

The Effect of Goal orientation and Motivation of Female Footballers in Sports on Resilience Power*

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Abstract

The aim of this study is to investigate the effect of goal orientation and motivation of female footballers in sports on resilience power. In the study, there 183 female footballers based upon the leagues Süper Lig (Super League), PTT 1st League, 3rd League and Amateur League. As data collection tools, Resilience Scale, Task and Ego Orientation in Sport Questionnaire and Sport Motivation Scale were used. The results were obtained through One-way ANOVA and Regression analyses. As a result of the analyses, the female footballers have significant, positive and low level correlation between goal orientation and resilience; on the other hand, there is a significant, positive and very low level correlation between goal orientation and sport motivation ($p<0,05$). A significant, positive and low level correlation among the mean scores of resilience, goal orientation and sport motivation ($p<0,05$). There is a significant, positive and low level correlation between sport motivation and goal orientation ($p<0,05$). As a consequence of the results obtained, various suggestions are made in order to shed a light on the possible future studies.

Keywords: Female Football, Goal Orientation, Motivation

INTRODUCTION

As there are various stories, myths and urban legends about the emergence of the Olympic games, there are roots in many nations and communities in football. Football is mentioned to be the beginning of game types in many countries of the world (4). Looking at resources, it is confirmed that football has been played since the 12th century in the Island. In the 17th century, it is known that football is

accepted as a part of people's lives in England and even the royal family encourages their people to play football (15). The person who has made football so much popular is King Charles II. Charles II who had to shelter in Italy spent a lot of time and effort to spread the "Giuocco del Calcio" sport they watched in Italy when he returned to the island with his nobles.

Various claims have been put forth about when and where modern football was born. It is suggested that "Harpatsam" played by the soldiers especially in Rome after Christ is the basis of today's modern football and the Romans created the name of this game inspired by the Elens' "Episkyres" games (21). The type of football, similar to the one played today, appeared in the 17th Century England.

Football, being highly popular among both the nobles and the public, has started to spread rapidly on the island. Until 1848 in England, there were different game rules. In order to implement the existence of the same rules everywhere, a law called "Cambridge Rules" came into force. In 1857, the University of Cambridge students organized a competition among themselves and the first official football club was established as the "Sheffield Club". On 26 October 1863 considered to be the beginning of modern football history, 9 major club leaders gathered in London and established the Football Association being the first official federation of football community, which is addressed as one of the most important steps taken in the field of modern football (1). Football, which has made significant progress within the historical process, maintains its currency in every aspect. Football, which can influence and direct political, social, cultural and economic developments due to its integrated structure with the society, is also the subject of scientific research. Football in Turkey has a vital place in the sense of leading many structural changes as in the beginning of Turkish sports organization (24).

Today, achievements and unsuccessful situations especially in football-based sports can be attributed to multiple reasons. These reasons include physiological as well as psychological conditions. Motivation has become the most important one of the psychological situations, but in recent years, it has become a popular field in the area of psychology. In this regard, goal orientation and motivational climate seem to be the psychological factor affecting success in team sports. Motivation level of each person who forms the team in football is an effective element in the results. For this reason, goal orientation and motivation is one of the psychological factors that affect success, especially in team sports (3; 21).

Goal orientation is examined in two parts: task and ego orientation. Ego orientation refers to the goal of the athlete to be superior over the opponent

or her/his teammates, to stand out or to perform better while task orientation refers to the goals of the athlete to do better than the previous performance, to learn new skills or to master a task (6). Motivational climate is defined as the situational environment that directs the target of action in success

situations. In short, motivational climate denotes how the structure of success environment is perceived (11).

MATERIAL and METHOD

Participants: A total of 183 female football players based upon the leagues Super League, PTT 1st League, 3rd League and Amateur League participated in the study. Simple random sampling method was used for sample selection. All participants were included in the study on a voluntary basis. The sports duration of the athletes and the league status of the athletes were taken as independent variables. Therefore, the descriptive characteristics of the participants were determined through these independent variables. Continuous variables such as height and body weight characteristics were excluded from evaluation.

Data Collection Tool:

The Resilience Scale (Psychological Endurance Scale)

The Resilience Scale aims to determine self-recovery and resilience levels of the person. Turkish adaptation of the scale developed by Wagnild and Young (23) was performed by Terzi (20). This is a 24-item and 7-point Likert type scale. The responses range from "(7) Totally Agree" to "(1) Totally Disagree" for each statement. The scores of each item change between 1 and 7. The lowest score to be obtained from the scale is 24 while the highest score is 168. A high score indicates a high level of resilience. Reliability and validity of the scale were performed. The reliability of the scale was determined through three ways. Cronbach alpha reliability coefficient of the scale was found to be .82 and test-retest reliability coefficient was determined as $r = .84$.

Task and Ego Orientation in Sport Questionnaire (TEOSQ)

Task and Ego Orientation in Sport Questionnaire (TEOSQ) developed by Duda (7; 8) is composed of 13 items, 7 of them come from task orientation and 6 of them from ego orientation. The

respondents of the scale participate in each item according to the 5-point evaluation system. The scale was adapted to Turkish athletes by Toros (22).

Sport Motivation Scale (SMS)

In order to measure motivation in the research, "Sport Motivation Scale-SMS" developed by Pelletier et al. (18) was used. Turkish adaptation of Sport Motivation Scale was performed by Kazak (12). The sport motivation scale consists of 28 items in which the judgments are made according to seven evaluation steps and includes seven subscales. These seven subscale scores are also used to calculate intrinsic motivation, extrinsic motivation and amotivation scores (12). The respondent athletes give a score of 1-7 according to the most appropriate option for them to the statements prepared in response to the question "Why do you do sports?"

FINDINGS

Table 1 : Evaluation of Target Commitment Levels of Athletes by Duration of Sports

Duration	N	Mean	df	X ²	p
		Mean Square			
0-2 years	61	95,34			
3-5 years	51	85,75			
6-8 years	31	90,47	5	4,041	,544
9-11 years	23	100,35			
12-14 years	15	82,93			
15 and over	2	145,50			
Total	183				

In Table 1, the target commitment levels of the athletes participating in the study were evaluated in terms of the duration of sports. No significant differences were observed among the variables ($p>0,05$).

Table 2 : Evaluation of Resilience Levels of Athletes by Duration of Sports

Duration	N	Mean	df	X ²	p
		Mean Square			
0-2 years	61	81,51			
3-5 years	51	88,82			
6-8 years	31	83,32	5	16,203	,006*
9-11 years	23	119,37			
12-14 years	15	125,47			
15 and over	2	61,75			
Total	183				

According to Table 2, the resilience levels of the participant athletes were evaluated in terms of the duration of sports. Significant differences were observed among the variables ($p<0,05$).

Table 3 : Evaluation of Sport Motivation Levels of Athletes by Duration of Sports

Duration	N	Mean	df	X ²	p
		Mean Square			
0-2 years	61	77,61			
3-5 years	50	90,32			
6-8 years	31	91,31	5	11,999	,035*
9-11 years	23	111,13			
12-14 years	15	117,60			
15 and over	2	126,00			
Total	182				

When Table 3 is examined, the motivation levels of the athletes participating in the research were evaluated in terms of the duration of sports. Significant differences were observed among the variables ($p<0,05$).

Table 4 : Evaluation of Target Commitment Levels of Athletes by the League Status

Duration	N	Mean	df	X ²	p
		Mean Square			
Amateur League	147	92,88			
3rd League	17	90,53			
PTT 1st League	5	84,70	3	6,650	,084
Super League	10	49,45			
Total	179				

According to Table 4, the target commitment levels of the participant athletes were evaluated in terms of their league. No significant differences were observed among the variables ($p>0,05$).

Table 5 : Evaluation of Resilience Levels of Athletes by the League Status

Duration	N	Mean	df	X ²	p
		Mean Square			
Amateur League	147	95,35			
3rd League	17	76,35			
PTT 1st League	5	93,60	3	14,990	,002*
Super League	10	32,75			
Total	179				

In Table 5, the resilience level of the athletes participating in the study was evaluated in terms of their league. Significant differences were observed among the variables ($p<0,05$).

Table 6: Evaluation of Sport Motivation Levels of Athletes by the League Status

Duration	N	Mean Square	df	X ²	p
Amateur League	146	93,34			
3rd League	17	86,85			
PTT 1st League	5	58,50	3	7,547	,056
Super League	10	53,50			
Total	178				

In Table 6, the target commitment level of the athletes participating in the study was evaluated in terms of their league. No significant differences were observed among the variables ($p>0,05$).

Table 7: Evaluation of the Relationship among Scales

Variables		Target Commitment	Resilience	Sport motivation
	P.Correlation	1	,277	,199
Target Commitment	p		,000*	,007*
	N	183	183	182
	Correlation	,277	1	,438
Resilience	p	,000*		,000*
	N	183	183	182
Sport Motivation	Correlation	,199	,438	1
	p	,007*	,000*	
Total	N	182	182	182

Looking at Table 7, the relationship between the three scale mean scores used in the study was evaluated. Accordingly, there is a low-level positive correlation between target commitment and resilience scores, and there is a considerably low-level positive correlation between target commitment and sport motivation scores ($p<0,05$). There is a significantly positive and low-level correlation between resilience and target commitment and sport motivation scores ($p<0,05$). There is a significantly positive and low-level relationship between sport motivation and target commitment scores ($p<0,05$).

DISCUSSION and CONCLUSION

Studies reveal the importance of psychological capital in women's participation. In football, which is a psychological field, it is seen that female football team players are excluded from football due to psychological, social capital deficiencies and gender inequalities (16).

In Table 1, the target commitment levels of the athletes participating in the study were evaluated in terms of the duration of sports. No significant differences were observed among the variables ($p>0,05$). Target commitment levels were found to be higher in athletes doing sports for 15 years and

more. In the study of Domínguez-Escribano et al. (9) performed on 117 female football players, a decrease is observed in the target commitment level of female football players as they age. In the study of Kocaekşi (13) performed on female handball players, no statistically significant difference was found between measurements and no change was stated in ego orientation scores of female athletes in time.

According to Table 2, the resilience levels of the participant athletes were evaluated in terms of the duration of sports. Significant differences were observed among the variables ($p<0,05$). Resilience levels of athletes doing sports for 12-14 years was found to be higher than other variables.

In Table 3, the motivation levels of the athletes participating in the research were evaluated in terms of the duration of sports. Significant differences were observed among the variables ($p<0,05$). The sport motivation levels of the participants doing sports for 15 years and more were found higher than the sports duration of other participants.

Looking at Table 4, the target commitment levels of the participant athletes were evaluated in terms of their league. No significant differences were observed among the variables ($p>0,05$). Amateur league athletes were found to have higher

levels of target commitment than athletes in other leagues. Following the study of Chie-der et al. (5), a positive correlation was found between the target orientation scores of the female athletes and the sub-dimension scores of ability demonstration and physical performance. The high ego orientation scores of female athletes with high perceived strength competence coincide with the ego orientation, which is based on the principle of being superior to others and considered within the framework of social comparison. In this sense, it has been stated that female athletes with high perceived strength want to defeat their rivals with less effort and perform better than others. The study of Altıntaş et al. (2) shows that female athletes are focused with task and ego orientation on the belief that they can achieve both by learning new skills, showing mastery in the task, working hard and proving superior ability and defeating rivals.

In Table 5, the resilience level of the athletes participating in the study was evaluated in terms of their league. Significant differences were observed among the variables ($p < 0,05$). Resilience levels of athletes in amateur league were found to be higher than the athletes in other leagues.

In Table 6, the target commitment level of the athletes participating in the study was evaluated in terms of their league. No significant differences were observed among the variables ($p > 0,05$). Sport motivation levels of athletes in amateur league were found higher than the athletes in other leagues.

Looking at Table 7, the relationship between the three scale mean scores used in the study was evaluated. Accordingly, there is a low-level positive correlation between target commitment and resilience scores, and there is a considerably low-level positive correlation between target commitment and sport motivation scores ($p < 0,05$). In other words, the higher target commitment scores are, the higher resilience and sport motivation scores can become. In our study, there is a significantly positive and low-level relationship between sport motivation and target commitment scores ($p < 0,05$). There is a significantly positive and low-level correlation between resilience and target commitment and sport motivation scores ($p < 0,05$). When these results were evaluated, it was determined that the scales used in the study predicted each other. When the sources examined in order to contribute to the study are evaluated, it is

stated in the study of Marta Domínguez-Escribano et al (9) performed on 117 female football players that the highest league show high values of ego orientation and task orientation in the perception of success and motivational variables of the individual and team strengthen the motivation of women to participate in football. In the study of Hein and Müür (10), it is stated that behaviors, emotions, perceptions, persistence and even effort in the physical activities of individuals can affect climates. In the study, it was stated that the ego orientation was less likely to decrease the willingness of the individual to engage in a task for their own purposes while the intrinsic motivation was higher in high task orientation. In the study of Pepijn K.C. van de Pol et al. (17) performed on 362 male and 48 female football players, a positive relationship was ascertained between target orientation and motivation. They have stated that target-oriented athletes can evaluate the relationship with their abilities, apply the standards of personal development and performance, and also easily find their way to meet their normative goals in a concrete effort. In the study of Susumu Iwasaki et al. (19) performed on 190 female football players, it was found that the target climate and goal orientations of female footballers mediated the relationship between their abilities and to peak under pressure. In another study by Loghmani and Benar (14) conducted on 40 female handball, volleyball and football players, no clear and significant relationship was observed between target orientation and sport commitment. In particular, they found a negative relationship between task orientation and sport commitment within the goal orientation, and it can be articulated that it might be less important for them to expand and develop their basic skills in the sport with task-oriented characteristics, given that the task-oriented athletes are professional players.

In conclusion, various studies have been carried out to explain the goal orientation, sports motivation and resilience commitment of female football players. Following the researches, the perception of success with football, the level of collective productivity and the relationship established with peers, sports motivation and target orientation can be evaluated as determinants of resilience. Therefore, these three variables can be the focus of training programs to increase women's motivation and commitment in football teams (9). In this regard, taking into account the target orientation of athletes

and sport motivation levels must be the elements trainers pay attention while preparing training programs. Both task and ego orientation goals, motivations and resilience strength must be important factors to enhance sport participation of particularly female football players.

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