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Investigation of task and ego orientations and sports engagement levels in amateur basketball players

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Abstract

Aim: in this study, it was aimed to examine the task and ego orientations and the level of commitment to sports of amateur basketball players playing basketball in Hatay province and district centers. **Method:** the universe of the research consists of a total of 1521 amateur basketball players, 983 men and 538 women; the sample consisted of 317 amateur basketball players selected by random sampling method from this universe. The data were statistically analyzed using the IBM SPSS Statistics 23 package program. **Results:** it has been revealed that female basketball players are more task-oriented and committed to the sport they are doing compared to men. It has been determined that as the ages of the athletes get older, their goal orientation and their commitment to sports increase. As a result of the Pearson Correlation Analysis, it was determined that there is a positive relationship between task and ego orientation (goal orientation) and sports engagement. **Conclusion:** it can be said that as the level of goal orientation increases, the level of sports engagement also increases. As a result of the study, it has been revealed that female basketball players are more task-oriented and committed to the sport they are doing compared to men. This situation can be interpreted as the fact that they received more intense family education about responsibility compared to men in the society they live in and this is reflected in their work. In order to increase men's task orientation and their commitment to sports, it can be suggested to meet with their families and to give more responsibility in training and matches.

Keywords: Basketball, Amateur sport, Task and ego orientation, Sports engagement.

Introduction

Considered as the first link of a chain, the task and ego orientations of the youth basketball players and their level of commitment to sports and basketball are of great importance for raising the desired top level athletes. Because, from being an amateur to the end of their professional sports life, the task and ego orientation of basketball players on the field and their commitment to sports in general and basketball in particular play a major role in both their individual success and their success as a team.

Targets, which are the planned location or place to be reached; It is known that the role of a person in sustaining his life, in his progress, in shaping his life according to himself and in achieving development is very important (Buss, 2008). In the natural flow of life, a person sets various goals for himself and strives to achieve them, this is also the case in sports. In both normal life and sportive life, the goals can sometimes be reached, and sometimes not. A person needs motivation resources in the way that will enable him to reach the goal or goals that he has set himself throughout his life. It is very important that the determined goals are reasonable and achievable in order for the person to keep himself on the path he has set and to progress.

The feeling of success or failure is related to the athlete's goal orientation (Weinberg & Gould, 2003). As a result of the studies conducted on the achievement goal theory, it has been determined that there are two independent achievement goals and these are named as task-oriented goals and ego-oriented goals (Nicholls et al., 1989, 1990). These two goal orientations are related to individuals' assessment of their skill levels. While the task-oriented individual concentrates on learning new skills, developing skills, working hard and demonstrating mastery at the task; An individual with a predominantly ego orientation concentrates on demonstrating his high level of talent and wants to beat his opponent with less effort (Duda, 1993; Tiryaki, 2000).

When an individual is young, it develops based on talent and performance, and on experience from childhood to later years (Cox, 1995). In advancing ages, talent begins to be shaped according to the performance of others. This situation is called social comparison (Toros & Yetim, 2000). It is in question that an individual comes to an idea by comparing his own success with others. Nicholls et al. (1989) defined this achievement judgment as goal orientation.

According to goal orientation theory, individuals try to show their abilities. This is where personal differences come in, and the way talent is manifested varies from person to person. Duda (1989) adapted Nicholls' general theory of goal orientation to sports. Duda and White (1992) suggest that the goal structure, which they call the task and ego-oriented goals that can be found in athletes, can be evaluated in relation to each other. In connection with task and ego, success dimensions are separate but interconnected areas within the framework of goal orientation (Toros, 2004).

The movements associated with being task-oriented are those such as making optimum effort, being determined, and wanting to master the skill (Lavallee et al., 2004). In 2002, Lemyre et al.

found that athletes with task orientation are more interested in skill learning and technical development. The aim of the athletes with ego orientation is to compare their individual performances with the performances of other athletes and to beat them by outperforming them (Yeltepe, 2007). In accordance with Festinger's (1954) social comparison assumption, individuals are motivated to evaluate themselves and evaluate themselves by comparing themselves with others when objective criteria cannot be met and are not affected by subjective decisions. Engagement vigor is defined as a positive state embodied by absorption and dedication (Schaufeli et al., 2002). Vigor in the concept of engagement represents being able to perform at a high level and trying to do the best possible even in the face of difficult conditions. Dedication represents a person's full focus on the work he performs, feeling inspired and enthusiastic, a kind of challenge, honoring the sport he is engaged in and making sense of it. Absorption is means focusing on work, adopting the sport and concentrating completely on the sport (Guillén & Martínez-Alvarado, 2014). The commitment of the athletes in the sportive environment is athletes' self-confidence, their efforts, as well as their movements on the field, are defined as taking part in sports completely and experiencing a completely positive mental state (Lonsdale et al., 2007).

It is seen that the concept of commitment to sports emerged from the theory of social change put forward by Thibaut and Kelley (1959). In the studies conducted to reveal the structure of commitment to sports, it is suggested that the enjoyment of sports, participation opportunities, personal investments, social restrictions, dedication, vigor and social support affect the commitment of the athlete (Casper & Andrew, 2008; Scanlan et al., 1993). It is seen that the studies on commitment to sports have similarities in the conceptual framework and being connected to sports is defined with qualities such as enthusiasm, belief, vigor, and dedication (Álvarez et al., 2009; Hodge et al., 2009; Kelecek et al., 2017; Lonsdale et al., 2007a,b).

The main purpose of the study is to reveal the relationship between the task and ego orientations of amateur basketball players playing basketball in Hatay province and district centers and their level of commitment to sports and to develop suggestions based on the data obtained. In addition, the task and ego orientations of amateur basketball players according to gender and age categories and their level of commitment to sports were examined.

Method

1. Research Ethics

Ethics Committee Permission for our research was granted with the Ethics Committee Decision dated 07.08.2020 and numbered 01 of Hatay Mustafa Kemal University Social and Human Sciences Scientific Research and Publication Ethics Committee. In this direction, scientific ethics, principles and rules were followed in our research. Our research was produced from the Master's Thesis and presented as an oral presentation at the 2nd International Congress of Multidisciplinary Approach to Sports and Social Sciences.

2. Research Model

This research is a descriptive and quantitative study in which the survey model (Karasar, 2012; Kuzu, 2013), which is a research approach aiming to describe a current or past situation as it is.

3. Research group

The population of the research consists of 1521 basketball players in the age group of U12 (11-12), U14 (13-14), U16 (15-16), U18 (17-18) who played in local amateur basketball leagues in Hatay in the 2020-2021 season and were selected by random sampling method. According to Ural and Kılıç (2011) the sample group of 317 people represents the universe consisting of 1521 people.

4. Data collection

A questionnaire consisting of three parts and 30 questions was used as a data collection tool. In the first part, there is a Personal Information Form, which includes 2 questions to determine the personal characteristics of the participants. In the second part, there are SGEYÖ (Toros, 2004) which contains 13 questions to find the task and ego orientation in sports. In the third part, there is the SBÖ (Sırgancı et al., 2019), which contains 15 questions to determine the participants' level of engagement to sports. The Personal Information Form contains information about the gender and age groups of the individuals participating in the study.

The task and ego orientation scale in sports, also known as the goal orientation scale, was developed by Duda (1989, 1992) as the Task and Ego Orientation in Sport Questionnaire (TEOSQ) and adapted into Turkish as the "Duty and Ego Orientation Scale in Sports" (SGEYÖ). The validity and reliability studies show that the scale can be used in studies conducted in Turkey (Toros, 2004). The alpha coefficients of the task and ego orientation scale and the sub-dimensions of task orientation and ego orientation were found to be highly reliable in the range of $0.80 \leq \alpha < 1.00$.

The Sports Engagement Scale was developed by Guillén and Martínez-Alvarado (2014) by adapting the “Utrecht Work Engagement Scale” to the sports environment in order to determine the commitment of the athletes to the sports branch in which they actively perform and how they feel. The validity and reliability studies have revealed that the Turkish version of the scale is valid and reliable (Kayhan et al., 2020; Sırgancı et al., 2019). The alpha coefficients of the scale of commitment to sports and the sub-dimension of fitness were highly reliable in the range of $0.80 \leq \alpha < 1.00$; alpha coefficients related to dedication and internalization sub-dimension were found to be quite reliable in the range of $0.60 \leq \alpha < 0.80$.

5. Analysis of Data

Before making statistical analyzes on the scales, firstly, the data were subjected to normality test in order to decide which analyzes would be applied to them. The data were statistically analyzed using the IBM SPSS Statistics 23 package program. Significance was sought at the $p<0,05$ level at the 95% confidence interval.

Table 1. Normality test results.

	Skewness	Kurtosis
Task Orientation	-1,047	1,130
Ego Orientation	-0,192	-0,513
Task and Ego Orientation in Sport Questionnaire	-0,650	0,598
Vigor	-0,650	-0,903
Dedication	-0,960	0,877
Absorption	-0,776	1,039
Sport Engagement Scale	-0,608	0,340

According to Tabachnick and Fidell (2013), skewness and kurtosis values have a normal distribution between -1.5 and 1.5. According to the results obtained, the data show a normal distribution (see Table 1).

Results

The findings obtained as a result of the analyzes are included in this section.

Table 2. Descriptive statistics for participants.

Variables		N	%
Gender	Male	212	66,9
	Female	105	33,1
Age Category	U12 (11-12)	58	18,3
	U14 (13-14)	91	28,7
	U16 (15-16)	113	35,6
	U18 (17-18)	55	17,4

66.9% of the participants were male and 33.1%, female; 35.6% are in 15-16 age range, 28.7% in 13-14 age range, 18.3% in 11-12 age range, 17.4% in 17-18 age range.

Table 3. Comparison of duty and ego orientations of amateur basketball players by gender (independent sample t-test analysis results).

Sub Dimension	Gender	N	x̄	SD	t	p
Task Orientation	Male	212	3,869	0,853	-2,933	0,001**
	Female	105	4,168	0,720		
Ego Orientation	Male	212	3,218	0,932	-3,264	0,083
	Female	105	3,407	0,901		
The Task And Ego Orientation	Male	212	3,569	0,776	-1,740	0,004**
	Female	105	3,817	0,673		

**p<0,01

While the mean score of task orientation for women was 4.168±0.720, it was determined as 3.869±0.853 for men. As a result of the analysis, a statistically significant difference was found according to gender in terms of task orientation (p<0,01). In Task and Ego Orientation, the mean score for women was 3.817±0.673, while it was 3.569±0.776 for men. As a result of the analysis, a statistically significant difference was found according to gender in terms of task and ego orientation (p<0,01).

Table 4. Comparison of the sports commitment levels of amateur basketball players by gender (independent sample t-test analysis results).

Sub Dimension	Gender	N	x̄	SD	t	p
Vigor	Male	212	4,016	0,765	-1,942	0,053
	Female	105	4,016	0,765		
Dedication	Male	212	4,206	0,708	-1,988	0,048*
	Female	105	4,354	0,575		
Absorption	Male	212	4,001	0,729	-1,985	0,048*
	Female	105	4,160	0,634		
Sport Engagement	Male	212	4,074	0,644	-2,229	0,027*
	Female	105	4,230	0,553		

*p<0,05

When the Independent Sample T-Test results in Table 4 are examined, it is seen that there is a significant difference in the levels of dedication, internalization and sports commitment of male and female amateur basketball players (p<0,05). When the results were examined, it was seen that female basketball players had higher values.

Table 5. Comparison of duty and ego orientations of amateur basketball players by age category (one way anova test analysis results).

Sub Dimension		Age	N	x̄	SD	F	p
Task Orientation	1	U12	58	3,987	0,858	1,095	0,351
	2	U14	91	3,854	0,857		
	3	U16	113	3,987	0,807		
	4	U18	55	4,101	0,753		
Ego Orientation	1	U12	58	3,296	0,973	0,661	0,577
	2	U14	91	3,272	0,981		
	3	U16	113	3,210	0,885		
	4	U18	55	3,424	0,863		
The Task And Ego Orientation	1	U12	58	3,668	0,766	0,885	0,449
	2	U14	91	3,585	0,820		
	3	U16	113	3,629	0,725		
	4	U18	55	3,788	0,669		

When the One Way Anova Test analysis results in Table 5 are examined, there is no statistically significant difference between age categories in terms of task orientation, ego orientation, and task and ego orientation sub-dimensions (p>0,05).

Table 6. Comparison of amateur basketball players' sports commitment levels by age category (one way anova test analysis results).

Sub Dimension		Yaş	N	x̄	SD	F	p	LSD
Vigor	1	U12 (11-12)	58	4,003	0,737	1,282	0,281	
	2	U14 (13-14)	91	3,973	0,799			
	3	U16 (15-16)	113	4,132	0,698			
	4	U18 (17-18)	55	4,167	0,682			
Dedication	1	U12 (11-12)	58	4,134	0,626	2,675	0,047*	1<4
	2	U14 (13-14)	91	4,156	0,690			2<4
	3	U16 (15-16)	113	4,323	0,633			
	4	U18 (17-18)	55	4,407	0,520			
Absorption	1	U12 (11-12)	58	3,957	0,659	1,087	0,355	
	2	U14 (13-14)	91	4,006	0,776			
	3	U16 (15-16)	113	4,093	0,684			
	4	U18 (17-18)	55	4,160	0,650			
Sport Engagement	1	U12 (11-12)	58	4,029	0,604	1,997	0,114	
	2	U14 (13-14)	91	4,045	0,698			
	3	U16 (15-16)	113	4,183	0,583			
	4	U18 (17-18)	55	4,244	0,544			

*p<0,05

A statistically significant difference was found in the sub-dimension of Dedication in Table 6, in which the Level of Commitment to Sports of Amateur Basketball Players by Age Category was compared (p<0,05). As a result of the *post hoc* analysis, it was determined that there was a significant difference between U18 and U12 and between U18 and U14. When the data are examined, it is seen that the U18 age category has higher values than the other categories.

Table 7. The relationship between duty and ego orientations and sports commitment levels in amateur basketball players (Pearson correlation analysis results).

	Sub Dimension	1	2	3	4	5	6	7
1	Task Orientation	1	,493***	0,869***	0,310***	0,380***	0,283***	0,367***
2	Ego Orientation	0,493***	1	0,859***	0,153**	0,135*	0,203***	0,186**
3	The Task And Ego Orıentatıon	0,869***	0,859***	1	0,269***	0,301***	0,283***	0,322***
4	Vigor	0,310***	0,153**	0,269***	1	0,743***	0,617***	0,896***
5	Dedication	0,380***	0,135*	0,301***	0,743***	1	0,642***	0,897***

	Sub Dimension	1	2	3	4	5	6	7
6	Absorption	0,283***	0,203***	0,283***	0,617***	0,642***	1	0,853***
7	**Sport Engagement**	0,367***	0,186**	0,322***	0,896***	0,897***	0,853***	1

*p<0,05; **p<0,01; ***p<0,001

When the results of the analysis in Table 7 were examined, a high level of statistically significant positive correlation was found between the task orientation of amateur basketball players and all other sub-dimensions (p<0,001). Statistically significant relationships were found between ego orientation and dedication at a low level (p<0,05) between fitness and commitment to sports at a moderate level (0.01), and between task orientation, task and ego orientation, and internalization at a high level (0.001). A high level of statistically significant correlation was found between task and ego orientation and all other sub-dimensions (p<0,001). In addition, moderate (0.01) significant correlations were found between sports commitment and ego orientation, and positive statistically high-level correlations were found between all other sub-dimensions (p<0,001).

Discussion and conclusion

Subjects related to task orientation are the desire to make optimum effort, to be determined, and to master the skill (Lavallee et al., 2004). From this point of view, it can be thought that female athletes make more effort to develop, are more determined and tend to master more than men. It is revealed that female athletes compare themselves with their performances and the performances of other female athletes, they have more desire to learn than male athletes, they show more effort when fighting on the field, they are satisfied with it, and they do not hesitate to choose and fight difficult tasks.

When the results are examined, it is seen that female basketball players have higher values in terms of commitment to sports. Commitment has 3 important features; first, having a very strong desire for attachment; the second is to lose control sometimes, and the third is to be persistent against the thing one is attached to (Shaffer et al., 2000). According to these results, according to 3 important features of commitment, female athletes, compared to male athletes, they have a stronger desire for the sports branch they are dealing with and they have a more persistent structure to be both permanent and successful in that branch.

Dedication covers two subcategories as professional dedication (master dedication) and social dedication. Professional dedication (master dedication) is the individual's ability to capture his potential by revealing it and to give him a meaning and improve himself by honoring his sport. Social dedication, on the other hand, includes the desire to be immersed in work, to excel and to be victorious in order to be at the highest level in the job (Scanlan et al., 2013). The reason why the U18 category has a higher score in the commitment sub-dimension can be described as having more awareness than the younger age categories U12 and U14. Athletes playing in U18 are so

immersed in training and matches because of their age and attainment, they have more inspirations like making money, being famous, living higher standards and so on.

According to the correlation analysis performed to analyze the main problem statement, positive, moderate and high-level relationships were found in all sub-dimensions between task and ego orientations and sports commitment levels in amateur basketball players. Bruin et al. (2009), Figueiredo et al. (2009), Hanrahan and Cerin (2009), Toros and Koruç (2005) conducted studies on the subject and found similarities between task and ego orientations. A high level of statistically significant correlation was found between task and ego orientation and all other sub-dimensions. In this case, the athletes have high-level goals and tend to achieve them, they lose themselves, they get involved in what they do, they are excited about the work they do, they try to perform at a high level, they try to do their best even if they encounter difficulties, they compare themselves with other athletes, can be interpreted as they want to outperform them.

Considering the other studies in the literature on the subject, Kangotan (2020) did not find a statistically significant difference in the commitment to sports according to the gender of the athletes participating in the study in his study, which examined the perfectionism and sports commitment levels of martial artists. This result differs from our study. Siyahtaş et al. (2020), in their study, which dealt with the level of commitment to sports of individuals who do individual and team sports, concluded that the average scores of female athletes are higher than male athletes in the dimensions of internalization, dedication, fitness and commitment to sports, according to the gender of the athletes. Sivrikaya and Biricik (2019), on the other hand, in their study, revealed that female athletes are more committed to sports than male athletes in the sub-dimensions of sports commitment according to the gender of the athletes. Similarly, when the studies conducted by Kelecek and Koruç (2018) on male football players and by Kelecek and Göktürk (2017) on female football players are compared, it is seen that female athletes have a higher level of commitment to sports. Babic et al. (2015) it was concluded that the average scores of female athletes were higher than male athletes in the study of the best Croatian sprint runners under the name of athletic participation and athletic identity. From this point of view, these results in the literature show similarities with the results obtained in our study. In the study conducted by Arıburun and Aşçı (2005) on the motivational climate and goal orientation perceived in American football players, it was determined that the averages of ego orientation were lower than the averages of task orientation. This situation is similar to the situation in our study in which the task and ego orientations of amateur basketball players were compared according to gender and age category, and the average of task orientation was higher than the average of ego orientation. From this point of view, it can be said that athletes have task-oriented goals.

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