Relationship between goal orientation, perceived motivational climate and sources of confidence among elite and normal wrestlers

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ABSTRACT

The purpose of study was to determine relationship between goal-orientation, perceived motivational climate and sources of confidence in Greco-Roman wrestlers. The aim of this study is to elucidate in determining these relationships. 36 participants of elite Greco-Roman wrestlers and 36 normal Greco-Roman wrestlers of Kurdestan selected randomly. In order to collect data, three questionnaires were used. Pearson's correlation coefficient at 5% level was used in order to obtain results. The results indicated that there is a significant relationship between ego-orientation with sources of self-confidence in normal wrestlers in cases such as mastery of skills, demonstrating abilities, social support, leadership style and alternative experience and in elite wrestlers there is a negative relationship with demonstrating abilities, and a meaningful relationship with physical competencies, leadership style, alternative experience and environmental tranquil. On other hand, there is negative relationship between ego-orientation with motivational sources in normal wrestlers in cases of performing, while there is a positive relationship and in elite wrestlers with performance. The result also indicated that there is a significant difference between perceived motivational climate in normal and elite wrestlers.

Keywords: Greco-Roman wrestlers, Self-confidence, Perceived motivational climate, Goal-orientation
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INTRODUCTION

But it should be remembered that self-confidence of a wrestler can never have a positive role in his implementing, unless the wrestler spend more time on this work and utilized new and particular ways. Successful and unsuccessful individuals can be distinguished from each other by a factor of self-confidence. This characteristic is at the excellent level of elite athletes. The benefits of self-confidence are as follows: create positive feelings, focus on objectives, increasing effort, performing activities, and momentum. Wrestling is an individual sport and it is necessary for individuals to rely on themselves. This is same concept of self-confidence. Having self-confidence in these sources can originate from personality, environmental, and situational factors. These sources which under investigation are as follows: mastering of skills, demonstrating the abilities, displaying physical competencies, social support, leadership style coach, alternative experience, environmental relax/tranquil and favorable condition. On other hand, since wrestling is a struggle and competitive sport, it must be as a result, to minimize the magnitude of motivation is remarkable matter of teachers. An exercise/ training program will not have any opportunity to succeed, unless students are willing to make the required effort for performing work with full enthusiasm. In order to make positive impact on experiences of athletes, instructors must increase motivation of students. Psychological research has focused on this type of individuals' motivation before long. Although the categories of physical education is a subject that the researchers have recently investigated on it, however, the obtained results are consistent with the findings of in the field of educational psychology and confirmed them. In this study, the motivational climate has been as one of the major environmental factors. The researcher also considered goal-orientation of individuals,

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because goal-orientation makes the individual affiliate to activities like sport. Goal-orientation of individual's ego-orientation makes the individuals' triumph and overcome with others, whereas individual of task-orientation considers learning new skills and mastery of skill. For this reason, with respect to the importance of psychology in certain areas of sport and due to lack of conducting investigations inside country, this present study was designed. Stephan and Mahony (2000) indicated that (PRE) was predicted in three stages for women significantly as follows in stages:

1) goal-orientation, the ability to understand, and severity of leisure activities;
2) task- orientation, and the ability to understand, and
3) opportunity work.

The Beta test indicated that (PRE) task-orientation is more than task-oriented abilities and experience is more than leisure activities. It is necessary to note that the results of understanding the difficulty of training and goal orientation were discussed. Ukelson (2001) stated that there are several main objective of implementing wrestlers:

1) Motivation and commitment to meaningful goals,
2) Target
3) Mental preparation for peak fitness
4) Mental focus, confidence and comfort 5. Daily work assessment

Shamshiri (1994) indicated that state anxiety as physical factor in individual sports fields is more important than team fields. Similarly, Tejari (1999) in his research entitled "performing wrestlers and competitive anxiety in Iran's and Russia's national wrestling team wrestlers at the 1998 World League clubs" indicated that there is significant relationship between feeling of self-efficacy and results of performing match in Russia's national wrestling team. There is significant relationship between feeling of self-efficacy and results of performing match in Iran's national wrestling team. There is significant relationship between feeling of self-efficacy and results of performing match in collection of tests among two teams. Weiner (1985) stated that task-orientation is related to types of autonomous motivation with any situation positively. Previous orientation is associated with lower autonomous motivation weakly. They also stated that high level of task-orientation encourages motivation in physical education. Magyar et al (2004) found that understanding of their perceived effectiveness help them to achieve objectives and in turn, these objectives/goals help grading periods among intermediate and advanced students. The relationship between these variables for beginners was weaker than advanced students. In addition, it was demonstrated that the task-orientation of the assignment among advanced students only helps them to understand perceived effectiveness. According to this subject, motivational variables were practical for students, whereas they had not developed for beginners students. Chie et al. (2003) found out that male players gained higher score than female ones in ego-orientation climate, mastery of skills, physical performance, and factors sources of self-confidence sport. According to correlation, both male and female in task-orientation, ego-orientation climate, and the perceived abilities have positive relationship with eight factors sources of self-confidence sport. Self- orientation male players is associated with demonstrating physical competencies and social support. Motivational ego-orientation of males has positive relationship with demonstrating competence, physical performance, mental and physiological preparations, social support, alternative experience, leadership style, and environment. Ego-orientation of female players has positive relationship with demonstrating competence, physical performance, mental and physiological preparations, social support, alternative experience, leadership style, and environment. Ego-orientation of female players and ego-orientation perceived climate and eight factors source of self-confidence sport, has positive relationship with self-confidence before match. According to obtained results, task-orientation and perceived ability male players can predict self-confidence sport before match. Perceived ability as well as task-orientation perceived climate of females also was a predictive factor for self-confidence before match. The result also indicated that more self-confidence originates from task-orientation environment and players have task-orientation of self-confidence. Fox (2003) stated that there is a significant relationship between task-orientation and sources of self-confidence in comparison to ego-orientation's individuals. Nelson (2008) found that improving self-confidence is a way of progressing physical skills and they will be better through practices. There are two types of general exercises which can use. These cases are as follows: blocking exercise and random exercise. Blocking exercises makes athletes' skills repeat. This is an important technique which used for creating self-confidence among beginners players. One another ways of increasing self-confidence is playing. Veroff (2009) found that factors such as leadership coach, mastery of skills and demonstrating abilities have the most average among eight sources of self-confidence. According to results of this research, task-orientation's individuals introduced as factor in mastering skills and social support, whereas task-orientation's individuals do not introduce themselves as factor in creating self-confidence, but introduced factor desired position as creating self-confidence. With respect to researches, the researcher realized that : Which sources of self-confidence sport have important role in creating motivation and which source is less, It's better to be able to create conditions for better exercises and also determine that whether ego-orientation or task-orientation have strong

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impact on creating self-confidence or not? Did the individual's ego-orientation have the same factor in creating self-confidence or individual's task-orientation?

MATERIALS AND METHODS

The research method used in this study is a correlation, which investigated the relationship variables between goal orientation – the perceived motivational climate and sources of sport confidence. The participants of this study were 36 elite and normal wrestlers. The age of participants was between 18 and 24 years old. In order to collect data, three questionnaires including goal orientation, perceived motivational climate, and sources of sport confidence were used in this study. In order to investigate significant between subscales by these tests, the researcher used the Pearson Correlation Coefficient and T-test for two independent groups. The correlation is significant at the (P< %5) level. In fact, the significant level of this study is considered (P< %5).

RESULTS

Table 1. Comparison of goal orientation in two groups of normal and elite wrestlers

	Levene's test								
	Levene's Test for Equality of Variances		t-test for Equality of Means						
	F	Sig.	t	df	Sig (2-tailed)	Mean Difference	Std. Error Difference	95% Confidence Interval of the Difference	
								Lower	Upper
Ego-orientation	33.048	.000	112. .097	64 57.456	112. .097	-.517	942. .899	-3.399 -3.318	365. .284
Task-oriented	.055	.815	406. .408	67 65.607	406. .408	523. .523	625. .627	-.726 -.729	1.177 1.775

As table 1 indicates, there is not significant difference between sources of goal orientation in normal and elite wrestlers.

Table 2. Difference between sources of confidence in two groups of normal and elite wrestlers

	Levene's test								
	Levene's Test for Equality of Variances		t-test for Equality of Means						
	F	Sig.	t	df	Sig (2-tailed)	Mean Difference	Std. Error Difference	95% Confidence Interval of the Difference	
								Lower	Upper
Mastery on skills	15.688	.000	-.912 -.912	70 60.195	365. .365	-1.167 -1.167	1.279 1.279	-3.718 -3.725	1.384 1.392
competence	12.382	.001	-2.583 -2.583	67 57.772	012. .011	-3.720 -3.720	1.440 1.410	-6.594 -6.542	-.845 -.897
Displaying physical competence	.750	.389	-3.892 -3.876	67 64.929	000. .000	-2.553 -2.553	656. .659	-3.862 -3.868	-1.244 -1.238
Social support	2.325	.132	000. .000	64 63.383	1.000 1.000	000. .000	1.701 1.658	-3.398 -3.313	3.398 3.313
Leadership style	1.394	.242	-.550 -.550	70 69.389	584. .584	750. .750	1.363 1.363	-3.649 -3.649	1.969 1.969
Alternative experience	3.615	.062	103. .102	67 61.277	918. .919	144. .144	1.401 1.415	-2.653 -2.685	2.941 2.973
Environmental tranquil	15.20	.000	292.1 292.1	70 54.759	201. .202	1.333 1.333	1.032 1.032	-.725 -.735	3.392 3.402
Desired position	.295	.589	-.767 -.767	64 63.569	446. .446	-.455 -.455	593. .593	-1.639 -1.639	729. .730

Table 3. Difference sources of the perceived motivational climate in two groups of normal and elite wrestlers

	Levene's test								
	Levene's Test for Equality of Variances		t-test for Equality of Means						
	F	Sig.	T	df	Sig. (2-tailed)	Mean Difference	Std. Error Difference	95% Confidence Interval of the Difference	
								Lower	Upper
Dominance	.49	.825	1.240 1.244	67 66.983	219. .218	1.053 1.053	849. .847	-.642 -.637	2.749
Task-oriented	.024	.877	331. .332	64 62.710	742. .741	367. .367	1.109 1.105	-1.849 -1.841	2.825 2.574

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As the table 2 indicates, there is significant difference among sources of confidence of normal and elite wrestlers in the ability and physical fitness, but in other cases, the difference was not significant.

As table 3 indicates, there is not significant difference among sources of the perceived motivational climate in normal and elite wrestlers.

DISCUSSION AND CONCLUSION

On the basis of the findings of this study, there is negative relationship between ego orientation with alternative experience in normal and elite wrestlers, but there is positive and significant relationship between ego orientation with relaxed environment in normal and elite wrestlers. There is also negative relationship between ego orientation with leadership style in normal and elite wrestlers, but there is positive and significant relationship ego orientation with display physical fitness and desired position/status. In this field, George, Hens, Fax, and Biddle emphasized on the role of individuals. The above findings go line with the findings of Heider, Fox, and Biddle [3, 4, 6]. Their findings indicate that source of inner motivational confidence and this inconsistency between ego-orientation with alternative experience in normal wrestlers can relate to performing due to shortage of experience and skill. There is positive and significant relationship between ego-orientation with dominance in normal wrestlers, whereas there is also no significant relationship between ego-orientation with dominance/mastery of skills in elite wrestlers. In addition, there is positive and significant correlation between task-orientated and sources of sport confidence in comparison to other factors.

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