



# International Journal of Physical Education, Sports and Health

P-ISSN: 2394-1685  
E-ISSN: 2394-1693  
Impact Factor (ISRA): 5.38  
IJPESH 2017; 4(1): 219-221  
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www.kheljournal.com  
Received: 09-11-2016  
Accepted: 10-12-2016

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## Correlation between the task orientation and achievement of athletes of futsal clubs in national futsal championship 2016

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### Abstract

In this study, the researcher presented the measurement results of task orientation of athletes participating in Vietnam Futsal National Championship 2016. The research tool employed in this study is TEOSQ. This questionnaire was administered to a total of 95 male futsal players, aged  $M = 22.86$ ,  $SD = 2.16$ . Athletes had  $6.40 \pm 2.39$  years of sport experience. For data analysis, SPSS statistical packet program was used for descriptive statistics ( $M$  and  $SD$ ) were calculated for all scales, and independent t-tests. The results showed that those who have high task and ego orientation had better performance. The study suggested that task orientation is prerequisite element for an athlete to participate in a tournament.

**Keywords:** Futsal player, Vietnam, task orientation, ego awareness

### 1. Introduction

Motivation is one of the most important factors in Sport Psychology (Rob-Erts, 2007) [7]. Despite most of scientists nowadays agree that motivation is a psychological – biological process which manages and regulates the behavior-oriented goals (Roberts, *et al.*, 2007) [7], there is relatively few document relating to the dynamic model. Meanwhile, many research has illustrated that this process leads to different results in sport activities (Ntoumanis & Biddle, 1999) [8].

The theory of goals belong to social cognitive theory of Motivation. During the last twenty years, this theory has become one of the leading framework for the study of the dynamic behavior – ego awareness and achievement (Duda & Ntoumanis, 2009) [10]. According to this theory, those who wants to reach their goals, he or she needs to have a clear goal and put great efforts to demonstrate his or her ability. In the other words, goal-orientation is one of the most fundamental terms for this theory. There are two types of goal-orientation: task and ego orientation. Those who can focus on their task orientation can work hard and seriously to gain improvement in their knowledge and skills. Additionally, he or she will use the standard criteria to self-evaluate their achievement. However, high level of ego orientation can directly affect their ability to reach their goal as well as their competition with others. Therefore, they need standard criteria to evaluate their success (Roberts *et al.*, 2007) [7].

It has been shown that young athletes can experience positive emotions relating to the tournament when they have clear task orientation rather than their high ego orientation (Nickols, 1989; Duda & Ntoumanis, 2009), [9, 5]. The following studies also confirmed this theory: task orientation engages with the joy and positive attitude (Duda & Ntoimanis 2009) [5], which can lead to expected performance (Bortoli *et al.*, 2011) [2]. The findings accorded with what Biddle at all (2003) [3] found. He stated that task orientation relates to positive emotion from medium to high intensity. The correlation between ego orientation and positive emotion is insignificant. Ntoumanis & Biddle (1999) [8] found the similar results: task orientation has close relationship with joy, positive feelings and that good performance can be achieved if the ego awareness is not too high. However, Hom *et al.* (1993) [6], in his study on basketball athletes, showed that most of participants had task orientation and high level of ego awareness.

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Within a small scope of The National FUTSAL Championship 2016, this study is considered as an experimental study to explore the correlation between athletes' achievement - target orientation and ego awareness of Vietnamese athletes in general and of football athletes in particular.

**2. Methodology**

**2.1 Research tools** [1, 4]

The Task and Ego Orientation In Sport Questionnaire – TEOSQ was employed to collect data on individual task and ego orientation in academic achievement and in sport achievement (Duda, 1989) and translated into Vietnamese by Do Vinh and Lam Quang Thanh was used to gather data. The reliability (Cronbach's Alpha) of the questionnaire was tested and the internal consistency of items in the questionnaire was found to be high in this context (0.88).

The division of TEOSQ has been illustrated that intrinsic reliability coefficient  $\alpha$  is reliable (Cumming, Hall, (2004) & Gano – Overway, Guivernau, Magyar, Waldron, & Ewing, (2005). Therefore, it can be confirmed that TEOSQ is reliable and suitable to be used in sport science.

**2.2 Samples**

The sample of the study was comprised of 95 male futsal players, aged  $M= 22.86$ ,  $SD= 2.16$ . Athletes had  $6.40 \pm 2.39$  years of sport experience. The study was conducted on 5 teams in 3 competitions as follow: Cao Bang vs Tan Hiep Hung, Sai Gon FC vs Hoang Thu Da Nang, Sana Khanh Hoa vs Sai Gon FC.

**2.3 Data analysis Procedure**

Data was analyzed by literature review method, social survey and for data analysis, SPSS statistical packet program 22.0 was used and the significance level was accepted as ( $p < 0, 05$ )

**3. Findings**

**3.1 The correlation between goal orientation and aggregate scores of Tan Hiep Hung vs Cao Bang competition**

According to the study, Tan Hiep Hung players had higher task orientation than Cao Bang platers ( $M = 3.98 \pm 0461$  vs  $M = 3.84 \pm 0559$ ). Though there was a difference in the score, the difference is not statistically significant ( $sig. = 0.974$  with  $p < 0.05$ ) See table 1.

**Table 1:** Comparison between goal-orientation of the two teams:

Content	Team	N	Mean	Std. Dev.	t	P(sig.)
Task-Orientation	Cao Bang	16	3.84	.559	-.767	.974
	Tan Hiep Hung	15	3.98	.461		
Ego Awareness	Cao Bang	16	2.40	.685	-1.257	.821
	Tan Hiep Hung	15	2.70	.661		

\*:  $p < 0.05$

In terms of ego awareness, Tan Hiep Hung's athletes had higher score compared with Cao Bang ( $M = 2.70 \pm 0661$  vs.  $M = 2.40 \pm 0661$ ). This results was not statistically significant ( $sig. = 0.821$ ,  $p < 0.05$ ). There was no statistical significance in goal orientation participating in the competition of the athletes of the two teams.

In this tournament, the match between Tan Hiep Hung and Cao Bang was a dramatic match which had the final score of 3-3. When competing in penalty match, Tan Hiep Hung performed better with final score of 5 – 4.

So it is obviously seen that, with higher level of task and ego orientation, Tan Hiep Hung won the game. However no difference in goal orientation led to no obvious gap between the final score.

**3.2 The correlation between goal orientation and final score of Da Nang vs Sai Gon FC match**

In terms of task orientation, Sai Gon FC's players had higher task orientation compared with Hoang Thu Da Nang's ( $M = 3.79 \pm 0455$  vs.  $M = 3.79 \pm 0455$ ). There is no statistical significance in task orientation of the two team ( $sig. = 0.564$ ,  $p < 0.05$ )

The results of the data analysis showed that there was a significant difference with the  $sig. = 0024$  ( $< 0.05$ ) for ego awareness of the two teams. In particular, Saigon FC team has lower level of ego awareness compared Hoang Thu Da Nang ( $M = 2.69 \pm 0694$  vs.  $M = 2.73 \pm 0394$ ). See table 2.

**Table 2:** Comparison of the goal orientation of the two teams Da Nang and Sai Gon FC

Content	Team	N	Mean	Std. Dev.	t	P(sig.)
Task Orientation	Sai Gon FC	15	3.98	.435	3.01	.564
	Hoang Thu Đa Nang	16	3.79	.455		
Ego awareness	Sai Gon FC	15	2.69	.694	3.01	.024*
	Hoang Thu Đa Nang	16	2.73	.394		

\*:  $p < 0.05$

Experts in this field believed that this was a tie contest. While Sai Gon FC's players were energetic and inspired, Hoang Thu Da Nang showed their high determination. However, at the end, Sai Gon FC won the match at 3 - 1.

In short, with high level of task orientation and low level of ego awareness, Sai Gon FC won the game. The gap score was quite significant (3-1) and there was a statistical significance in ego awareness of the athletes of two teams.

**3.3 The correlation between goal orientation and aggregate score of Sana Khanh Hoa vs Sai Gon FC match**

The additional comparison on the score of the competition between Sana Khanh Hoa and Sai Gon FC in the final match on December 27 2016 was conducted. See table 3.

**Table 3:** Comparison of goal orientation of Sana Khanh Hoa and Sai Gon FC

Content	Team	N	Mean	Std. Dev.	t	P(sig.)
Task orientation	Sai Gon FC	15	3.98	.435	2.882	.045*
	Sana Khanh Hoa	15	4.16	.648		
Ego awareness	Sai Gon FC	15	2.69	.694	2.882	.825
	Sana Khanh Hoa	15	2.68	.693		

\*: $p < 0.05$ 

The analysis showed that there is a statistical significance in task orientation between Sana Khanh Hoa and Sai Gon FC (sig. = 0.045,  $p < 0.05$ ). Meanwhile, task orientation of Sana Khanh Hoa's athletes is higher than Sai gon FC's ( $M = 4.16 \pm 0.648$ ) vs.  $M = 3.98 \pm 0.435$ ).

There was no statistical significance in other types of goal orientation. However, in Sana Khanh Hoa' athletes were lower than Sai Gon FC's in terms of ego awareness ( $M = 2.68 \pm 0.693$  vs.  $M = 2.69 \pm 0.694$ ).

Sana Khanh Hoa won the game with final score 2 – 1 showing that the aggregate score and athletes' goal orientation in this match had similar results with what had been mentioned above.

#### 4. Conclusion

Data analysis has shown that whenever the athletes have high task orientation and low ego awareness, they would have better performance. Unfortunately, there is few research conducted in this field. Therefore, the direct comparison between the findings of this study with the previous ones seem to be impossible. We had a suggestion that the coaches and assistants should have appropriate ways to direct athletes on their task orientation, as task orientation is the prerequisite condition before athletes participate in any competitions.

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