

A COMPARATIVE STUDY OF MOTIVATION AND GOAL ORIENTATION OF MALE AND FEMALE COLLEGIATE LEVEL CRICKET PLAYERS

Mishra Anshuman
Lakshmibai National University of Physical Education, Gwalior, India

ABSTRACT

The purpose of this study was to investigate and make comparison of the motivation and goal orientations of male and female students at the collegiate level. The subjects for the study belonged to LNUPE, Gwalior. The participants were 19 male and 19 female collegiate level students. (N=38). The age range of the participants was 17 to 24 years. The sport motivation scale (SMS-28) (Pelletier, Fortier, Vallerand, Briere, Tuson, Blais and 1995), and the Task and Ego Orientations Questionnaire (Duda & Whitehead, 1998) were utilized. The motivation was assessed on the factors of intrinsic and extrinsic motivation and amotivation. The goal orientation was assessed on the aspects of task orientation and ego orientation. An independent t test was applied to compare the scores and it was found that in ego orientation and amotivation there was a significant difference found between male and female cricket players, as the calculated t value (for amotivation t is equal to 2.342, ego orientation t is equal to -2.217 at 36 degree of freedom), found to be greater than the tabulated value, 2.021 at 40 degree of freedom (as the exact value for 36 df was not available the next higher df was considered). Except these two above mentioned variables, there was no significant difference found between the male and female cricket players in all other variables.

Key words: Intrinsic motivation, Extrinsic Motivation, Amotivation, Task Orientation, Ego Orientation.

INTRODUCTION:

Historically, sociologically, politically, culturally and now medically, sport and physical activity has a long history of contributing to the overall evolution and positive growth of the human species (Bloom, Grant, & Watt, 2005). More recently a very strong body of evidence has been developed to support the theory that regular physical activity contributes to the overall health of the human species throughout the lifecycle- from childhood to old age, supporting the old adage that it is “never too early nor too late” to participate in sport and physical activity (Shepherd, 1995, Levy, 1998; Galloway & Jokl, 2000; Colcombe & Krame, 2003, U.S. Department of

Health and Human Services, 2008). Furthermore, physical inactivity has serious health, economic and political implications in a world where health is at the core of a vibrant and prosperous society (Commonwealth of Australia, 2000; Conference Board of Canada, 2005). As the population of older adults in developed nations is increasing, “aging well” and successful active aging programs have become a critical area of scientific study related to geriatric health care (Graves, 2002).

The objective of this study was to compare the motivation and goal orientation of the male and female collegiate level cricketers. It was hypothesized that there will be a significant difference in the motivation and goal orientation between the male and female collegiate level cricketers.

METHODOLOGY:

Participants- A total of 38 participants (19 male and 19 female) at the LNUPE, Gwalior participated in this study. The participants were from 17 to 24 years old .19 male students were involved in the study ($M=20.57$, $S.D= 1.89$) and 19 female students ($M=20.26$, $S.D= 1.88$) Purposive sampling method was used for the study.

Instruments- The measuring instruments used for the study were the Sport Motivation Scale (SMS-28) (Pelletier et. al, 1995) and Task and Ego Orientation in Sport Questionnaire (Duda & Whitehead, 1998). SMS tested three factors of motivation namely, intrinsic motivation, extrinsic motivation and amotivation and TESQ tested task and ego orientation of an individual.

The participants were requested to choose the most appropriate response that could best describe their personal feelings based on a 7-point Likert Scales from 1 (Does not correspond at all) to 7 (Corresponds Exactly). There were 28 items in the The Sport Motivation Scale (SMS-28). The Task and Ego Orientation in the Sport Questionnaire (TEOSQ) consisted of 13 items. The responses ranked the statement from 1(strongly disagree) to 5(strongly agree). There were 7 items on task orientation and 6 items on ego orientation on the TEOSQ.

RESULTS:

The data was collected by means of data analysis and the data was tested by means of SPSS software.to test the hypothesis comparative statistics such as t test and descriptive statistics such as mean and standard deviation was used.

Table 1 Descriptive statistics of motivation and task and ego orientation of cricket players

Gender of the players		N	Mean	Std. Deviation	Std. Error Mean
Intrinsic Motivation	Male	19	19.2958	3.66386	.84055
	Female	19	20.7863	4.16908	.95645
Extrinsic Motivation	Male	19	19.2779	3.44790	.79100
	Female	19	19.2605	3.36265	.77144
Amotivation	Male	19	17.4737	3.53347	.81063
	Female	19	14.2632	4.81712	1.10512
Task orientation	Male	19	4.0268	.34530	.07922
	Female	19	3.8821	.62135	.14255
Ego Orientation	Male	19	2.9432	.62406	.14317
	Female	19	3.4795	.84992	.19499

The table no 1 depicts various descriptive statistics of cricket players in intrinsic motivation, extrinsic motivation and amotivation and task and ego orientation as well. There were 19 boys and 19 girls selected as subjects in this study. The intrinsic motivation score of male cricketers (19.29+3.66) were found to be lesser than that of their female (20.79+4.17) counterparts. So far as the mean score of the cricketers in extrinsic motivation is concerned, the scores were almost almost similar i.e. for males it was 19.27+3.45 for male and 19.26+3.36 for female counterparts. The amotivation mean scores of male cricketers (17.47+3.53) was found to be higher than the female (14.26+4.81) cricketers. The task orientation mean scores of male cricketers (4.02+0.34) were found to be somewhat similar to that of the female (3.88+0.62) cricketers. The ego orientation mean scores of female (3.47+0.84) cricketers were found to be higher than their male (2.94+0.62) cricketers. The mean scores of cricket players in different variables of motivation and task and ego orientation is represented by the figure 1.

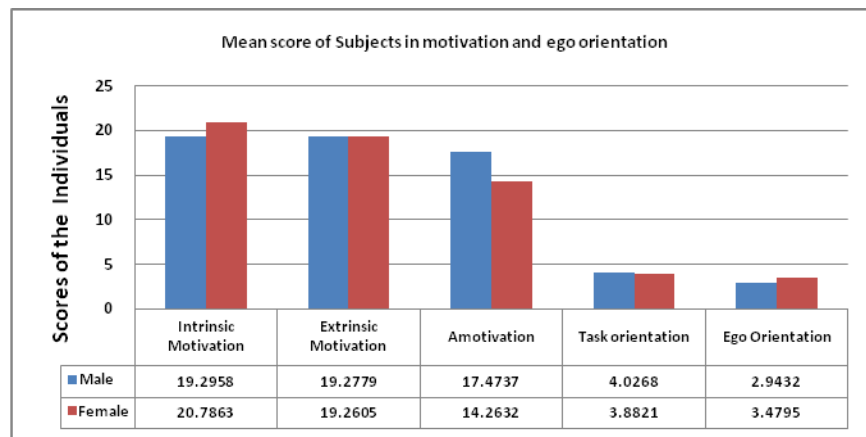


Fig 1. Mean score of motivation and task & ego orientation of both male and female cricketers

Table 2 Comparative statistics of cricket players on the variables of motivation and goal orientation

Independent Samples Test							
		Levene's Test for Equality of Variances		t-test for Equality of Means			
		F	Sig.	t	df	Sig. (2-tailed)	Mean Difference
Intrinsic Motivation	Equal variances assumed	.455	.504	-1.171	36	.249	-1.49053
	Equal variances not assumed			-1.171	35.416	.250	-1.49053
Extrinsic Motivation	Equal variances assumed	.032	.860	.016	36	.988	.01737

	Equal variances not assumed			.016	35.977	.988	.01737
Amotivation	Equal variances assumed	2.504	.122	2.342	36	.025	3.21053
	Equal variances not assumed			2.342	33.021	.025	3.21053
Task orientation	Equal variances assumed	5.380	.026	.888	36	.381	.14474
	Equal variances not assumed			.888	28.150	.382	.14474
Ego Orientation	Equal variances assumed	1.361	.251	-2.217	36	.033	-.53632
	Equal variances not assumed			-2.217	33.038	.034	-.53632

Table 2 shows the comparison between male and female cricket players on various aspects of motivation and task and ego orientation. An independent t test was applied to compare the scores and it was found that in ego orientation and amotivation there was a significant difference found between male and female cricket players, as the calculated t value value (for amotivation t is equal to 2.342, ego orientation t is equal to -2.217 at 36 degree of freedom), found to be greater than the tabulated value, 2.021 at 40 degree of freedom (as the exact value for 36 df was not available the next higher df was considered). Except these two above mentioned variables there was no significant difference found between the male and female cricket players in all other variables.

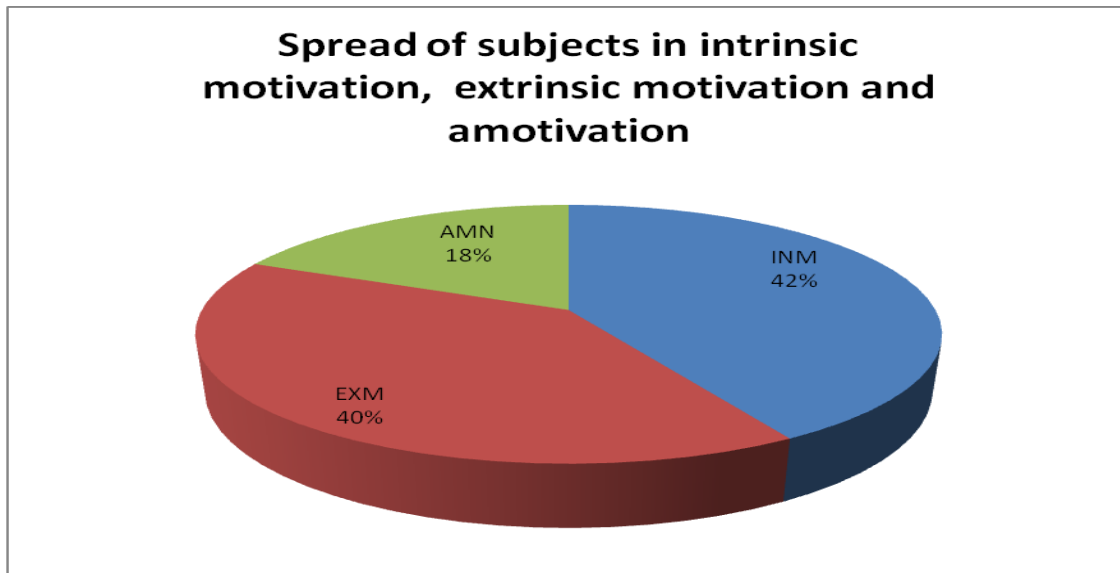


Fig 2. Spread of subjects in intrinsic motivation, extrinsic motivation and amotivation of both male and female cricketers

DISCUSSION AND CONCLUSION:

Findings regarding gender differences in achievement goal orientations have been somewhat inconsistent. One possible explanation for varied findings is that potentially confounding variables such as level of participation has not been considered. Males scored higher in task orientation than females. From an applied perspective, sport psychologists and coaches may find it beneficial to target individual sport athletes and males for interventions designed to enhance task orientation.

The purpose of the present research was to compare the motivation and goal orientation of male and female cricketers. As the results of this research shows female athletes have higher levels of intrinsic motivation as compared to male athletes. This finding is consistent with the results of Chantal et al. (2001) who compared the sport motivation of male and female elite Bulgarian athletes, both title and medal holding athletes and those who had won no medals or titles. They showed that intrinsic motivation constituted the major part of motivation in female athletes.

Females were and lower in amotivation, compared to males. These findings were in accord with those reported earlier using Greek (Tsorbatzoudis et al. 2001) and Canadian samples (Vallerand et al. 1992), suggesting that females may be more self-determined than males. Tsorbatzoudis et al. (2001) reported that males had higher values in introjection, amotivation and intrinsic motivation toward accomplishment. Vallerand et al. (1992), on the other hand, showed that females had higher values in all types of intrinsic motivation, introjection, and identification.

References

- Cox, R.H. (2007). *Sport Psychology: Concepts and Applications* (6th ed.). New York: The McGraw-Hill Companies, Inc.
- Duda, J. L. (1989). *Relationship between task and ego orientation and the perceived purpose of sport among high school athletes. Journal of Sport and Exercise Psychology*, Vol. 11, 318-335.
- Duda, J. L., & Nicholls, J. G. (1992). *Dimensions of achievement motivation in schoolwork and sport. Journal of Education Psychology*, Vol. 84(3), pg 290-299.
- Duda, J. L., & Tappe, M. K. (1988). *Predictors of personal investment in physical activity among middle-aged and older adults. Perceptual and Motor Skills*, Vol. 66, 543-549.
- Duda, J. L., & Whitehead, J. (1998). *Measurement of goal perspectives in the physical domain. In J. L. Duda (Ed.), Advances in sport and exercise psychology measurement* (pp. 21-48). Morgantown, WV: Fitness Information Technology.
- Duda, J. L., Chi, L., Newton, M. L., Walling, M. D., & Catley, D. (1995). *Task and ego orientation and intrinsic motivation in sport. International Journal of Sport Psychology*, Vol. 26, 40-63.
- Voight, M.R., Callaghan, (2000) *Relationship between goal orientations, self-confidence and multidimensional trait anxiety among Mexican-american female youth athletes, journal of sport behavior*, pg 271-288
- Cheung, S.Y., Chan, W.K., Levy, J., (2012), *Motivation and goal orientation of master games participant, Hong Kong, Journal of Sport*, Vol. 15