

A STUDY OF MOTIVATION AND GOAL ORIENTATION OF MALE AND FEMALE CRICKETERS OF RAJASTHAN

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Abstract

This study's objective was to evaluate and compare the levels of motivation and goal orientation held by male and female students attending the same level of education as one another. All of the participants in the study were members of hadoti region of Rajasthan. Participants included 20 male and 20 female students currently enrolled in colleges and universities. (N=40). The participants ranged in age from 16 to 24 years old for this study. We used the sport motivation scale (SMS-28) developed by Pelletier, Fortier, Vallerand, Briere, Tuson, and Blais (1995) as well as the Task and Ego Orientations Questionnaire developed by Duda and Whitehead (1998). The level of motivation was evaluated based on a number of characteristics, including amotivation, intrinsic motivation, and extrinsic motivation. The ego orientation and the task orientation both played a part in the evaluation of the goal orientation. The scores were compared using an independent t test, and the results showed that there was a significant difference between male and female cricket players in ego orientation and amotivation. This was determined by the fact that the calculated t value (for amotivation t is equal to 2.342, and ego orientation t is equal to -2.217 at 38 degree of freedom), found to be greater than the tabulated value, 2.021 at 40 degree of freedom (as the exact value for 38 df was not available the next higher df was considered). There was found to be no significant difference between the male and female cricket players in any other characteristics, with the exception of the two variables that were described above.

Keywords: *Intrinsic motivation, Extrinsic Motivation, Amotivation, Task Orientation, Ego Orientation*

INTRODUCTION

Sport and physical activity have a long tradition of making significant contributions to the overall development and progression of the human species, not just historically but also sociologically, politically, culturally, and, more recently, medically (Bloom, Grant, & Watt, 2005). It has only been relatively recently that a substantial body of evidence 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 - has been developed.

This lends credence to the proverb 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). In addition, lack of physical activity has significant negative effects on one's health, as well as on one's finances and one's political standing. This is particularly problematic in a global culture that places a premium on good health (Commonwealth of Australia, 2000; Conference Board of Canada, 2005). Because the number of elderly people living in developed countries is growing at a faster rate, the concept of "ageing well" and the development of effective programmes for active ageing has emerged as an important focus of research in the field of geriatric health care (Graves, 2002).

A comparison of the levels of motivation and goal orientation displayed by male and female cricket players competing at the collegiate level was the purpose of this study. It was expected that there will be a substantial difference between the levels of motivation and goal orientation displayed by male and female cricket players competing at the collegiate level.

Participants - This study included a total of 40 participants (20 male and 20 female) from the hadoti region of Rajasthan were selected. The participants were split evenly between male and female participants. Participants ranged in age from 16 to 24 years old in this study. There were a total of 39 participants in the study, including 20 male students (mean = 20.67, standard deviation = 1.67) and 20 female students (mean = 20.28, standard deviation = 1.78) The method of sampling that was adopted for the study was called purposeful sampling.

Instruments The Sport Motivation Scale (SMS-28) (Pelletier et al., 1995) and the Task and Ego Orientation in Sport Questionnaire were the instruments that were utilised for the purpose of the research as instruments for measurement (Duda & Whitehead, 1998). The Self-Esteem Questionnaire (TESQ) assessed an individual's relationship to their tasks as well as their sense of self, while the Self-Motivation Scale (SMS) evaluated their levels of intrinsic, extrinsic, and amotivation motivation.

On the basis of a Likert scale of seven points, ranging from one (does not correspond at all) to seven (completely corresponds), the participants were given the task of selecting the answer that they believed best reflected their internal state of mind (Corresponds Exactly). The Sport Motivation Scale was comprised of a total of 28 questions (SMS-28). The Task and Ego Orientation in Sport Questionnaire, sometimes known as the TEOSQ, has a total of thirteen questions. Based on the replies, the statement received a ranking of anywhere

from 1 (strongly disagree) to 5. (strongly agree). On the TEOSQ, there were 7 questions pertaining to task orientation, and 6 questions pertaining to ego orientation.

RESULTS

The data were gathered through the use of data analysis, and then the data were analysed through the use of SPSS software.

In order to verify the validity of the hypothesis, descriptive and comparative statistical methods such as the t test and the mean and standard deviation were utilised.

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

Gender of the players		N	Mean	Std. Deviation	Std. Error Mean	t-ratio
Intrinsic Motivation	Male	20	19.29	3.66	.84	1.171
	Female	20	20.78	4.16	.95	
Extrinsic Motivation	Male	20	19.27	3.44	.79	.016
	Female	20	19.26	3.36	.77	
Amotivation	Male	20	17.47	3.53	.81	2.342
	Female	20	14.26	4.81	1.10	
Task orientation	Male	20	4.02	.34	.079	.888
	Female	20	3.88	.62	.142	
Ego Orientation	Male	20	2.94	.62	.143	2.217
	Female	20	3.47	.84	.194	

The first table presents numerous descriptive statistics of cricket players about their levels of amotivation, intrinsic motivation, and extrinsic motivation, in addition to their levels of task and ego orientation. The participants in this study consisted of 20 males and 20 females in equal numbers. It was discovered that the intrinsic motivation score of male cricketers (19.29+3.66) was lower than that of their female counterparts (20.79+4.17). The mean score of the cricket players on the extrinsic motivation test was practically identical for both genders, coming in at 19.27+3.45 for males and 19.26+3.36 for their female counterparts. This indicates that extrinsic incentive does not play a significant role in the

game. It was discovered that male cricketers had significantly higher levels of amotivation (mean score of $17.47+3.53$) compared to female cricketers (mean score of $14.26+4.81$). The task orientation means scores of male cricketers ($4.02+0.34$) were discovered to be substantially comparable to those of female cricketers ($3.88+0.62$) It was discovered that female cricketers had higher ego orientation mean scores ($3.47+0.84$) than their male counterparts ($2.94+0.62$) The mean scores of cricket players across several dimensions of motivation, task orientation, and ego orientation are depicted in figure 1, which may be seen here.

Further, the table 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 (for amotivation t is equal to 2.342, ego orientation is equal to -2.217 at 38 degree of freedom), found to be greater than the tabulated value, 2.021 at 38 degree of freedom (as the exact value for 38df 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.

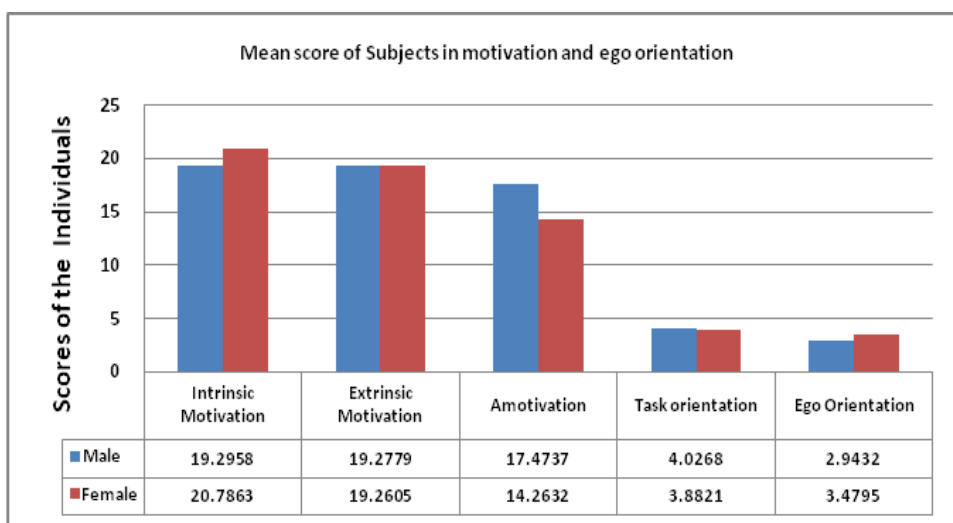


Fig1. Mean score of motivation and task & ego orientation of both male and female cricketers

THE DISCUSSION AND CONCLUSION

The findings concerning gender variations in achievement goal orientations have been rather conflicting. The fact that potentially confounding variables, such as the level of engagement, were not taken into consideration is one of the probable explanations for the diverse findings. When it came to task orientation, guys scored higher than females. From a practical point of

view, sport psychologists and coaches may find it advantageous to direct therapies meant to improve task orientation toward male individual sport players.

The current study aimed to examine the differences and similarities between the motivational and aspirational approaches taken by male and female cricket players. According to the findings of this study, female athletes exhibit higher levels of intrinsic drive than male athletes do. This is in contrast to the situation with male athletes. This finding is in line with the findings of Chantal et al. (2001), who compared the sport motivation of male and female elite Bulgarian athletes, including those who held titles and medals as well as those who had not won any titles or medals in their sport. They demonstrated that the majority of an athlete's motivation comes from within, and that this is especially true for female athletes.

In comparison to males, females had much lower levels of amotivation and apathy. These findings were consistent with other findings published using samples from Greece (Tsorbatzoudis et al. 2001) and Canada (Vallerand et al. 1992), which suggested that females may be more self-determined than males. Males were shown to have higher levels of introjection, amotivation, and intrinsic motivation toward accomplishment, according to research by Tsorbatzoudis et al. (2001). On the other hand, Vallerand and colleagues (1992) found that females had higher values across the board for all aspects of intrinsic motivation, including introjection and identification.

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