

The Comparison of Sport Orientation between Athletes and Non-athletes

Dr. Lohote P. K.

Director of Physical Education and Sports, Mahatma Phule Mahavidyalaya, Pimpri, Pune
Mail id: pklohote@gmail.com

ABSTRACT

The object of this study was to examine the competitiveness, win orientation, and goal orientation and the comparison of sports orientation between Athletics and Non-athletes.

For this research, players from Pune Municipal Corporation and Pimpri Chinchwad Municipal Corporation area have been selected as population. A total of 168 players have been selected as sampling. In it, 84 athletes and 84 non-athletes have been selected. The players of Pune Athletics Club and M.H. Sports Club in the age group of 16 to 22 years in the Pune Municipal Corporation area who have participated at the District, State, and National level have been selected as athletes. Also, students studying at Mahatma Phule College in the Pimpri-Chinchwad Municipal Corporation area have been selected as non-athletes.

The sport orientation questionnaire (SOQ) developed by Gill and Dzewaltowski Deeter (1988) was used to investigate the Competitiveness, Win orientation, and Goal orientation of the subject. For this present study, the investigator used descriptive statistics and an Independent Sample t-test to analyse the data. After the analysed we found that the non-athletes competitiveness scores higher compare to athletes ($p < .005$). The athlete is more win and goal-oriented. There was a significant difference in mean Competitiveness, Goal Orientation between athletes and non-athletes. There was no significant difference in mean Goal Orientation between athlete and non-athletes ($P > 0/05$).

Key words : Competitiveness, Win orientation, Goal orientation, Athletes, Non-athletes.

INTRODUCTION

Success and achievement orientation is the orientation of a person towards domination and competitiveness so that they can move into a better position. Achievement in sports competitions (sport orientation) depends upon goal orientation which is in turn dependent on the task or ego orientation. (Sheikh, M., J. Afshari and H. Sheikh, 2011).

In light of the value of sport-specific constructs and the appropriateness of a multidimensional achievement orientation measure, Gill and Deeter (Gill, D.L. and T.E. Deeter, 1988) developed the Sport Orientation Questionnaire (SOQ). They reported that a series of exploratory and confirmatory factor analyses revealed a consistent, logical three-factor structure across three separate samples Alpha reliability coefficients and test-



retest correlations indicated that the three subscales of competitiveness, win orientation and goal orientation were internally consistent and stable over time (Manouchehri J. and F. Tojari, 2013). The Sport Orientation Questionnaire has been used widely in various studies since 1988. For instance, the reliability and the validity of SOQ were tested in the various studies by Sheikh et al. in which they all reported a good fit model on the scale and it can be realized that the SOQ in various communities has been worked properly for measuring athletic tendencies. Manouchehri and Tojari and Manouchehri et al. also found that athletes in the diverse levels of competing in sports are not the same in winning orientation. They realized that athletes competing at the world and The Olympic level is more winning-oriented. Sport orientation is a significant Questionnaire that measures individual differences in sport achievement orientation (Gill and Dzewaltowski, 1988; Bowker et al., 2003). It is important to consider the definition of "fit" physical activity types and sport orientation (Kokaridas et al., 2009). One study has noted that the fit between athleticism and sport orientation are important (Findlay and Bowker, 2009). Gill and Deeter's Sport Orientation Questionnaire (SOQ) (1988) measures the different processes that people use to judge competence and evaluate success within a sports context. They eminent between win, goal, and competitive sport orientations. Win and goal orientations reflect individuals' choices and responses during exercise, sports activities and competition. Athletes who have the win orientation desire to win and avoid losing in sport, they evaluate success is compared with the others. Those with a goal orientation focus on achieving personal goals in sport and evaluate success in comparison with them. Individuals holding either a win or a goal orientation are interested in performing well; however, these two orientations indicate different bases for evaluating one's performance. In contrast to win and goal orientations, competitive orientation strongly influences on one's selection to participate in competitive sports. Individuals who are strongly oriented toward competition are motivated to join and seek achievement in competitive sport. The SOQ discriminates competitiveness, which is a component of any sports activity, from win and goal orientations. It, therefore, permits a more nuanced investigation into sport orientations for individuals involved in a range of sport activities from competitive to non-competitive (Elizabet, 2005). Researchers found that athletes with higher scores than athletes with lower scores in competitiveness have lower levels of competitive anxiety (Gones, & Swain, 1992; Kang, 1990)

The Sport Orientation Questionnaire (SOQ) was developed as a multidimensional, sport-specific measure of individual differences in sport achievement orientation. Exploratory and confirmatory factor analyses revealed a stable, three-factor structure across three separate samples of university and high school students. The three separate but related subscales of competitiveness, win, and goal orientation demonstrate high internal consistency and stability over time. The SOQ competitiveness score differentiates students in competitive activities from those in non-competitive activities, providing evidence for construct validity. The overall factor stability, reliability and validity evidence suggests that the SOQ can be a valuable measure for the investigation of competitiveness and achievement behaviour in sport. Competitiveness orientation is defined as a desire to enter and strive for success in sports competition (Martens, 1976; Vandewalle, 1997; Gill and Deeter, 1988; Kohn, 1992; Shields and Bredemeier, 2011). The concept of goal orientation, meanwhile, defines one's disposition toward developing or validating one's ability in achievement settings (Roberts and Ommundsen, 1996; Vandewalle, 1997; White et al., 1998). Individual goals serve as organizing principles, influencing the meaning of activities and how individuals respond to success (White and Zellner, 1996). In competitive sports situations, competitiveness orientation is influenced by individual differences and situational factors (Gill and Deeter, 1988; Martin and Gill, 1991). Meanwhile, the dimensions of goal orientation are constructed by recognizing the value of sports, goal-setting, working hard to win, and vibrancy in the activity. Compared to competitiveness orientation, goal orientation seems to be less affected by specific sport situations (Gill and Deeter, 1988). However, the SOQ-CA shows that competitiveness and goal orientations are highly correlated,

