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THE RELATION GOAL ORIENTATION WITH COMPETITIVE STATE ANXIETY IN INDIVIDUAL AND TEAM ATHLETES OF CHAMPIONSHIP SPORT CENTERS OF TEHRAN CITY

***Tooraj Mohammadzamani¹ and Sedighe Azizi²**

Department of Physical Education, EslamabadE gharb Branch, Islamic Azad University, Eslamabad Egharb, Iran

**Author for Correspondence*

ABSTRACT

This research has been accomplished due to studying the relationship of goal orientation with competitive state anxiety in both of individual and team athletes of championship sport centers of Tehran city. The statistical populations of the research were 210 athletes which three of them were in individual fields swimming, gymnastics, track & field and three team fields' volley-ball, hand-ball, basket-ball. At last 120 persons were selected totally through the comparative classified sampling. Three questionnaires were used for Research: 1- task-oriented and self-oriented questionnaire (TEOSQ). 2- State anxiety Questionnaire for Adults (SCAT-A). 3 -Competitive Trait anxiety Questionnaire (CSAI-2). Statistical method used in current research is, multivariable regression analyses, Univariate variance analysis and t-Test. According to the results for individual and team athletic fields, there is an obvious difference in orientation dimensions, in the way that the athletes with more self-orientation and those who are in team fields had higher scores for task-orientation. Also competitive Trait anxiety and cognitive factor of competitive state anxiety was in higher rank for individuals in comparison to team but the range of self-confidence was obviously better for athletes in groups in comparison to individuals. Sports background in individual Athletes and Team Athlete There was a significant negative correlation With Cognitive and somatic symptoms Competitive State Anxiety But there was a significant positive correlation with the self-confidence.

Keywords: *Goal Orientation, Competitive State Anxiety, Competitive Trait Anxiety, Championship Sport Centers*

INTRODUCTION

Enlist the support of the principles of psychology to increase the efficiency of education and training wherever necessary. Without knowing the circumstances and mental characteristics of a good education would not be possible. Since physical education an integral part of modern education, extensive knowledge of psychology, sports psychology is Codex. In the broad sense to encompass all aspects of psychology sports psychology, competitive sports, fitness, relaxation and motor skills development. One of the psychological aspects of sport psychology, anxiety. According to (Boris and Spiel, 1966), anxiety can be an increased level of arousal can be defined independently of the nervous system usually close branches systematic activity that is associated with the perceived negative effects and motion. In the independent state of arousal is associated with emotions and the mind. After the anxiety of biological and psychological aspects and both when the person is anxious to be part of her identity. Research conducted by numerous experts has concluded that both physical and cognitive or mental anxieties appear together. The problem is whenever someone about something like the exam, lecture, or participate in the championship thinking happens. Ames and (Archer, 1988; Duda, 1992) showed in a study of achievement motivation or goal orientation with a set of specific purposes in connection with the competency, the head is That these objectives can be divided into two categories: A task-oriented people to search for their competence and understanding and expertise in matters considerably rising new leads, success criteria, which are subject to a return. (B) The circuit itself favorable judgments of individuals to seek or avoid negative judgments about competence brings. Success criteria and the others are normative. In other words, a good measure of success depends on the ability of others. Given the title or the sports arena

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sports physical fitness can play an important role in implementing better therefore, research in the field of sport psychology may have some questions about the behavior of individual and team sports and physical activities answer. Anxiety is one of the important issues in sports psychology topics. Anxiety arises as to what is commonly known as the sport of competitive anxiety in competitive sports opportunities will be created in two categories (competitive state anxiety and trait competitive) into. Research during (Hantvn and Maynard, 2004) found that anxiety athletes approached the competition increases and decreases their self-confidence. The results of blindness and (Biddle, 1996; Kavsanv and Robert, 1996; Freire, 2000), suggests that athletes who dominate the peaceful atmosphere of the exercise they get more motivated, A positive attitude about exercise and to evaluate their performance, the more successful mastery goals and more appropriate use of information, The result is higher self-efficacy beliefs and feel that sport and exercise places a positive climate challenge.

On the contrary, when athletes have a negative attitude about the sport, see it as a negative climate challenge, the negative perception of the show, have low self-efficacy, normally the objectives and the resources they use and the focused activity. (Maynard and Ho, 1987), in a study on different sports athletes came to the conclusion that the competitive trait anxiety, anxiety competitive athletes, they are a significant relationship. So that the competitive trait anxiety levels were higher in athletes, cognitive and physical symptoms of anxiety, increased competition and reduced violent self-athletes. (Hong and Colleagues, 2006) conducted a study on athletes and non-athletes selected high school boys did the Korean Olympic Committee, the results showed that lower state anxiety and trait team sports, individual sports, such as baseball players, less anxiety and taekwondo players had the highest state anxiety (Magyar and Duda, 2000) between goal orientation and self-reliance of competitive state anxiety in athletes with disabilities have achieved a significant relationship.

The task orientation based on the mastery of Mental and physical fitness related activities can be opened (GyvrgyadysHatz, 2002) research on volleyball player in the finals showed that task orientation based on an inappropriate relationship with negative thoughts. While the orientation based on the failure to experience these thoughts were positively correlated. And LyndnrSith (2005) showed that the orientation of the objective function based on its orbit and orbital orientation are related to a specific stimulus. Jagasyngsy and Strickland (2000) showed that the orientation of the objective function based on positive effect on the performance predicted However, the position and orientation based fun and enjoy your significant negative effect on the anticipated pleasure, but this relationship was not significant at the position. Sovin and Jones (1992) showed that most athletes racing in the race before the race have more confidence to athletes who have less competition, higher. Christina, Akiko (Lyzvka, 2003) Anxiety and performance in table tennis players examined. The findings revealed that the table tennis players of cognitive anxiety is no difference between winners and losers is not before the race, The difference between brands and losers before the race, there was no physical anxiety. Confidence levels no significant relationship between the winners and losers. Whatever the sport's history is, the better performance can be expected from him.

Basically, although many studies have been devoted to the study of various aspects of motivation in sport, but a little research into the relationship between goal orientation, socio-cognitive perspective on team sports and individual deal with anxiety. Given the importance of the topic of theoretical and practical aspects, the present study seeks to answer the following question. Sport Psychology is so pervasive that almost many different sports teams and athletes from around the globe are endowed with psychic advisors are benefited with other coaches.

By increasing the degree, usually all different sports coaches and athletes in the most advanced countries in the world are familiar with the basics of sports psychology and mental skills. In fact, so intense and dramatic influence on sports psychology that can lead to victory and winning a team or athlete is a major international competition. Studies and research on motivation, either independently or as part of a branch of applied psychology, has increased dramatically. The scope of the psychologists decided to see human behavior and what triggers causes are continuing to conduct this, the day of the course, the higher your status and the important role it plays allocated.

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MATERIALS AND METHODS

Methodology

This study is a correlational research, which examines the relationship between goal orientation, trait anxiety, and the history of the sport of competitive state anxiety deals. The population of this study consisted of 210 male athletes athletics bases in Tehran, (aged 15 to 21 years and the average age of 70/17, SD 83/1), which was active from 9 bases in 1999 three individual disciplines (swimming gymnastics, athletics) and three groups (volleyball, handball, basketball) from the field and 20 from a total of 120, according to a stratified random sampling method was selected as the sample size.

Measuring Tools

A questionnaire task orientation and autonomy in the exercise of their orientation and task orientation in sport questionnaire to measure the orientation of the target variable (the target) is used. Inventory by Duda and Nicholls (1992), has been prepared. The questionnaire consists of 13 questions that both task-oriented and focus on exercise measures, to assess the function of the circuit 7 questions to test your operating circuit 6 items 5 scales from totally disagree to totally agree is provided. Duda and Nicholls studies, total credit to the questionnaire (86% -81% = alpha), a task-oriented (90% -79% = alpha) and orientation (85% -82% = alpha), have been approved a. (B) Competitive state anxiety inventory: This questionnaire by Martens, (Willy and Burton., 1990) and has 15 items that measure state anxiety in the sport of competitive positioning is used. Cronbach's alpha of the scale of the Spielberger trait Anxiety Inventory (001/0 p <, 63 / 0r =) is significant. In the present study, Cronbach's alpha for this scale is 87/0(C) Competitive trait anxiety scale for adults, Form A

Competitive trait anxiety scale, form A, for measuring the competitive trait anxiety variable is used. The first form of this test in 1974 following the America Psychological Association guidelines for the preparation of the final standard psychological tests and training were provided by Martens form that is used in the present study, the third revision form that is adopted for adults (15 above) is provided. This form consists of 15 questions that the three degrees of the scale Likert scale (rarely, sometimes, often) is provided. Using Kvdr- Richardson, a factor of 88 /. For men and 89 /. Women and using half the ratio of 91 /. For men and 92 /. Women have been obtained (Martens *et al.*, 1990).

Methods

After selecting the desired athletes stratified random sampling, initially at rest or during a session when athletes do not match, the subjects were asked to complete the scale and orientation of the goal, and other information Anxiety DFREML of interest the study also documented the history of sports and sports Next, about half to one hour before the start of the race, the questionnaire (competitive state anxiety), was presented to athletes and they were asked to complete the questionnaire. It is to prevent disorganization; the questionnaire code for each person was given a letter or number is separable from each other to complete.

RESULTS AND DISCUSSION

Results

Individual sports competitive trait anxiety in the cognitive aspects of competitive state anxiety level (001/0> p) is positive and significant relationship. The results show the competitive trait anxiety and physical level (004/0> p) is positive and significant relationship. In addition, competitive trait anxiety with confidence at (001/0> p) is negative and significant relationship. In other words, individual sports with competitive trait anxiety, cognitive and physical symptoms of anxiety rising competition and reduced confidence level. Individual sports competitive trait anxiety in the cognitive aspects of competitive state anxiety level (001/0> p) is positive and significant relationship. The results show the competitive trait anxiety and physical level (004/0> p) is positive and significant relationship. In addition, competitive trait anxiety with confidence at (001/0> p) is negative and significant relationship. In other words, individual sports with competitive trait anxiety, cognitive and physical symptoms of anxiety rising competition and reduced confidence level. Variable in the history of sports in individual sports (001/0> p) with competitive anxiety physical condition has a significant negative relationship. Variable in the history

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of sports (001/0> p) is positive and significant relationship with the aplomb. Based on the findings between exercise and cognitive symptoms of anxiety (501/0> p) was not statistically significant. In other words, the history of sports athletes to increase the amount of physical stress reduction and increased confidence. Variable level of individual sports (001/0> p) with the cognitive aspects of competitive state anxiety is a significant positive relationship. Variable level of individual sports (124/0> p) with competitive anxiety physical condition is not statistically significant. Individual results vary based on the type of exercise (001/0> p) is negative and significant relationship with the aplomb. The circuit-level task (001/0> p) with the cognitive aspects of competitive state anxiety is a significant negative relationship. Circuit-level task (001/0> p) is negative and significant correlation with the physical dimension. In addition, the circuit-level task (002/0> p) is positive and significant relationship with aplomb. In other words, by increasing the duty based on cognitive and somatic anxiety symptoms competitive athletes who reduced and self-confidence can be increased. According to the circuit-level (001/0> p) is positive and significant relationship with aplomb and S. cognitive level (323/0> p) and physical factors in the (211/0> p) relation were not observed. In other words, with its increased focus on athletes who sign of confidence increases? In team sports competitive trait anxiety level (005/0> p) is positive and significant correlation with cognitive aspects. Competitive trait anxiety level (001/0> p) is positive and significant correlation with the physical dimension. In addition, competitive trait anxiety level (005/0> p) is negative and significant relationship with aplomb. In other words, in team sports, the competitive trait anxiety level increases cognitive and physical symptoms of anxiety, increased competition and the level of confidence decreases state. Variable in the history of sports in team sports (001/0> p) with the cognitive aspects of competitive state anxiety is a significant negative relationship. Variable in the history of sports (001/0> p) is negative and significant correlation with the physical dimension. Based on the findings between sports history and symptoms confidence level (428/0> p) A significant relationship was observed. In other words, the history of team sports athletes increase, cognitive and somatic anxiety symptoms are reduced. Team sport in the variable type (002/0> p) with the cognitive aspects of anxiety is a significant negative relationship. Team sport in the variable type (001/0> p) with competitive anxiety physical condition has a significant negative relationship. The team sport in the variable type (339/0> p) has no significant relationship with the aplomb. Between team and individual athletes in terms of their operating autonomy observed value of t ($510 / 3t =$) with degrees of freedom in the 118 ($1\% p <$) indicates a significant difference, because (the $t_{ob} > t_{cr}$) is . This means that individual athletes factor orbital are a team of athletes. Between team and individual athletes, the duty factor orbital observed value of t ($177 / 4t =$) with degrees of freedom in the 118 ($1\% p <$) indicates a significant difference, because (the $t_{ob} > t_{cr}$) is . This means that the task-oriented team athletes are higher than individual athletes.

Discussion and Conclusion

The results of multiple regression analyzes on the relationship between goal orientation dimensions of competitive state anxiety were statistically significant in both individual and team sports ($1\% p <$) as indicated. Task orientation and autonomy with cognitive and physical factors of competitive state anxiety and significant negative correlation with the confidence and positive and meaningful relationship. This result is consistent with other research findings.

The researchers found that in the exercise of their team-oriented and task-oriented individual with anxiety when they are significant. Results of the research hypothesis is based on the competitive relationship between trait anxiety and state anxiety in competitive individual and team sports, meaningful relationship ($1\% p <$) as indicated. So that competitive trait anxiety predicts the most competitive state anxiety agents of change in both individual and team sports there. In individual and team sports, competitive trait anxiety, cognitive and physical factors associated with significant positive and negative correlation with the confidence and meaningful. This finding is consistent with the findings of other researchers. The researchers found that in both individual and team sport athlete's trait anxiety level is high, people are less confident during the race, and physical and cognitive dimensions of the case of anxiety in the more could be strengthened. The results of the research hypothesis that the relation between individual and team sports athletes in the history of the sport of competitive anxiety in the case specified lower, and the higher

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the level of anxiety it can be expected higher aplomb. This result is consistent with the findings of other researchers. The researchers found that the higher the athlete experience anxiety and cognitive and physical decline, there will be more confident in. The results confirm a hypothesis about the relationship between individual and team sport of competitive state anxiety associated with significant ($1\% p <$) as indicated. These findings are consistent with a study by researchers. The researchers found that the competitive state anxiety in different sports, team sports, as well as lower levels of competitive anxiety in individual sports. The results of the latest research hypotheses were significant differences in the level ($1\% p <$) between team and individual athletes showed. So that individual athletes were autonomous team of athletes. Athletes of task-oriented team scores higher than their individual athletes.

The overall results of the study showed that the variables of competitive trait anxiety factors most influence on competitive state anxiety in both groups. In particular, this effect may not get the individual exercises. Interestingly, it is also used to some extent in practice, significant differences between individual and team sports in terms of cognitive anxiety. This finding suggests that individual sports because of their special nature, such as conflict, competition and lack of any other individual accompanying the team, not the division of tasks and responsibilities dealing with higher cognitive anxiety. Team-based and individual sports athletes had a mean score higher orbit task. Individual differences in self-oriented or task-based orientation, social orientation may result in the assignment involved or not involved. Therefore, this correlation could be due to the interaction with the members. Highlights of this research were important to psychologists and coaches. Use effective strategies to increase the amount of duty based on the orientation and self-orientation instead Creates favorable outcomes in athletes as a result of the negative effects of moderate anxiety and increases the confidence of athletes so it should be a way to reduce anxiety program consultant and coach. Gradual relaxation techniques to reduce anxiety among athletes are important.

ACKNOWLEDGEMENT

This study was carried out with the grant of Islamic Azad University, Eslamabad Egharb Branch. The author expresses his gratitude of the research assistant of Islamic Azad University.

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