

# Gender based Comparison of Task and Ego Orientation and Coping Skill of Indian Youth Weightlifters

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## ABSTRACT

*The study was carried out with the aim to identify and organize training, preparation and the development of weightlifters, from the psychological point of view with the objectives to aid in identifying the appropriate intervention ; to maximise the weightlifters motivation and adherence to the programme ; and to monitor any change over time. The subjects were 17 weightlifters ( 8 male 9 female ) attending the National camp at SAI NSNIS, Patiala, prior to to Asian Youth and Junior Weightlifting Championship.*

*The test items selected were Task and Ego Orientation in Sports TEOSQ ( Dudu & Whitehead, 1996). Athletics Coping Inventory ( ACSI-28) of a self-repeat questionnaire, was applied to measure individual differences in Psychological skills, within a Sports Context ( Smith, Schutz, Smoll & Pitacek, 1998). The description statistics such as mean, standard deviation and comparative analysis such as independent t-test was employed at 0.05 level of significance.*

*Significant differences were seen in coachability between male and female weightlifters. In all other factors, no difference was seen between these groups.*

## INTRODUCTION

When someone from weightlifting is interviewed by the media, he or she often feels the necessity to balance the physical strength aspect of the sport with something that is more cerebral. Many a times people fail to understand the individual difference in achievement goal orientation but depend upon the physical and the technical side of this sport. Further, the mental side of lifting is not given much emphasis by coaches and players as it is given for technique and programme planning. Among numerous factors that are believed to be contributory for an outstanding performance, psychological factors are

influencing more than other factors which is no longer a misnomer, but accepted fact. Psychology is just something more to add to the technical and performance aspect.

Goal orientation helps an athlete to raise the level of training and competitive performance; whereas, coping skills help protect people from being psychologically harmed by challenging experiences in their lives. Along with many other disciplines, psychology has recognized the importance of fairly representing individual differences such as gender in teaching and research. As in many subcultures, stereotypes exist in sport

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about who participates and what activities are appropriate for members of identifiable groups. Female athletes are underrepresented in sports coverage on TV, newspapers, and magazines (Higgs, Weiller & Martin, 2003; Theberge, 1991). When they are present, women are often portrayed in traditional ways and their accomplishments are trivialized (Jones, Murrell & Jackson, 1999). The present investigation was undertaken keeping these variables in mind for both for male and female youth weightlifters of India who were part of Asian Junior and Youth Weightlifting Championships. Acharya et al (2014) analyzed sport goal orientation, coping skills and participation motivation of 100 National level athletes (55 male & 45 female) of Kerala, India, belonging to various sports. The mean age and SD of the male and female sample was  $20.11 \pm 2.10$  and  $19.40 \pm 2.81$ , respectively. GLM MANOVA was adopted as a statistical measure. The mean difference was tested for significance at the .05 level. The interception of sport and gender showed significant difference in task goal orientation  $F(1, 97) = 4.16$ , not in ego goal orientation. In athletic coping skill significant differences was seen in peaking under pressure  $F(1, 97) = 9.32$ . No gender based difference was seen in the psychological skill of coping with adversity, goal setting, and freedom from worry, concentration, confidence, achievement motivation and coachability. Finally, in the participation motivation significant gender based differences were seen in fitness orientation  $F(1, 97) = 31.91$ ; energy release  $F(1, 97) = 11.85$ ; situational

factors  $F(1, 97) = 18.82$ ; friendship  $F(1, 97) = 26.45$  and fun  $F(1, 97) = 19.99$ . No difference was seen in achievement status, team orientation and skill development between both the groups. All the variables where significant difference was seen, it was observed that the male athletes were on higher scale in comparison to female athletes.

The main aim was to understand the mechanism if there existed any gender based difference in sport goal orientation and coping skills of youth weightlifters as this sport is increasingly being taken by female athletes in recent years. In addition the female weightlifters are performing very well not only at home but also at international circuit along with their male counterpart.

Coping with adversity (CWA) assesses if an athlete remains positive and enthusiastic even when things are going badly, remains calm and controlled, and can quickly bounce back from mistakes and setbacks.

Concentration (CON) reflects whether an athlete becomes easily distracted, and is able to focus on the task at hand in both practice and game situations, even when adverse or unexpected situations occur.

Confidence and achievement motivation (CAM) measures if an athlete is confident and positively motivated, consistently gives 100% during practices and games, and works hard to improve his or her skills.

Goal setting and mental preparation (GSMP) assesses whether an athlete sets and works toward specific performance



goals, plans and mentally prepares for games, and clearly has a game plan for performing well.

Peaking under pressure (PUP) measures if an athlete is challenged rather than threatened by pressure situations and performs well under pressure.

Freedom from worry (FFW) assesses whether an athlete puts pressure on him or herself by worrying about performing poorly or making mistakes; worries about what others will think if he or she performs poorly (Smith et al, 1995).

The aim of this investigation was to identify and organize training, preparation and the development of weightlifters from psychological point of view. Three major objectives were: 1. To aid in identifying an appropriate intervention; 2. To maximise the weightlifter's motivation and adherence to the program; 3. To monitor any changes over time.

It was hypothesized that there would be a significant difference between male and female elite weightlifters in their (a) sport goal orientation (task & ego orientation), and (b) coping skills (coping with adversity, peaking under pressure, goal setting/ mental preparation, freedom from worry, concentration, confidence and achievement motivation, & coachability).

#### **METHODOLOGY**

The subjects for the study were 17 weightlifters (8 male and 9 female) attending Indian camp at SAI NSNIS Patiala, prior to Asian Youth and Junior

Weightlifting Championships.

The test items selected for psychological parameters for assessing, in this study, were Task and Ego Orientation in Sport (TEOSQ: Duda & Whitehead, 1998): to assess individual differences in achievement goal orientations. It was also assessed whether the individual is prone to being task or ego orientated in the sporting context or whether an individual defines success in a sporting context as mastery (task orientated) or outperforming others (ego orientated).

Further Athletic Coping Skills Inventory (ACSI-28) was applied to measure individual differences in psychological skills within a sports context (Smith, Schutz, Smoll and Ptacek, 1995). The ACSI-28 is a self-report questionnaire developed using exploratory and confirmatory factor analysis. The instruments consisted of a 28-item scale measuring seven classes of sport-specific psychological coping skills including coping with adversity (CWA); peaking under pressure (PUP); goal setting and mental preparation (GSMP); concentration (CON); freedom from worry (FFW); confidence and achievement motivation (CAM); and coachability (CAB). The subscales were found to be internally consistent with alpha levels ranging from 0.62 to 0.78 and a total (personal coping resources) scale alpha of 0.86, as reported in Smith, Schutz, Smoll & Ptacek (1995).

#### **RESULTS & DISCUSSIONS**

In order to examine the hypothesis of the study, descriptive statistics such as mean, standard deviation and comparative statistics such as

independent t-test was employed as a measure for the present data tested at 0.05 level of significance (SPSS 19 was used). The total sample that was opted for the study, their descriptive statistics on various psychological variables are presented in Table 1.

Table 1 shows the mean and standard deviation of weightlifters of both gender groups. The mean and standard deviation of task orientation, ego orientation, coping with adversity, coachability, concentration, confidence and achievement motivation, goal setting and mental preparation, peaking

under pressure and freedom from worry of male and female weightlifters were  $3.23 \pm 1.07$ ,  $3.22 \pm 0.66$ ,  $4.29 \pm 0.34$ ,  $4.3 \pm 0.29$ ,  $9.63 \pm 1.69$ ,  $9.33 \pm 1$ ,  $5 \pm 1.31$ ,  $7.56 \pm 1.24$ ,  $9.38 \pm 2.13$ ,  $9.56 \pm 1.42$ ,  $9.63 \pm 1.6$ ,  $8.78 \pm 1.56$ ,  $8.38 \pm 1.77$ ,  $6.67 \pm 1.32$ ,  $6.13 \pm 1.89$ ,  $7 \pm 1.73$ ,  $2.75 \pm 1.16$  and  $3 \pm 2.24$ , respectively.

The graphical representation of the score is given in figure 1 and 2.

The obtained t value of task orientation, ego orientation, coping with adversity, coachability, concentration, confidence and achievement motivation, goal setting & mental

**Table-1: Descriptive Statistics of Goal Orientation and Coping Skills of Weightlifters of both Gender Group Statistics**

	Gender	N	Mean	Std. Deviation	Std. Error Mean
Task_Orientation	Male	8	3.23	1.07	0.38
	Female	9	3.22	0.66	0.22
Ego_Orientation	Male	8	4.29	0.34	0.12
	Female	9	4.30	0.29	0.10
Coping with Adversity	Male	8	9.63	1.69	0.60
	Female	9	9.33	1.00	0.33
Coachability	Male	8	5.00	1.31	0.46
	Female	9	7.56	1.24	0.41
Concentration	Male	8	9.38	2.13	0.75
	Female	9	9.56	1.42	0.47
Confidence & Achievement Motivation	Male	8	9.63	1.60	0.56
	Female	9	8.78	1.56	0.52
Goal Setting & Mental Preparation	Male	8	8.38	1.77	0.63
	Female	9	6.67	1.32	0.44
Peaking Under Pressure	Male	8	6.13	1.89	0.67
	Female	9	7.00	1.73	0.58
Freedom from Worry	Male	8	2.75	1.16	0.41
	Female	9	3.00	2.24	0.75



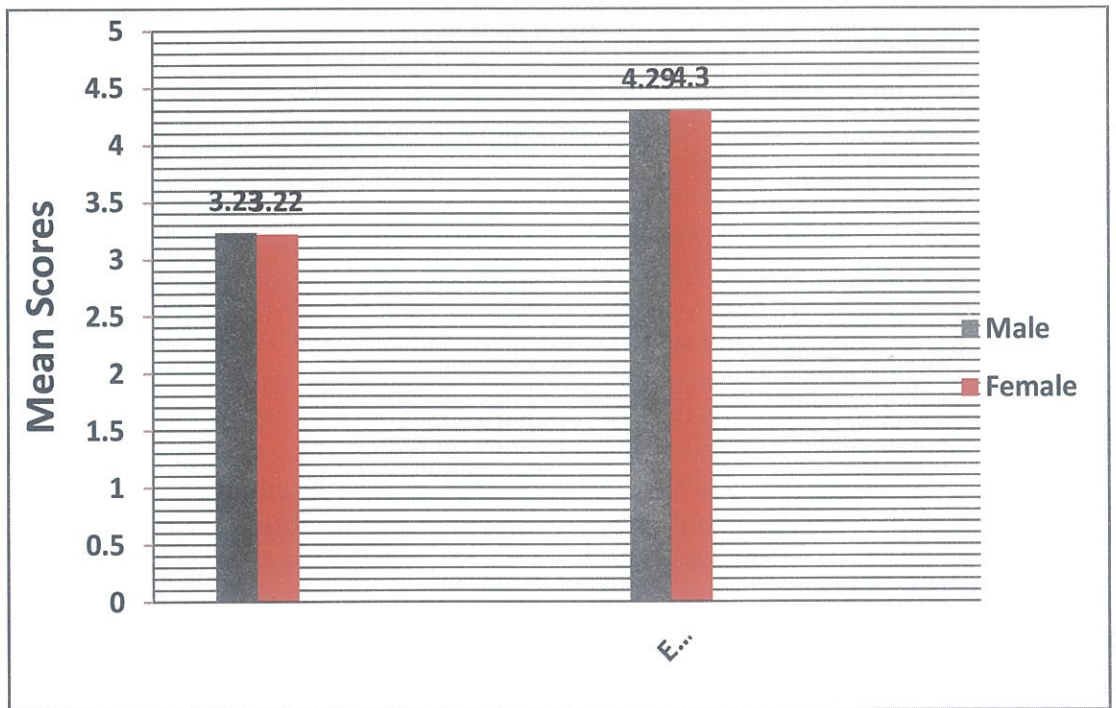


Figure-1: Means of Task and Ego Orientation for Male and Female Weight Lifters

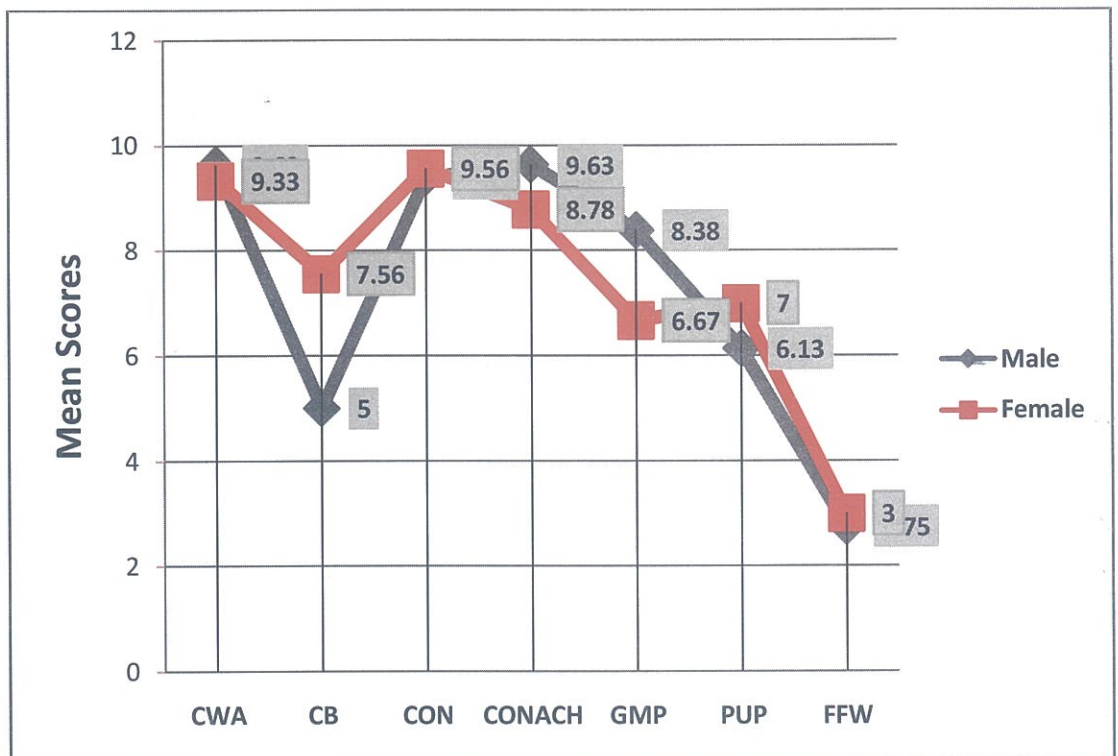


Figure-2: Mean Scores of Athletic Coping Skill Variables of Weightlifters

**Table-2 : Comparison of Goal Orientation and Coping Skills between both Gender Independent Samples Test**

	t-test for Equality of Means				
	t	df	Sig. (2-tailed)	Mean Difference	Std. Error Difference
Task Orientation	0.02	15.00	0.98	0.01	0.43
Ego Orientation	-0.10	15.00	0.92	-0.02	0.15
Coping with Adversity	0.44	15.00	0.67	0.29	0.66
Coachability	4.14*	15.00	0.00	2.56	0.62
Concentration	-0.21	15.00	0.84	-0.18	0.87
Confidence & Achievement Motivation	1.10	15.00	0.29	0.85	0.77
Goal Setting & Mental Preparation	2.27	15.00	0.04	1.71	0.75
Peaking Under Pressure	-1.00	15.00	0.33	-0.88	0.88
Freedom from Worry	-0.28	15.00	0.78	-0.25	0.88
<b>Total ACSI</b>	<b>-0.40</b>	<b>15.00</b>	<b>0.69</b>	<b>-1.01</b>	<b>2.51</b>

preparation, peaking under pressure and freedom from worry were 0.02, 0.10, 0.44, 4.14, 0.21, 1.10, 2.27, 1.00, 0.28 and 0.40, respectively.

A significant difference is observed in the variable of coachability between male and female weightlifters.

Task and Ego Orientation in Sport (TEOSQ): "TEOSQ is to assess individual differences in goal perspectives in sport settings. It also assesses whether the individual is prone to being task or ego orientated in the sporting context. This relates also to the extent that an individual defines success as mastery (task) or outperforming others (ego). In this factor no difference was observed between both the groups.

In various aspect of coping skill in coachability (CAB) that assesses if an athlete is open to and learns from instruction, and accepts constructive criticism without taking it personally and becoming upset, significant differences was seen between male and female weightlifters. Further, it is observed that the female weightlifters were more positive in this skill in comparison to male weightlifters for the present sample.

In all other factors no difference was seen between both the groups.

The present finding on weightlifters rightly suggest that at elite level both the groups have equal coping skills leaving apart the coachability which clearly

indicates that in India definitely the women athletes are more adaptable to coach phenomenon in comparison to male athletes.

The present finding highlights the

status of Indian weight lifters so far as their goal orientation and coping skill is concerned. More elaborate investigation is required to understand the mechanism well.

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