

Task and Ego Goal Orientation in Martial Arts Athletes

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Abstract: Goal orientation perspective in athletes is an essential component that must be considered when determining how athletes will choose to complete their duties. This is compatible with the daily activities of martial arts athletes, which include personal feelings and thoughts. Athletes' goal orientation has been linked to certain sports-related activities, concepts, and viewpoints that might influence a person's thoughts, feelings, and behaviors in competitive situations. The framework of achieving goal theory defines two major goal orientations: task orientation and ego orientation. This study aimed to investigate the level of task and ego goal orientation of professional athletes in martial arts in Kota Semarang. The sport contributed to these studies. This study involved 80 martial arts athletes from judo, karate, kempo, muaythay, pencak silat, taekwondo, and wushu. The method utilized was a survey with descriptive statistical analysis of percentages. The study's findings indicate that martial arts athletes in Semarang had a task orientation score ranging from 4.35 to 4.69, with a maximum score of five. This result is more dominant than ego orientation, with a mean ranging from 2.67 to 3.30. This study concludes that martial arts sports have a higher task orientation, which helps athletes enhance their behavior and intellectual abilities while providing excellent fighting power.

Keywords: Goal Orientation Perspective, Martial Arts, TEOSQ

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INTRODUCTION

Martial arts and combat sports have distinct qualities when compared to other sports. This is supported by Columbus and Rice's findings, which revealed that phenomenological analysis of karate, taekwondo, and tai chi practitioners revealed four martial arts contexts that were thought to have benefits for participation: 1) criminal victimization, 2) growth and discovery, 3) life transitions, and 4) task orientation. These four contexts are regarded as helpful exercises for assisting athletes in adapting to daily life. Each of the actions in issue has a unique and meaningful interaction between the athlete and others, feelings, outcome, and situations, and the martial arts practice itself (Columbus & Rice, 1998).

In terms of martial arts athletes' daily activities, which involve personal feelings and thoughts, this is consistent with the goal perspective theory, which states that a person's personal goals can influence a person's thoughts, feelings, and behaviors in competing settings (Nicholls, 1989). Nicholls went on to say that competitive situations in reaching applicable goals, both task and ego, are related to a person's subjective appraisal of their achievement in achieving those goals. For example, a task-oriented athlete's appraisal of success is self-referenced, but an ego-oriented athlete's assessment of success is winning over competitors (Kuan & Roy, 2007). According to Duda et al. (1995), feedback on an athlete's performance might impact their motivation, including task and ego engagement. A competition's performance outcome can show an athlete's improvement (task conception of ability) or their relative superiority (ego idea of ability) (J. L. Duda et al., 1995).

According to previous research, goal orientation varies depending on the type of combat sport. This was revealed in a study conducted by Gernigon and Le Bars (2000) to determine whether the attainment of goal orientation (task and ego orientation) in judo and aikido practitioners of children and adults was influenced by the martial arts practiced. This study looked at the differences between competitive and non-competitive matches, as well as experience and gender. This study's findings are revealing Children who practiced aikido were more task-oriented compared to those who practiced judo. In addition, in the children's group, experienced aikidokas were less ego-oriented than beginner aikidokas and experienced judokas, but experienced judokas were more ego-oriented than beginning judokas. In the adult group, experienced aikidokas had lower task and ego orientation compared to beginner aikidokas and experienced judokas. Gender had no significant effects on task- and ego-orientations. According to the scientists, this data contradicted the hypothesis and existing literature on gender differences in goal orientations (Gernigon & le Bars, 2000).

The sports setting has a considerable influence on the role of task-ego orientation. Individuals that are task-oriented strive to enhance their skills, have higher perseverance, collaborate with others, and work harder to improve their skills. Athletes with an ego orientation, on the other hand, strive to display superior ability during sports training or to exceed normative sporting norms. Ego-oriented athletes are more likely to develop addicted habits, just like persons who abuse narcotics or drop out of sports (Kavussanu et al., 2006; Ring & Kavussanu, 2018; Torregrosa et al., 2008).

Achieving the goals of martial arts athletes is undoubtedly vital to understand in order to determine how task and ego orientation influence the athlete's training and daily conduct in their sports activities (Albuquerque et al., 2015). The purpose of this study is to investigate at the task-ego orientation of martial arts athletes depending on the sport they play. In addition, the athlete's

predisposition toward task and ego is assessed. As we know, the previous literature have limited discussion about the martial arts in orientation goal perspective reserach. (Nicholls, 1984) Variations in accomplishing goals in athletes by recognizing the scope of athletes are tied to the meaning and function of certain activities that are rational expressions. The social cognitive approach to assessing goal achievement presupposes the existence of two motivating orientations for goals or achievement objectives (J. Duda, 1993).

METHOD

The study was conducted under a survey study design. The main objective of the study was to investigate the level of the task and ego goal orientation of the Profesional Athletes of Martial Arts in Kota Semarang. This research review focuses on differences in task and ego goal orientation in each martial arts activity, including wushu, pencak silat, karate, taekwondo, judo, muathay, and kempo. Whereas assessing the differences in sex towards the goal orientation was the minor objective.

The research population consisted of 80 athletes ($SD=4.10$). The "Task and Ego Orientation in Sport Questionnaire (TEOSQ)" was utilized as an instrument in this study (Dagsdóttir et al., 2023) and was distributed online to participants between April and June 2024. The TEOSQ comprised of 13 questions, with 7 on task orientation and 6 on ego orientation (*Apendix I*). TEOSQ was organized using a 5-point Likert scale ranging from strongly disagree to strongly agree. Statistical analysis was conducted using descriptive percentages.

RESULTS

A total of 80 athletes from judo, taekwondo, kempo, karate, Muathay, Wushu, and Pecak Silat contributed to the study's findings. Table 1 shows the distribution of athletes' data. The level of Task-ego orientation was measured for each sport using the percentage statistics shown below.

Table 1. Task and Ego Oceral Score of Semarang Martial Arts Athletes

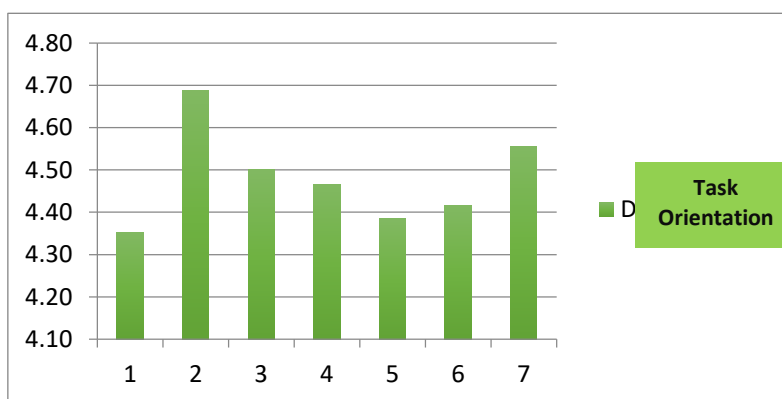
No.	Sport	N	TEOSQ Overall Score
1.	Judo	9	72.73
2.	Karate	8	81.14
3.	Kempo	5	77.09
4.	Muathay	15	76.48
5.	Pencak Silat	13	78.04
6.	Taekwondo	18	75.85
7.	Wushu	12	73.93
	Total	80	535.26
	<i>Mean</i>		76.466
	<i>Sd</i>		2.549

Table 1 shows that the overall value of Task and Ego Goal Orientation was measured using TESOQ. These are the overall results of athletes from each discipline, and it is clear that judo has the lowest score (72.72), while karate has the greatest score (81.14). This number measures the athlete's readiness and awareness of task-ego orientation, with a higher score indicating a better knowledge of the athlete's task and ego.

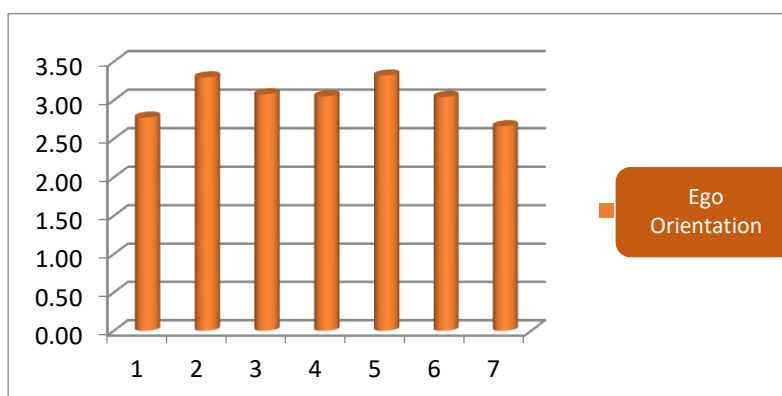
Overall, each sport contributes to the average value of task and goal orientation. Table 2 shows the average task and ego orientation for each sport.

Table 2. Overall mean Task and Ego Oceral Score of Semarang Martial Arts Athletes

No	Olahraga	N	Task Orientation	Ego Orientation
1.	Judo	9	4.35	2.78
2.	Karate	8	4.69	3.30
3.	Kempo	5	4.50	3.08
4.	Muathay	15	4.47	3.05
5.	Pencak Silat	13	4.38	3.32
6.	Taekwondo	18	4.42	3.04
7.	Wushu	12	4.56	2.67



Picture 1. Mean Task Orientation Score Diagram

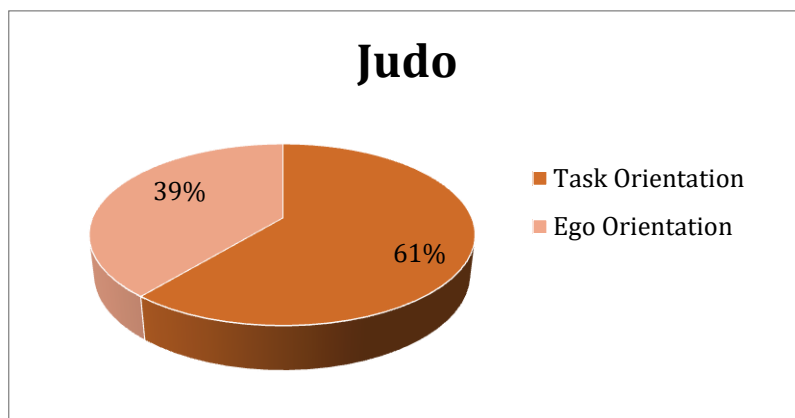


Picture 2. Mean Ego Orientation Score Diagram

Table 2 displays data that illustrates each sport's task orientation and ego orientation. Data at table 2 and diagram of picture 1 illustrate overall mean score of task Orientation, Ranging from 4.35 to 4.69. The total score for task orientation is a scale of 5, therefore if the average is less than 5, it indicates that each sport has a distinct level of comprehension of task orientation-based goals. Table 2 shows that karate has a higher task orientation, but judo has a lower task orientation than other sports.

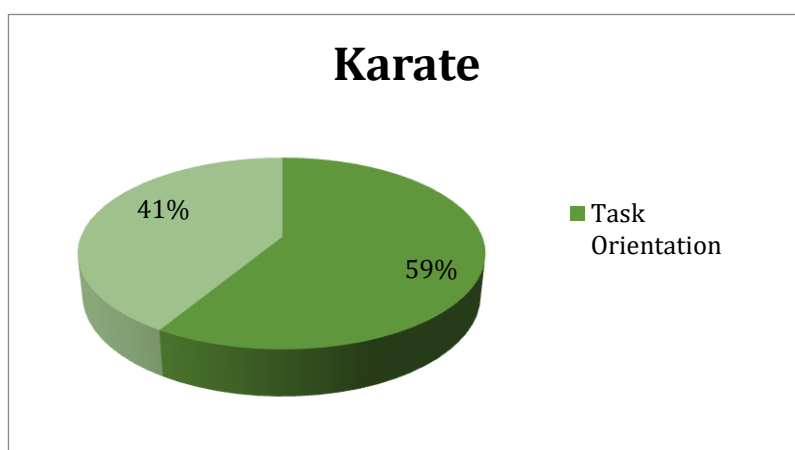
Table 2 and picture 2 also display the results of athlete goals based on ego orientation. The average Ego orientation among the seven martial arts disciplines ranged from 2.67 to 3.30. This score indicates that ego orientation is not as prominent as task orientation. The graphic below compares task orientation and ego orientation based on data from each sport with percentage graphics.

1) Judo



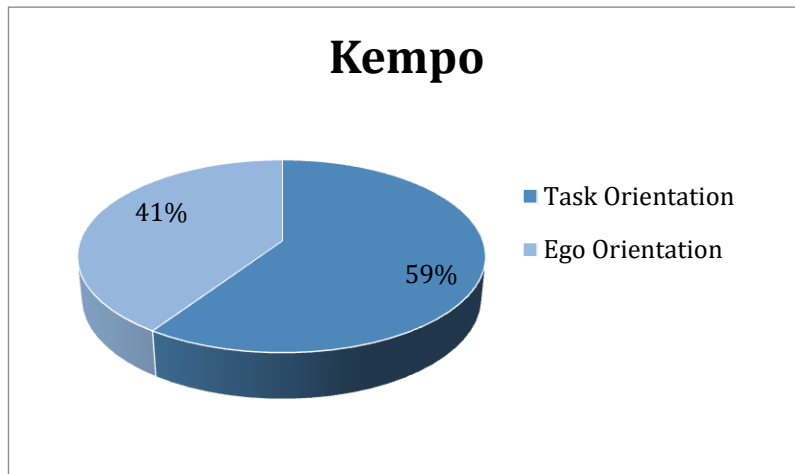
Picture 3. Goal Orientation Score Diagram of Judo

2) Karate



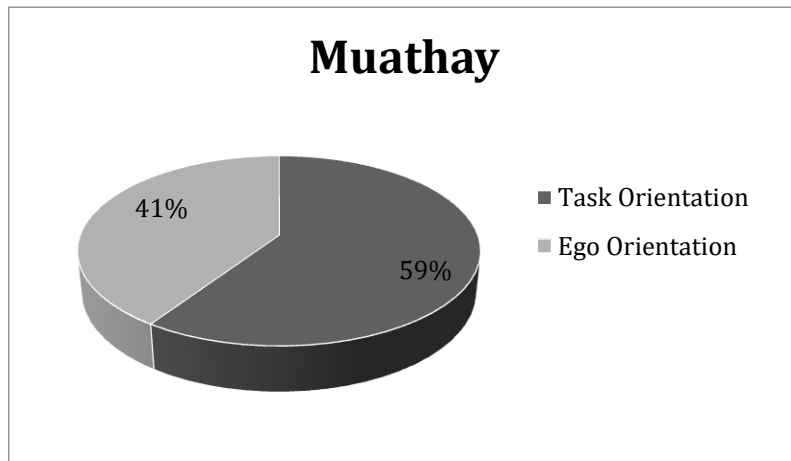
Picture 4. Goal Orientation Score Diagram of Karate

3) Kempo



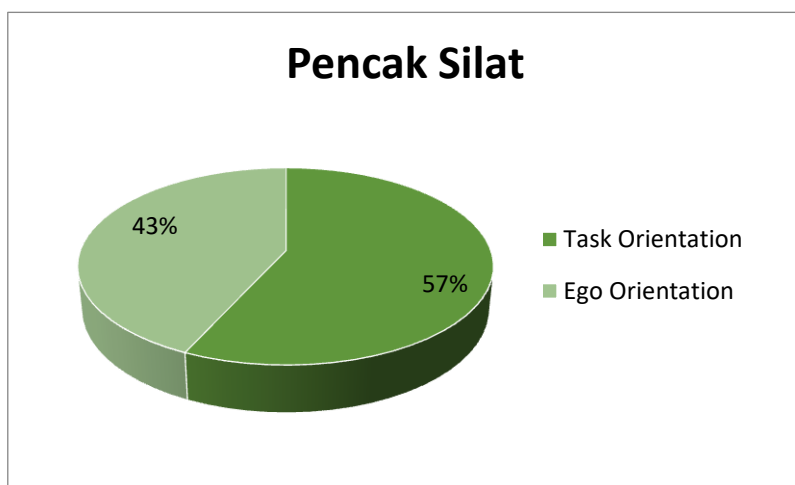
Picture 5. Goal Orientation Score Diagram of Kempo

4) Muathay



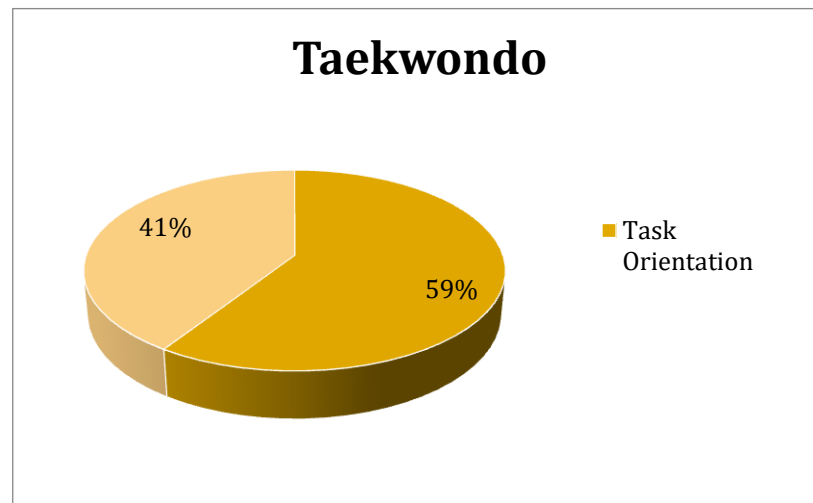
Picture 6. Goal Orientation Score Diagram of Judo

5) Pencak Silat



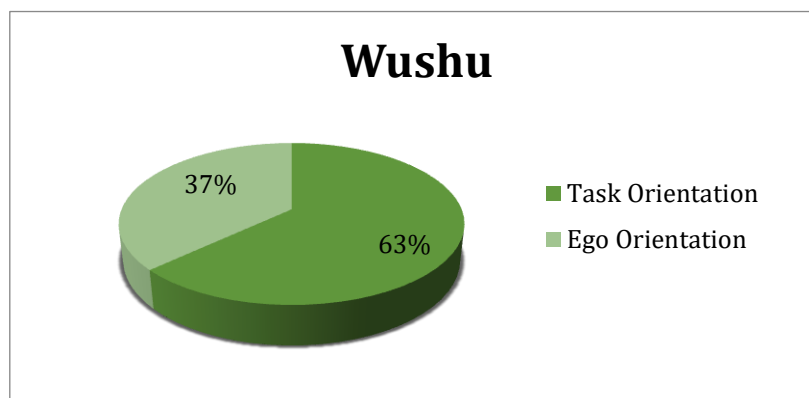
Picture 7. Goal Orientation Score Diagram of Pencak Silat

6) Taekwondo



Picture 8. Goal Orientation Score Diagram of Taekwondo

7) Wushu



Picture 9. Goal Orientation Score Diagram of Wushu

DISCUSSION

The theoretical framework for determining achievement goals includes two basic goal orientations: task and ego orientation (Nicholls, 1989). Athletes' goal orientation has been associated with some sport-related actions, ideas, and perspectives. The framework of achieving goal theory defines two major goal orientations: task orientation and ego orientation (Dagsdóttir et al., 2023). Those two distinct goal perspectives are considered to be orthogonal rather than bipolar; that is, people can be high in ego and task orientation, low in both, or high in one but not the other (Chi & Duda, 1995; Nicholls, 1989).

The study shows that task orientation is more prevalent in martial arts athletes than ego orientation. This demonstrates that those who are task-oriented concentrate on themselves and their development. They want to learn new abilities and put forth effort on the task at hand. For task-oriented athletes, the fundamental achievement goal is personal growth, which leads to feelings of success. Egoists, on the other hand, compare their own performance and skills to

those of others. When doing a task, the ego-oriented athlete focuses on exhibiting his or her athletic abilities and outperforming his or her peers. Thus, ego-oriented sportsmen sense success when they surpass others in specific tasks, such as scoring more goals or acquiring a skill faster than others (J. L. Duda, 1995).

According to theory, the amount of perceived ability moderates the influence of goal perspective on achievement behavior and cognition. Ego-oriented people are more likely to engage in maladaptive accomplishment behavior (e.g., giving up quickly, lowering effort), particularly those who believe their talents are limited. However, regardless of their perceived talents, task-oriented individuals tend to demonstrate positive achievement behavior (J. Duda, 1993; Nicholls, 1989).

Individuals who are more ego-oriented will try to outperform their peers and most will believe that efforts to outperform others will lead to success. On the other hand, the more task-oriented a person is, the more he believes that success depends on effort, interest and the pursuit of new abilities (Treasure & Roberts, 1995). Most studies show that task orientation is significantly related to positive moral behavior, while ego orientation seems to be significantly related to unsportsmanlike behavior, but the study found something different, namely task orientation was not significantly related to moral behavior (Haralabos et al., 2016)

CONCLUSION

Goal orientation in athletes is an essential component that must be considered when determining how athletes will choose to complete their duties. Goal orientation based on ego will result in high self-confidence and better achievement than colleagues, but it has the disadvantage of athletes becoming quickly content and breaking up easily. Compared to athletes with a task orientation, athletes will have more fighting power and be more conscious of their responsibilities in every task. This makes athletes more sensitive to developing their behavioral and cognitive capacities.

Conflict of Interest

The research has been approved by the relevant parties to be published with permission and without impacting the respondents who are the topic of the research. It also has no inclination to take sides or get involved in conflicts within or outside the relevant organization.

Acknowledgment

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