

Achievement Goals and Belief about Success in Sports: Study on Male Track & Field Participants

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Abstract

Objective: To investigate the status and to find out the significant difference among all the four groups i.e. - Inter University Male sprinters, Throwers, Jumpers and Hurdlers in relation to Achievement Goals and Beliefs about Success and Belief about the causes of sport success. **Methodology:** Through purposive sampling total No. of 80 participants, Inter University level Male athletes, chronological age ranged between 22.5 ± 2.5 years, belongs to different track and field events (i.e. 20 sprinters, 20 Throwers, 20 Jumpers and 20 Hurdlers) representing their respective universities in All India Inter University Athletics Competition held at K D Singh Babu Stadium, Lucknow, were selected for the present study. All the data were obtained by applying **TEOSQ** and **BACSSQ** questionnaire made by **Duda & Nicholls** in 1992. **Results:** Significant difference found among all the four groups i.e.- Inter University Male sprinters, Throwers, Jumpers and Hurdlers in relation to Task Oriented(Achievement Goals and Beliefs about Success) F-value- 2.909 and External factor(Belief about the causes of sport success) F-value 2.690, other than that insignificant difference was found in relation to all the above mentioned psychological parameters i.e. Task Oriented(Achievement Goals and Beliefs about Success), Ego Oriented(Achievement Goals and Beliefs about Success), Efforts (Belief about the causes of sport success), Illegal advantage (Belief about the causes of sport success) and Ability (Belief about the causes of sport success) respectively. **Conclusion:** Task Oriented and External factor were showing the significant effect on Sprinters, Jumpers, Throwers and Hurdlers.

KEYWORDS: Achievement, Goals, Success.

Introduction

Sports and games are the activity which is in a great demand in present scenario. These are the activity that is governed by a set of rules or customs and often engaged in competitively. Sports commonly refer to activities where the physical capabilities of the competitor are the sole or primary determinant of the outcome (winning or losing), but the term is also used to include activities such as mind sports (a common name for some card games and board games with little to no element of chance) and motor sports where mental acuity or equipment quality are Major factors.(Loy W. John, D. Mc Pherson Barry and Kenyan Gerald,1978). Track and field events are the most influential event in sports and games. There are so many events are conducted in track and field. They are Sprints, Middle Distance and Long Distance races etc. are conducted in track so known as track events. Hammer, shot put and discus throws and the jumps etc. events are conducted in Fields, so known as field events. Track and field events have its significant identity since ancient times as we can go through the description in Ancient Olympics. Day by day growing achievements in sports, making the researchers more curious about to know and conduct investigation to find out the better ways to get more and more success in sports. In this approach it is highly important go through the sportsman psychology which is the most important part and couldn't be ignored. During the past two decades, sport psychology had

emerged as a legitimate field of scientific inquiry. As with all scientific endeavors, sports psychology shares the same goals of science. As knowing about the sports psychology importance and its fruitful implications, the researcher is trying to make some queries and do investigation about the Achievement Goals and Beliefs about Success and also Belief about the causes of sport success of Inter University Male Athletes belongs to different track and field events. Another thing the researcher wants to make clear as in track and field event we have chosen only sprinters, Throwers, Jumpers and Hurdles with the similarity that all these four events are needed explosive strength and in nature of activity they are anaerobic.

Objective of the study

The following are the main objectives of the study:-

1. To investigate the status of Achievement Goals and Beliefs about Success and Belief about the causes of sport success of Inter University Male sprinters, Throwers, Jumpers and Hurdles.
2. To find out the significant difference among all the four groups i.e. - Inter University Male sprinters, Throwers, Jumpers and Hurdles in relation to Achievement Goals and Beliefs about Success and Belief about the causes of sport success.

Selection of the Subjects

Through purposive sampling total No. of 80 participants, Inter University level Male athletes, chronological age ranged between 22.5 ± 2.5 years, belongs to different track and field events (i.e. 20 sprinters, 20 Throwers, 20 Jumpers and 20 Hurdles) representing their respective universities in All India Inter University Athletics Competition at K D Singh Babu Stadium, Lucknow, were selected for the present study.

Selection of the test Items

For the assessment of Achievement Goals and Beliefs about Success and Belief about the causes of sport success followings questionnaires were selected:

S. No.	Psychological variable	Tool	Developed by
1.	Achievement Goals and Beliefs about Success	TEOSQ	Duda & Nicholls, 1992
2.	Belief about the causes of sport success	BACSSQ	Duda & Nicholls, 1992

Collection of Data

Athletes were assessed during All India Inter University Athletic meet at the venue K D Singh Babu Stadium, Lucknow. The subject were guided about the questionnaire and provided all the clarification by the researcher and helpers whatever they requested.

Statistical Technique

The below mentioned statistical technique was used to fulfill the need of objectives of the study:

1. Descriptive Statistics

2. One way Analysis of Variance (ANOVA)

ANOVA test was used at 0.05 level of significance. All statistical calculations were done by using standard statistical software SPSS 20.0 version.

Results and Findings of the Study**Table No. I: Descriptive Statistics & test of Significance of selected Psychological Parameters**

Psychological Parameters	Events	N	Mean	SD	df	F-value	p-value
Task Oriented (Achievement Goals and Beliefs about Success)	Sprinters	20	3.4300	.62689	76	2.909*	.040
	Throwers	20	3.9045	.36001			
	Jumpers	20	3.7375	.60064			
	Hurdlers	20	3.9010	.69504			
	Total	80	3.7432	.60529			
Ego Oriented (Achievement Goals and Beliefs about Success)	Sprinters	20	3.8325	.53342	76	2.582	.060
	Throwers	20	4.1830	.37736			
	Jumpers	20	4.1890	.59547			
	Hurdlers	20	3.9205	.49796			
	Total	80	4.0312	.52234			
Efforts (Belief about the causes of sport success)	Sprinters	20	4.0880	.63842	76	0.904	0.443
	Throwers	20	4.3955	.31092			
	Jumpers	20	4.2180	.61488			
	Hurdlers	20	4.2135	.72959			
	Total	80	4.2288	.59361			
External factor (Belief about the causes of sport success)	Sprinters	20	3.5295	.52575	76	2.690*	.052
	Throwers	20	3.9725	.39467			
	Jumpers	20	3.7375	.47629			
	Hurdlers	20	3.6490	.62091			
	Total	80	3.7221	.52716			
Illegal advantage (Belief about the causes of sport success)	Sprinters	20	3.6810	1.01770	76	2.408	.074
	Throwers	20	4.0305	.90436			
	Jumpers	20	4.2305	.64218			
	Hurdlers	20	4.3675	.83038			
	Total	80	4.0774	.88227			
Ability (Belief about the causes of sport success)	Sprinters	20	3.8250	.59105	76	1.766	.161
	Throwers	20	4.2000	.54168			
	Jumpers	20	4.0250	.48599			
	Hurdlers	20	3.9000	.58151			
	Total	80	3.9875	.55958			

Level of significance =0.05, 76(4)

Table No. I reveals the significant difference found among all the four groups i.e.- Inter University Male sprinters, Throwers, Jumpers and Hurdlers in relation to Task Oriented (Achievement Goals and Beliefs about Success) and External factor (Belief about the causes of sport success), other than that insignificant difference was found in relation to all the above mentioned psychological parameters i.e. Ego Oriented (Achievement Goals and Beliefs about Success), Efforts (Belief about the causes of sport success), Illegal advantage (Belief about the causes of sport success) and Ability (Belief about the causes of sport success) respectively.

Since the One Way Analysis of Variance is found significant in relation Task Oriented (Achievement Goals and Beliefs about Success) among Sprinters, Jumpers, Throwers & Hurdlers the least significant difference Post Hoc Test (LSD) is applied to find out the differences of the paired means among Sprinters, Jumpers, Throwers & Hurdlers, mean difference are presented in Table No.2.

Table No.II:- Multiple Comparisons of Task Oriented (Achievement Goals and Beliefs about Success) among Sprinters, Jumpers, Throwers & Hurdlers

(I) group	(J) group	Mean Difference (I-J)	Sig.
Sprinters	Throwers	0.47450*	.012
Sprinters	Jumpers	0.30750	.100
Sprinters	Hurdlers	0.47100*	.013
Jumpers	Throwers	0.16700	.369
Throwers	Hurdlers	0.00350	.985
Jumpers	Hurdlers	0.16350	.379

Thus it is evident that in Table No.II:-

- ❖ Significant Mean Difference found between Sprinters and Throwers =0.47450*, as p-value>0.05;
- ❖ Insignificant Mean Difference found between Sprinters and Jumpers =0.30750, as p-value<0.05;
- ❖ significant Mean Difference found between Sprinters and Hurdlers =0.47100*, as p-value>0.05;
- ❖ Insignificant Mean Difference found between Jumpers and Throwers =0.16700, as p-value<0.05;
- ❖ Insignificant Mean Difference was found between Throwers and Hurdlers =0.00350, as p-value>0.05 and
- ❖ Insignificant Mean Difference was found between Jumpers and Hurdlers =0.16350, as p-value<0.05 respectively in relation to **Task Oriented (Achievement Goals and Beliefs about Success)**.

Table No.3:- Multiple Comparisons of External factor (Belief about the causes of sport success)

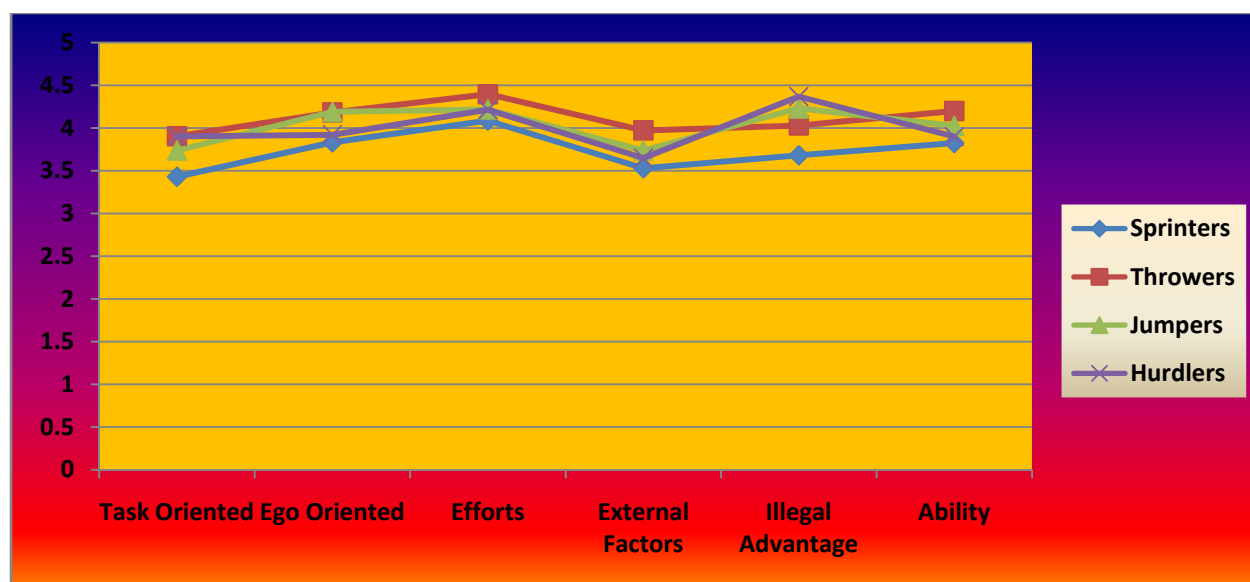
(I) group	(J) group	Mean Difference (I-J)	Sig.
Sprinters	Throwers	0.44300*	0.008
Sprinters	Jumpers	0.20800	0.202

Sprinters	Hurdlers	0.11950	0.462
Jumpers	Throwers	0.23500	0.150
Throwers	Hurdlers	0.32350*	0.049
Jumpers	Hurdlers	0.08850	0.586

Thus, it is evident that in Table No.3:-

- ❖ Significant Mean Difference found between Sprinters and Throwers =0.44300*, as p-value>0.05;
- ❖ Insignificant Mean Difference found between Sprinters and Jumpers =0.20800, as p-value<0.05;
- ❖ Insignificant Mean Difference found between Sprinters and Hurdlers =0.11950, as p-value>0.05;
- ❖ Insignificant Mean Difference found between Jumpers and Throwers =0.23500, as p-value<0.05;
- ❖ Significant Mean Difference found between Throwers and Hurdlers =0.32350*, as p-value>0.05 and
- ❖ Insignificant Mean Difference found between Jumpers and Hurdlers =0.08850, as p-value<0.05 respectively in relation to External factor (Belief about the causes of sport success).

Figure-I: Graphical Presentation of Mean Value of Selected Psychological Parameters of Male Sprinters, Throwers, Jumpers and Hurdlers



Discussions on Findings

The result of the present study revealed that significant difference found among all the four groups i.e.- Inter University Male sprinters, Throwers, Jumpers and Hurdlers in relation to

Task Oriented(Achievement Goals and Beliefs about Success) and External factor(Belief about the causes of sport success),other than that insignificant difference was found in relation to all the above mentioned psychological parameters i.e. Ego Oriented(Achievement Goals and Beliefs about Success), Efforts (Belief about the causes of sport success), Illegal advantage (Belief about the causes of sport success) and Ability (Belief about the causes of sport success). Similar Kind of study conducted by **Joan L. Duda, Kenneth R. Fox, Stuart J. H. Biddle, Neil Armstrong (2011)** on children's achievement goals and beliefs about success in sport is also supporting the result of the present study. As we know previously that all the participants in the present study were interuniversity athletes and young achievers to achieve the standards of success in participating in all India Athletic Championship so their attitude and thinking towards Achievement goals and beliefs about success and Belief about the causes of success were almost same. Statistically Significant difference found among all the four groups i.e.- Inter University Male sprinters, Throwers, Jumpers and Hurdles in relation to Task Oriented(Achievement Goals and Beliefs about Success).The logic behind this result was that all the athletes participants in the present study were All India Inter University participants and they are completely focused to achieve their task but somehow the nature of their events show the different level task orientation may be the important reason behind the result of the study. External factor (Belief about the causes of sport success) also shows significant difference among sprinters, throwers, jumpers and hurdles .As we know that so many external factors like playing environment, Government policies, Infrastructure etc. which are the great causes for sports success, as we can say that may be thinking of different events athletes differ with event to event in relation to various external factors, so their thinking were not same towards the external factors. May be they don't find the similar circumstances to achieve success, a big reason behind the result of the present study.

Conclusion

1. **Significant difference** found among all the four groups i.e.- Inter University Male sprinters, Throwers, Jumpers and Hurdles in relation to Task Oriented(Achievement Goals and Beliefs about Success).
2. **Insignificant difference** found among all the four groups i.e.- Inter University Male sprinters, Throwers, Jumpers and Hurdles in relation to Ego Oriented(Achievement Goals and Beliefs about Success)
3. **Insignificant difference** found among all the four groups i.e. - Inter University Male sprinters, Throwers, Jumpers and Hurdles in relation to Efforts (Belief about the causes of sport success).
4. **Significant difference** found among all the four groups i.e.- Inter University Male sprinters, Throwers, Jumpers and Hurdles in relation to External factor(Belief about the causes of sport success).
5. **Insignificant difference** found among all the four groups i.e.- Inter University Male sprinters, Throwers, Jumpers and Hurdles in relation to Illegal advantage(Belief about the causes of sport success)

6. **Insignificant difference** found among all the four groups i.e. - Inter University Male sprinters, Throwers, Jumpers and Hurdlers in relation to Ability (Belief about the causes of sport success).

Research Implications

1. The present study will be helpful in knowing the Achievement Goals and Beliefs about Success in Sports of Inter University Level Athletes.
2. Present study will be helpful to the concerned authorities of different Universities in deciding their policies related with Athletes.

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