

ASSESSMENT OF SPORTS ORIENTATION OF INTER-UNIVERSITY LEVEL FEMALE KHO-KHO PLAYERS BELONG TO DIFFERENT UNIVERSITIES OF EAST-ZONE REGION

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ABSTRACT

The purpose of the study was to analyse and determine the sports orientation in inter-university level female Kho-Kho players belong to different universities of East-zone region. For this purpose, One hundred and fifteen Inter-university level female Kho-Kho players amongst the players representing their respective university in East Zone Inter-university Female Kho-Kho Tournament, 2011-2012 at Bilaspur (CG) were selected as the subject for this study. The Sport Orientation Questionnaire prepared and developed by Daniel L. Gill and Thomas E. Deeter (1986) was administered upon all the selected subjects. To assess the sport orientation in East-zone Inter-university level female Kho-kho players, the mean, standard deviation, t- ratio, f-ratio and Pearson moment coefficient correlation were computed by using SPSS 16 Version. The results of the study revealed that competitiveness was found in greater amount among East-zone Inter-university level female Kho-Kho players of different universities. They had also significant correlation between competitiveness and win orientation followed by goal orientation. The high and low achiever inter-university level female Kho-Kho players were found dissimilar in competitiveness and win orientation and similar in goal orientation. Sport orientation among high achiever inter-university level female Kho-Kho players was higher than their counter parts.

Keywords: Competitiveness, Sport orientation, Interuniversity level Players

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INTRODUCTION

Individual differences is one of the corner stones of both psychology and sport psychology. Sport psychologist attempt to understand the role of individual differences in sport and exercise behavior in our research and applied sport psychologists recognize the importance of individualizing approaches to match individual needs and capabilities. Such individual differences are nowhere more apparent than in reactions to competition.

Such individual differences in sport orientation are of interest in themselves, as sport psychologists seek to understand behavior in competitive and noncompetitive sport settings. Individual differences are also of practical concern. Coaches, teachers, and sport psychologists who understand individual differences can individualize instruction and can develop strategies and approaches to accommodate and even take advantage of individual differences. Participants themselves who understand individual variations can adapt and develop strategies and approaches that match their individual needs and capabilities (Gill, 1993).

Individual differences in competitiveness, which can be defined simply as achievement orientation toward competitive sport, or a sport specific form of achievement orientation. Martens (1976) more explicitly states: Competitiveness is defined as a disposition to strive for satisfaction when making comparisons with some standard of excellence in presence of evaluative others in sport.

The competitiveness subscale, which is the major component of the SOQ, represent competitiveness as defined in the earlier section. That is, competitiveness is a sport specific achievement orientation, or the tendency to strive for success and satisfaction in sport competition. This competitiveness subscale follows Martens's competition model (1977) and Scanlan's (1977) early competitiveness work, and should be useful for investigating competitiveness as defined by them.

The win and goal sub-scales relate more closely to research on competition as rivalry, and the traditional research on competitive, co-operative, and independent goal structures. Vealey's COI (1986), which assesses the relative importance of performance and outcome goals in competitive sport, reflects similar constructs, although performance and outcome are at opposite ends of a bipolar dimension for Vealey and independent orientation on the SOQ. These win and goal orientations, or the performance-outcome dimension, parallel some of the most prominent achievement research within psychology and education. In particular, the work of Nicholls (1984), as well as the efforts of Spence and Helmreich (1983), discussed earlier, has had an impact on sport achievement research. Duda (1987) and Nicholls (1984) distinction between task-involved and ego-involved goal orientation as the basis for sport achievement. Vealey (1986) recently followed that approach in developing a competitive orientation inventory which assess the degree to which an individual is oriented toward performing well in varied competitive situations

Most sport and exercise activities involve achievement of some sort, and competitive setting dominate. Moreover, given the achievement literature; the observations of those in sport and exercise setting; seemed quite probable that individuals' sport achievement orientations did not simply reflect general achievement orientations. So, the purpose of the study was to analyse and determine the sports orientation in inter-university level female Kho-Kho players belong to different universities of East-zone region.

METHODOLOGY

Selection of Subjects:

One hundred and fifteen Inter-university level female Kho-Kho players , who volunteered to be the subject, were selected from amongst the players representing their respective university in East Zone Inter-university Female Kho-Kho Tournament held at Guru Ghasidas Central University, Bilaspur (CG) from 11th to 14th October, 2011 as the subject of the study. Mean and SD of the age of the subjects were 19.70 ± 1.65 respectively. and ranged between 16 to 24 years.

Instrumentation:

In order to ensure proper response from the subjects, the scholar had a meeting with the subjects and explained the purpose of the study. The questionnaire was administered at the site of competition, when they were not busy as well room allotted to the respective teams.

To determine the need of sport orientation in competitive performance, the Sport Orientation Questionnaire prepared and developed by Daniel L. Gill and Thomas E. Deeter (1986). Sport Orientation Questionnaire yields three scores : Competitiveness, Win orientation and Goal Orientation. Each item is scored from 1 to 5 (A=5, B=4, C=3, D=2, E=1). To obtain the three scores total the response as follows: Competitiveness – total items 1,3,5,7,9,11,13,15,17,19,21,23,25 (13 items), Win orientation- total items 2, 6, 10, 14, 18, & 22 (6 items) and Goal orientation- total items 4, 8, 12, 16, 20, & 24 (6 items). The test-retest reliability for three subscales were .89 for competitiveness, .82 for win orientation and .73 for goal orientation.

RESULTS AND DISCUSSION

To assess the sport orientation in East-zone Inter-university level female Kho-kho players, the mean, standard deviation, t- ratio, f-ratio and Pearson moment coefficient correlation were computed by using SPSS 16 Version and data pertaining to this has been presented in Table 1 to 6.

TABLE 1
MEAN AND STANDARD DEVIATION OF THREE SUB-SCALES OF SPORT
ORIENTATION OF INTER-UNIVERSITY LEVEL
FEMALE KHO-KHO PLAYERS

S.NO.	Sub-scales	Mean	Standard deviation
1.	Competitiveness	58.90	6.07
2.	Win orientation	25.66	3.54
3.	Goal orientation	27.03	2.99

The mean scores of three sub-scales of sport orientation of East zone Inter-university level female Kho-Kho players have been depicted in figures 1.

TABELE 2
ANALYSIS OF VARIANCE FOR SU-SCALES OF SPORT ORIENTATION OF
INTER-UNIVERSITY LEVEL FEMALE KHO-KHO PLAYERS

Source of Variance	df	Sum of Squares	Mean Square	F-Value
Between Groups	2	73305.22	36652.612	2831.30*
Within Groups	342	4427.29	12.95	

*Significant at .05 level., $F_{.05}(2, 342) = 3.03$.

From Table 2, It is evident that the statistically significant difference existed among inter-university level female Kho-Kho players on sport orientation, as the obtained F-value of 2831.30 was much higher than the required $F_{.05}(2, 342) = 3.03$.

As the F-ratio was found to be significant, Scheffe's Test of Post-hoc comparison was applied to study the significance of differences among Inter-university level women Volleyball players on five dimensions of leader behaviour of preferred leadership and the data pertaining to this have been presented in Table 3.

TABELE 3
SINGNIFICANCE OF DIFFERENCES AMONG INTER-UNIVERSITY LEVEL
FEMAL KHO-KHO PLAYERS BETWEEN ORDERED PAIRED
MEANS ON SUB-SCALES OF SPORT ORIENTATION

Competitiveness	Win orientation	Goal orientation	Paired mean difference	Confidence Interval
55.98	24.76	-	31.21*	1.17
55.98	-	25.37	30.61*	
-	24.76	25.37	0.61	

*Significant at .05 level.

It is quite obvious from the table 3, that there were significant differences on sport orientation among Inter-university level female Kho-Kho players between competitiveness – win orientation followed by goal orientation, as the paired mean differences of 31.21 and 30.61 respectively were much higher than the confidence interval (C.I.) of . But the mean differences between win orientation – goal orientation was not significant at 0.05 level, as the confidence interval of 0.443 was less than the mean differences of 0.61.

TABELE 4
MEAN AND STANDARD DEVIATION OF THREE SUB-SCALES OF SPORT
ORIENTATION OF HIGH AND LOW ACHIEVER FEMALE KHO-KHO
PLAYERS OF INTER-UNIVERSITY LEVEL

S.N0.	Sports orientation	High achiever (N=46)		Low achiever (N=69)	
		M	SD	M	SD
1.	Competitiveness	57.13	3.30	54.26	6.28
2.	Win orientation	25.26	2.77	24.02	2.51
3.	Goal orientation	25.41	2.49	25.30	3.03

The mean scores of three sub-scales of sport orientation of high and low achiever East-zone Inter-university level female Kho-Kho players have been depicted in figures 2 to 4.

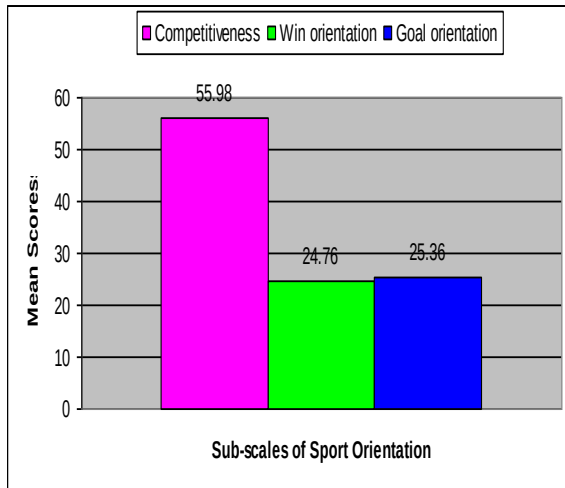


Fig. 1: Mean Scores of Three subscales of Sport Orientation of Interuniversity Level Female Kho-Kho Players

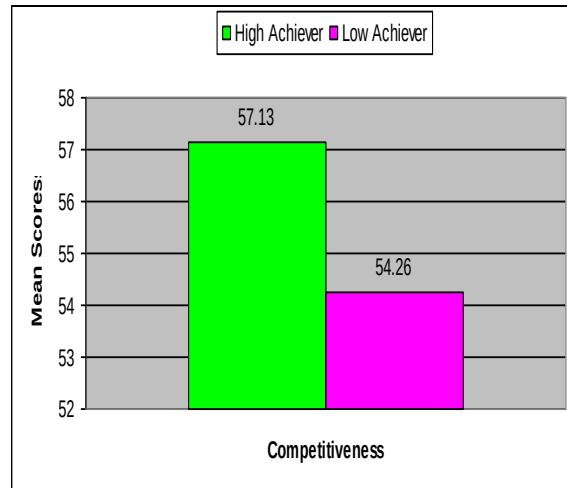


Fig.2: Mean Scores of Competitiveness of High and Low Achiever Interuniversity Level Female Kho- Kho Players

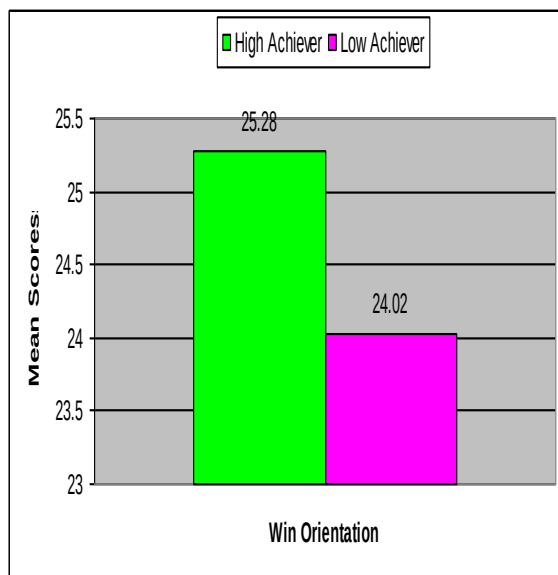


Fig. 3: Mean Scores of Win Orientation of High and Low Achiever Interuniversity Level Female Kho-Kho Players

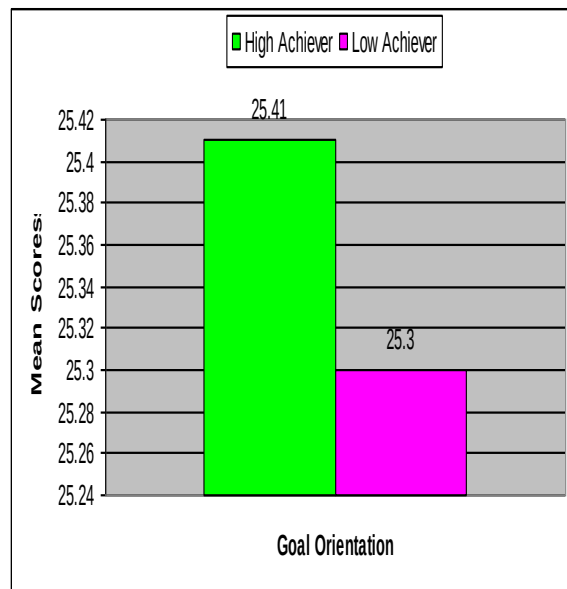


Fig.4: Mean Scores of Goal Orientation of High and Low Achiever Interuniversity Level Female Kho- Kho Players

TABELE 5
SIGNIFICANCE OF DIFFERENCES BETWEEN MEAN SCORES OF INTER-UNIVERSITY LEVEL HIGH AND LOW ACHIEVER FEMALE KHO-KHO PLAYERS ON THREE SUB-SCALES OF SPORT ORIENTATION

Sub-scales	Achievement levels	Mean	MD	σ DM	t-ratio
Competitiveness	High achiever	57.13	2.87	0.89	3.19*
	Low achieve	54.26			
Win orientation	High achiever	25.26	1.24	0.51	2.44*
	Low achiever	24.02			
Goal orientation	High achiever	25.41	0.11	1.17	0.19
	Low achiever	25.30			

*Significant at .05 level, $t_{.05}(113) = 1.98$

It is evident from table 5, that there were statistically significant differences between the high and low achiever inter-university level female Kho-Kho players in competitiveness and win orientation sub-scales of sport orientation, as the obtained t-values of 3.19 and 2.44 respectively were higher than the required t-value of $t_{.05}(113) = 1.98$. But the insignificant difference existed between high and low achiever inter-university level female Kho-Kho players in their goal orientation sub-scale of sport orientation, as the obtained t-value of 0.19 was less than the required t-value to be significant

TABLE6
INTER - RELATIONSHIP AMONG SUB-SCALES OF SPORT ORIENTATION IN EAST-ZONE INTER-UNIVERSITY LEVEL KHO-KHO PLAYERS

Sub-scales	Correlations
Competitiveness V/S Win orientation	.238*
Competitiveness V/S Goal orientation	.279*

*Significant at .05 level, $r_{.05}(228) = .138$

It is clear evident from Table 4 that the significant correlation existed between competitiveness and win orientation followed by goal orientation in east-zone inter-university level female Kho-Kho players, as the obtained Pearson's Product Moment Correlation Coefficients r of .238 and .279 respectively were higher than the required $r_{.05}(228) = .138$.

DISCUSSION

Analysis of descriptive data on three sub-scales of sport orientation indicate that Inter-university level female Kho-Kho players were found to have more sport specific achievement orientation, moderately goal orientation and low win orientation as exhibited by the different universities Kho-Kho players of East-zone region.

Results of ANOVA on three sub-scales of sport orientation indicated the significant differences among inter-university level Kho-Kho players of different universities of East-

zone region. It shows that the female Kho-Kho players are competitive, but more goal oriented and less win oriented. Such differences in competitive behaviour reflect personality or individual differences in achievement motivation and more specifically, competitiveness. Female Kho-Kho players as a group show these orientations, there are wide variation among teams, especially in the relative emphasis on individual performance and win / loss outcomes. This was partially supported by Gill and Martens (1987), as they indicated in their investigation that athletes score higher on sport specific achievement orientation (Competitiveness) and the were not high on win orientation.

The Scheffe's Test of Post-hoc comparison also indicated the significant differences on sport orientation among Inter-university level female Kho-Kho players between competitiveness and win orientation followed by goal orientation and insignificant difference between win orientation and goal orientation. Which may be due influence of competitiveness on specific achievement behaviour within sport, exercise setting and situational factors.

When the high and low achiever inter-university level female Kho-Kho players were compared together on three sub-scales of sport orientation, they had significant differences in competitiveness and win orientation. Which may be due competitive behaviour and anxiety, group support, choice to enter competition sport situation and specific achievement behaviour. It showed that the low achiever Kho-Kho players were found to have more competitiveness, win and goal orientation than high achiever inter-university level female Kho-Kho players of different universities of East-zone region. But the high and low achiever female players had similarity in goal orientation. This was partially supported by Gill and Deeter, (1986).

The competitiveness of the East-zone inter-university level female Kho-Kho players had significant correlation with win and goal orientation sub-scales of sport orientation. This was also supported by Gill, (1993)

CONCLUSIONS

1. Dissimilarity was found among Inter-university level female Kho-Kho players of different universities of East-zone region in their sport orientation.
2. Sport specific form of achievement orientation (Competitiveness) was found in greater amount than other two sub-scales of sport orientation i.e. win and goal orientation among east-zone Inter-university level female Kho-Kho players.
3. Statistically significant correlation exhibited by east-zone Inter-university level female Kho-Kho players between competitiveness and win orientation followed by goal orientation sub-scale of sport orientation.
4. Significant differences were found between the high and low achiever inter-university level female Kho-Kho players in competitiveness and win orientation sub-scales of sport orientation, but similarity was seen in goal orientation between high and low achiever female Kho-Kho players.
5. Sport orientation among high achiever inter-university level female Kho-Kho players was higher in comparison of low achiever female Kho-Kho players of inter-university level.

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