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## A study on relationship of goal orientation and psychological well-being among female boxers

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### Abstract

The present endeavour was aimed to study the relationship of goal orientation and psychological well-being among inter-college level female boxers. For this purpose, a total of 200 female boxers, within the age range of 18-24, from different colleges of Punjabi University, Patiala, Guru Nanak Dev University and Amritsar were selected as respondents. The group was subdivided in two equal groups i.e. 100 medal winner boxers and 100 non-medal winner boxers. The following standardized tools were administered on the sample: 1. Task and Ego Orientation in Sports Questionnaire by Duda and Nicholls (1992) and 2. Ryff's Psychological Well-Being Scale developed by Ryffs and Keyes (1995). Pearson's product-movement method was used as statistical tool. The results revealed that both Task and Ego orientation was significantly related to dimensions of psychological well-being among medal winner and non-medal winner boxers. The results were further discussed.

**Keywords:** Goal orientation, Psychological well-being, boxers

### Introduction

From its inception, psychology has strongly focused on understanding psychological principles underlying individual differences. With the advent of sports psychology having at its core the view of the human being as a capable and productive being, a major paradigm shift occurred in which human potential, striving for growth and moving towards peaks of performance became the main concern. Probably, it was a quantum leap from frailty to success, from misery to happiness, and from disorder to perfection getting the rightful focus (Mohan, 1991, 2011, 2015a, 2015b) [8, 9, 11, 12].

Most of the sports activities are evaluated by means of various criteria of success and sports life is described by such features that exemplify success such as taking pleasure, development of skills, reaching to fruition and winning. For that reason it is inevitable for man to orient towards various ends or goals. Accordingly there are also goals for a sportsman who has a high opinion of and he/she adopts various behaviour patterns in order to attain these goals (Nicholls, 1989) [14]. Nicholls (1984) [13] contends that there are two conceptions of ability which represents differing personal theories of achievement, and are embedded within two orthogonal achievement goal orientations. These two goal orientations are related to the conception of ability adopted by an individual, and they act as goals of action, reflecting the individual's personal theory of achievement within a particular achievement context. The terms task and ego have been used to describe the two goal orientations (Nicholls, 1980, 1984, 1989) [10, 13, 14].

When the goals interact with well-being of an athlete the results can be astonishing. To understand the interaction one needs to understand the concept of psychological well-being. Psychological well-being, broadly defined as happiness, life satisfaction, and self-growth, represents one of the most important aspects of efficient psychological functioning. Psychological well-being is not the absence of ill-being but a state of health, growth and optimal functioning (Diener, 2000; Keyes, 2007) [1]. Indeed, much research reveals that psychologically well people experience a number of benefits ranging from physical health to better relationships to high-level performance (Lyubomirsky, King, & Diener, 2005; Huppert, 2009) [7]. After analysing the importance of these two psychological constructs, need was felt to explore these constructs on boxers.

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**2. Methods**

**2.1 Sample**

A total of 200 boxers, within the age range of 18-24, from different colleges of Punjabi University Patiala, Guru Nanak Dev University, and Amritsar were selected as respondents. The group was subdivided in two equal groups i.e. 100 medal winner boxers and 100 non-medal winner boxers.

**2.2 Measurements**

**Table 1:** shows the inter-correlations of goal orientation and different dimensions of psychological well-being among medal winner boxers (n=100)

Sr. No.	Variables	1	2	3	4	5	6	7	8	9
1	Autonomy	1	0.37**	0.43**	0.37**	0.38**	0.43**	0.67**	0.15	0.03
2	Environmental Mastery		1	0.61**	0.59**	0.83**	0.63**	0.83**	-0.31**	0.17
3	Personal Growth			1	0.49**	0.63**	0.55**	0.76**	-0.19	0.17
4	Positive Relation with Others				1	0.66**	0.65**	0.77**	-0.23*	0.28**
5	Purpose of Life					1	0.71**	0.88**	-0.23*	0.32**
6	Self-Acceptance						1	0.83**	-0.24*	0.28**
7	Psychological Well-Being							1	-0.18	0.27**
8	Ego Orientation								1	-0.01
9	Task Orientation									1

\*\*Correlation is significant at the 0.01 level  $p < 0.26$

\*Correlation is significant at the 0.05 level  $p < 0.20$

To assess Goal orientation, Task and Ego Orientation in Sports Questionnaire by Duda and Nicholls (1992) [2] was administered and Ryff's Psychological Well-Being Scale developed by Ryff and Keyes (1995) [15] was used to assess the different dimensions. Pearson's product-movement method was used as statistical tool.

**3. Results and Discussion**

**Table 2:** shows the inter-correlations of goal orientation and different dimensions of psychological well-being among non-medal winner boxers (n=100)

Sr. No.	Variables	1	2	3	4	5	6	7	8	9
1	Autonomy	1	0.64**	0.53**	0.58**	0.38**	0.50**	0.72**	-0.24*	0.23*
2	Environmental Mastery		1	0.78**	0.76**	0.70**	0.77**	0.91**	-0.34**	0.33**
3	Personal Growth			1	0.76**	0.77**	0.85**	0.92**	-0.25*	0.24*
4	Positive Relation with Others				1	0.61**	0.76**	0.88**	-0.28**	0.25*
5	Purpose of Life					1	0.83**	0.83**	-0.36**	0.28**
6	Self-Acceptance						1	0.92**	-0.23*	0.24*
7	Psychological Well-Being							1	-0.31**	0.29**
8	Ego Orientation								1	-0.39**
9	Task Orientation									1

\*\*Correlation is significant at the 0.01 level  $p < 0.26$

\*Correlation is significant at the 0.05 level  $p < 0.20$

**These tables revealed the following results**

A glance at inter-correlations tables for non-medal winner Boxers, Task Orientation was found to be significantly and positively related with Autonomy, Environmental Mastery, Personal Growth, Positive Relation with Others, Purpose of Life, Self-Acceptance, and overall Psychological Well-Being. For Ego Orientation, it was found to be significantly and positively related with Positive Relation with others for the Medal winner Boxers. Ego Orientation was significantly and negatively related to Autonomy and Environmental Mastery for the Medal winner Boxers. For Non-medal winner Boxers, Ego Orientation was significantly and negatively related to Autonomy, Environmental Mastery, Personal Growth, Positive Relation with Others, Purpose of Life, Self-Acceptance and Psychological Well-Being. These results clearly show the importance of goal orientation in relation to psychological well-being. Several researchers have found the same trends of results. Healy, Ntoumanis, Veldhuijzen van Zanten and Paine (2014) [4] conducted a study to clarify mixed results in the literature exploring coach behaviors, basic psychological needs, goal motivation, and well- and ill-being. Structural equation modeling demonstrated that coach behaviors were related to needs satisfaction and thwarting, which were related to autonomous and controlled goal motives respectively. Autonomous motives were related to well- and ill-being; controlled motives were only related to

ill-being. Haga and Idén-Nordin (2015) [3] examined goal-setting, perceived competence, goal orientation and psychological well-being in Swedish male football players. Further it was investigated if junior players differed when compared with senior players regarding the subjects mentioned above. The results indicated that the juniors had significantly higher ego orientation when compared to the seniors. Finally, significant correlations were demonstrated between goal setting and perceived competence, task orientation and goal setting, task and positive well-being, ego and perceived competence, perceived competence and positive well-being and anxiety and negative self-confidence in both juniors and seniors.

In the realm of research findings and tracing the supporting studies in literature, it is essential that the importance of results is greater than highlighting the historical evidence. The results of the present study clearly provide evidence of differences on various psychological constructs between medal winner boxers and non-medal winner boxers. The real importance of the study lies in the fact that correlates of excellence can help researchers, academicians, coaches and other stakeholders to identify and make appropriate programmes for enhancing these correlates to train the students to achieve his/her full potential (Singh, 2016) [16].

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