

GOAL ORIENTATION, MOTIVATIONAL CLIMATE AND SELF-ESTEEM IN BOXERS

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Abstract This research has been carried out to determine the relationship between goal orientation, motivational climate and self-esteem in boxers and whether being national and age have effect on these concepts. The research sample consist of 48 male boxers (15 national, 33 non-national) participated in Universities Boxing Championship in 2011 whose mean age 21.14 ± 1.73 . The Task and Ego Orientation in Sport Questionnaire, The Perceived Motivational Climate Questionnaire and Rosenberg Self-esteem scale were used to gather the data. The data were analyzed by using the techniques such as descriptive statistics, bivariate correlation and Mann Whitney U test. Results showed that boxers are task oriented and perceive the motivational climate as mastery climate, national boxers' ego orientation, task orientation, performance climate, mastery climate and self-esteem scores are higher than non-national boxers, there is no significant relationship between boxers' goal orientation, motivational climate and age, there is high, positive and significant relationship between ego orientation and task orientation ($r=0.789$, $p<0.01$), there is medium, positive and significant relationship between ego orientation and performance climate ($r=0.593$, $p<0.01$), there is medium, positive and significant relationship between ego orientation and mastery climate ($r=0.676$, $p<0.01$), there is medium, positive and significant relationship between task orientation and performance climate ($r=0.516$, $p<0.01$), there is high, positive and significant relationship between task orientation and mastery climate ($r=0.803$, $p<0.01$), there is medium, positive and significant relationship between self-esteem and ego orientation ($r=0.357$, $p<0.05$), there is medium, positive and significant relationship between self-esteem and task orientation ($r=0.502$, $p<0.01$), there is low, positive and significant relationship between self-esteem and performance climate ($r=0.299$, $p<0.05$), there is medium, positive and significant relationship between self-esteem and mastery climate ($r=0.556$, $p<0.01$).

Keywords: Boxing, goal orientation, motivational climate, self-esteem.

INTRODUCTION

In our day, achievements made and failures incurred in various branches of sports are attributed to many reasons. These reasons include physiological as well as psychological factors (Asci, Ariburun, 2005).

Motivation which is defined as a desire that mobilizes and directs human behaviour (Tiryaki, 2000) is one of the oldest fields of study of psychology. The concept of motivation which has been dealt with from different points of view within the course of historical development have been recently examined within the framework of social cognitive theories. The theory of the goal of success is one of the fundamental approaches within the body of social cognitive theories that explain motivation for success in sports and exercise environments (Weinberg, Gould, 1995).

Goal orientation refers to the fact that people are in relationship with various goals and activities in order to obtain the sense of achievement that arises from attainment of goals. People orient themselves towards various types of goals in order to experience the sense of achievement (Toros, 2001). The value of the sense of achievement experienced as a result of attaining the goals shall be judged according to the degree of achievement of the goals by the sportsman (Nicholls, Cheung, Lauer and Pastascnick, 1989). Sense of goal orientation or failure is related to the goal orientation of the sportsman. Success determines the goal orientation when compared to the person and others (Nicholls, 1984).

According to the theory of goal orientation the individuals wish to exhibit the abilities that they have. Individual differences step in at this point and the form of displaying one's abilities differ from individual to individual (Üngür, 2009). The theory of goal orientation which was proposed as a general theoretical framework by Nicholls has been adapted to the field of sports by Duda (1989). Duda (Duda 1989a, 1989b, Duda and White, 1982) has asserted that the structure of goal that may be observed in the sportsmen may be evaluated in two broad and interrelated dimensions called "task" and "ego" oriented goals. The dimensions of success related to task and ego are separate but interrelated areas under the scope of goal orientation (Toros, 2004).

The approach called "Goal of success" emphasizes the importance of dealing with the fundamental goals of success. According to the "goal of success" approach there are two fundamental styles in attaining and achieving the goals (Nicholls, 1992).

These two goal orientations called "task" and "ego" oriented goal orientations are related to the self-judgement of individuals in terms of their level of abilities. An individual who has task-oriented goals focuses on such factors as development of skills, learning new skills, demonstrating one's mastery in performing his/her task and working hard while ego oriented individual focuses on demonstrating his/her superior abilities and wants to defeat his/her rivals with a less degree of effort (Duda, 1993).

Among these goal orientations, those sportsmen who have task oriented goals consider the competitions as a chance factor to develop their sportive skills, if their task orientation is high. The better the competitor, the more performance the sportsman will have to show (Duda, 2005). Stephens and Bredemeier (1995) have stated that the sportsmen who have a high task orientation see themselves as skillful and are happy to participate in a branch of sports. Sportsmen who adopt task-oriented goals attribute priority to the development of skills, learning, gaining mastery in the performance of tasks, team harmony and cooperation. Some researchers have stated that task related goal orientation has a positive relationship with the sense of satisfaction, enjoyment and being internally interested in sports (Duda and colleagues, 1992, Vazou, Ntoumanis and Duda, 2005).

There are ego oriented goals in the second dimension of goal orientation. Such aspirations like being the best, being superior to others and pursuing the results are basic features of these goals. It may be said that such internal factors as sense of superiority and inferiority complex direct the behaviour of individuals in this context. For that reason individuals consider it as a disaster to be less successful than the superior and consequently attribute a basic priority to personal success. Not the process itself but the result of the process is important for individuals who attribute priority to the goals directed towards ego (Toros, Yetim 2000).

According to Jagacinski and Nicholls (1984) two independent dimensions of goal orientation exist in every sportsman and the degree to which every dimension shows itself is the goal orientation of the sportsman. In these two independent dimensions such combinations may exist as task/high-ego/high, task/high-ego/low, task/low-ego/high and task/low-ego/low. The degree to which the sportsman has goal orientations in the form of ego orientation and task orientation requires the evaluation and judgement of a form of life (Toros 2002). A teacher, parent or coach motivates the sportsman towards goal orientation by letting him/her feel definite hints and rewards. Such questions as "How was your performance?" and "Did you win?" asked by family members to a child upon his return to home after the game are hints for the value attributed by the sportsman to definite purpose (Toros, Koruc, 2005).

While goal orientation for success is related to irregular features, perceived motivational climate which is the second dimension of goal orientation for success is a situational phenomenon. Perceived motivational climate is based on the perceptions of individuals related to what the teacher, family, coach or any other prominent person supports or expects. Similar to goal orientations, environments may be classified as task related or ego related. In order to avoid confusion, these environments shall be named mastery-related and performance-related climates respectively (Memanus, 2004). Whether the character and structural features of team experiences made during motivation of sportsmen are active is a feature that must be examined from the point of view of motivational climate. In other words, our subject is the investigation of in what forms the goal structure of success environment influences the motivation of individual sportsmen and coaches. Shortly, the environments in which learning, skill development and evaluation of activities by the individuals take place must be taken up (Toros, 2001).

According to Roberts and Treasure (1995), another factor that contributes to the goals of sports and the performance related thereto is the perceived motivational climate in which the sportsman finds himself/ herself. A sports environment does not only mean different coaching and coaching behaviour. At the same time, coaches, managers, families and spectators form such a climate by means of explicit and implicit reinforcements (Toros, 2005).

Motivational climate contains various features like level of competition, styles of directives, and the influence of prominent persons on the team culture. Motivational climate means how the coaching environment is perceived. There are two different motivational climates in a sports environment. The first one is the mastery climate that supports learning and making physical exercises involving development of skills. The second one is the performance climate that facilitates focusing on the abilities and achievements of the competitor and reinforces such features as being a star and defeating the competitor (Roberts, Ommundsen 1996).

Solmon (1996) has stated that the perceived motivational climate is a factor in explaining the goal orientation of the sportsman. According to the two factors theory about the form in which the sportsman defines and perceives success, a sportsman achieves success either by comparing his/her abilities with those of other sportsmen or by comparing his/her actual performance with his past performance. A comparison is made in each of these cases. In the first case the sportsman uses the sportsmen who are his/her equivalent as a criterion of comparison while in the second case his/her own past performance values are used as a criterion of comparison.

Parallel features are apparent between the variables of goal orientation and perceived motivational climate. As an individual feature, task oriented goal orientation shall be best realized in the task oriented motivational climate. Again as an individual feature, goal orientation related to the ego is in harmony with performance oriented motivational climate (Toros, Koruc 2004).

Self-esteem is a psychological state that arises from the affirmation of the concept of ego that a person attains as a result of adopting himself and having a high opinion about himself, his self confidence and self esteem. Such positive psychological traits as self-esteem, optimism, will to be successful, not giving in the difficulties are observed in individuals with a high level of self-esteem. Individuals with a low level of self-esteem, on the contrary, has a low level of self-esteem, they give away to despair easily and shortly they are more prone to develop negative psychological symptoms (Yorukoglu, 1988). It is possible to speak of the

Effect of participation in sports activities on the concept of self. The concept of the self, which is an indispensable part of all dimensions of human life, is influenced by the physical activities, or shortly activities in general, in which the individual participates in (Asci and colleagues, 1993).

Kassin (1998) has stated that the individuals with a low level of self-esteem have exhibited such traits as waiting for the failure, nervousness, showing a low level of effort and that they may neglect important aspects of life and may blame themselves as valueless and untalented when they are unsuccessful.

Individuals in the world of sports frequently base their self-esteem on the cases of winning and losing in the competitions. Positive self-esteem means that the individual sees himself as a sufficient and valuable person and is happy of this situation. Self-esteem is attained not by defeating others but by living a life that confirms the individual's own standards. The success of an individual (a coach, instructor etc.) is closely related to the self-esteem and self-evaluation of that individual. If the individual has self-confidence he would also help people around him to gain self-confidence. If the individual feels himself valuable, he will feel that other people are also valuable (Martens 1987)

Self-esteem is important from such points of view as the individual's gaining his autonomy, having a life full of satisfaction, carrying out activities directed at a goal, establishing healthy and perpetual relations, having a high level of the ability to adaptation, developing value systems, being successful and the ability to plan the future (Asci 1999, King and colleagues 2000)

In this context, the purpose of this study is to investigate the relation between goal orientation and motivational climate and self-esteem in boxers and the influence of such variables as being a member of the national team and age on those structures.

METHOD

Participants:

Research group has been formed by a total number of 48 male boxers who have participated in Boxing Championship of Universities in 2011 and had an average age of 21.14 ± 1.73 (15 national and 33 non-national players).

Instruments:

The Task and Ego Orientation in Sport Questionnaire, developed by Duda (1989a) and adapted to Turkish sportsmen by Toros (2001) has been used for measuring the goal orientation of sportsmen, while The Perceived Motivational Climate Questionnaire developed by Walling, Duda ve Chi (1993) and adapted to Turkish sportsmen by Toros (2001) as well as "Rosenberg Self-Esteem Scale" developed by Rosenberg (1965) and adapted to Turkish by Çuhadaroğlu (1986) has been used for measuring the perception of motivational climate by the sportsmen. Scale of task and ego orientation in sports is formed of 13 items, seven of which is task oriented and 6 are ego oriented. Those who reply the questions included in the scale scores their participation in each item according to a five step assessment scheme. The structural validity study related to the scale has been carried out with the help of explanatory factor analysis (Duda, 1989a) and two factors, namely task and ego orientation, have been found. In the study on the scale (Duda and Whitehead, 1998), internal consistency of the scale has been determined to be 0.79 and 0.81 for task orientation and ego orientation respectively. Duda

(1992) has found out that the three weekly “test – retest reliability of the scale” was 0.68 for task orientation and 0.75 for ego orientation. In the adaptation study conducted by Toros (2001) it has been found out that the two factors, namely task and ego orientation account for % 58 of the general variance, that the internal consistency is 0.87 and 0.85 for ego orientation and ego orientation respectively and that the three weekly “test – retest reliability” has been 0.65 and 0.72 for task orinetation and ego orientation respectively. The scale for the perceived motivational climate in sports is formed of 21 items, 12 of which are related to perfomance climate and 9 are related to mastery climate. Each of the interviewees who replied the questions included in the scale were asked to assess each item according to a five step assessment scheme. In the original study on the scale, structural validity study has been carried out with the help of both explanatory and affirmative factorial analysis (Walling, Duda and Chi, 1993). In this study it has been determined that there are two factors, namely mastery and performance climate. Walling and colleagues (1993) have found the internal consistency coefficients of the scale as 0.73/0.84(performance climate) and 0.80/0.81(mastery climate). In the adaptation study carried out by Toros (2001) it has been found out that the factors of mastery and performance climate account for 51 % of the general variance of the scale, that the inner consistency of the scale has been 0.84 and 0.90 for mastery climate and performance climate respectively and the three weekly “test-retest reliability has been 0.66 and 0.74 for mastery climate and performance climate respectively. Rosenberg self-esteem scale which is made of 12 sub-scale contains 63 articles. Self-esteem scale, which is formed of 10 items, has been used in this study. The scale is formed of 10 items and graded between 1 to 4. The scores that may be obtained from the scale changes between 10 and 40. High scores that may be obtained from the scale shows the high level of self-esteem that an individual has. “Test-retest method” has been used in adapting the scale to Turkish. During the test-retest study that has been carried out with an interval of 4 weeks, the relation between the two measurements has been found to be $r = 0.71$.

Gathering Data:

Data was gathered from the boxers during the championship.

Data Analyse:

The data were evaluated in SPSS 17.0 program and descriptive statistical methods and correlation analysis have been made use of for the analysis of the data obtained.

RESULTS

In this part the findings about the descriptive statistics of boxers, the relationships between goal orientation, motivational climate and self-esteem, comparison of the national and non-national boxers

goal orientation, motivational climate and self-esteem, the relationship between age and goal orientation, motivational climate and self-esteem in boxers are given below and shown in tables.

Table-1. Descriptive statistics of boxers.

	N	Min.	Max.	X	Sd
Age	48	17,00	26,00	21,1458	1,73805
Self-esteem	48	13,00	40,00	28,7708	6,27809
Ego orientation	48	1,00	5,00	3,2674	1,03127
Task orientation	48	1,00	5,00	3,6905	,97575
Performance climate	48	1,00	5,00	3,2639	,85923
Mastery climate	48	1,00	4,78	3,5671	,99361

As seen on Table-1 the mean age of boxers 21,14, the mean of ego orientation scores 3,26, the mean of task orientation scores 3,36, the mean of performance climate scores 3,26, the mean of mastery climate scores 3,56 and the mean of self-esteem scores is 28,77.

Table-2. The relationships between goal orientation, motivational climate and self-esteem.

		Ego orientation	Task orientation	Performance climate	Mastery climate	Self-esteem
Ego orientation	r	1	,789**	,593**	,676**	,357*
	p		,000	,000	,000	,013
	N	48	48	48	48	48
Task orientation	r	,789**	1	,516**	,803**	,502**
	p	,000		,000	,000	,000
	N	48	48	48	48	48
Performance climate	r	,593**	,516**	1	,532**	,299*
	p	,000	,000		,000	,039
	N	48	48	48	48	48
Mastery climate	r	,676**	,803**	,532**	1	,556**
	p	,000	,000	,000		,000
	N	48	48	48	48	48
Self-esteem	r	,357*	,502**	,299*	,556**	1
	p	,013	,000	,039	,000	
	N	48	48	48	48	48

The relationships between goal orientation, motivational climate and self-esteem in boxers was tested by bivariate correlation. As seen on Table-2 there is high, positive and significant relationship between ego orientation and task orientation ($r=0.789$, $p<0.01$), there is medium, positive and significant relationship between ego orientation and performance climate ($r=0.593$, $p<0.01$), there is medium, positive and significant relationship between ego orientation and mastery climate ($r=0.676$, $p<0.01$), there is medium, positive and significant relationship between task orientation and performance climate ($r=0.516$, $p<0.01$), there is high, positive and significant relationship between task orientation and mastery climate ($r=0.803$, $p<0.01$), there is medium, positive and significant relationship between self-esteem and ego orientation ($r=0.357$, $p<0.05$), there is medium, positive and

significant relationship between self-esteem and task orientation ($r=0.502$, $p<0.01$), there is low, positive and significant relationship between self-esteem and performance climate ($r=0.299$, $p<0.05$), there is medium, positive and significant relationship between self-esteem and mastery climate ($r=0.556$, $p<0.01$).

Table-3. Comparing self-esteem, goal orientation and motivational climates of national and nonnational boxers.

	National	N	Mean rank	Sum of ranks	U	P
Self-esteem	Yes	15	29,20	438,00	177	,11
	No	33	22,36	738,00		
Ego orientation	Yes	15	28,87	433,00	182	,14
	No	33	22,52	743,00		
Task orientation	Yes	15	26,33	395,00	220	,54
	No	33	23,67	781,00		
Performance climate	Yes	15	27,70	415,50	199	,28
	No	33	23,05	760,50		
Mastery climate	Yes	15	28,80	432,00	183	,15
	No	33	22,55	744,00		

The self-esteem, goal orientation and motivational climates of national and nonnational boxers was compared by Mann Whitney U test. As seen on table-3 national boxers' ego orientation, task orientation, performance climate, mastery climate and self-esteem scores are higher than non-national boxers but these differences are not significant as statistically ($p>0.05$).

Table-4. The relationships between boxers' age and goal orientation, motivational climate.

		Ego orientation	Task orientation	Performance climate	Mastery climate	Self-esteem
Age	r	-,113	-,055	-,029	-,132	,223
	p	,444	,709	,847	,370	,127
	N	48	48	48	48	48

The relationships between boxers' age and goal orientation, motivational climate was tested by bivariate correlation. As seen on table-4 there is no significant relationship between boxers' goal orientation, motivational climate and age ($p>0.05$).

DISCUSSION AND CONCLUSION

In the research the mean of ego orientation scores 3,26, the mean of task orientation scores 3,36, the mean of performance climate scores 3,26, the mean of mastery climate scores 3,56 and the mean of self-esteem scores is 28,77. Basing on the findings given above, it may be said that the boxers are inclined to have a goal orientation characterized by task orientation, that they perceive motivational climate as mastery climate, that they have a middle level of self esteem. In their research on high-school volleyball players, Toros and Koruc (2005) have found out that the sportsmen have a goal orientation characterized by task orientation and perceived motivational climate as a mastery climate.

Again, Ariburun and Asci (2005) have found out in their research on American football players that they are inclined to be task oriented and perceived motivational climate as a mastery climate. Toros (2002) have reached similar results in his research studies on elite and non-elite male basketball players basing on the data given above.

In this research there is high, positive and significant relationship between ego orientation and task orientation, there is medium, positive and significant relationship between ego orientation and performance climate, there is medium, positive and significant relationship between ego orientation and mastery climate, there is medium, positive and significant relationship between task orientation and performance climate, there is high, positive and significant relationship between task orientation and mastery climate, there is medium, positive and significant relationship between self-esteem and ego orientation, there is medium, positive and significant relationship between self-esteem and task orientation, there is low, positive and significant relationship between self-esteem and performance climate, there is medium, positive and significant relationship between self-esteem and mastery climate. It may be said that the boxers who concentrate on their superior abilities and target success with less effort focuses at the same time on developing their skills and showing mastery in the performance of their task and working hard and it may be consequently said that the boxers may show that orientation in a performance climate that supports becoming a star and in a mastery climate that supports development of skills. Besides it may be said that orientation towards developing one's skills and showing one's mastery in the performance of his/her task shall appear in the performance climate that covers becoming a star and mastery climate that covers the development of skills. It may be concluded that the boxers who adopt themselves, have a high opinion about themselves and are self confident and have self-esteem have concentrated on developing their superior abilities and skills and are inclined to participate in physical training environments which support becoming a star and in which they can develop their skills. In their research on badminton players, Gencer and Ilhan (2009) have found out a positive and meaningful relation between ego orientation and task orientation, performance climate, mastery climate as well as a positive and meaningful relation between task orientation and mastery climate. In his research on badminton players, Gencer (2010) has found out that there exists a meaningful relation between self-esteem and mastery climate and ego orientation in badminton players. Rogers and Ommundsen (1996) have established that the task oriented volleyball players have perceived the motivational climate of sports environment rather on the basis of the mastery climate. According to a study conducted by Ames (1992), the students who perceive their motivational climates as goal orientation for mastery prefer challenging goals that are more prone to require working hard and believe in the significance of success and working hard. In their research on volleyball players, Toros and Koruç (2004) have found out a meaningful relation between task orientation /ego orientation and mastery climate. In his research on professional and amateur football players Ungur (2009) have found out that there exists a meaningful relation between ego orientation &

performance climate and task orientation&mastery climate both in amateur and professional football players.

In the study national boxers' ego orientation, task orientation, performance climate, mastery climate and self-esteem scores are higher than non-national boxers but these differences are not significant as statistically. Basing on the data given above, it may be said that boxers in the national team are, in comparison to those who are not in the national team, individuals who have a higher level of self confidence and desire to be successful and are more inclined to become a star, develop their skills and work hard. In their research on batminton players, Gencer and Ilhan (2009) have found out that national batminton players have a higher self esteem in comparison to the non-national batminton players. Treasure, Carpenter ve Power (2000) have found out that the task and ego orientation of professional rugby players are higher than amateur rugby players. In his research on the elite and non-elite male basketball players, Toros (2002) has found out that ego orientation and performance scores obtained by elite basketball players are higher than those of non-elite basketball players.

In the study there is no significant relationship between boxers' goal orientation, motivational climate and age. In her research on amateur and professional football players, Ungur (2009) could not find a meaningful relation between age and goal orientations and motivational climate. On the basis of this finding it may be said that there exists no meaningful relation between age and goal orientation / motivational climate.

As a conclusion, it may be said that the boxers are inclined to be task oriented, that they perceive the motivational climate on the basis of the mastery climate, that they have a middle level of self-esteem and that there is a meaningful relation between their goal orientation, motivational climate and self-esteem.

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