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A Study of Task and Ego Orientation in Sportspersons of Chhattisgarh Based on Culture

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ABSTRACT

Task and ego orientation are key aspects in sports because task orientation denotes personal effort to improve, but not comparing with anybody, while ego orientation means that an athlete focuses on performing better than other athletes. With different cultural backgrounds, tribal and non-tribal athletes possess different characteristics, but it is equally essential to assess their task and ego orientation for training and coaching purposes. The present study was planned to assess the task and ego orientation in tribal and non-tribal sportspersons. The sample for the present study comprises 25 male tribal sportspersons, 25 male non-tribal sportspersons, 25 female tribal sportspersons and 25 female non-tribal sportspersons chosen from intercollegiate sports events in Chhattisgarh. The task and ego orientation were assessed by Duda and Nicholls (1989) questionnaire. It was found that task and ego orientation in non-tribal sportspersons was higher as compared to tribal sportspersons, and this result is the same in both male and female sportspersons. It was concluded that cultural differences do play a role in defining task and ego orientation in sportspersons.

Keywords: Task And Ego Orientation, Tribal, Non-Tribal, Sportspersons

INTRODUCTION

There are two distinct motivational patterns on which an individual judges and involves themselves in activities or sports. Task orientation means complete focus on learning new skills and mastering them so that performance can be enhanced. A task-oriented individual believes that success comes from persisting with learning and skill development. The main goal of task-oriented individuals is to improve their skills and try to perform even better in future. The main characteristic of task orientation is resilience, and these individuals do hesitate to take on challenges and persevere with the goals despite failures. A task orientated mindset gives a feeling of achieving the desired goal through sustained efforts. In sports, task orientation is important. It shows a positive attitude of an athlete towards practice and training because these two help them to learn new techniques and skills, which are important to excel over other athletes. Coaching and training settings that promote a mastery or task-focused approach encourage teamwork, persistence, and self-improvement. Such environments lead to more enjoyment, cooperation, and long-term sport participation. Studies show that task-oriented athletes have better psychological well-being, lower anxiety, and stronger commitment, and they see failure as a chance to learn rather than a threat.

Exactly opposite, the ego orientation is all about social comparison and competitive instinct. Individuals high on ego orientation try to outperform others to receive social recognition. The motivation to excel in

high ego-oriented individuals comes from external rewards as compared to personal betterment or learning. An athlete with high ego orientation is satisfied with his performance only when he scores better than other athletes. An individual with high ego orientation tends to avoid difficult challenges due to fear of failure because they feel that failure shows their lack of competence.

Both types of orientation can have an effect on performance. For long-term athletic development, positive learning habits and resilience are essential, but ego orientation is also required to motivate athletes to do well in competition. Hence athlete need to have a healthy competitive behaviour and value towards learning new skills.

Although an important topic in sports psychology, research regarding the comparison of task and ego orientation in tribal and non-tribal athletes is very limited, although both actively participate in different levels of competition. Hence, decoding motivational orientation in tribal and non-tribal athletes will certainly help coaches and trainers to choose their training strategies accordingly. Hence, the present study was planned.

REVIEW OF LITERATURE

Dudhale and Bhate (2015) compared the psychomotor abilities of 100 male state-level gymnasts, 50 from tribal and 50 from non-tribal origin. Hand-eye coordination was tested using the Mirror Drawing Test and reaction time by the Nelson Test. Results showed no significant difference between the two groups, indicating that tribal and non-tribal gymnasts did not differ in the selected psychomotor abilities.

Khan (2017) studied the relationship between task and ego orientation and competitive anxiety among 40 senior national female volleyball players. The results showed that task orientation had a positive correlation with self-confidence and somatic anxiety. Ego orientation, however, was not significantly related to self-confidence or somatic/cognitive anxiety. The study also revealed that ego-oriented players experienced higher competitive anxiety than task-oriented players.

Kumari, H. (2019) compared task and ego orientation in 60 male and 60 female national rugby players using the Duda and Nicholls (1992) scale. The t-test showed no significant difference between males and females in either task or ego orientation.

Rawte (2022) assessed self-confidence in 100 tribal male adolescent athletes from Chhattisgarh using Pandey's inventory. Results showed that 67% had moderate self-confidence, 12% had low, and 21% had high self-confidence. The study concluded that these athletes lacked the additional psychological edge needed to perform at higher levels.

Bala and Shaji (2023) examined how goal orientation relates to emotional intelligence among athletes and found a significant positive relationship between the two. Their results suggest that athletes who display stronger goal orientation also show higher levels of emotional intelligence. This means athletes who set goals, stay motivated, and work towards improvement are more capable of understanding, managing, and expressing their emotions effectively. The study highlights that psychological skills such as emotion regulation, self-awareness, and empathy may play an important role in how athletes pursue goals, cope with pressure, and maintain motivation during training and competition.

Dhar and Singh (2024) compared self-confidence between 50 tribal and 50 non-tribal junior national hockey players. Using the Self-Confidence Inventory by Panday (1983), they found a significant difference ($t = 2.07$), indicating that tribal players had higher self-confidence than non-tribal players.

Farooque et al. (2024) assessed anxiety among 200 tribal and non-tribal soccer players in Tripura using a modified MRF-2. ANOVA results showed that somatic anxiety shifted from moderate to high during the

match, while cognitive anxiety remained consistently high. The study also found that self-confidence significantly affected both groups' skill performance.

OBJECTIVE

The present study aims to compare task and ego orientation between tribal and non-tribal sportspersons of Chhattisgarh.

HYPOTHESIS

Non-tribal sportspersons will show significantly more magnitude of task and ego orientation as compared to tribal sportspersons.

METHODOLOGY

The following methodological steps were taken to conduct the present study.

Sample:

The sample for the present study comprises 25 male tribal sportspersons, 25 male non-tribal sportspersons, 25 female tribal sportspersons and 25 female non-tribal sportspersons chosen from intercollegiate sports events in Chhattisgarh. The average age of these 100 intercollegiate sportspersons was 19.22 years. Purposive sampling was used to select these sportspersons.

Tools

Task and Ego Orientation in Sports Questionnaire

The task and ego orientation were assessed by Duda and Nicholls (1989) questionnaire. The questionnaire assessed task orientation with the help of 7 items, while the remaining 06 items were designated to assess ego orientation. This questionnaire enjoys high reliability and validity.

Procedure

25 male tribal sportspersons, 25 male non-tribal sportspersons, 25 female tribal sportspersons and 25 female non-tribal sportspersons chosen from intercollegiate sports events in Chhattisgarh were chosen purposively. The Task and Ego Orientation in Sports Questionnaire was administered to selected tribal and non-tribal sportspersons. The responses were numerically coded and entered in an Excel sheet in two study groups for further analysis with an independent sample 't' test.

RESULT AND DISCUSSION

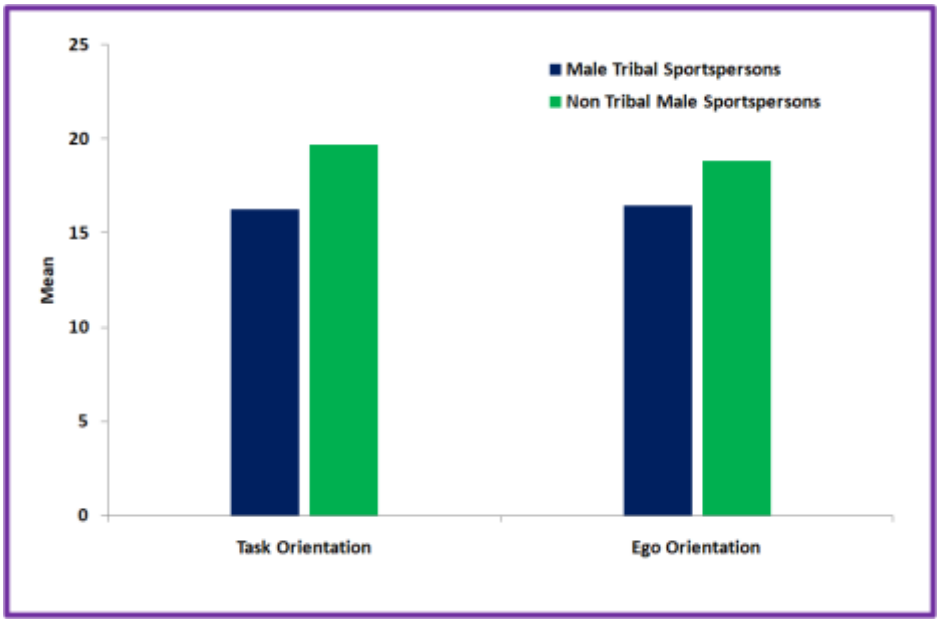
Table 1 and 2 shows the comparison of task and ego orientation between tribal and non-tribal sportspersons.

Table 1

Comparison of Task and Ego Orientation between Male Tribal and Non-Tribal Sportspersons

Variables	Male Tribal Sportspersons (N=25)		Non-Tribal Male Sportspersons (N=25)		Mean Diff.	't'
	Mean	S.D.	Mean	S.D.		
Task Orientation	16.28	3.27	19.72	2.74	3.44	4.02, $p<0.05$
Ego Orientation	16.48	4.36	18.84	2.86	2.36	2.25, $p<0.05$

Figure 1
Bar Diagram Showing Task and Ego Orientation in Male Tribal and Non-Tribal Sportspersons



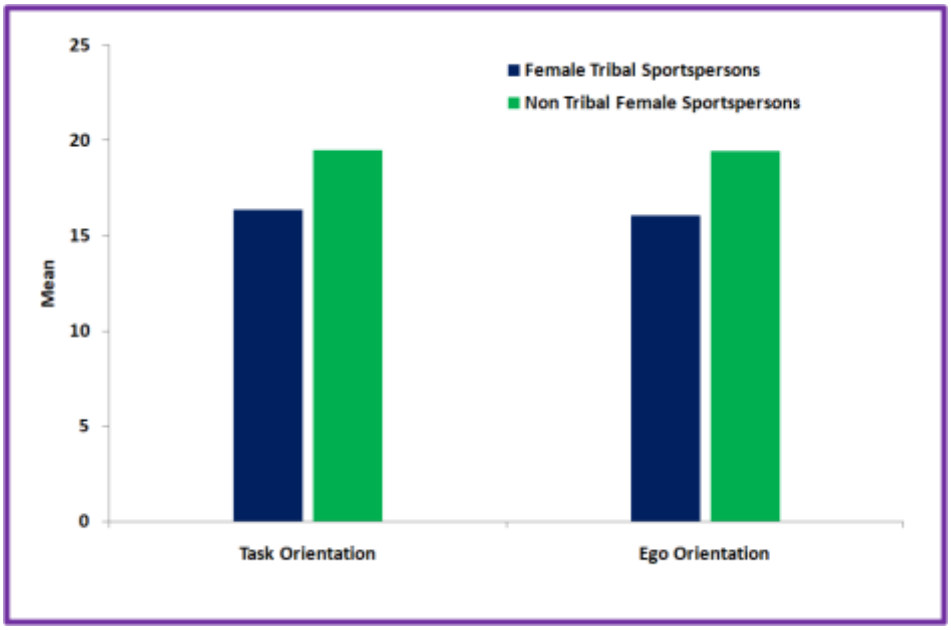
The results indicate that non-tribal sportspersons scored higher on both task and ego orientation dimensions. For task orientation, the mean score of non-tribal male sportspersons (19.72) was significantly higher than that of tribal male sportspersons (16.28), with a mean difference of 3.44 and a t value of 4.02 at $p<0.05$.

The result given in Table 1 indicates that ego orientation was significantly higher among non-tribal male sportspersons, with a mean of 18.84 compared to 16.48 for tribal male sportspersons. The mean difference of 2.36 and the t-value of 2.25 indicated a significant difference at the 0.05 level. The results indicate that non-tribal male sportspersons possess significantly higher levels of both task orientation and ego orientation than tribal male sportspersons.

Table 2
Comparison of Task and Ego Orientation between Female Tribal and Non-Tribal Sportspersons

Variables	Female Tribal Sportspersons (N=25)		Female Non-Tribal Sportspersons (N=25)		Mean Diff.	't'
	Mean	S.D.	Mean	S.D.		
Task Orientation	16.36	3.26	19.52	4.69	3.16	2.76, $p<0.05$
Ego Orientation	16.08	3.98	19.44	6.50	3.36	2.20, $p<0.05$

Figure 2
Bar Diagram Showing Task and Ego Orientation in Female Tribal and Non-Tribal Sportspersons



The findings given in Table 2 reveal that non-tribal female sportspersons scored higher on both task and ego orientation. For task orientation, the mean score of non-tribal female sportspersons (19.52) was significantly higher than that of tribal female sportspersons (16.36), with a mean difference of 3.16 and a t-value of 2.76 at the 0.05 level. Similarly, non-tribal female sportspersons showed higher ego orientation, with a mean score of 19.44 compared to 16.08 for tribal female sportspersons. The mean difference of 3.36 and the obtained t-value of 2.20 also confirmed a significant difference at $p<0.05$. These results indicate that female non-tribal sportspersons possess significantly higher levels of both task orientation and ego orientation than tribal female sportspersons.

DISCUSSION

The findings of the present study clearly demonstrate consistent differences in motivational orientations between tribal and non-tribal sportspersons, irrespective of gender. In both male and female groups, non-tribal athletes showed significantly higher scores on task orientation as well as ego orientation when compared with tribal athletes. This pattern suggests that non-tribal athletes are more focused on mastering skills, improving performance, and also on outperforming others in competitive situations. The higher task orientation among non-tribal sportspersons may be attributed to better access to sports facilities, structured coaching, and exposure to competitive environments, which enhance their desire for learning and self-improvement. Non-tribal athletes may also experience greater encouragement from coaches, peers, and family members, contributing to higher engagement and intrinsic motivation. Similarly, higher ego orientation in non-tribal athletes indicates their tendency to value competition, comparison, and achievement relative to others.

CONCLUSION

1. Both task and ego orientation in non-tribal male sportspersons were found to be significantly higher as compared to tribal male sportspersons.

2. Both task and ego orientation in non-tribal female sportspersons were found to be significantly higher as compared to tribal female sportspersons. Overall, the study highlights the importance of providing motivational support, coaching, and performance-enhancing environments to tribal athletes. Strengthening their psychological orientation and competitive mindset may help in developing their sporting potential and improving their performance in future competitions.

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