



A Comparative Study of Task Orientation among Different Team Games

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Abstract

The purpose of the study was to assess the task orientation among team games (Hockey, Kabaddi and Handball). By using purposive sampling total 60 subjects age ranging from 18 to 28 years in which 20 subjects (10 males and 10 females) selected from each different game and they had represented at least inter-university level and studying in different courses in Delhi. To compare the task orientation of three different team games (Hockey, Kabaddi, Handball). One way ANOVA was used to analyze the data. Analysis shows that there was no significant difference seen among selected team games.

Keywords: Task orientation, Team games.

Introduction

The Knowledge in all fields of human Endeavor, especially of behavior without expanded to such an extent that it is difficult to discuss one aspect of behavior without reference to others. In the field of competitive sport; training of the athletes is incomplete without psychology training of the competition. Psychology readiness plays a decisive role as to determine whether or not an athlete in completion and in training responds to their optimum potential¹. Sport is primarily a competitive physical activity performed within the structured of prescribed rules². The teams are prepared only to play the games, but also to win the games and for winning the games; it is not only the proficiency in the skills, which bring victory, but more important is the spirit of the players, with which they play and perform their best in the competition³. Sports psychology is the branch of psychology. It is the study of psychological factors that affect participation and performance in sports. It deals with increasing performance by managing emotions and minimizing the psychological effects of injury and poor performance⁴. Achievement motivation is a complex combination of factors; two keys are the desire for success and the counteracting fear of failure. Each of us has a different mixture of these two tendencies.

Mostly, because of our personal make up and past experience. As a Result people differ in the difficulties of the task they experience; as a result people differ in the difficulties of task they choose, for example someone who has a strong desire for success and a low fear of failure is more opt to choose moderately difficult but realistic tasks. Thus minimizing the chance of success, but another person with an intense desire for success couples with a high fear of failure will set a much lower goal. These motivated primaries

by the wish to avoid failure may behave neither of two ways. They can aim at very easy tasks, with a low reward but a low risk of failure as well. At the same time situational factor also influence our choices⁵. Successful athletes have high achievements motivation than anxious and failure athletes, the sources of motivation are more likely to be ideal when a “Readiness” and “Willgness” state to learn and achieve in present within a person, every player and athletes has motives for which he makes the best effort to accomplish, but sometimes he faces many obstacles for which he has adopted his playing behavior in order to adjust in the new situation his personal pride self-image of self-concept. Level of high aspiration of high goals need for security and sense of achievement are the main motivating factors have achieving the peak performance⁶. Theorist has proposed that people’s achievement goals affect their achievement-related attitudes and behaviors. Task involvement is a motivational state in which a person’s main goal is to acquire skills and understanding. Task-oriented leaders focus on getting the necessary task, or series of tasks, at hand in order to achieve a goal. These leaders are typically less concerned with the idea of catering to employees, and more concerned with finding the step-by-step solution required to meet specific goals. They will often actively define the work and the roles required, put structures in place, and plan, organize, and monitor progress within the team. However, because task-oriented leaders don't tend to think much about their team's well-being, this approach can suffer many of the flaws of autocratic leadership, including causing motivation and retention problems⁷.

The advantages of task-oriented leadership is that it ensures that deadlines are met and jobs are completed, and it's especially useful for team members who don't manage their time well. Additionally, these types of leaders will tend to

exemplify strong understanding of how to get the job done by focusing on the necessary workplace procedures, thus can delegate work accordingly in order to ensure that everything gets done in a timely and productive manner⁸.

When an individual is concerned only about learning new skills, developing skills, solving a problem or understanding something more fully, she or he utilized an undifferentiated conception of ability. This is associated with a task goal or task involvement. The major questions for someone who is focused on such goals are: ‘How can I best Acquire this skill or master this task? These perceptions of competence are self- referenced. The subjective experiences of improving one’s performance over time or mastering the demands of a task are the criteria underlying subjective success. Also, because more effort leads to more learning, the feeling or effortful accomplishment results in feeling competent⁹.

Methodology

Using purposive sampling a total of 60 sportspersons the average age was 18-28years, who had participated at interuniversity level and studied in various courses in University of Delhi, were selected as subjects. Subjects were further categorized into different team sports. Three team game namely hockey, handball and kabaddi were selected. To assess Task Orientation and Ego Orientation questionnaire established by Dudaand Nicholls was administered. The data collected was analyzed by computing

descriptive statistics and to compare the mean difference between sports a one way ANOVA was employed.

Results and Discussion

Results: The data pertaining to descriptive statistics on the variable of Task Orientation has been presented from table 1 respectively. To find out the significant difference on the psychological variable of Task Orientation among different team games Inter-University players. One way Anova was employed.

Depicts the values for descriptive analysis of the variables team games (handball, kabaddiand Hockey) which shows that the mean and standard deviation values is found to be 28.60 and 2.54 the table further shown the minimum and maximum values, which are found to be 25 and 33 respectively.

It can be said that the f- value is 0.340 which is not significant. It shows that mean score of task orientation among team games (Hockey, Kabaddiand Handball) do not significant. Thus the hypothesis that there is significant difference in mean score of task orientation among team games (Hockey, Kabaddi and Handball) is not accepted. It may be said that task orientation among team games (Hockey, Kabaddi and Handball) were found to be sameextent. The graphical representation has been shown in figure-1.

**Table-1
 Descriptive Statistics**

Game	N	Mean	Minimum	Maximum	S.D
Handball	20	28.6000	25.00	33.00	2.554227
Kabaddi	20	29.2500	21.00	35.00	3.76794
Hockey	20	29.3000	28.00	34.00	2.49420
Valid N (List wise)	20				

**Table-2
 One Way Analysis**

Score	Sum of scores	Degree of freedom	Mean of squares	F- value	Significant
Between Groups	6.100	2	3.050	.340	.713
Within Groups	510.750	57	8.961		
Total	516.850	59			

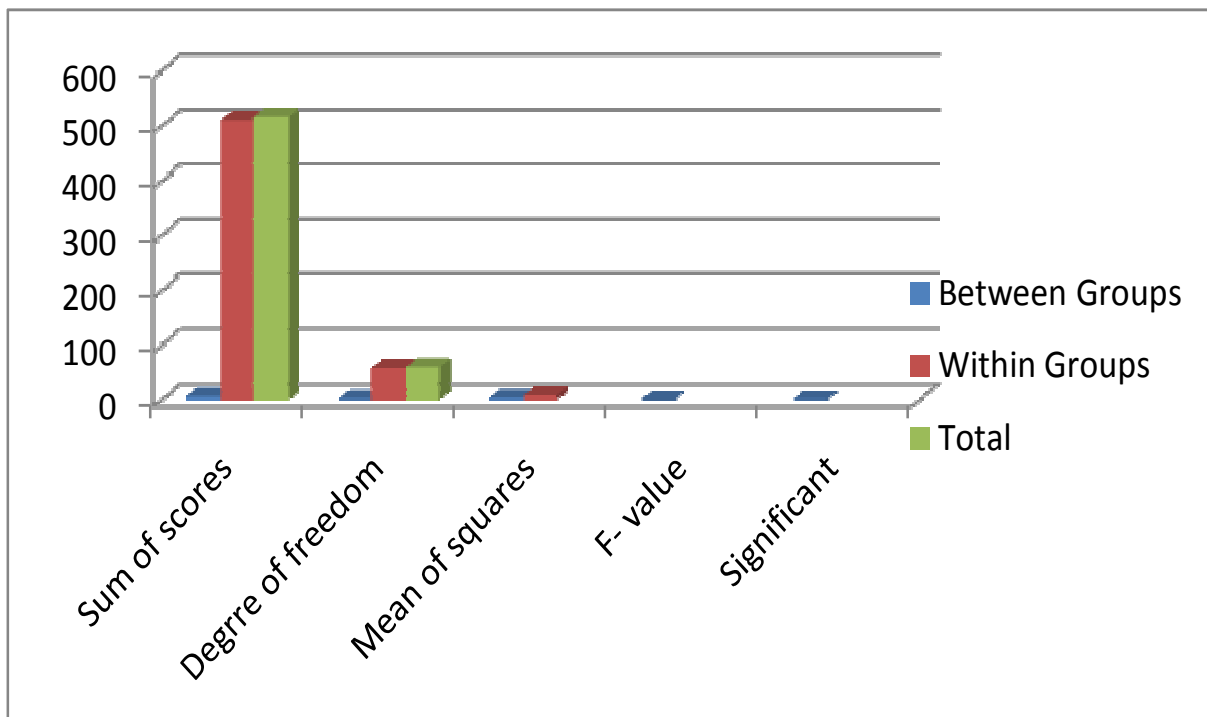


Figure-1
 Task orientation among team games

Conclusion

It was found that mean scores of the task orientation in different team games (handball, hockey and Kabaddi) don't differ significantly. So it was revealed that players of team games have similar task orientation.

Implications of Research: The similar studies may be reported by taking larger sample of different age groups at higher level of confidence. This Task Orientation sense to be very effective on competitive sports in positive manner therefore, it is recommended task orientation may employ all different competitive sports and game other fields of society. The similar study may be taken with both sexes on comparison basis.

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