Heena Kumari
Research Scholar, Panjab
University Chandigarh,
Assistant Professor In MCM
DAV College, Sec-36A,
Chandigarh, Panjab, India

A comparative study of task and ego orientation of national level rugby sevens players

Heena Kumari

Abstract
The aim of present study is to compare the male and female rugby players with regard to their task and ego orientation. To accomplish the study, random sampling technique has been used. For this purpose, 120 rugby players (60 male and 60 female) from the national were selected as subjects. The aim of present study is to compare the rugby players with regard to their task and ego orientation. To accomplish the study, random sampling technique has been used. The sample of the study has been selected from the national (Men & Women) held at Panjab University, Chandigarh from 22nd to 24th June, 2018. Task and ego orientation scale constructed and standardized by Duda and Nicholls (1992) was used to measure the task and ego orientation of players. To find out the difference in the level of task and ego orientation, independent sample 't' test was applied through statistical product and service solutions (SPSS) version 16.0. The level of significance was set at 0.05. The result of the present study shows that no significant difference was found between male and female rugby players with regard to their task and ego orientation.

Keywords: Task and ego orientation, rugby, national and players

Introduction
Rugby union, commonly known in most of the world simply as rugby, is a contact team sport which originated in England in the first half of the 19th century. One of the two codes of rugby football, it is based on running with the ball in hand. In its most common form, a game is between two teams of 15 players using an oval-shaped ball on a rectangular field with H-shaped goalposts on each try line.

Rugby union is a popular sport around the world, played by male and female players of all ages. In 2014, there were more than 6 million people playing worldwide, of whom 2.36 million were registered players. World Rugby, previously called the International Rugby Football Board (IRFB) and the International Rugby Board (IRB), has been the governing body for rugby union since 1886, and currently has 101 countries as full members and 18 associate members.

In 1845, the first football laws were written by Rugby School pupils; other significant events in the early development of rugby include the Black heath Club's decision to leave the Football Association in 1863 and the split between rugby union and rugby league in 1895. Historically an amateur sport, in 1995 restrictions on payments to players were removed, making the game openly professional at the highest level for the first time.

Many Asian countries have a tradition of playing rugby dating from the British Empire. India began playing rugby in the early 1870s, the Calcutta Football Club forming in 1873. However, with the departure of a local British army regiment, interest in rugby diminished in the area. In 1878, The Calcutta Football Club was disbanded, and rugby in India faltered. Sri Lanka claims to have founded their union in 1878, and although little official information from the period is available, the team won the All-India cup in Madras in 1920. The first recorded match in Malaysia was in 1892, but the first confirmation of rugby is the existence of the HMS Malaya Cup which was first presented in 1922 and is still awarded to the winners of the Malay sevens.

Research on goal orientation has revealed that individuals who are high in task orientation can also be high in ego orientation; other combinations of the two orientations are also possible.

Correspondence
Heena Kumari
Research Scholar, Panjab
University Chandigarh,
Assistant Professor In MCM
DAV College, Sec-36A,
Chandigarh, Panjab, India

In other words, the two orientations are somewhat independent of each other. The best combination is for a young athlete to be high in both orientations. Individual with high in both orientations exhibit the highest levels of motivation and perceived competence. The worst combination in terms of motivation and perceived competence is to be low in both task and ego orientations (Fox, Goudas, Biddle, Duda & Armstrong, 1994) [1].

Xiang *et al.*, (2007) [2] studied on the relationship between goal orientation patterns and fifth graders' motivation in physical education running programme. The study has conducted among 533 fifth grade students. The final data collected on these children revealed that students in the high task/low ego group and the high task/high ego group showed higher levels of motivation for running than the students with low task and high or low ego. This shows that it is important to develop a high task goal orientation and that it doesn't really matter if the ego is high or low, just as long as the person equates work with success and mastery. The high task/low ego students had higher expectations about the outcome of the run, considered running to be more important and interesting and had more enthusiasm about continuing to run in the future. In addition to how they felt, the also performed better on the timed one mile run.

Objectives of the Study: To analyze the difference between male and female of rugby regard to their task and ego orientation.

Delimitation of study
- The study is delimited to rugby sevens players.
- The study is delimited to rugby national held at Panjab University, Chandigarh from 22nd to24th June, 2018.
- The study is delimited to male and female players.
- The study is delimited to task and ego orientation.

Criterion Measure/Tool Used
Task and ego orientation scale constructed and standardized by Duda and Nicholls (1992) was used to measure the task and ego of the players.

Scoring: Each individual responded on a 5-point Likert type scale (1 = strongly disagree, 5 = strongly agree), where overall scores of ego orientation could range from 6 (low ego) to 30 (high ego) and task orientation could range from 7 (low task) to 35 (high task). A mean score was calculated for the task and ego orientation subscales with a low score of 1 and a high score of 5.

Method & Procedure: For this purpose, 120 rugby players (60 female and 60 male) from rugby national selected as subjects. The aim of present study is to compare the rugby players with regard to their task and ego orientation. To accomplish the study, random sampling technique has been used. The sample of the study has been selected from the rugby national (Men & Women) held at Panjab University, Chandigarh from 22nd to 24th june, 2018. Task and ego orientation scale constructed and standardized by Duda and Nicholls was used to measure the task and ego of the players. To find out the difference in the level of task and ego orientation, independent sample 't' test was applied through statistical product and service solutions (SPSS) version 16.0. The level of significance was set at 0.05. The result of the present study shows that no significant difference was found between male and female rugby players with regard to their task and ego orientation.

Statistical Technique: The Data was analyzed and computed by applying Descriptive statistics i.e. Mean and Standard Deviation whereas to compare the mean scores, independent sample t-test was applied through statistical product and service solutions (SPSS) version 16.0. The level of significance was set at 0.05.

Findings of the Study
The table no.1 presents significance of mean difference between male and female of rugby players with regard to their task and ego orientation.

Table 1: Represent mean difference of rugby players

Variable	Group	N	Mean	SD	SE	T	Sig.
TEOSQ	Male	60	48.20	7.86	1.01	0.91	0.94
	Female	60	46.91	7.45	0.96		

Level of significance was set at .05
T value at 118degree of freedom was 1.98

Table 1 represents the significance of mean difference between male and female rugby players with regard to their task and ego orientation. The female rugby players registered 46.91 as mean score with standard deviation 7.45. Whereas male rugby players recorded 48.20 as mean score with standard deviation 7.86. The mean difference between female and male rugby players obtained was 1.29 and the t value/calculated value obtained was 0.91. The tabulated value was 1.97 at 118 degrees of freedom which showed that the calculated value was less than the tabulated value and revealed no significant difference between the male and female rugby players with regard to their task and ego orientation. The p-value (sig.) obtained was 0.94 which also states no significant difference between male and female rugby players as the p-value (sig.) was greater 0.05 level of significance. The comparison of mean and standard deviation scores of both the groups has been presented graphically in figure.1 and in figure 2.
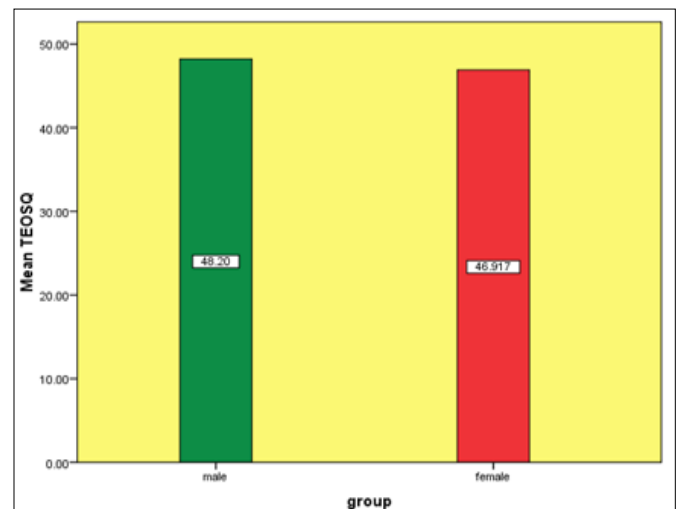

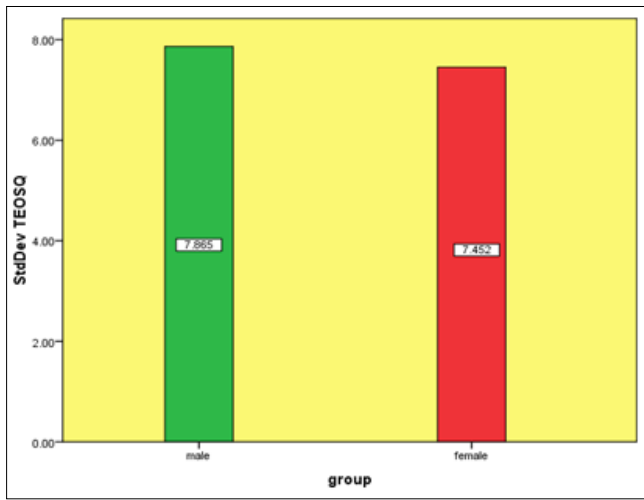**Fig 1:** Represent mean difference scores of rugby players

Fig 2: Represents standard deviation scores of rugby players

Discussion of the findings
The present study was conducted to compare female and male rugby players with regard to their task and ego orientation. The findings of the study highlighted that no significant difference was obtained between female and male rugby players with regard to their task and ego orientation. Results in table 1 indicated that male rugby players mean score obtained was high as compared to the female rugby players and the difference exists between mean scores of both the groups was not much higher that it can display the significant difference.

Conclusion
The following conclusion were drawn from the present study that there was no significant difference was obtained between female and male rugby players with regard to their task and ego orientation.

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