

Achievement Goals and Belief about Success in Female Sprinters: a co-relational Study

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Abstract

Objective: To investigate the status and significant relationship of Achievement Goals and Beliefs about Success and Belief about the causes of sport success participants of all India Female sprinters. Methodology: Through purposive sampling total No. of 30 participants of All India Athletics female sprinters, chronological age ranged between 22±2 years, representing their respective states in All India 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: Task Oriented and Ego Oriented (Achievement Goals and Beliefs about Success), Ego Oriented and Efforts (Belief about the causes of sport success), Ego Oriented and External factor (Belief about the causes of sport success), Efforts and External factor (Belief about the causes of sport success), Efforts and Ability (Belief about the causes of sport success), External factor and Ability (Belief about the causes of sport success) and insignificant relationship was found in between Task Oriented and Efforts (Belief about the causes of sport success), Task Oriented and External factor (Belief about the causes of sport success), Task Oriented and Illegal advantage (Belief about the causes of sport success), Task Oriented and Ability (Belief about the causes of sport success), Ego Oriented and Illegal advantage (Belief about the causes of sport success), Ego Oriented and Ability (Belief about the causes of sport success), Efforts and Illegal advantage (Belief about the causes of sport success), External factor and Illegal advantage (Belief about the causes of sport success), Illegal advantage and Ability (Belief about the causes of sport success) respectively. Conclusion: Significant relationship between abovementioned variable shows that in absence of any one factor another factor will be incomplete in it.

KEYWORDS: Achievement Goals, Belief About Success.

Introduction

Sports are an 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, high achievements in sports making the researchers more

conscious about to do investigate and find out the better ways to get more and more success in sports performance. In this approach it is highly important go through the sportsman psychology which is the most important part of sportsmen 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 association or relationship between Achievement Goals and Beliefs about Success and Belief about the causes of sport success of Inter University Female sprinters.

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 Female sprinters.
2. To find out the significant relationship between Achievement Goals and Beliefs about Success and Belief about the causes of sport success of Female sprinters.

Selection of the Subjects

Through purposive sampling total No. of 30 participants of All India Athletics female sprinters, chronological age ranged between 22 ± 2 years, representing their respective states in All India Athletics Competition held 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 Athletic Championship 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. Correlation

The test was used at 0.05 level of significance. All statistical calculations were

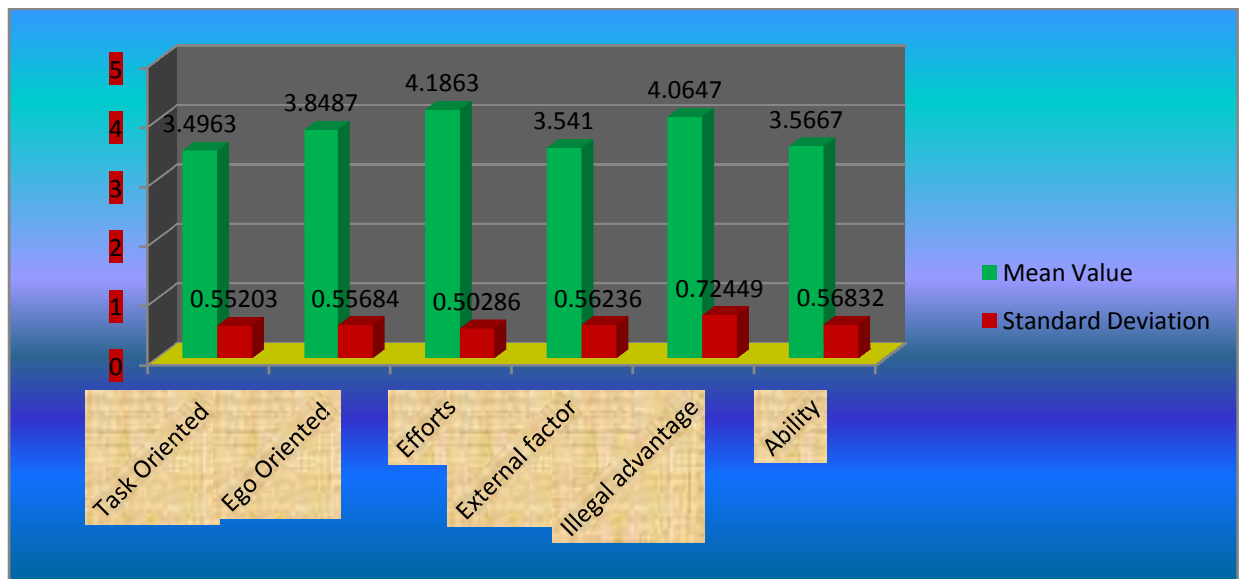
done by using standard statistical software SPSS 20.0 version.

Table No.1:-Descriptive Table of Sprinters in relation to Achievement Goals and Beliefs about Success and Belief about the causes of sport success

Variables	Mean	Std. Deviation	N
Task Oriented (Achievement Goals and Beliefs about Success)	3.4963	.55203	30
Ego Oriented (Achievement Goals and Beliefs about Success)	3.8487	.55684	30
Efforts(Belief about the causes of sport success)	4.1863	.50286	30
External factor(Belief about the causes of sport success)	3.5410	.56236	30
Illegal advantage(Belief about the causes of sport success)	4.0647	.72449	30
Ability (Belief about the causes of sport success)	3.5667	.56832	30

The values of Mean and standard deviation for all the variables are shown in table No.1. These values may be further analyze through Graphical Representation in this study.

Figure No.1:-Graphical Representation of Mean & Standard Deviation of Female Sprinters



Further, actual output shows the full correlation matrix and the correlations Co-efficient are shown in Table No.1.2. This table shows the correlation coefficients along with their p-values and sample size.

Table No.1.2:-Relationship of Achievement Goals and Beliefs about Success and Belief about the causes of sport success of Female Sprinters

Variables Correlated	Co-efficient of Correlation	p-value	N
Task Oriented and Ego Oriented (Achievement Goals and Beliefs about Success)	0.566*	.001	30
Task Oriented and Efforts(Belief about the causes of sport success)	0.238	.206	30
Task Oriented and External factor(Belief about the causes of sport success)	0.348	.060	30
Task Oriented and Illegal advantage(Belief about the causes of sport success)	0.035	.853	30
Task Oriented and Ability (Belief about the causes of sport success)	0.106	.576	30
Ego Oriented and Efforts(Belief about the causes of sport success)	0.394*	.031	30
Ego Oriented and External factor(Belief about the causes of sport success)	0.519*	.003	30
Ego Oriented and Illegal advantage(Belief about the causes of sport success)	0.075	.693	30
Ego Oriented and Ability (Belief about the causes of sport success)	0.106	.576	30
Efforts and External factor(Belief about the causes of sport success)	0.385*	.036	30
Efforts and Illegal advantage(Belief about the causes of sport success)	0.032	.865	30
Efforts and Ability (Belief about the causes of sport success)	0.677*	.000	30
External factor and Illegal advantage(Belief about the causes of sport success)	0.092	.628	30
External factor and Ability (Belief about the causes of sport success)	0.441*	.015	30
Illegal advantage and Ability (Belief about the causes of sport success)	0.179	.345	30

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

An analysis of Table No.1.2 reveals that:-

- r-value of Task Oriented and Ego Oriented (Achievement Goals and Beliefs about Success) is significantly correlated in Female sprinters, as $p\text{-value} < 0.05 (0.566^*)$;
- r-value of Task Oriented and Efforts (Belief about the causes of sport success) is insignificantly correlated in Female sprinters, as $p\text{-value} > 0.05 (0.238)$;
- r-value of Task Oriented and External factor(Belief about the causes of sport success) is insignificantly correlated in Female sprinters, as $p\text{-value} > 0.05 (0.348)$;
- r-value of Task Oriented and Illegal advantage(Belief about the causes of sport success) is insignificantly correlated in Female sprinters, as $p\text{-value} > 0.05 (0.035)$;
- r-value of Task Oriented and Ability (Belief about the causes of sport success) is insignificantly correlated in Female sprinters, as $p\text{-value} > 0.05 (0.106)$;
- r-value of Ego Oriented and Efforts(Belief about the causes of sport success) is significantly correlated in Female sprinters, as $p\text{-value} < 0.05 (0.394^*)$;
- r-value of Ego Oriented and External factor(Belief about the causes of sport success) is significantly correlated in Female sprinters, as $p\text{-value} < 0.05 (0.519^*)$;
- r-value of Ego Oriented and Illegal advantage(Belief about the causes of sport success) is insignificantly correlated in Female sprinters, as $p\text{-value} > 0.05 (0.075)$;
- r-value of Ego Oriented and Ability (Belief about the causes of sport success) is

- insignificantly correlated in Female sprinters, as $p\text{-value} > 0.05(0.106)$;
- r-value of Efforts and External factor(Belief about the causes of sport success) is significantly correlated in Female sprinters, as $p\text{-value} < 0.05(0.385^*)$;
 - r-value of Efforts and Illegal advantage(Belief about the causes of sport success) is insignificantly correlated in Female sprinters, as $p\text{-value} > 0.05(0.032)$;
 - r-value of Efforts and Ability (Belief about the causes of sport success) is significantly correlated in Female sprinters, as $p\text{-value} < 0.05(0.677^*)$;
 - r-value of External factor and Illegal advantage(Belief about the causes of sport success) is insignificantly correlated in Female sprinters, as $p\text{-value} > 0.05(0.092)$;
 - r-value of External factor and Ability (Belief about the causes of sport success) is significantly correlated in Female sprinters, as $p\text{-value} < 0.05(0.441^*)$;
 - r-value of Illegal advantage and Ability (Belief about the causes of sport success) is insignificantly correlated in Female sprinters, as $p\text{-value} > 0.05(0.179)$ respectively.

Discussions on Findings

With the abovementioned statistical findings, significant relationship between Task Oriented and Ego Oriented (Achievement Goals and Beliefs about Success) indicates that Female sprinters of All India Interuniversity participants achieved their present level because of their task orientation and their ego orientation made them committed towards their aim achievement, so that if Task orientation goes up ego level also move towards. Significant relationship between Ego Oriented and External factor (Belief about the causes of sport success) in Female sprinters points out that a committed sprinter towards their goal with ego orientation believes about the influence of external factors too. Significant relationship between Efforts and External factor (Belief about the causes of sport success) indicates that a person's efforts are as usual affected by the environmental factors; Significant relationship between Efforts and Ability (Belief about the causes of sport success) pointing out that efforts and a person's ability are deeply correlated because the reason behind that ability without efforts and efforts without ability is worthless means of no use. Another significant relationship found between External factor and Ability (Belief about the causes of sport success) shows that ability of Female sprinters is affected by the External factor, reason behind, a person with lots of potential and abilities will survive in that particular direction when the external factor will also be in a positive direction. Almost similar kind of research study conducted by Glyn C. Roberts, Darren C. Treasure, Gloria Balague (1997) Achievement goals in sport: The development and validation of the Perception of Success Questionnaire supports the results of the present study. Sean P. Mcmanus (2004) conducted a study on Relationship between Collegiate Track Runners' Achievement Goal Orientations and Perceptions of Motivational Climate. The purpose of this study was to investigate the achievement goal orientations and perceptions of motivational climate exhibited by intercollegiate athletes competing in track's two running disciplines—sprinting and distance running—and then to examine the relationship between the athletes' goal orientations and perceptions of motivational climate. Pearson-Product Moment Correlations were used to determine the

relationships that existed between goal orientations and perceptions of motivational climate for each group. Results indicated that differences in goal orientation and perceptions of motivational climate do exist between the two groups. Specifically, distance runners exhibited higher levels of task-orientation and higher perceptions of mastery-involved climates. Sprinters scored higher in perceptions of performance-involved climates. Examination of the relationship between goal orientation and perceptions of motivational climate indicated positive correlations between task-orientation and perceptions of mastery-involved climates for both groups. So these studies are somehow supporting the present study moreover.

Task Oriented and Efforts (Belief about the causes of sport success), Task Oriented and External factor (Belief about the causes of sport success), Task Oriented and Illegal advantage (Belief about the causes of sport success), Task Oriented and Ability (Belief about the causes of sport success), Ego Oriented and Illegal advantage (Belief about the causes of sport success), Ego Oriented and Ability (Belief about the causes of sport success), Efforts and Illegal advantage (Belief about the causes of sport success), External factor and Illegal advantage (Belief about the causes of sport success), Illegal advantage and Ability (Belief about the causes of sport success) is insignificantly correlated. It shows that they didn't affect each other that are why insignificantly relationship found in between the abovementioned variables.

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. The external factors are so many like playing environments, Government policies, Infrastructure etc. which are the great causes for sports success.

Conclusion

Task Oriented and Ego Oriented (Achievement Goals and Beliefs about Success), Ego Oriented and Efforts (Belief about the causes of sport success), Ego Oriented and External factor (Belief about the causes of sport success), Efforts and External factor (Belief about the causes of sport success), Efforts and Ability (Belief about the causes of sport success), External factor and Ability (Belief about the causes of sport success) is significantly correlated with each other. It means we can conclude that in absence of abovementioned factors are highly correlated with each other and in absence of any one factor another factors will be incomplete in it.

Task Oriented and Efforts (Belief about the causes of sport success), Task Oriented and External factor (Belief about the causes of sport success), Task Oriented and Illegal advantage (Belief about the causes of sport success), Task Oriented and Ability (Belief about the causes of sport success), Ego Oriented and Illegal advantage (Belief about the causes of sport success), Ego Oriented and Ability (Belief about the causes of sport success), Efforts and Illegal advantage (Belief about the causes of sport success), External factor and Illegal advantage (Belief about the causes of sport success), Illegal advantage and Ability (Belief about the causes of sport success) is insignificantly

correlated.

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