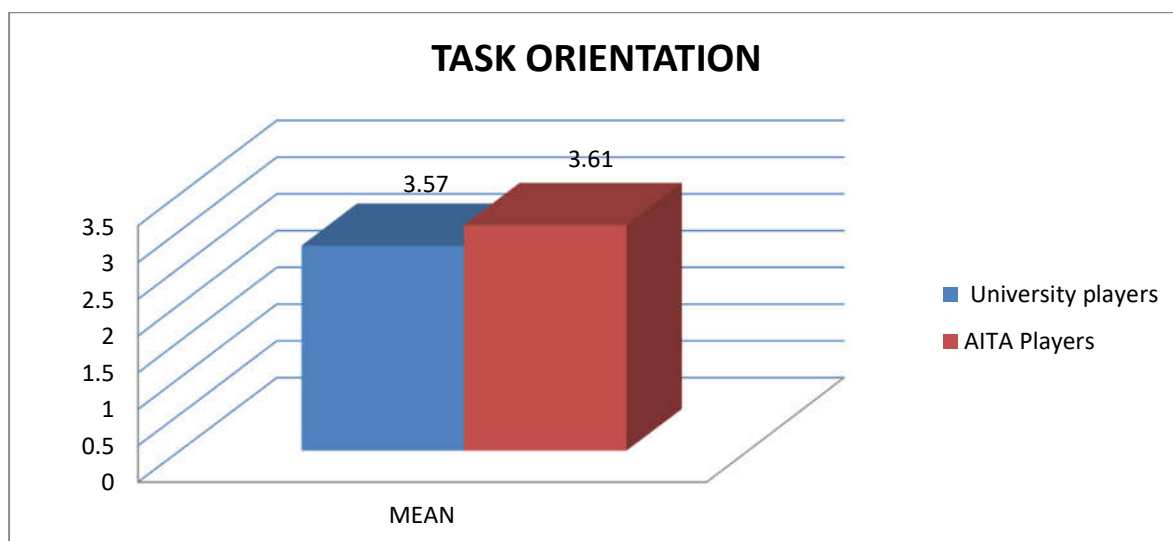


Figure Table 1

2. EGO ORIENTATION (TEOSQ-EGO) RESULTS

Table 2
Independent t-test Ego orientation (TEOSQ-EGO)

Group	N	Mean	T value	P Value
University (Players)	25	3.43	0.72	0.47
AITA (Players)	25	3.29		

*At 0.05 level of significance

Table 2 displays the mean scores for the university and All India Tennis Association (AITA) groups, which were 3.43 and 3.29, respectively. We find that there was no significant difference in task orientation between male tennis players in the university and All India Tennis Association, as the computed p-value of 0.47 is above the significance level of 0.05.

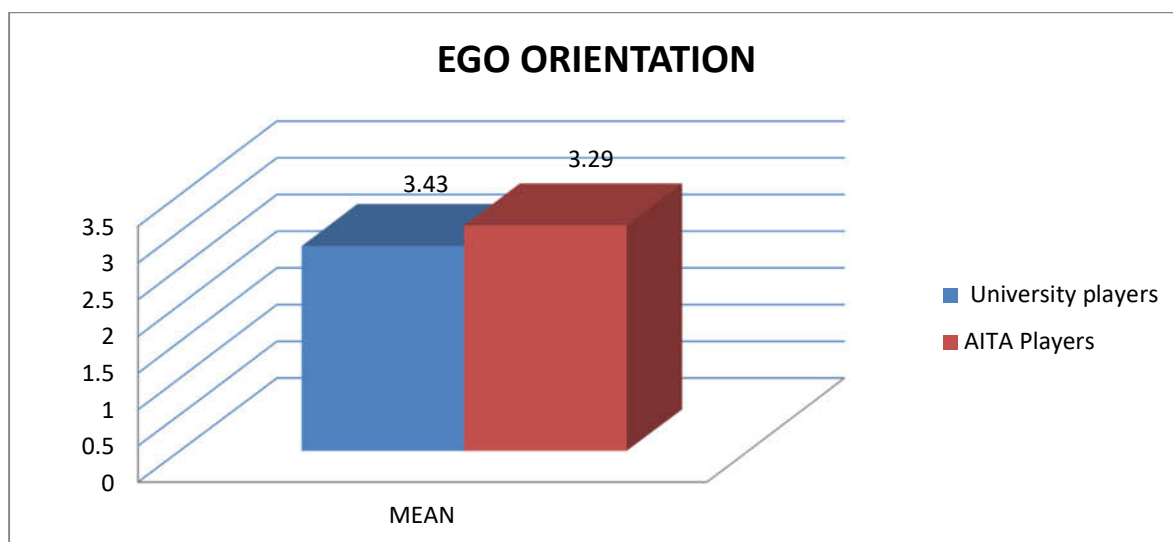


Figure Table 2

Discussion

The term "goal orientation" describes a group of psychological components necessary for the mind to function well under various circumstances. Athletes, coaches, and sports psychologists all agree that goal orientation is one of the most important psychological characteristics associated with athletic success. Tennis players with higher goal orientation ratings said they performed better, whereas those with lower goal orientation ratings said they did not perform better.

Conclusion

To investigate the characteristics of goal orientation of male tennis players at the University (west zone) and All India Tennis Association (AITA) participation. On the basis of the goal orientation questionnaire by Joan L. Duda and John G. Nicholls.

Task Orientation No statistically significant difference was found between male tennis players at the University and All India Tennis Association.

Ego Orientation No statistically significant difference was found between male tennis players at the University and All India Tennis Association.

An in-depth analysis of tennis is necessary to properly describe the idea of "best performance." Therefore, we should also investigate other characteristics of goal orientation, such as focus, personality, self-belief, and optimism, to maximize the salient inherent and trainable traits in talent identification and coaching.

References

1. Lochbaum M., Kazak Z., Graham K.A., Wright T., Zazo R. Task and ego goal orientations in competitive sport: A quantitative review of the literature from 1989 to 2016. *Kinesiology*. 2016;**48**:3–29. doi: 10.26582/k.48.1.14. [[CrossRef](#)] [[Google Scholar](#)]
2. Tomczak M., Walczak M., Kleka P., Walczak A., Bojkowski U. Psychometric Properties of the Polish Version of Task and Ego Orientation in Sport Questionnaire (TEOSQ) *Int. J. Environ.*

Res. Public Health. 2020; **17:3593**. doi: 10.3390/ijerph17103593. [[PMC free article](#)] [[PubMed](#)] [[CrossRef](#)] [[Google Scholar](#)]

3. Cecchini J.A., González C., Carmona A., Contreras O. Relationships between motivational climate, goal orientation, intrinsic motivation, self-confidence, anxiety and mood in young athletes. *Psicothema.* 2004;**16**:104–109. [[Google Scholar](#)]

4. Duda J., Whitehead J. Measurement of goal perspectives in the physical domain. In: Duda J., editor. *Advances in Sport and Exercise Psychology Measurement*. Fitness Information Technology; Morgantown, WV, USA: 1998. pp. 21–48. [[Google Scholar](#)]

5. Duda J.L., Nicholls J.G. Dimensions of achievement motivation in schoolwork and sport. *J. Educ. Psychol.* 1992; **84:290**. doi: 10.1037/0022-0663.84.3.290. [[CrossRef](#)] [[Google Scholar](#)]

6. Duda J.L. Relationship between Task and Ego Orientation and the Perceived Purpose of Sport among High School Athletes. *J. Sport Exerc. Psychol.* 1989;**11**:318–335. doi: 10.1123/jsep.11.3.318. [[CrossRef](#)] [[Google Scholar](#)]

7. Gold, Lee Ginger. (November 1990). Achievement orientation, self-confidence and attribution of female collegiate tennis players: A Case Study. *Dissertation Abstracts International* 51:5, 1546-A.